



MERCANTILE
FIRE
INSURANCE
COMPANY

able for Cooking

| | MINUTES | MINUTES |
|------------------------------|---------|---------|
| Corn on the Cob | 20 | 7 |
| Onions, medium | 15 | 18 |
| Onions, small | 15 | 10 |
| Peas | 45 | 20 |
| New Potatoes | 50 | 25 |
| Spinach or other Greens | 45 | 20 |
| Summer Squash, 1/2 inch dice | 10 | 10 |
| White Turnips, whole | 12 | 30 |
| White Turnips, 1/2 inch dice | 8 | 20 |

Trifling with Sugar.

In the two page introduction to the newest cook book there is this: "It may also be considered strange to find sugar mentioned in recipes where its presence seems unexpected. The use of a very small quantity of sugar—one lump—helps to mitigate harshness of taste, without actually sweetening the food. No one should be prevented by traditional prejudice from using this small amount of sugar, but should let the result justify the experiment which will be new to many."

I have not had time to discover when this has been used unexpectedly in the author's recipes, but I know that many salads are improved by the least bit of sugar, while if you mention the fact to some men epicures they re as impatiently horrified as a true southerner is when you say use sugar in corn bread. Yet this same sugar in cornbread makes it take a better brown, and so it is crisper, an ideal thing. As for me there are corn breads in which I think it is absolutely essential, and others from which it should be omitted. I fancy the "true southerner" thinks only of this latter sort, but one could use up many words discussing the matter.

A tiny bit of sugar in the baking powder biscuits, and even in pie crust, will promote browning and so make these more delicious—more flavored—than when this brown is got in a harder way.

Sugar is indispensable in mint sauce, whether it is made with or without vinegar, and all the ways the Italians have of cooking vegetables "agrodolci," which means "sweet-sour," requires the bit of sugar. A tiny bit of sugar with corn and peas may make them seem more like what they should be. A cold slaw with the least bit of sugar in the dressing, or over it before the dressing is added, will take away a rank taste such as is sometimes present in slaw.

Many a child would learn to eat French dressing if a bit of sugar was used in it. I learned to eat olive oil that way, and am glad. It was used over dainty seedling lettuce leaves, served with roast lamb, and I thought the one who made the dressing—she learned to do it in Paris—a genius.

Work a little salt around the inside of pots in which you have house plants. It will kill any bugs that threaten the roots and also acts as a good fertilizer.

Tablecloths, traycloths, etc., which are badly stained with tea should be soaked for a while in water to which a little borax has been added before being washed.

BY JANE EDDINGTON.

Separating Eggs.

If we do much egg cooking, or cookery with eggs, we must be impressed with the glory of the yolk of a fresh egg, shaped like a marble and strong. The yolk of an old egg may be so weak that it will break and mingle with the white if the egg is shaken in the shell.

The business of separating eggs and whites—the directions usually are "separate the eggs," which statement has puzzled the girl attempting to cook for the first time, so much so that there is a collection of jokes on the subject—is none too easy when the yolk is strong. There is the difficulty of breaking the egg, in the first place. A heavy knife which makes a sharp and even cut is ideal for the breaking, but one must strike in just the right way, starting with energy, and then withholding force so as not to cut into the yolk

and break it, so scrambling it, as it were.

Usually cooks are working to get a perfect mass of white and are troubled if a little yolk gets in with it, as they need to be. One way to get this out is to wring a cloth dry out of hot water and then with a corner of it touch the intruding bit of yolk, which will adhere to the cloth and so be easily removed.

But sometimes, as in making Hollandaise and other sauces and some salad dressings, we want the pure yolk without a bit of white, and that is even a harder problem. Then the yolk must be strong, which means from the freshest of eggs, so that we may almost roll it around like a marble, and we can fairly peel off any adhering white with our fingers. That stringy piece of white, called in the old cook books "treddles," we especially need to get off or we must do as the old cook books direct—strain the beaten yolks or the whole eggs beaten, often, to get out the treddles.

These Foods Can Be Eaten With Fingers

Many are puzzled as to what are the correct finger foods and have written *The Evening American* to ask "what to do."

Salted nuts, olives, celery, candied fruit, hard frosted cakes, crackers, rolls, bread and some other things are taken with the fingers.

Asparagus is one of the foods about which there is considerable question. Authorities differ as to whether it is proper to eat asparagus with the fingers. It is permissible to take the stalks in one's fingers, but the preferred method is to cut off the soft portion of the stalk with one's fork and convey it to the mouth with the fork.

The proper way to eat an artichoke is to break off with the fingers. Each leaf is then dipped in the sauce served with the artichokes. The soft pulp clinging to the end is then eaten. The leaf itself is returned to one's plate. When the heart of the artichoke is finally reached after this more or less awkward performance it is eaten with a fork.

Corn on the cob is eaten with the cob held in only one hand. This in spite of the fact that the small silver cob holders are sold in pairs. If it is a large ear, break in two pieces.

Food Novelties

Martynia is a vegetable whose pods are pickled in the same way as cucumbers.

Mammee Apple—A tropical fruit about the size of a small grapefruit. It is eaten either raw or preserved.

Water Chestnut—When boiled this nut is floury and very appetizing. It is the kernel of the fruit of a water plant.

Udo—A Japanese plant, the stalks of which are eaten in Japan both raw and cooked. They have a fresh, agreeable flavor and are as crisp as young celery. The shoots are sliced very thin and are served with French dressing.

Tree Tomato—A fruit vegetable found in the West Indies. It is eaten both as a fruit and as a vegetable, or in any way suitable for tomatoes.

Two ounces of gum arabic crystals dissolved in a quart of water is used as a stiffening agent for fine organdie and muslins, and a still weaker solution for giving a slight stiffness to silks.

The following materials and their uses may be helpful:

Aluminum—A white metal. Comes in various weights. Discolors easily, but can be cleaned. Expensive. Used for all kinds of utensils.

Copper—Endures heat, durable, fairly light to handle. Hard to keep clean. Expensive. Used for kettles.

Earthenware—Will not endure the highest temperatures without cracking. Easily broken. Easy to clean, unless cracked. Inexpensive. Useful for slow oven processes, for pitchers and mixing bowls.

Enamel—A vitrified material upon iron or steel. The enamel ware upon iron is durable, excellent for preserving, and heavy. American enamels are lighter.

The attractive blue, and blue and white is more suitable for pitchers, cups, bowls and plates. All enamel ware is easy to keep clean. Used for kettles, saucepans, roasting and baking. Less durable than steel and iron.

Iron—Endures intense heat. Durable. Sometimes heavy to handle. Becomes smooth with long use, and then it is not difficult to clean. Affects the color of acid fruits. Not expensive. Used for frying kettles and pans and kettles for boiling.

Steel—Endures intense heat. Durable. Sometimes heavy to handle. To clean. Affects acid fruits. Medium cost. Same uses as iron, also for roasting and baking pans and smaller kettles.

Tin—A useful metal that is plated on thin sheet iron for utensils. So-called "block" tin is the best quality. Will not endure intense heat. The tin wears and scratches off with use. Not easy to clean. Discolors easily, and colors acid fruit.

Poor tinware is not worth buying. Good quality is not cheap. May be used for measures and for small saucepans, but is less desirable than other wares.

Woodenwares—Used for molding boards, meat boards and spoons.

In selecting patterns for utensils, choose those made without seams or flutings, where food particles may collect.

CLEAN WINDOWS WITH VINEGAR AND PAPER

A simple way to clean windows is to rub the glass with a cloth saturated with vinegar. When dry, polish with a newspaper.

What Salt Will Do.

A spoonful of salt added to water in which eggs are boiled will make them peel easily. Salt will remove stains from dishes that have been burned in the oven, and the stains of tea or coffee from cups. Stains on aluminum and tin may also be removed by rubbing with salt.

To prevent milk from boiling over, rub the edge of the saucepan with butter.

Cold Cream Lore.

Does cold cream or any similar toilet preparation cause fuzz or hair to grow on face or neck? Is cold cream, sold only in pound tins, pure enough for cleansing the face? Is there any objection to removing hair under the arms or on the legs? (E. R.)

Answer.—No cosmetic causes hair to grow, though any prolonged irritation tends to make the invisible down grow heavier. The only cold cream I can recommend is that made on your order by your druggist after the formula for Ung. Aquae Rose (rose water ointment) in his legal formula.

COMPOTE OF FRUIT.

A compote of fruit is simply fruit stewed whole in a thick syrup until tender, served with whipped cream or as a garnish for other fruits. With the abundance of fruits that are now in season the question is apt to be how can we use them all.

A fruit cocktail made of oranges, cherries, or berries, pineapple and coconut chilled are easy to prepare.

Water ices are the simplest, coolest and most refreshing of all frozen desserts. A water ice is a mixture of fruit juice, water and sugar frozen to a pulp. In recipes for water ices the water and sugar are first cooked into a syrup and after freezing it should be allowed to stand for two or three hours for what is called the ripening process.

Frappes differ from ices only in that they are not frozen quite so hard. They should be of the consistency of wet snow. Sherbets are water ices to which either egg whites or a little gelatin or both have been added.

VALUE OF ICE CREAM.

Frozen custard or ice cream is one of the most nourishing desserts, because it is made up partly of milk or cream. Its value in the body nourishment equals meat or eggs. It possesses lactic acid which acts as a tonic and lime salts which assist in cooling the circulation. And, the cream or fat is more readily assimilated than any other fat.

To vary ice cream as a dessert serve an ice cream sandwich made with two slices of cake, preferably angel food or sponge cake, with a slice of ice cream between and a light garnish of fruit sauce or flavored and sweetened whipped cream.

Mousse is one of the richest of frozen desserts. It may be composed wholly of frozen whipped cream and fruit pulp, or stiffened with gelatin, but it is always frozen without stirring and should be moss-like in texture when cut.

One strong point in favor of frozen desserts is that they may be prepared hours in advance. However, if friend husband shouts for a pie occasionally, one or two shells may be baked at a time to be held in reserve and filled with fruit or favorite custard later.

Rub a stained marble washstand with lemon juice and salt.

To Clean Kid Gloves.

Kid gloves can be cleaned with a little warm milk and soap. Put the gloves on the hands, dip a piece of clean flannel in the warm milk, then rub it on the soap. Gently clean the soiled glove with this, changing the flannel as it gets dirty. Let the gloves dry, and then rub them with a soft clean duster.

spot with dry salt, leave a few minutes, then sweep up. It can then be taken up in a dustpan without

Often soot falls from the fireplace and scatters over a rug. If swept right off, the soot will leave a dark blur. Before applying the

Finger marks on highly polished furniture can be removed with a cloth dipped in paraffin. When dry, the wood should be polished with a

A drop of paraffin added to boot polish will help to shine boots or shoes that have been soaked on a

Salted Almonds

½ pound shelled almonds Deep fat or oil for frying
¼ teaspoon salt

IMMERSE the shelled almonds in boiling water for 2 minutes. Dip in cold water, drain, and remove the skins. Spread in thin layers in pie pans and place in a warm place (in a warming oven or on the radiator) for several hours, to dry. If not dried completely before salting, the nuts will not be crisp. Place ½ cup of the nuts at one time in a frying-basket and immerse in hot olive or cooking oil of sufficient quantity to cover the nuts (360° to 370° F. is the ideal range of temperature for frying nuts). Agitate the frying-basket to make the browning more even. When the nuts are a light brown (nuts will continue to brown after removal from the fat for a short time, and therefore should only be lightly browned), remove and scatter on absorbent paper, dusting with fine salt, using ½ teaspoon of salt to each pound of nuts. When cool, shake in a bag so that the salt is evenly distributed.

The Griddle.

A griddle has no vicious qualities. It is the sort of cooking done on it that may be vicious, and a pancake recipe is the least part of success. The baking is almost everything. Expert baking will give a palatable cake, though the mixture is nothing but water and flour, or water and milk alone.

It would take a thousand words to give the full technique of griddle handling, but first let us say that it is highly essential to have a smooth griddle and to keep it so. This depends both upon the right heating of it and the right greasing of it. It should be greased just before the cake is put on, and this grease rubbed off. Then there will be no acrid smoke of burning fat (a perfect cloud of it, some people get), which is bad for the cook, for the house, for the cake, and for everybody who eats the cakes. In this case the cake is fried instead of baked. If a piece of plate glass could be heated it would be an ideal griddle, at least until it was spoiled by somebody, because it would have the quality "smooth as glass."

It goes without saying that the griddle must be thick, or thick bottomed. It should be heated slowly and with only so much fire as will keep it evenly heated after the cake is on, not growing hotter and hotter. You cannot easily burn a cake on such a griddle. The comparatively slow cooking develops the steam far better than a hotter griddle does, and steam is half the leavening agent. When griddle is slowly heated it may become satisfactorily hot. The wet batter cooks it a bit and by the time it is fully back to hot it is time to turn the cake.

A griddle cake should be turned while the top is still raw, or unset, if

one side is to be cooked like the other. The two sides of a perfectly cooked pancake are as alike as two peas. When imperfectly cooked they are quite unlike in appearance, and one side is likely to be light and the other heavy, just as in the case of waffles incorrectly cooked. Poor, tough, uneven pancakes will result even though the best of batters is used, if the cakes are baked too fast or too long before they are turned.

There is some skill in pouring the batter on the griddle. The time of cooking depends on how thick or thin that batter is. Again we must say that there will be trouble at once if the iron is too hot when the batter strikes it. Also in that case it cannot toast, because the surface passes too suddenly from wet to dry. It should toast and have a parched corn flavor. The flavor of pancakes is a subject all by itself.

Baking Powder Used in Many Ways

People accustomed to using baking powder only as a leavening agent when preparing hot breads, cakes, cookies, etc., may be surprised to find it a source of efficiency when used in the preparation of other foods.

Added to a recipe for bread or rice pudding it eliminates all danger of having a heavy, soggy pudding.

Pie crust in which half a teaspoon of baking powder is added to every cup of flour, will be especially light and flaky.

When making a stuffing or dressing for chicken, turkey or other meats, baking powder added to the mixture keeps it light and fluffy, and prevents its being heavy.

When added to mashed potatoes or carrots, together with the milk, and beaten thoroughly, it makes a delightfully light and appetizing dish. When making an omelet, if a teaspoon of baking powder is added to every four eggs, and beaten in thoroughly, the omelet will be considerably lighter, more attractive and tasty.

Boiled frostings or uncoked icings will be much improved by adding a small amount of baking powder.

3—What is a protein? Answer—Protein is a substance that builds and repairs body tissues. It also furnishes energy in small amounts. The most valuable protein foods are meat, milk, cheese, fish, eggs, peas, nuts and whole cereals. The energy that is necessary for the body is furnished by fats and carbohydrates. The fats are found in meat, butter cream and oils.

WHAT NAMES MEAN.

Here are some of the terms used and their meaning in plain English:
ALU GRATIN—Baked with grated cheese and crumbs. Sometimes applied to dishes that are baked without cheese.

BOMBE GLACEE—A mold of ice cream filled with a different kind of ice cream or a water-ice.

BOUILLO—A clear broth, usually of beef or chicken.

CAFE NOIR—Black coffee.

CANAPE (Can-a-pe)—Usually toast with cheese or potted meat spread upon it. Sometimes made with parsley.

DEMI TASSE—Literally half a cup. Used to signify a small cup of black coffee generally taken at the close of a luncheon or dinner.

ECLAIR—Pastry or cake filled with cream.

FILLET—Long, thin pieces of boneless meat or fish.

HORS D'OEUVRES (O-douvers)—Side dishes or relishes. Usually served at the beginning of a meal.

TOURTE—A tart; a pie.

TUTTI-FRUITI—Mixed fruits.

COOKING TERMS.

SIMMERING—Is cooking in water at a temperature of (180 degrees F. to 210 degrees F.), or below the boiling-point of water. Only an occasional bubble is formed and rises slowly to the surface. "When the pot boils it laughs, when it simmers it smiles."

BROILING—Is cooking over or under a fire of live coals or a gas-burner, or other direct heat.

PAN BROILING—Is cooking in a hot griddle or pan greased only enough to prevent food from sticking.

SAUTEING—Is cooking in a small quantity of fat. The article to be cooked must be shifted from side to side to come in contact with the fat. Sauteing is a cross between pan broiling and frying.

LARDING—A process of inserting match-like strips of salt pork about one-fourth inch in thickness into a dry meat or fish. These strips are called lardons, and are inserted into the meat either by making an incision in the meat and laying the lardon in the slashing or by the use of a larding-needle. The pork is clamped into one end of the needle and is threaded into the meat, as in any sewing process.

Stuffed Prunes.

For stuffing the 40-50 size is most desirable. Wash twenty prunes and steam ten minutes. Remove the seeds. Put two tablespoonfuls citron, one tablespoonful crystallized ginger, one-fourth cupful nut meats and one-half cupful seeded dates through the food chopper. Knead well to mix the fruits. Add one teaspoonful lemon juice if the mixture is dry. Stuff the prunes. Roll in granulated sugar.

CAKE.

During the first fifteen minutes of baking the cake should just raise and show no sign of browning at all. If this is the case with your cake, then it would indicate that your oven is correctly regulated.

But if the little brown specks appear during the first fifteen minutes and the cake mounds in the center, with a low outer edge showing a deeper brown, it indicates your oven is not registering correctly.

WILL SPOIL CAKE.

This means, too, that your cake will not be as delicious, fluffy and light as it should be. This is not a serious problem, however, as it only means a few seconds of a person's time, who understands adjusting the proper screw, or whatever might be the cause of this incorrect action. I will repeat here that this service is given free by the gas company, if you will ask for it.

You will notice in the timetable of temperatures I give you that there is a difference in the temperature for baking white cake and a plain cake, using whole eggs. This is due to the fact that egg whites require

dropper:

The potassium permanganate must be applied first, a few drops at a time, the spot having first been wet in cold water so the potassium will spread. Immediately afterward, wash the garment in warm water, and then spread the garment again over the bowl, and oxalic acid diluted with half water should be dropped on the spot, using a medicine drop-

a lower temperature for baking than whole eggs. This applies to all foods.

TIME FOR FOODS.

White and other yeast breads, hot oven (400 degrees) 10 minutes; reduce heat to moderate (350 degrees) 50 minutes longer.

Parkerhouse and other rolls, hot cross buns, etc., hot oven (450 degrees), 15 to 20 minutes.

Baking powder breads, moderate oven (350 degrees), 45 minutes to 1 hour.

Baking powder biscuits, hot oven (450 degrees), 15 minutes.

Baking powder muffins, hot oven (450 degrees), 20 minutes.

White cake, layers, in a moderately hot oven (375 degrees), 25 minutes; loaf, moderate oven (350 degrees), 45 to 50 minutes.

Plain cake (whole eggs), layers, in a hot oven (400 degrees), 20 to 25 minutes; loaf, moderate oven (350 degrees), 50 minutes.

Graham cracker cake, layers, moderate oven (350 degrees), 45 minutes.

Angel food cake, loaf or tube, moderate oven (325 degrees), 1 hour.

Sponge cake, loaf or tube, moderate oven (350 degrees), 50 minutes; layers, hot oven (400 degrees), 20 minutes.

Sunshine cake, loaf or tube, moderate oven (325 degrees), 50 minutes.

Roast beef or lamb, sear in hot oven (475 degrees), 30 minutes; then reduce heat to moderate (350 degrees), allowing 20 minutes per pound.

Roast pork or veal, sear in hot

course are poisonous. Pineapple juice, rhubarb juice, salts of lemon, milk sprinkled over salt and allowed to sour on the garment are usually effective for removing most stains. Cream of tartar also is good for stains. There are, however, some stains that can only be removed with extreme measures, and the following formula is given, with the advice to use it very, very carefully, spreading the stained spot over a bowl and applying the acid with a medicine

Stains

Stains that have failed to yield to most treatments, usually can be removed by using potassium permanganate and oxalic acid. However, before resorting to acids such as these, less drastic methods should always be tried, since you can never tell about the material, and acids of

WHAT'S A CARBOHYDRATE?

4. What is a carbohydrate? Ans.—The carbohydrates are sugars—maple, beet and can sugar, molasses, honey and syrups of all kinds, and

the starches, which are found largely in cereals, cereal products and potatoes. Fruits and vegetables contain some carbohydrates.

5. How much water should a person drink a day? Ans.—Water is one of the body regulators. Others include cellulose, fruit juices and acids, minerals and vitamins. Water forms a large part of the body itself and it is important that we keep up a good daily supply.

Little is known about the vitamins. They are often called protective foods. They are necessary to the growth of children and the health of adults. Milk and milk products, vegetables, especially the leafy vegetables, oranges, whole grains and eggs are the most important sources.

Mildew on linen may be removed by rubbing well with soap and scraping a little chalk over it. Spread in the sun to bleach, and as it dries damp it a little. It should be left in the air all day, and then washed.

To fireproof woodwork, paint it twice, at a few days' interval, with water glass diluted with eight times its volume of water.

To prevent mould on cheese, rub the top part with butter and cover with white paper.

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Hot Thousand Island Dressing.

For this sauce use these proportions:

- One cup of stewed or canned tomato.
- One small onion.
- One clove garlic.
- One-half cup mayonnaise dressing.
- Other seasonings to taste.

Directions—Rub a saucepan with the cut end of a clove of garlic. Put in the tomato and onion and stir with a wooden spoon while it is cooking until it is reduced a half. Strain and then heat it up again, then stir it in a thin stream into the mayonnaise. The mayonnaise should be so thick that the seasoned tomato will only thin it to the point where it is like a white sauce, which is the consistency best for a basic mayonnaise anyway, or one that we add whipped cream to, or some preparation like this.

There should be good beating while the tomato is being poured into the mayonnaise. Finally, put back into the saucepan and stir constantly over the fire until the edges thicken. Draw to one side and stir well. If it does not then seem thick enough cook a little more.

Sweet Salad Dressings.

It is said that French people despise sugar in a salad dressing, but perhaps more people in the United States would learn to eat salad dressings of oil—if they know how to buy good sweet oil, rather than some that has deteriorated—if they would use a little sugar with their salads. In making a fruit salad it is always best to sprinkle the fruit with some powdered sugar before adding a mayonnaise, even one lightened up with whipped cream.

From recipes noted here and there and picked up as they have come along it would seem that today a large number of people are putting a good deal of sugar into their salad dressings. Here is one that we picked up, one particularly recommended, and it was infinitely better than one tasted alongside of it which produced a terribly sirupy thing.

The following is not sirupy: One cup granulated sugar, one-fourth teaspoon mustard, one-half teaspoon salt, one level tablespoon flour. Mix all together. Then in another utensil beat an egg well and then beat into it a cup of sweet milk. Stir this into the first mixture thoroughly, cook it to a boiling point, then add one-half cup of vinegar. As in making any other salad dressing this business of adding the vinegar has to be a careful one, or the whole will curdle. If one is stirring it constantly until it cooks so as to be well thickened, any slight change will be noted. Then it can be removed from the fire and beaten with an egg beater.

There would be a good deal of difference of opinion as to what to use this with. Some one who provided this recipe—we have no name or address on it—said it was all right with vegetables or fish or fruit. The extreme amount of sugar ought to make it good for fruit, but we are not sure that it does.

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Salads

Raw Cabbage.

It is agreed by dietitians and doctors that raw cabbage has both tonic and relishing qualities. Like the onion, also, it is a great disinfectant, and a safer one without vinegar than with it, though the vinegar itself has that same disinfecting quality.

Slaw Cutting of Cabbage.

When cabbage is to be used for a slaw or a salad it should be exceedingly crisp and sliced in as thin slices as possible. The slaw is improved if an onion or two, with a small head of cabbage, is cut up in the same fashion.

Pink Slaw.

Cut white cabbage as for slaw and chill it. Then serve it with dressing made as follows: One cup of sweet double cream, two tablespoons of lemon juice and one of vinegar. All vinegar can be used, according to taste or health preferences. One tablespoon of sugar will in that case improve the salad dressing greatly, or even a little more can be used. Use salt to taste and finally two chopped beets. Whip the cream with an egg beater, add seasonings, beat thoroughly, then pour this over the chopped beets and stir until it is thoroughly pink, strain, and serve over the cabbage. Sour cream may be used instead of sweet and is frequently used for a salad dressing. A little celery seed is frequently added to it to season it.

Sardine and Tomato Salad.

- 2 sardines.
- 1 medium sized tomato.
- 2 olives.
- 1/2 teaspoonful chopped onion.
- 1 teaspoonful chopped green pepper or pimento.
- 2 teaspoonfuls chopped celery or cabbage.
- 1/4 teaspoonful sugar.
- 2 teaspoonfuls thick mayonnaise.
- Shredded lettuce.
- 1 sprig parsley.
- Additional mayonnaise.

Peel the tomato, cut off the tip, scoop out the inside and mix with one of the olives stoned and chopped, the onion, celery, green pepper, sugar and two teaspoonfuls of mayonnaise. Return to the tomato, and set it in a nest of shredded lettuce. Place a spoonful of mayonnaise on the top, and sprinkle with the pars-

ley, minced. Surmount with the other olive, and lean the sardines against the tomato to give a tent-like appearance.

Rice and Cheese Salad.

- 1 1/2 cupfuls cold cooked rice.
- 1 small cream cheese.
- 1 teaspoonful salt.
- 1/4 teaspoonful paprika.
- 1/8 teaspoonful pepper.
- 3 medium tomatoes.
- 3/4 cupful salad dressing.
- Lettuce.

Add the cheese, salt, paprika, and pepper to the rice and mix well together. Chill and form into balls with the butter paddles. Serve on lettuce garnished with tomatoes cut in eighths and mayonnaise or boiled dressing.

String Bean Salad.

- 1 quart cooked string beans.
- 3 hard-boiled egg yolks.
- 1/4 cupful lemon juice.
- 1 cupful chopped pecan or walnut meats.
- 1-3 cupful minced Bermuda onions.
- 1/4 teaspoonful white pepper.
- 1 cupful chopped celery or lettuce.
- 3 tablespoonfuls salad oil.
- 1/4 teaspoonful salt.

Rub the egg-yolks to a paste; add the salt, lemon juice and oil; stir through the beans and let them stand for thirty minutes or more. Just before serving add the chopped nuts, minced onions, chopped celery and pepper. Serve with plain bread and butter sandwiches. This will be sufficient for twelve guests or for the main dish at luncheon for six.

FRUIT SALAD DRESSING

Juice 2 oranges and 2 lemons, 2 eggs, 1 cup sugar.

Cook until thick. When cold, place in refrigerator until needed. This mixture keeps well. When you want to use it, add whipped cream. One half pint will be required for this quantity.

FRUIT SALAD

- 1 cup grapes, 1 cup diced orange seeded, 1 head lettuce sliced
- 1 " sliced Cooked fruit cream fresh straw-berries

Place fruit in bowl; pour over 1 tablespoon each of orange and lemon juice. Toss lightly together and arrange on beds of shredded lettuce. Serve with fruit cream dressing.

STUFFED PRUNE SALAD

- 18 large prunes 1/2 cup peanuts
- 1 cup cottage Lettuce
- cheese Mayonnaise
- 1/4 teaspoon paprika
- 1/4 " salt Few grains pepper

Wash and soak prunes over night. Cook prunes in same water in which they were soaked, about 20 minutes. Chill, remove stones and fill cavities with mixture of chopped nuts, cheese and seasonings.

Mushroom Salad (for 6 people)

- 2 cans mushrooms
- 1/2 can peas
- 1/2 teaspoon salt
- 1 tablespoon butter
- 2 times bulk of other ingredients—celery
- 1 head lettuce
- 1/4 cup WRIGHT'S MAYONNAISE

Drain, then fry mushrooms until delicate brown, using butter and salt—cool, drain peas quite dry—add to mushrooms, add chopped celery. Fold in with WRIGHT'S MAYONNAISE. Serve on lettuce.

Date Salad (10 servings)

- 1 pound dates
- 3 oranges
- 1 head lettuce
- 1 cup chopped apples
- 1 cup chopped celery
- WRIGHT'S MAYONNAISE

Clean and stone dates, cut in thin strips; mix apples, celery and half of dates with dressing, place the sliced orange on shredded lettuce, spread evenly with apple and celery mixture, continue until all is used, top with WRIGHT'S MAYONNAISE and garnish with the other half of the dates.

Moulded Waldorf Salad (8 people)

- 1 pint tart lemon gelatine mixture
- 1 cup apples, peeled, cored and diced
- 3/4 cup diced celery
- 1/2 cup chopped English walnuts
- 1/2 teaspoon paprika
- 1/2 teaspoon salt

Let gelatine stand until just about to set. Mix all together and place in individual molds (oiled). When removed from mold, place on lettuce leaf and serve with WRIGHT'S MAYONNAISE to which a little cream and powdered sugar has been added. Or use Fruit Salad Dressing.

Apricot and Cheese Salad.

Drain a can of apricots for an hour if possible. Fill centers with softened Neufchatel or Philadelphia Cream Cheese. Arrange three for each serving on a bed of shredded lettuce.

Pear Salad

Arrange canned pears on crisp lettuce leaves. Sprinkle with chopped nuts and marshmallows cut in small pieces. Serve with the following dressing:

- 3 tablespoons melted butter
- 1 tablespoon corn starch
- 2 tablespoons powdered sugar
- 1 tablespoon vinegar
- 3 whites of eggs
- 1/4 teaspoon salt
- 1/8 teaspoon white pepper

Mix all ingredients except whites of eggs and the cream, and cook until thick in double boiler. Cool and add stiffly beaten egg whites, lastly the cream whipped to stiff froth. Use any fresh fruit with this dressing.

Spinach Salad (Children will love this dish)

9 tablespoons cooked spinach 3 hard-boiled eggs
Drain and cut the spinach rather fine. Place on bed of lettuce with sliced eggs on top. Add WRIGHT'S MAYONNAISE to suit.

Apricot Salad—Drain one can apricots and place them on lettuce leaves. Put four egg yolks into a double boiler and add four tablespoons vinegar, one tablespoon sugar, one teaspoon salt, one teaspoon dry mustard and one teaspoon butter.

Stir over fire for five minutes. Let cool and add one cup whipped cream. Beat all together well. Add twelve chopped marshmallows and one-quarter cup pecan nuts. Use one teaspoon dressing for each plate of salad.

Macedoine Salad—One cup cooked carrot strips, one cup cooked potato cubes, one cup cooked string beans, two tablespoons finely chopped parsley, shredded lettuce and French dressing.

Arrange shredded lettuce on salad plates. Mix vegetables with French dressing. Put a spoonful on each plate.

Pineapple Cherry Salad—One quart can sliced pineapple, one small bottle Maraschino cherries, one-third cup sugar and one package gelatine.

Take juice from pineapple and that of the cherries and add to it enough water to make over pint. To this add one-third cup sugar and let come to a boil. Add the gelatine which has been softened in a little cold water.

Let cool (but not set) and add the pineapple and cherries, which have been cut up fine. Pour into individual molds and let harden. Serve with mayonnaise on lettuce leaves.

Unusual Apple Salad.

First here is a recipe for salad dressing that is particularly good, undiluted, with a salad of dessert apples: One egg, one-half cup of cream, one ounce of butter, a pinch each of mustard and salt, and two tablespoons of vinegar. If you are a careful cook you may put these all together, after beating the egg, and cook them directly over a tiny fire, stirring all the time up to the boiling point when the dressing should have thickened sufficiently. This is more quickly done than when the cooking is in the double boiler. Milk may be used instead of cream, and if the yoke of two eggs are used then it can be cooked to a similar cream. This is perhaps best when freshly made, but will keep.

Stuffed Prune Salad.

Soak eighteen large prunes in water over night. Dry with a soft cloth. Remove pits and fill centers with peanut butter. Make nests of crisp lettuce leaves and use three prunes for each portion. Sprinkle with chopped nuts and serve with French dressing.

PEACH AND MELON SALAD may be made with either cantaloupe or Casaba melon, provided it is thoroughly ripe and well flavored. Chill the melon and cut into long slender sections. Remove rind and inedible portion. Marinate in orange or lemon juice to which a little sugar has been added, for several hours, then drain and mix with an equal quantity of peaches cut in slender lengthwise sections. Arrange in nests of lettuce leaves, sprinkle with crushed pineapple, garnish with a cherry and serve with any desired fruit salad dressing.

ARCADIAN SALAD, as its name implies, is quite simple. Select one small ripe cantaloupe or nutmeg melon for each serving. Cut a slice from the melon and scoop out all of the seeds, then chill for several hours. Meantime cut peaches in small sections and mix with just a few chopped mint leaves, moisten

with French dressing made with lemon juice in place of vinegar, and sweetened with a very little powdered sugar. Fill the melons with the peaches, and serve on cold, mint-garnished plates.

Pea Salad—One can small peas, 1 stalk celery, 3 hard-boiled eggs, 3 tablespoons mayonnaise dressing. Salt, pepper and paprika to taste.

Drain peas and add celery and eggs, cut fine. Stir in mayonnaise and seasoning. Serve on lettuce leaf.

Frozen Cheese Salad—One and one-half cups cream cheese, 2 tablespoons salad oil, ¼ teaspoon salt, ¼ teaspoon paprika, ½ cup pecans, ½

cup green pepper, ½ cup pimento, ½ cup mayonnaise dressing and ½ cup whipping cream.

Cream cheese and blend with oil, salt and paprika. Add chopped nuts, green pepper and pimento. Blend with mayonnaise and cut in whipped cream. Place in mold and pack in equal parts ice and salt for 3 hours. Serve on lettuce leaves, garnished with cress or parsley.

Cabbage Stuffed Tomato Salad—Six large tomatoes, 1 cup new cabbage, 1 green pepper, ½ teaspoon scraped onion, 3 sour pickles, ¼ teaspoon paprika, ¼ teaspoon salt and 1 teaspoon vinegar.

Wash and scoop out tomatoes to form cups, turn upside down to drain, chop the cabbage fine, shred the pepper and chop the pickles. Combine all the ingredients and moisten with boiled dressing. Fill the tomato cups just before serving

and on top put the boiled dressing. Serve on lettuce.

Vegetable Salad—Prepare a package of lemon gelatin and add a tablespoon of lemon juice. When cool add the following and chill in a mold: Three tablespoons grated carrots, 1 teaspoon pimentos finely cut, ½ cup of grated cabbage, ½ cup of meat of tomato, no juice, and 1-3 cup finely cut celery; cucumbers may be added if desired.

LOBSTER SALAD—Three cups cold boiled lobster, diced; 1 cup diced celery, 2 tablespoons olive oil, 1 tablespoon vinegar, salt and pepper, mayonnaise, lettuce.

Mix together the lobster, celery, oil and vinegar, and then add mayonnaise to moisten. Chill, arrange on lettuce leaves and garnish with mayonnaise; dust with powdered parsley.

CABBAGE AND GREEN PEPPER SALAD.

Two cups grated cabbage, 4 tablespoons chopped green pepper, 2 tablespoons chopped onion, ¼ teaspoon salt, ½ teaspoon paprika, 4 tablespoons French dressing.

Toss all vegetables together with seasonings and French dressing and serve.

PINEAPPLE AND LETTUCE SALAD.

On a bed of shredded lettuce arrange a mound of grated pineapple; sprinkle with grated cheese and serve with Russian dressing.

BEEF AND LETTUCE SALAD.

Four cups cooked diced beefs, 2 hard-cooked eggs, 1 head lettuce. Arrange a mound of diced beefs on a bed of shredded lettuce; garnish with quarters of hard-cooked egg and serve with French dressing.

APPLE AND PARSLEY SALAD.

3 large Jonathan or Delicious apples, ¾ cup fine chopped parsley, ¾ cup orange juice.

Wash apples clean, dry thoroughly; dice and slice evenly. Wash and drain parsley. Cut from stems and clip or chop finely. Toss with apples and place on serving plate. Dress with unstrained orange juice

German Tomato Salad.

WASH, peel and chill small, well-shaped tomatoes. Cut in eighths to represent the petals of a flower, taking pains not to separate the petals entirely. Arrange each tomato in a nest of crisp lettuce and in the centre of each place one teaspoonful of pearl onions. Serve with well-seasoned French dressing.

Lobster Salad.

PLACE a large ring or border mold in ice water. In the bottom of the mold arrange sliced stuffed olives. Dip small fancy figures cut from cooked carrots into liquid aspic jelly and place them on the sides of the mold. They will adhere to the sides of the mold if carefully dipped in the aspic. When ready to serve, turn out in a large serving dish. Remove the meat from two 2-pound lobsters and cut in small dice. Season with French dressing. Fill the open space in the mold of jelly with the lobster. Garnish with heart lettuce leaves and the lobster feelers and arrange a border of crisp lettuce leaves around the mold.

Cream Salad Dressing.

MIX ½ teaspoon mustard, ½ teaspoon salt and a little paprika. Add 2 well-beaten egg yolks and beat well. Add ¼ cup butter and ¼ cup mild vinegar. Set over a pan of hot water and stir constantly until the mixture becomes thick and smooth. Remove from the fire and beat in 1 well-beaten eggwhite. Return to hot water for a moment to set the egg, beating constantly with the egg-beater all the time. Chill and fold in ½ cup cream, beaten until stiff.

Date Salad.

MIX thoroughly 1½ tablespoons lemon juice with 3 tablespoons salad oil, 1 tablespoon powdered sugar and a few grains salt. Pour over 1 cup chopped dates and 2 cups diced apple separately. Chill a half hour or longer in ice box. Drain, combine, add ½ cup chopped black or English walnut meats and arrange on heart lettuce leaves. Serve with or without cooked, cream or mayonnaise dressing.

LETTUCE AND RADISH SALAD.

One head lettuce, 2 bunches radishes, ½ cup French dressing. Wash and crisp lettuce. Slice half the radishes very thin. Arrange on salad plates; sprinkle with French dressing and garnish with roses made from remainder of radishes.

Russian Dressing—Two tablespoons mayonnaise, 3 tablespoons whipped cream, 1 tablespoon tarragon vinegar, 6 tablespoons chili sauce, ½ tablespoon chopped capers and 1 tablespoon prepared mustard.

Stir all the ingredients into the mayonnaise. Chill and serve over lettuce, cold asparagus or similar fresh salads.

ENDIVE SALAD.

Wash French or domestic endive clean and serve with French dressing, or equal parts lemon and orange juice.

Cabbage and Beet Salad.

SHRED a small, hard, white cabbage and place in ice water to become crisp. Drain, dry on a clean towel and mix with French dressing. Chill for ½ hour and arrange in nests on salad plates. Decorate with small hatchets cut from spiced or pickled beets. Garnish sparingly with whipped cream flavored with grated American cheese.

Salad of Peas in Aspic.

FILL timbale molds with liquid aspic jelly. When firm, dip a thin pointed knife blade into boiling water and cut out the centre from each mold, taking care that a wall of jelly is left. Season cooked green peas with French dressing and fill the open spaces. Have ready the jelly taken from the centres of the molds, melted and cooled. Fill the molds above the peas. Chill in icebox and turn out on a bed of heart lettuce leaves and serve with well-seasoned French dressing. Finely-chopped truffles may be added to the peas if a more expensive salad is required.

Shrimp Salad in Cucumber Boats.

WASH and pare short cucumbers. Cut them in halves lengthwise. Remove seeds and steam until tender. Chill and arrange on beds of crisp lettuce. Have the shrimps, which have been broken into pieces, chilled and marinated with French dressing. Drain and mix with mayonnaise. Fill cucumber boats with the shrimps and garnish with whole shrimps.

CRAB MEAT SALAD—1 pound crab meat, canned or fresh cooked; 4 hard-cooked eggs, ½ cup almonds, 1 green pepper, lettuce, salt to taste, and dash paprika.

Bone crab meat, cut in good-sized pieces. Cut whites of eggs in cubes. Blanch and chop almonds. Mix crab meat, eggs and nuts with a good mayonnaise or boiled dressing. Add salt. Serve on lettuce. Garnish with green pepper strips, riced yolk of egg and paprika.

Fruit Salad—Cut orange, banana and pineapple in small pieces and arrange on a crisp lettuce leaf. Cover with fruit salad dressing.

Fruit Salad Dressing—Juice of 2 oranges and 2 lemons, 2 eggs, 1 cup sugar. Cook until thick. When you want to use it, add whipped cream. One-half pint will be required for this quantity.

Macaroni Salad—One package macaroni, one small can pimentos, one cucumber, celery, salt, salad dressing (boiled).

Cook macaroni in boiling water until tender; drain and pour cold water through it. Then add celery, cucumber and pimento cut up in small pieces. Add salad dressing and salt to taste. Serve on lettuce leaves.

FRENCH DRESSING—½ cup oil, 2 tablespoons vinegar, 1 teaspoon paprika, 1 teaspoon powdered sugar, ½ teaspoon Colman's Mustard, 2 teaspoons salt, dash cayenne. Place all of the ingredients in a bottle, chill, shake vigorously just before serving.

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COST OF THE DRESSING.

Among the three kinds of salad dressings, French, boiled and mayonnaise, the mayonnaise is the most expensive. Where French dressing has oil as its most expensive item, and boiled dressing has egg yolks, the mayonnaise has both oil and egg yolks.

Salads which will serve 5 at a cost of 15 to 20 cents cannot afford to use a dressing which will cost more than 5 cents. That is why we have given you on this special salad sheet the recipe for French and boiled dressing only.

We have given vinegar as the acid because it is so much less expensive than lemon juice although we much prefer the use of the lemon juice. There are seasons of the year when lemons are particularly large and juicy and when their price is not high.

There are ways, too, to get the greatest good out of a lemon which will make the tablespoon of juice cost less. If you grate the rind lightly using it for flavoring in a pie or pudding you are saving the pennies, or if you use the whole lemon rind for candying and serve it for lunch with a cup of tea or for dinner as a special treat or dessert, you are cutting costs.

BUYING THE OIL.

Olive oil has a distinctive and delicate flavor which is greatly enjoyed by many people. The higher grade the oil, the more delicate the flavor. To many people the less expensive olive oils are too strong in flavor to be pleasing and they much prefer the milder vegetable oil.

In figuring the cost of the French dressing we used a vegetable oil. In marketing for it we found that

the same oil in different localities sold at a difference of 9 cents a quart. So it pays to know where to buy your oil.

Oil may be used in place of butter in the boiled dressing recipe which we have given you. The condensed milk in this recipe helps to cut the cost and its flavor is very acceptable.

THE SALAD GREENS.

A 10 cent head of lettuce and a 5 cent dressing will give you a salad for 15 cents which adds the crisp, fresh vegetable so desirable with the dinner. To get the most servings from a head of lettuce, cut it crosswise, rather than in sections.

When we use leaves of lettuce with fruits or vegetables, they are often not eaten, but rather serve just as a garnish. We cannot afford this when we are thriftily counting costs. That is why I urge you to use just enough lettuce with fruit or vegetable salads to be sure that it is eaten. Have it so crisp and so well placed on the plate that it will be as tempting as the more colorful fruit or vegetable.

You will notice in the recipes we have given you on the salad sheet that we suggest using a leaf of cabbage as the basis of the salad. The outer green leaves of the cabbage are attractive in coloring and serve effectively as a garnish.

ENDIVE AND WATERCRESS.

Endive is often cheap in market and when marinated makes a very nice salad. Watercress has its favorable prices too, and if kept properly it may be used refreshingly in salads and as a garnish for many days.

Parsley may be similarly used to bring to life all the color in a salad, and add its bit of flavor. We are urging the eating of parsley as it contains such valuable mineral salts. Just watch for what Mrs. Peterson has to tell you about it in her course on "Telling Fortunes with Foods."

How do we suggest keeping watercress and parsley? Wash it. Toss it dry in a fresh towel, and wrap it in waxed paper (the bread wrapping will serve), then keep it in the ice box. In other words treat them like violets, if you would keep them fresh.

INEXPENSIVE SALADS.

I wouldn't try to make vegetable salads without the use of the middle size grater. When we say in our recipes, "grate carrots" we do not

mean to use the finest mesh grater which draws so much juice from the carrot, but we mean to use that medium size which slithers it.

These pieces are large enough to keep their juice; they are thin enough to eat with pleasure and they are crisp enough to be delightful.

You can have every one guessing if you will serve that sunshine salad which calls for carrots (slithered) and grated pineapple in lemon jello. The carrots seem like something other than themselves.

Cabbages, too, belong to the group of inexpensive salads. They need the right shredding to be most delicious. I often use this same medium sized grater for them.

Cabbage combined with carrot and green pepper, makes an inexpensive salad. We have given you the recipe on the salad sheet. It is very good with finely chopped beet salad. When tomatoes and radishes are in season and inexpensive, cabbage combined with grated pineapple and finely chopped pimiento.

We have given you the recipe for a tomato gelatine salad in which finely shredded cabbage may be used or if you like the flavor of raw white turnip, use it in place of the cabbage.

FRUIT SALADS.

These luscious salads will betray you into too much expense if you are tempted to use fresh fruits which are high in price. If you wish to extend the flavor of the fresh fruits

and yet actually use only a small portion, you will use jello or gelatine as a basis.

It is important to have as a part of your equipment, individual molds and a large mold which will serve your family. Then you can make these gelatine fruit salads most attractive.

To use a fruit salad as a dessert will often permit you to serve a more expensive salad than otherwise, and it is a very healthful menu plan.

We have given the recipe for a fruit salad using fruits which are seasonable now. As the season changes other combinations will suggest themselves to you.

To me the artist in any person shows itself conclusively in the arrangement of a salad. It can be the most tempting looking part of the whole meal.

If you wish these definite salad menus planned to serve five and keep within the cost planned in your food budget, write to the Home Service Department, The Peoples Gas Light & Coke Company, or phone Wabash 6000 and we will gladly send you a copy.

chopped celery and shredded cabbage with salt and lemon juice; mix thoroughly and serve on crisp lettuce leaves or bed of shredded lettuce.

Stuffed Green Pepper Salad: Wash three medium-sized green peppers, cut off the tops and cull the centers. Fill with the following mixture: Work one-half pound of cream cheese until smooth. Meanwhile put three hard-cooked eggs, one-fourth pound of pecan meats and one medium-sized sour pickle through the food chopper. Combine with the cream cheese and then add enough boiled salad dressing to make a thick paste—

about one-third cupful. Blend well and then fill the peppers with this mixture. Allow to chill in the refrigerator until just before serving; then slice them thinly crosswise and serve several overlapping slices on each serving of lettuce. Garnish with mayonnaise. Serves eight.

MAYONNAISE DRESSING—Beat the yolks of 2 eggs until golden yellow, with 1 teaspoon each of salt and powdered sugar and 3 teaspoons of Colman's Mustard; add 2 tablespoons of vinegar or lemon juice; when smoothly mixed, beat in olive or salad oil gradually until 2 cupfuls have been used.

By Jane Eddington

Significant Lettuce.

VENUS, after the death of Adonis, slept in a couch of lettuce in order that she might not indulge in useless grief. She could not keep awake to do so. The Greek physician, Galen, prescribed the eating of lettuce to combat insomnia in old people, and believed in its hypnotic properties. When his predilections got translated into mediaeval English, it was said that "Galen, whose beloved sallet it was, from its pinguid, subdulcid, and agreeable nature, says it breeds the most laudable blood." Possessing as it does the valuable vitamins, it will do all that—breed "laudable blood."

If we are looking for a bit of contrast we have but to see in our mind's eye, lettuce in this day grown in great fields—in Imperial valley, Salt river valley, Idaho, and New Jersey. However, we have no record at all of any body choosing to sleep in them, yet there is a notion to this day that lettuce is soporific as well as beautifying.

There is another story about Venus and a lettuce bed, with more than one version, but each concerning Phaon who did an errand for the goddess of love and beauty, and received an ointment which, when he rubbed it on his body, made him marvelously beautiful. Whereupon he captivated everybody, including the poetess Sappho, who threw herself into the sea because he disdained her, and perhaps because Venus loved him, and kept him concealed in lettuces. One version of his end is that he died from a wound received from a wild boar that came to feed on this salad green, just as rabbits and chickens do today, a special sort often being raised for them.

It is said that the Greek philosopher, Pythagoras, made lettuce the chief food of his diet, and that the Roman, Pliny, and many people since have believed it would bring sleep to the eater. The diarist, John Evelyn, writing in 1699, seemed to think lettuce had a regular patent medicine list of virtues, though perhaps he knew nothing of these cure-alls when he wrote: "Astringent, yet so harmless, it may be safely eaten in fevers, for it allays heat, bridles cholera, extinguishes thirst, excites appetite, kindly nourishes, and above all things represses vapors, conciliates sleep, mitigates pain; besides the effect it has on the morals."

Hebrew, Greek, Roman, ancient Frank and modern French, all consumed lettuce, and in the course of the centuries of usage scores of symbolical and medical ideas have centered around it. The Romans used it "to calm the stomach brutalized by gastronomic extravagance." By the way, if you want a sleepless night eat large quantities of lettuce, and the cold bulk of it will help you to that end. There are two sides to most shields.

The Useful Lettuce Salad.

The small seedlings of lettuce make a daintier salad than the full grown, therefore one may pick it soon after it gets started from the ground or long before it has matured, for very pleasant uses. A salad of seedlings, dressed with a French dressing, with which some people like a little sugar, is superior with hot roast lamb or with the cold meat.

The old fashion of eating lettuce with sugar and vinegar suggests that a bit of sugar with other lettuce salads adds an acceptable quality. Another

thing suggesting this is that when fruit is served as a salad and always, as is proper, sprinkled with the sugar before a dressing is added, the nice lettuce base is helped to be, in some cases, quite as edible and refreshing as the fruit, itself.

But lettuce treated well is excellent first, last, and all the time, or from seedling to spindling seed stalk. There are to be found in the French 150 variations of cooked lettuce. Not one respectable leaf of lettuce need be wasted.

Plain Lettuce.

To some people one of the simplest and most satisfactory ways to eat lettuce is plain, but from a chilled salad bowl—without any dressing. All the chicories can be eaten that way with relish. Cos' lettuce or romaine is eaten in that fashion, with the final bread and cheese in England, and the plain inner leaves of this variety are true delicacies. The outer leaves may seem a bit coarse for eating raw, but they make a superior green when cooked, and even a small amount of them so prepared will make a useful and appreciated garnish for meat.

Lettuce Garnish.

The bowl of a head lettuce leaf makes a pretty container for a salad of fruit, chopped vegetables, meat or fish, and perhaps best for the latter. The platter of cold meat may have its salad garnish arranged on lettuce leaves, but as for that, taste and ingenuity relates lettuce to cold meats in no end of ways, and to all the salads not of the green order, which it properly is itself.

A young woman who had been a tearoom manager was recently demonstrating how to put lettuce around a bowl of mixed and dressed salad materials, and instead of lining the bowl, as many people do first, she put the salad into it and then pushed leaves of lettuce down around it, so saving them from getting mussed or gummed up.

Because of the prevalence of steel knives, there once arose a legend that lettuce should never be touched with a knife, and this idea was followed as religiously as though it had been a law of the Medes and Persians. There is no reason why lettuce should not be cut with any knife not steel, and we use steel shears to advantage in cutting it chiffonade or slaw fashion, as we often do leaf lettuce.

Head lettuce leaves are crisped largely because they can then be cut with a fork, as we eat all foods mainly with a fork. In making a bowl salad it often seems best to tear the leaves in bits. The French do this to perfection, but we generally do not seem to get the air when we try to make bowl salads. For small and dainty salads, a base made by cutting a head of lettuce in slices is good and lends itself to a number of sorts of

Sour Cream Dressing
(For Fruit Salads.)

MIX 2 egg-yolks, 1/2 teaspoon salt, a few grains pepper, 1/8 teaspoon mustard, 1 tablespoon sugar and 4 tablespoons tarragon vinegar. Cook over hot water until thick and smooth, stirring constantly. Then add 2 tablespoons butter, bit by bit, and cool. Chill and fold in 3/4 cup thick, sour cream, beaten until stiff.

CREAM SALAD DRESSING.
(Uncooked.)

2 eggs, 3 tablespoons vinegar, 1/4 teaspoon dry mustard, 1 tablespoon cream, 1/4 teaspoon salt, 1 teaspoon sugar. Beat eggs well. Add other ingredients and set the bowl containing the mixture in a pan of boiling water to let the mixture thicken. Stir constantly.

Since raw vegetables are richer than cooked ones as sources of health-giving vitamins, include them whenever possible. These combinations for raw vegetable salads may be as new as they are delicious. Try cutting raw cauliflower into tiny slivers; moisten these with mayonnaise into which enough raw beet put through the meat grinder has been stirred to make it quite red. Add a few chopped sweet gherkins. Serve on lettuce.

Or, try this: On a serving platter arrange a mound consisting of finely shredded cabbage, shredded lettuce, and cucumber slices, moistened with mayonnaise to which a few capers have been added. Grate raw carrot over the top rather generously. Surround with crosswise slices of hard-cooked egg and stand against each slice a thin slice of cauliflower floweret, thus resembling a tiny tree against a moon background.

Mayonnaise dressing seems to be the most satisfactory binder for these raw salads, and the colorful vegetables, like carrot and beet, are excellent for their garnishing value. They should both be ground fine for use in this way. And be sure to add plenty of salt when mixing these concoctions, for they seem to require it. Pickles, capers, pimientos, and green

peppers add piquancy and variety to these raw salads.

For Salad Piquante, add one-fourth cupful of mashed Roquefort cheese or snappy cheese, or grated mild American cheese to one-half cupful of highly flavored French dressing. Add a dash of cayenne and one hard-cooked egg-yolk riced. Arrange the lettuce nests on individual serving plates, place a spoonful of diced chicken and celery in the center of each, and pour the dressing liberally over all. Garnish with a ring or two of the hard-cooked egg-white, and a strip of pimiento. Serves six.

For Salad Mold, scald and skin five small tomatoes and slice half of them thinly into a salad bowl. Sprinkle the tomatoes with two small new onions and one green pepper minced fine, and cover with half a cucumber peeled and diced. Repeat, using the rest of the ingredients. Set on the ice to chill. When needed, drain off the juice, which can be saved for the soup kettle, and invert on a bed of lettuce. Surround with a ring of tiny whirls of mayonnaise and make a star of mayonnaise on top. Serves six.

Apple Mint Salad—Core apples. Put in saucepan and cover with water. For each apple add 1/2 cup sugar and 2 tablespoons red peppermint candies; boil until water has been cooked down to a jelly, then take out apples carefully and place on a plate.

Pour jelly into small fancy molds and let harden. Place apples on lettuce with molds of jelly on top. Pour on French dressing or spoonful of mayonnaise. Chopped nuts and marshmallows are also good.

FRENCH DRESSING

1 teaspoon sugar 1 drop Tabasco
1/2 " salt
1/8 " paprika (1/4 cup lemon juice)
1/4 " Worcester- (or 2 tbs. each vinegar and water)
shire Sauce
1 cup oil

Put all ingredients into a clean bottle or jar and shake well just before serving.

Peeling Salad Grapes.

For fruit salads or for a garnish for them, or even for a fine meat, grapes are handsomest if peeled. Learn the business with Tokays. Wash and drain, cover with boiling water, and let stand a minute. Then pour off the hot water and rinse thoroughly with cold water. Next peel with a small pointed knife and remove the seeds. Malaga grapes may be peeled in the same way, and when peeled are like a wonderfully handsome gem, but they darken quickly, so it is best to drop a few drops of lemon juice over them unless they are to be used immediately.

With care it is possible to peel grapes without touching the pulp with the fingers. But just the same the grapes need to be carefully washed first, because they have just common dust and dirt on them, and may have bits of some poisonous spray used to protect the vines from their enemies.

"Master" Recipe for French Dressing—Three tablespoons vinegar or lemon juice, 6 tablespoons oil, 1/4 teaspoon each salt and pepper. Vary by adding 1 teaspoon onion juice, or 2 tablespoons catsup or chili sauce, or 1/4 teaspoon mustard or curry powder, or 3 tablespoons honey or syrup, or 1 cup whipped cream.

"Master" Recipe for Mayonnaise—One teaspoon salt, 1/2 teaspoon pepper, 2 egg yolks, 4 tablespoons lemon juice, 2 cups or more oil. Vary by adding to each cup of mayonnaise 2 tablespoons chili sauce, or 1/2 cup minced pimientos, or 1/4 cup minced sweet pickle, or 1/2 cup minced green or ripe olives, or 1 cup diced cucumber, or 1 minced hard-boiled egg with 1 tablespoon chopped pickle.

"Master" Recipe for Cream Boiled Dressing—Four tablespoons sugar, 4 tablespoons flour, 4 egg yolks, 1 teaspoon salt, 1/2 teaspoon pepper, 1/2 cup lemon juice, 2 cups rich milk or cream. Cook in double boiler like custard. Vary as in mayonnaise.

Tomato Combinations—1. Tomato, shrimp, celery. 2. Tomato, chicken, cucumber. 3. Tomato, egg, olive. 4. Tomato, cabbage, radish. 5. Tomato, cream cheese, peanut.

String Bean, Lima Bean or Pea Combinations—1. Beans, egg plant, beet. 2. Peas, carrot, scalions. 3. String bean, cabbage, pepper. 4. Lima bean, egg, cucumber.

Orange Combinations—1. Orange, grapefruit, pimento. 2. Orange, chicken, celery. 3. Orange, banana, white grapes.

Pineapple Combinations—1. Pineapple, banana, strawberry. 2. Pineapple, banana, green pepper. 3. Pineapple, cheese, pimento. 4. Pineapple, apricots, marshmallows.

Apple Combinations—1. Apple, celery, dates. 2. Apple, white grapes, preserved ginger. 3. Apple, celery, green pepper.

Cabbage Combinations—1. Red cabbage, potato, apple. 2. Cabbage, egg, sardine. 3. Cabbage, beet, capers. 4. Cabbage, knob celery, tomato. 5. Cabbage, celery, apple.

Frozen Cheese Salad: Cream with a fork three cream cheeses and add to them one-half cupful each of chopped green pepper, celery and nuts. Add one-fourth teaspoonful of paprika, one-half teaspoonful of salt, and one tablespoonful of lemon juice, and blend. Last add one-fourth cupful of heavy cream whipped until stiff. Put into the tray of an electric refrigerator and with a spatula spread smooth from three-fourths to one inch thick. Freeze until the salad is firm and quite hard, but not until ice crystals are formed, or the salad will not be so good. Or pour into a mold and pack in ice in the proportion of two parts of ice to one part of salt. Serves eight.

OIL MAYONNAISE.
5 egg yolks, 2 cups oil, salt, juice one lemon, 1/2 cup whipping cream, 1/2 teaspoon pepper.
Beat yolks well and add oil slowly, beating drop by drop and stirring constantly. Add lemon juice and salt and pepper. Before serving add the whipped cream.

Here is a new cabbage salad recipe:

Select a firm five-pound cabbage. Shred it and let it soak an hour or longer in cold water. Then drain thoroughly and mix in ten tablespoonfuls of chopped pimento, two and a half cups of chopped sweet pickles and ten tablespoons of chopped green pepper. Two and a half pints of mayonnaise are blended in, and fifty people will probably seek you out to praise this delicious salad.

Commence at the stem and peel down a strip of the skin, then peel back the skin on each side of the finger so that the pulp remains attached to the skin by a narrow strip. Slice it almost across now, remove the seeds, and scrape the pulp from the strip of skin with the knife.

The basic recipe may be infinitely varied by using different herb vinegars and seasonings. It should never be added until just before serving, and for reasons of economy as well as attractiveness is preferably passed in a separate sauceboat.

Dressing No. 2 is the familiar mayonnaise, richer by the addition of eggs to the oil and acid. It is most suitable on salads of shellfish and meat used as the chief dish of the menu; on salads where the other foods and courses are simple, and as a general garnish or "topping." On fruit salads it is delicious combined with whipped cream, honey or syrup. No. 3 is known as boiled or cream dressing, preferred by many as a substitute for No. 2 because of its absence from oil, but never considered by the true salad lover as satisfactory because mustard-like dressing with cooked milk is entirely alien to the "salad" ideal of cool, refreshing crispness.

Molded Tuna Salad.

To one can of flaked tuna add one cupful stiff mayonnaise, one chopped, hard-cooked egg, one-fourth cupful chopped olives, one tablespoonful capers and one teaspoonful chopped chives. Soften one-half tablespoonful gelatin in one-fourth cupful cold water, place over hot water until dissolved, then add to the fish mixture and stir lightly with a fork, being careful not to break the fish. Put in cold wet molds and chill. Six individual molds.

THOUSAND ISLAND SALAD DRESSING.

Three-fourths mayonnaise dressing, 2 tablespoons chopped red pepper, 2 tablespoons chopped green pepper, 1 hard cooked egg, chopped; 2 tablespoons chili sauce, 1 teaspoon Worcestershire sauce, 1/2 teaspoon salt, 1/4 teaspoon paprika, 1 tablespoon catsup, 1/4 cup cream, whipped stiff.

Mix vegetables, seasonings and sauces thoroughly. When ready to serve add mayonnaise and whipped cream.

An Old Fashioned Slaw Dressing.

The following dressing is really unwholesomely vigorous, but it can be thinned to half with cream: One egg, one-half cup of sugar, one tablespoon of flour, one-half teaspoon of mustard, one-half teaspoon of salt, a dash of red pepper, half a cup each of water and vinegar. Put these together in the order mentioned, beating the eggs a little and cooking the whole until it thickens, but not enough to curdle. This makes enough dressing for several cabbages and will keep well.

QUICK OIL MAYONNAISE.

3 eggs (yolks), 2 tablespoons vinegar, 2 tablespoons lemon juice, 1 teaspoon mustard, 1 cup salad oil.
Put these ingredients in a bowl ready to beat. Now cook one-third of a cup of flour, one cup water and two teaspoons salt, stirring carefully until well blended. Pour this at once over the ingredients in the bowl and beat vigorously with an egg beater. Beat until smooth and thick. This may be thinned with fruit juice, whipped cream or chili sauce.

Salad: Equal quantities of chopped apples and celery. Mayonnaise

pretty treatment, with such items as asparagus points.

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-TOMATO AND PINEAPPLE SALAD.-

Choose uniform tomatoes. Cut blossom end off. Scoop out centre. Fill with a mixture of walnuts, sliced pineapple, and minced celery. Mix this with a generous amount of mayonnaise. Put on ice to chill thoroughly before serving.

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STUFFED CUCUMBER SALAD

Peel cucumber, remove seeds with apple corer and fill with this mixture:

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| 1 tsp. salt | 1 tbsp. butter |
| 1/2 tsp. mustard | 3/4 tsp. granulated gelatin |
| 1/4 tsp. pepper | 1 egg yolk |
| Pinch cayenne | 3 tbsp. vinegar |
| | 1/2 cup milk |

Mix and cook in double boiler stirring constantly until it thickens and coats the spoon. Strain and add 2 cups salmon free from bone and skin.

Fill cored cucumber and put on ice. Cut in slices and arrange on crisp lettuce leaf. Garnish with mayonnaise.

Jellied Vegetable Salad.

DISSOLVE package quick lemon gelatine in 1 pint of boiling water. Add 2 tablespoons vinegar and 1 teaspoon salt. Chill. When mixture begins to congeal fold in 1 cup grated raw carrots and 1 cup finely shredded raw cabbage. Vary the salad, if desired, by adding a little finely chopped pimiento, cucumber pickle, celery or fresh cucumber. Chill in individual moulds and turn out on crisp lettuce leaves. Serve with mayonnaise or French dressing.

Tomatoes Stuffed with Corn.

The dressing described for the slaw may be used in preparing these also. One-half the amount will be enough for six tomatoes. Select tomatoes of regular size, not too large. Half an ear of boiled corn for each tomato will be required, with one-half a green pepper, chopped, to give color, contrast and flavor to the dish. Scald and peel the tomatoes, then chill them and remove the centres.

Score the corn and then cut it from the cob, mix with the green pepper, and moisten with the cream dressing. Fill the tomatoes with the mixture, garnish with a halved, stuffed olive, and serve icy cold on small plates.

Cold Slaw.

Shred a small, hard head of cabbage as fine as possible and cover it with ice water to become crisp and very cold. Shave a green pepper equally fine, rejecting the seeds, and cut a canned red pimento in tiny pieces.

Make a dressing by whipping a cupful of cream stiff, then stirring in two tablespoonfuls each of salad oil and vinegar, one teaspoonful of salt, one-fourth teaspoonful each of pepper and paprika, and mix well. Drain the cabbage and dry it thoroughly between the folds of a towel. Mix with the pepper and pimento, tossing the vegetables lightly together with two forks. Then pour the dressing over them, mix well all together daintily, and sprinkle with one-half teaspoonful of celery seed. Serve very cold.

An Unusual Cabbage Salad

- 2 Cupfuls of cabbage, finely shredded
- 1 Cupful of diced celery
- 1/2 Cupful of chopped peanuts
- 1 Tablespoonful of chopped pimento
- 1 Tablespoonful of chopped green pepper
- 1/2 Cupful of boiled dressing

Combine the ingredients in order, add the dressing and mix thoroughly. Serve in crisp green lettuce cups, and garnish with strips of pimento.

POTATO CREAM DRESSING

This is like a Mayonnaise dressing. Put two heaped tablespoonfuls of well-mashed potato into a basin, season well with pepper, salt and a level teaspoonful of made mustard. Then add gradually three tablespoonfuls of salad oil, and lastly—stirring all the time—two tablespoonfuls of vinegar.

Lobster Vegetable Salad.

MIX an equal amount of sliced chilled cucumbers, tender asparagus tips and flaked lobster. Season to taste with salt, pepper, salad oil and vinegar. Arrange on a nest of crisp lettuce leaves. Garnish the salad with the flesh taken from the large claws and the tail of the lobster and with slices of peeled and chilled tomatoes. Sift the coral and the creamy parts of the lobster and gradually beat into about 1/2 cup well seasoned mayonnaise dressing. Serve this dressing with the salad.

"Good Luck" Salad.

SELECT a long, crisp cucumber, pare and cut in thin slices crosswise. Arrange in horseshoe shape on a bed of crisp lettuce or romaine. Decorate with small pieces of ripe black olives cut to represent nail heads. Serve with following dressing: **Dressing for Good Luck Salad**—Mix 1/2 teaspoon salt, a few grains of pepper, 2 tablespoons lemon juice, 4 tablespoons salad oil and 3 tablespoons thick cream and beat until well mixed.

Lettuce, Club Style.

- 1/2 cupful mayonnaise dressing, stiff.
- 2 tablespoonfuls chili sauce,
- 2 hard-cooked eggs, chopped, bread.
- Crescents of hot toasted, buttered bread
- 1 solid head lettuce.

BEAT the chili sauce into the mayonnaise. Wash the lettuce thoroughly, dry, and arrange in the shape of a head on a large round platter or in a bowl. Pour the dressing in and around the leaves, sprinkle with the eggs chopped fine and garnish with the hot toast.

Cheese and Grapefruit.

Make small balls of cream cheese slightly moistened with mayonnaise, roll them in chopped nut meats and press a candied or maraschino cherry into each. Line a salad bowl with washed and dried lettuce leaves, half fill with celery, cut into matchlike strips, surround with sections of grapefruit freed from membrane, place strips of green pepper lattice fashion over the top, dress with French dressing and dot with the cheese balls.

STUFFED TOMATO SALAD.

Wash, peel and remove pulp from center of tomatoes. Chill and fill with following mixtures:

1. Equal quantities diced pineapple and chopped nuts. Mayonnaise dressing to moisten.
2. Equal quantities cucumber, green pepper and onion, cut fine. Mayonnaise or boiled dressing.
3. Equal quantities cream cheese and chopped stuffed olives. Mayonnaise or boiled dressing.

For making successful dressings be sure that the ingredients are very cold. Any dressing which is of the French variety is best mixed by pouring the ingredients slowly over a small piece of ice in a bowl. Beat with a fork until thick, and then remove the ice and serve at once.

To make Savory Salad Dressing combine four tablespoonfuls of olive or salad oil, one tablespoonful of tarragon vinegar one and one-half tablespoonfuls of tomato catchup, one-half tablespoonful of Worcestershire sauce, one-fourth teaspoonful of salt, one-eighth teaspoonful of black pepper and a few grains of cayenne pepper. Beat well together until thoroughly blended, and serve at once on salad greens.

For Chives Salad Dressing mix together thoroughly three tablespoonfuls of olive or salad oil, one tablespoonful of vinegar, one teaspoonful of salt, one-fourth teaspoonful of paprika and one-eighth teaspoonful of white pepper; then add one teaspoonful of minced chives and one hard-cooked egg chopped fine. Serve on toast or any plain green salad. Enough for four servings.

Creole Salad Dressing is especially good on asparagus, tomato, cucumber or plain lettuce or romaine salad. Mix thoroughly one-half cupful of olive or salad oil, five tablespoonfuls of vinegar, one-half teaspoonful of powdered sugar, one teaspoonful of salt, two tablespoonfuls of chopped pimientos, three tablespoonfuls of finely chopped green peppers, one tablespoonful of minced onion and one-half tablespoonful of minced parsley. Let chill and beat or shake well before using.

To make Curry Salad Dressing mix thoroughly one-half teaspoonful of curry powder, one-half teaspoonful of onion salt, one-fourth teaspoonful of pepper and six tablespoonfuls of olive or salad oil. Add slowly one tablespoonful of tarragon vinegar. This is good with plain salads and also as a dressing for cold fish.

Asparagus Salad with Tartare Mousseline Sauce.

ARRANGE tender asparagus tips on nests of crisp heart lettuce. Put a spoonful of tartare mousseline sauce above the asparagus in each nest and serve immediately.

Tartare Mousseline Sauce—To 1 cup of mayonnaise dressing add 2 tablespoons each of fine chopped capers, olives and gherkins, 1/2 a chili pepper, a little salt and 1/2 cup cream, beaten until stiff.

French Artichoke and Grapefruit Salad.

DRAIN canned artichoke bottoms (globe artichokes), sprinkle with French dressing and let stand in ice box an hour or longer. Peel grapefruit and remove sections, discarding all the white portion and seeds. Arrange large pieces of grapefruit on artichoke bottoms. Decorate with shreds of canned pimiento. Arrange on nest of crisp heart lettuce and serve with well-seasoned French dressing.

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Chili Con Carne

Chop into fine pieces one pound of beef and one onion. Fry in very hot grease a few minutes, then add salt and a large green pepper and two tablespoons of chile powder. Add a small can of tomatoes and a little water, then let boil slowly until done. A few bay leaves and a little flour to thicken may also be added. It is customary to serve the chile with equal parts of Bayo beans (or red kidney beans). They should be soaked over night in cold water to which a little soda has been added. In the morning drain, boil in fresh water seasoned with salt pork and a bit of salt. If there is not enough gravy from the chile con carne, any brown gravy can be used by adding a teaspoon of chile powder and a little onion juice to each pint of gravy used.

"Beurrecks of Macaroni" are a specialty of the Italian restaurant nearly every American finds his way to when he comes to Paris.

Break rather large macaroni into pieces about five or six inches long and cook in boiling salt water for ten minutes. Remove from the hot fire and let simmer for twenty minutes on the edge of the stove.

Drain the water if there is any. Then pick up three or four of the strips, roll in grated cheese and then in fine breadcrumb. Fry in hot oil until a nice brown. Drain and serve with tomato sauce.

Spaghetti, Italian Style—One package spaghetti, one small can tomatoes, one large green pepper, one large onion, one-quarter pound butter or other shortening, two tablespoons flour, one teaspoon paprika, one-quarter teaspoon white pepper, two cloves garlic and one-half teaspoon salt.

Put spaghetti to cook in boiling salted water. Meanwhile put butter in a frying pan and add the onion, diced fine. Fry until almost brown and add flour. Then brown.

Take tomatoes, pepper, sliced fine and salt, paprika and white pepper. Put toothpick through garlic so that it can be easily located and removed. Simmer until thick.

Take out garlic, add boiled spaghetti and cook slowly for ten minutes. Serve grated cheese with this. Enough for four portions.

Mexican Rice—One-half cup rice,

three tablespoons butter, one cup tomatoes, one sliced onion, one green pepper, two cups hot water and seasoning such as chopped parsley or curry powder.

Wash the rice and dry thoroughly. Mix with butter and stir over fire until rice is yellow. Add the tomatoes, sliced onion, green pepper and seasoning. Then add the water and make in moderate oven until water is all absorbed or until rice is thoroughly cooked.

"Fish-Shells" can be made of the scraps of any kind of fish. For five shells, use three-fifths

pound of fish, such as cod, white-fish, bass, etc., cooked and cooled.

Melt a large spoonful of butter, then add the fish, a little flour, salt, pepper and a bit of nutmeg. Mix thoroughly and let boil for a minute, then remove from the fire and add more butter and some grated cheese. Keep in a warm place.

Butter the shells and fill each one with the mixture. Sprinkle grated cheese and brown in oven for seven or eight minutes.

Welsh Rarebit

1 tablespoon butter, 1 teaspoon cornstarch, ½-cup top milk, ½-lb. cheese, ¼-teaspoon mustard, pinch cayenne, ¼-teaspoon paprika, salt.

Stir the cornstarch into the melted butter and add the milk gradually. Cook a few moments, stirring constantly. Add the cheese, cut in small pieces, and cook over hot water until the cheese is melted, stirring frequently. Season and serve on slices of bread toasted on one side only, placing the rarebit on the untoasted side of the bread. Welsh rarebit should be perfectly smooth, and of a creamy consistency, free from lumps and not stringy.

Sardine Rarebit

To the recipe for Welsh rarebit add one-half teaspoonful Worcestershire sauce. Before pouring the rarebit on the toasted bread, place three or four sardines on each slice, and pour the rarebit over.

Chicken a la King

Make a white sauce from two tablespoons butter, three tablespoons flour, salt, pepper, three-quarters of cup milk and three-quarters cup chicken stock or water. Serve hot chicken sliced or cut in fairly large pieces with the above white sauce poured over. If desired, mushrooms or pimento may be added.

Oyster Stew

1 pint oysters, 2 cups milk, 2 cups tomato juice, 2 cups oyster liquor, 1 teaspoon salt, ¼-teaspoon pepper, 2 tablespoons butter, pinch soda.

After straining off the oyster liquor, clean the oysters carefully, washing well and removing any foreign matter. Heat the oyster liquor to the boiling point and then strain through a double thickness of cheesecloth. Cook the oysters in the liquor until they are plump and the edges curl, then skim out and keep hot while combining the other ingredients. Scald the milk and bring the tomato juice to the boil, then add a pinch of soda and combine

Savory Goldenrod Toast.

Chop the whites of three hard-cooked eggs coarsely; mix with one cupful of white sauce and add two tablespoonfuls of minced ham. Serve on hot buttered toast with the yolks iced over all.

Spread orange marmalade on hot buttered toast. Sprinkle with grated cheese and place in a moderate oven until the cheese melts. Serve hot.

Cheese Crackers.

BUTTER saltines or thin crackers and spread generously with paprika and set in a moderate oven until the cheese is melted sufficiently. Serve with jellied vegetable salad.

Orange Cheese Balls—Add the juice of one sour orange, a few drops at a time, to one small cream cheese which has been mashed fine. Form into balls, and roll in grated orange rind. Serve on small toasted crackers, and garnish with crisp greens.

TOMATO OMELETTE

Peel two ripe tomatoes medium sized, cut in pieces, and let them cook for five minutes with half a teaspoon minced sweet margoram; half a teaspoon minced parsley; half a teaspoon salt; quarter of a teaspoon paprika; two teaspoons sugar; sprinkling of cloves and cinnamon.

Make omelette of three eggs, and when it begins to set on the bottom of the pan, pour on the tomato mixture, lifting it into the egg very lightly, with a fork, without penetrating the browning bottom.

Roll and serve at once.

Bacon Fraise.

Beat four eggs, a teaspoonful of flour and half a cupful of rich milk into a batter. Dip crisply cooked bacon into this and drop for a moment into hot grease. When browned serve on hot dish.

Date Souffle.

BEAT ½ cup sugar into 5 egg whites that have been beaten until dry. When stiff enough to hold shape fold in ½ cup chopped nuts and ½ pound chopped dates. Pour the mixture into a pudding dish that has been carefully buttered and sprinkled with granulated sugar. Set in a pan of hot water and cook in a slow oven about 25 minutes. Serve hot with cream and sugar.

Swiss Eggs.

To one tablespoonful of butter, melted in a small skillet, add one-half cupful of cream or top milk; when simmering, slip four eggs in carefully, one at a time. Sprinkle with salt, pepper and a dash of cayenne, and when nearly set, with two tablespoonfuls of grated cheese. When cooked as you like them, take up on rounds of hot, buttered toast, shake paprika on liberally, sprinkle with minced parsley and sweet pepper, and pour the cream around.

SHIRRED EGGS

Cut six tiny sausages in half-inch pieces and fry for six minutes.

Remove from the pan, mix with one cup of seasoned thick tomato puree and one tablespoon of chopped parsley.

Divide this mixture between six buttered individual baking dishes, break into each two eggs, dust with salt and paprika, pour over a teaspoon of melted butter and set in a moderate oven until the eggs are set.

Egg Recipes.

When the French devised what they considered 600 recipes, and more, for cooking eggs, they thought they had done something marvelous, but of course all they had done was to vary the short alphabet of boiled, scrambled, shirred, etc.

In order to learn to cook eggs the first thing necessary is to learn that alphabet:

Hard cooked eggs: Put the eggs on the stove in cold water and, when this has come to a boil slowly—in twenty minutes—take up the eggs and drop them into cold water unless they are to be served at once. The rapid cooling of the egg keeps the yolk of uniform color, while with slow cooling it may shade off into green, and when egg salads or stuffed eggs are to be prepared this is quite objectionable.

Pressed eggs: Chop hard cooked eggs, and for each egg used allow one teaspoon of melted butter and a bit each of salt, pepper, and mustard, then work all well and press the mass into a mold. If in a small square mold excellent slices can be made for sandwich fillings, varied with lettuce, mayonnaise, etc.

Shirred eggs in batter: Prepare a

Methods of Cooking.

The proper length of time for cooking an egg has long been a question for discussion among food scientists. Some advocate the following method for soft cooking:

Put the egg into water just ceased boiling and allow to stand for three minutes. Others advise putting it in boiling water and allowed to boil for three minutes. While either method may be used from a standpoint of digestibility, the first method makes a more palatable egg.

Boiling an egg three minutes barely keeps the yolk and white together. Four minutes' boiling renders the white firm and the yolk soft. Seven minutes completely hardens both the yolk and white to suit those desiring a hard-cooked egg.

HOW TO TEST EGGS.

As a clarifier, egg white has long been used in coffee making and for clearing soups, and because the albumen proves such a fine binder, eggs are used for holding croquettes and cutlets together, and as they quickly coagulate form a crust to prevent grease from saturating the croquette.

Naturally we all prefer fresh eggs, both for cooking and serving as a straight food. While the diner has no way of testing the eggs placed before him other than by his sense of taste and smell, the housewife and cook has several.

A fresh egg will always settle to the bottom of a dish when submerged in water. Hold the raw egg before the light, and if the yolk is in the center the egg is fresh. Again, if the surface of the egg is rough, it is an indication that the egg is fresh.

HOW TO KEEP EGGS.

As egg shells are porous, they easily take on and absorb the odor of foods placed near them. So you can easily see the necessity of keeping them in a cool, dry place, away from foods of strong odors.

If you suffer from acute indigestion in any of its forms, do not eat hard-fried or hard-boiled eggs. Both require from three to four hours to assimilate.

Soft-boiled, coddled and scrambled eggs require less than half that time, while raw, slightly beaten and poached eggs require even less time. Grease added to eggs naturally lengthens the digestive process, but does not make them harmful except for those sufferings from stomach disorders.

batter of equal parts of fine bread crumbs and some minced meat—like cold ham or chicken—with enough cream to make the mixture like a paste, with seasonings to suit. Butter the egg dish or dishes, put in a layer of the paste, drop on to it an egg which has been broken into a cup, and bake.

Or the egg may be covered with some of the paste, a little butter sprinkled over it, and then baked, or in any case it is better to steam the whole until the egg sets. Put a little wire stand in an open pan of boiling water in the oven, set the egg dish on it and cover. If the water is boiling, and comes up around the egg dish part way, and they are covered, the eggs will cook in from three to five minutes.

Fried eggs: Heat a small amount of fat in a frying pan—ham, bacon, salt pork fats are good—but not to either a noisy point nor, farther, to smoking. Have the eggs broken in cups or saucers and slide them into the fat. Fold over the edges of the whites somewhat, and quickly, because they instantly set and may easily be overcooked. Cook over an exceedingly slow fire until the yolk sets.

Asheville Canapes—Peel and cut small tomatoes in slices; cut thin rounds of bread the same size as tomatoes; toast bread, spread with mustard butter, or salad dressing, and cover with a slice of tomato; season lightly with salt and pepper, and cover with thin slices of cooked chicken livers. Garnish with parsley.

Cheese Delights—Slice bread thin. Mix pimento cheese to a paste and spread on buttered bread. Dice thin sliced bacon and spread over bread and cheese and put in oven until bacon and cheese are brown. Serve hot.

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Cabbage Omelet.

In one of the famous Alpine regions climbers have gone into ecstasy over the potato omelet featured in an Alpine inn. Other vegetable omelets—often called hashes, but folded—have been in high repute elsewhere, and there is good reason why a cabbage omelet should fit into the budget of many a small home. If cabbage is at all a favorite vegetable in a small family, there will need to be ways of using the left-over, or otherwise the half of a raw cabbage will perhaps be hanging around too long. Cut in half and the cut side covered with waxed paper, it will keep well in a cool place for a day or two, but it inevitably dries, and especially in the electric refrigerators.

For a cabbage omelet take two cups of cooked cabbage chopped fine, one or two raw onions, perhaps some green sweet pepper, two cups of freshly cooked mashed potato, and some bacon in rashers or cooked and ground into dust. Enough for from four to six people.

Put potatoes to cook. Have cab-

bage chopped fine. Put a tablespoon of bacon fat in the frying pan and put in with it the onion, cut fine, and the sweet pepper, if used. Cover the pan and have it over a small fire until the onion is tender but not browned. The pepper should be chopped fine also. When these are tender put the cabbage in the pan in an even layer and let it slowly heat through and brown gently on the bottom, perhaps, if it will, over a small fire. Finally spread the hot mashed potato evenly over the cabbage and let them cook together for five minutes; then fold like any omelet and serve on a hot platter, garnishing to taste.

In mashing and seasoning the potato an egg yolk, or even a whole egg, may be beaten with the cream used to season it. And always a grate or two of black pepper gives mashed potato character, especially in such uses.

To make this omelet more interesting in appearance a nice cold cooked beet chopped fine may be mixed with the cabbage and a little pepper grated over the mixture.

Cheese Ramekins.

THESE ramekins may be served as an entree for luncheons or dinner. They also make an excellent main dish for Sunday night supper. Cut slices of bread to fit the individual ramekins. Place one slice of buttered bread in the bottom of each ramekin and cover with small thin pieces of cheese. Cut chives over the cheese and sprinkle lightly with salt and pepper. Repeat, placing a slice of buttered bread on top. Prepare a custard mixture, using one egg to each cupful of milk, the amount of custard prepared depending upon the size and number of ramekins used. Beat the eggs slightly and add the milk. Season with one-fourth teaspoonful salt and a speck of pepper. Pour over the bread and cheese in the ramekins and sprinkle with paprika. Set the ramekins in a pan of hot water and bake in a slow oven of 350 degrees F. for forty minutes.

"Cassoulet of Castannau" is the next best thing to Boston baked beans in France.

For eight persons cook until almost done one quart of French white beans, known as "Soissons," that have been blanched. Cook with them a half of a pound of sausage, half a pound of fresh pork and half a pound of bacon rind.

Before completely done remove to an earthenware casserole, preferably flat, and bake in the oven until thoroughly done and a crust has formed over the top.

"Filets de Soles Lutece" make a delightful dish for vegetarians.

Remove the filets from two soles and put the remainder to boil in one-half a pint of white wine and some large shrimps.

Fold over the filets and poach in the white wine which has been reduced.

Make a good Hollandaise sauce, adding the liquid from the filets. Divide into two parts, adding to one the shrimps which will color it a nice rose.

Arrange the filets on an oval serving-dish with the shrimps all around. Pour over the white sauce and the rose-colored. Place a thin slice of truffle over each filet.

Brown for a minute in a warm oven and serve at once.

SPINACH SOUFFLE.

Three tablespoons butter, 3 tablespoons flour, ¼ teaspoon salt, ½ teaspoon pepper, 1 cup milk or thin cream, 1 cup cooked spinach, 3 eggs, ½ cup grated cheese, onion juice.

Melt butter; add flour and seasonings and gradually the milk. Add spinach, pressed dry and put through sieve; then add well beaten egg yolks. Fold in grated cheese (parmesan preferred) and stiffly beaten egg whites. Bake in a buttered dish in a moderate oven (350 degrees) 50 minutes.

Stuffed Eggs—Hard cook the number of eggs desired, remove the yolks

when cool. Mash and season with salt, pepper and enough mayonnaise to make a nice filling. Refill whites. Serve on plates of shredded lettuce or one or two crisp leaves. A mixture of chilli sauce, lemon juice and horseradish makes an excellent dressing.

Cheese Toast With Bacon—Try ½ pound bacon until delicately browned. Make a sauce of 4 tablespoons bacon drippings, 4 tablespoons flour and 2 cups of milk. Season with ½ teaspoon salt, ½ teaspoon paprika (¼ teaspoon Worcestershire sauce if desired) and stir in two-thirds cup of cheese grated. Cook about two minutes or until the cheese is melted. Pour over 6 slices of toast and place 2 or 3 slices of bacon on each slice of toast.

Squaw Corn—Cook one-half cup diced bacon until crisp, and pour contents of a can of corn into skillet. Cook for a few minutes, season to taste. Serve immediately.

"Eggs Antouillet" make a nourishing luncheon dish.

Use Holland potatoes. Peel and bake them whole in the oven. Cut lengthwise and remove a little of the pulp. Place them in a baking pan and put a piece of butter into each hollow. Break a fresh egg over each one and put into the oven until the white is cooked.

Season well and cover each one with a good Bechamel sauce, made of milk, flour, eggs and cheese. Put into the oven again for a moment and serve at once.

French Omelet

BEAT 4 eggs slightly, add ¼ cup milk, ½ teaspoon salt and ½ teaspoon butter. Melt 2 tablespoons butter in hot omelet pan, turn in the egg mixture, and as it cooks, prick and pick up with a fork until the whole is of a creamy consistency. When delicately browned underneath, fold, and turn out on hot platter.

Chinese Chop Suey.

HAVE ready thin strips, ½ inch wide and 1½ inches long, of lean pork and chicken. Cook until delicately browned in pork fat. Have ready half as much diced celery, cut diagonally across the stalk, and 1 minced onion. To the browned meat add the celery and onion, cover with boiling chicken stock or water, and simmer gently until nearly tender. Add peeled mushrooms, as many as desired, to the fat from which the meat was taken, and cook until soft. Combine the cooked mushrooms with the first mixture. For about 1 quart of the meat and vegetable mixture mix 1 tablespoon corn-starch with 3 tablespoons cold water. Stir this paste into the hot mixture. Bring to boiling point while stirring constantly, and add 1 tablespoon molasses, 1 teaspoon salt and 1 tablespoon soy sauce. Serve with steamed rice.

Potato Souffle—One-half dozen large potatoes, ½ cup cream, salt and pepper, 1 tablespoon baking powder.

Boil or bake the potatoes until tender, then mash up or pass through a potato ricer; add the butter, milk and seasoning and beat up; then fold in the stiffly beaten whites of the eggs. Pour into bake dish and bake until puffed up and a nice brown. Serve hot in the dish in which it has been baked.

Chicken Souffle—Two cups scalded milk, 1-3 cup butter, ½ cup flour, 1

level teaspoon salt, ½ teaspoon pepper, ½ cup stale soft bread crumbs, 2 cups cold cooked chicken, finely chopped, yolks 3 eggs, well beaten; 1 tablespoon finely chopped parsley, whites 3 eggs, beaten stiff, and ½ level teaspoon baking powder.

Make a sauce of first five ingredients, add bread crumbs and cook two minutes, remove from fire, add chicken, yolks of eggs and parsley, then fold in whites of eggs. Turn in a buttered pudding dish and bake thirty-five minutes in a slow oven. Serve with white mushroom sauce. Veal may be used in place of chicken.

ROAST PORK FRITTERS.

Dip slices of cold roast pork cut 4x2 inches into Yorkshire pudding batter. Fry in deep fat till golden brown. Drain and serve hot.

YORKSHIRE PUDDING.

One cup milk, 1 cup flour, 2 eggs, ¼ teaspoon salt.

Mix salt and flour, add milk gradually to form a smooth paste; then add eggs beaten until very light.

Toast Omelet—A la Silver Cup
 4 eggs
 2 tablespoons butter
 ¼ cup of milk
 Powder toast crumbs and soak in milk. After separating eggs, add beaten yolks to softened toast crumbs. Add paprika. Sprinkle salt on egg whites and beat until stiff. Put butter in hot frying pan. Pour in the crumb and yolk mixture. Cook until bubbles form, then pour in beaten whites. Remove pan to moderately hot oven and allow egg whites to cook. Turn omelet. Remove to hot platter and serve at once.

Two Croquettes.

The croquette is likely to be a staple in homes where there is good cooking, while it may never appear in homes where the cooking is but a makeshift. In the season of broiled and fried chicken certain sorts of croquettes are especially timely:

Rice Croquettes.—Two cups of cold boiled rice, half a cup of milk, no sugar when the croquettes are to be served with meats, otherwise use two tablespoons, and one beaten egg yolk. Just a suspicion of vanilla or nutmeg or both may be used if the croquettes are to be used for a sweet course. When to be used as a vegetable add a bit of pepper and parsley chopped fine.

Stir the milk and rice together over the fire until well heated, then add seasonings and egg and cool the mixture. Finally make up into cylinders or cones, dip in eggs and crumbs, and fry in deep fat, remembering that the mixture is a cooked one and therefore the fat should be at a lower temperature than when raw foods are to be cooked in it.

Lima Bean Croquettes.—We have before now recommended these as being among the daintiest and creamiest of croquettes, so dainty that an eater might not be able to guess that they were made of any bean that grows. Sieve freshly cooked dried lima beans, measure the rather thick puree obtained in this way, add to it one cup of home made bread crumbs, one-fourth of a cup of cream, one egg,

and any seasoning preferred. If the beans have been seasoned, perhaps with an onion and carrot, try letting these be the only seasonings other than salt.

Cool this mixture which the bread crumbs should have thickened adequately as they swell in the puree, form it into nice rolls, dip thoroughly in egg and crumbs and cook to a light brown in deep fat. If you fancy that you can do better work by making up the croquettes and chilling them before frying them is easier have the fat up to 400 degrees because they are cold.

The lima beans are prepared in the first place by washing them and putting them to cook without soaking in four times their measure of cold water, brought slowly to a boil in an uncovered small kettle—two quart fireless aluminum kettle is good.

For Yorkshire Eggs.

Cook twelve eggs for about four minutes or until they are just partially cooked, but may be handled. Shell them, and then dip each egg in an egg mixture, made by combining two slightly beaten eggs with one tablespoonful of water and one-eighth teaspoonful of salt, entirely covering the egg with the mixture. Then roll them lightly in sifted bread-crumbs. Lay three or four of the crumbed eggs in the frying basket at a time, and cook them in the deep fat at 390° F. until entirely coated with golden brown. Lay on a bed of parsley and serve at once, either plain or with tomato or cheese sauce.

EGGS A LA GOLDENROD

Three hard-cooked eggs, 1 cup medium white sauce, 3 slices of toast. Chop whites of eggs; add to sauce, reheat; pour over the toast. Press the yolks through a sieve; sprinkle over the top. Garnish with toast points and parsley.—Canadian Cook Book.

Hollandaise Sauce.

Hollandaise sauce has a place the year around, but in cosmopolitan usage right now is one of its special seasons, because in cosmopolitan usage it is the supreme sauce for asparagus. Perhaps you like melted butter better. So do I. But for a change let us have the sauce once in a while, especially if we can make it nice and thick. It is wonderful with some other greens, along with a slice of broiled salmon.

Most of the recipes call for a great deal of butter, so I was much interested to find one in a recent cook book calling for the very minimum of butter. The quantities in that recipe were not all of them specific, and the quantity made was large, but by dividing and adapting it for a three or four person amount I got this:

One tablespoon of butter, one-half teaspoon of salt, one-half teaspoon sugar, two egg yolks, a scant half cup of milk and cream combined—the more cream added the more right you have to call this a sauce mousseline which is one step beyond Hollandaise in fineness, presumably. Add four teaspoons of lemon juice, one at a time. Melt the butter, add seasonings—a few grains of cayenne would be reasonable, and pep up the sauce—stir in the egg yolks and one teaspoon of the lemon juice.

Add the milk or cream, gradually stirring all the time, and cook over the minimum fire with constant whisking until it is thick and light and foamy, but do not boil. Beat two minutes after removing from the fire adding rest of lemon juice by teaspoons-full. Then set on cool part of the stove.

Since this will thicken next the pan as it heats one must watch out in the whisking, lifting it above the fire to keep it all of the same consistency by the whisking. And in making anything like this one has a chance to learn how much better is the lesser heat and the longer time of application in all egg cookery.

Now for the extravagant hotel chef's recipe: "Put the yolks of five eggs in a saucepan. Place the saucepan in a pot containing very hot water, on the range. Stir the yolks well and add pieces of sweet butter, until one pound is used."

SAUCES are a valuable accompaniment to many kinds of dishes, and perhaps we Americans fail to derive all the pleasure we might from our foods, especially fishes and meats, because we pay so little attention to concocting the delicious sauces for which European cookery is famous.

Of course the most careless and inexperienced housewife knows that fish really needs either a lemon garnish to bring out the flavor, or some piquant sauce. But how many know that even so humble a meat as Hamburg steak or roast is twice as delicious if served with a good savory sauce?

Here in the basic sauce, which is a very simple thing to make:

- 2 tablespoons butter or fat.
- 3 tablespoons flour.
- ½ teaspoon salt.
- ½ teaspoon paprika.
- 1½ cups meat stock.
- 3 tablespoons lemon juice.
- 1 tablespoon finely chopped parsley.

To make, melt the fat, mix into it the flour and seasonings and add the meat stock, which may be made with a bouillon cube or a good beef paste. Bring to the boiling point, stirring constantly. Add the lemon juice, and minced parsley, let cook gently two minutes and serve. This is the foundation recipe for the following sauces:

Egg Sauce.

Add two hard-cooked eggs, chopped, to foundation recipe.

Relish Sauce.

Add one-half cup chopped pickle, either sweet, sour or dill, to foundation recipe. This is a very good sauce for fish, which needs something with a tart tang to bring out its flavor.

California Sauce.

Add three tablespoons each of chopped olives and seeded raisins to basic recipe. Delicious with fish, ham or roast duck.

Bearnaise Sauce.

Put one tablespoonful of butter, creamed with two egg yolks and two tablespoonfuls of lemon juice into a skillet. Set this over boiling water and stir until it thickens, then add another tablespoonful of butter, continue stirring and add another spoonful of butter. Season with salt and cayenne pepper, add a teaspoonful of minced parsley, and if desired, a teaspoonful of onion juice.

Creole Sauce—Four tablespoons canned tomatoes, 2 tablespoons chopped onions, 2 tablespoons chopped green peppers, 2 tablespoons chopped red peppers, 2 tablespoons chopped parsley, 2 tablespoons chopped mushrooms, salt, paprika, 2 cups brown sauce and 2 tablespoons butter.

Simmer the onion in butter, add the peppers, tomato and mushrooms. Pour on the brown sauce and season very highly. Cook for fifteen minutes and serve very hot over fish or steak.

Brown Sauce—2 tablespoons flour, 2 tablespoons butter, 1 cup hot water or soup stock, ½ teaspoon salt and pepper.

Brown the flour in the butter. Add the hot liquid, season and cook for five minutes. Use to cover hot meats, dumplings, vegetables, etc.

Russian Relish.

To two cupfuls of diced, cold roast beef add one chopped sweet pepper and three-fourths cupful of gravy.

CREAM GRAVY.

One and one-half tablespoons flour, 2 tablespoons butter, ½ teaspoon grated onion, 1 teaspoon salt, 1 cup thin cream, ½ cup chopped mushrooms.

Cream butter, flour and onion thoroughly. Add salt and cream; cook in top of double boiler. Add mushrooms during last five minutes of cooking.

Horseradish Sauce—To two tablespoons grated horseradish, add one egg yolk, one-half teaspoon sugar, one-half teaspoon French mustard, one and one-half tablespoons white vinegar, one-half cup thickly whipped cream, salt and pepper. Stir well before adding each new ingredient. Serve this cold sauce over the meat while very hot, and serve on hot plates.

When the real truffles are too dear around Christmas time, the French housewife makes a delicious substitute with chestnuts.

Remove the shells from one pound of chestnuts and put into boiling water to remove the second skin. Make into a good puree with a little milk, vanilla and sugar syrup.

Melt one-quarter of a pound of chocolate with a spoonful of milk and add a large piece of butter. While still warm, mix with the chestnut puree and add more butter. Let cool, then add the yolk of an egg and mix well.

Put in a cool place. The following day, form into the shape of small truffles and roll in powdered cocoa. These truffles may be kept indefinitely in a tin box.

Cucumber Dressing.

To one-half cupful thick cream add one-fourth teaspoonful salt, a speck of pepper and two tablespoonfuls vinegar. Beat until stiff. Just before serving add one cucumber which has been pared, chopped very fine and drained.

Kouliabiak of Salmon.

PARIS.—"Kouliabiak of salmon" is a Russian dish—very nice for picnic luncheons.

To make the dough use one-half pound of flour and one-half as much butter, a little milk, three eggs, baking-powder and salt. Put the baking powder in the milk, add the flour and, after having mixed thoroughly, let rise for one hour in a warm place. During this time prepare the dressing.

Fry in butter one pound of escallops of salmon. Cook one-fourth pound rice a la Creole—that is, in a large amount of salt water—for fifteen minutes. Chop up three hard-boiled eggs.

Press the dough down until it is no more than one inch thick and form into a rectangle a little less thick at the sides than in the center. Dispose in it first a layer of rice, then the salmon, and finally a layer of the eggs, not forgetting always some seasoning and lumps of butter. Moisten the edges of the rectangle and close it all around. Rub with the yolk of an egg and perforate with a fork.

Bake in the oven for an hour. Remove when nicely browned and cut into thick slices. Serve at the beginning of the picnic lunch.

Any other fish may be used in the same manner, but salmon probably is preferable.

Salmon Loaf with Savory Sauce.

RINSE 1 can of salmon carefully and remove bones and skin. Separate into flakes and season with 1 teaspoon salt, a little paprika, 2 teaspoons lemon juice and a few grains of black pepper. Cook ½ cup soft bread crumbs in ½ cup milk for 5 minutes, add the salmon and 3 egg yolks beaten until thick and lemon colored. Fold in 3 stiffly beaten egg whites. Turn into a buttered baking dish, set in a pan of hot water, and bake in a moderate oven until delicately firm in the centre.

CODFISH BALLS

One cupful salt codfish, 2½ cupfuls potatoes, 1 egg, ½ tablespoonful butter, ½ teaspoonful pepper.

Wash the codfish, break in small pieces; cover with cold water; heat gradually to simmering; keep at that temperature 30 minutes; drain.

Cook potatoes, drain, dry, mash or rice. Add fish. Mix thoroughly. Add beaten egg, butter, pepper and salt if needed. Beat until light; drop by spoonfuls into fat which will brown a cube of bread in 40 seconds (390 deg. F.). Cook to a golden brown; drain; garnish and serve with white or tomato sauce.—Canadian Cook Book.

HOW TO PREPARE MUSHROOM SAUCE.

Three tablespoons butter, 3 tablespoons flour, 1 pound mushrooms, 2 cups milk, salt and pepper.

Put butter in saucepan. When heated add mushrooms, which have been wiped and peeled. Stems may be finely cut and used with the caps, which are left whole. Saute very gently until mushrooms are tender. Remove to a dish and measure remaining butter in the pan and add enough more to make three tablespoonfuls; add the flour, and when blended add the milk very gradually. Cook until creamy, stirring

constantly. Add salt and pepper to taste, together with sauted mushrooms. Canned mushrooms may be used.

RECIPE FOR SAVORY SAUCE.

Two cups savory gravy, 1 cup chopped mushrooms.

Maitre d'Hotel Sauce.

One-third cupful butter, ten drops onion juice, one tablespoonful lemon juice, one tablespoonful of chopped parsley, salt and pepper. Beat the butter to a cream as for a cake, add the lemon juice a little at a time and, when blended, stir in the parsley, onion juice and seasoning. Form into a ball or flat cake and set aside to chill before serving.

Bechamel Sauce.

COOK 1½ cups white stock for 20 minutes with 1 slice carrot, 1 slice onion, a bit of bay leaf and a sprig of parsley. Strain. There should be about 1 cup of stock. Melt ¼ cup butter, add ¼ cup sifted flour and blend well. Add the hot stock and 1 cup of scalded rich milk and stir constantly until smooth and creamy. Add ½ teaspoon salt and a few grains of pepper and serve.

BROILED FINNAN HADDIE

Wash well and soak in lukewarm water half an hour. Dry, brush with melted ham or bacon drippings, and broil for fifteen minutes, turning often; sprinkle with lemon juice and paprika and serve very hot.

For fish try halibut cutlets. Remove the skin and bone from enough halibut to give one pound. Pass this twice through a food-chopper. Work into the fish, first a quarter of a cupful of butter that has been beaten to a cream, then three tablespoonfuls of cream, a generous half-teaspoonful of salt, a dash of pepper and a few drops of onion juice. Form the mixture into six cutlet shapes, and chill. Roll in sifted breadcrumbs, cover completely with an egg diluted with a tablespoonful of water, roll again in crumbs, and fry in deep fat for five minutes. Garnish with parsley and thin slices of lemon. Serve with a sauce.

Silver Cup Clam Chowder

6 slices Silver Cup toast, diced
1 qt. milk
1 qt. potatoes, diced
2 tablespoons salt
¼ lb. salt pork, diced
½ teaspoon paprika
After cleaning and picking over clams, chop hard parts up fine. Keep chopped hard parts separate. Place pork and onions in pan and fry for 5 minutes. Strain into a stew pan. Parboil potatoes 5 minutes; drain. Put a layer of potatoes in bottom of stew pan with strained fat. Add clams, sprinkle with salt and paprika. Dredge with flour. Add remaining potatoes, sprinkle with salt and paprika, dredge with flour and add milk. Cook 10 minutes. Add soft part of clams, and butter. Pour over toast.

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Plain Meringue

SIFT one heaping cup of powdered sugar. Beat the whites of two eggs to a stiff froth and sift the sugar lightly and gradually into them, beating all the time. When the whole is stiff enough to hold a shape, add a little vanilla or whatever flavor you choose. Rough meringues may be made with this by putting tablespoons of it on a piece of white paper. Or bake in muffin tins and when slowly baked, break open and fill with ice cream or whipped cream. You may like the flavor best if these are slightly browned instead of being dead white like meringues slowly dried in an oven without the least zip.

Kiss Torte

Whip the whites of six eggs until they point, and then sift and beat into them, a little at a time, two cups of sugar—powdered is generally considered best—which has been sifted at least once before this. Some people add a pinch of cream of tartar or use lemon juice to stiffen, but tough meringues must be avoided. Flavor. Line a spring form—a round tin with a disc-like bottom which fits into a tin ring snapped on to it with a spring—with white writing paper slightly damp. Bake fifty minutes in a slow oven.

Strawberry Kiss Torte

After baking meringue shells, they are removed from the oven, the bottom broken in, and then they are further dried. One may do something similar with the kiss torte, but most people will like it better if it is not too dry inside when split for the strawberries, but is actually a bit gooey. First it must be carefully cut in two layers—and these may be dried—then filled with whipped cream and strawberries well sugared. There may be strawberries and cream to top it, or the top may have been made fancy with piping of the meringue paste.

The Italian Meringue

This meringue is like a cooked icing and is baked like the others. The inexperienced can make this with the aid of a thermometer, but to make it without is always risky and uncertain.

Marguerites

Long crackers, sometimes called "reception wafers," are spread with what is really a cooked icing mixed with chopped nuts and then baked gently until set.

Almond Kisses

Chopped almonds mixed with an Italian meringue and dropped on a paper or tin may be very dainty, but if the meringue is stiff they are rightly called almond rocks, which are not bad to eat. Teaspoonfuls of the mixture will bake in twenty minutes in the lowest moderate oven, but they may be browned.

Braunschweiger

is perhaps a more simple form of the honey cake. It calls for:

- 2 Cupfuls of Brown Sugar
- 1/2 Cupful of Honey
- 1/2 Cupful of Butter
- 4 1/4 Cupfuls of Flour
- 1 Teaspoonful of Watkins Cinnamon
- 1/4 Teaspoonful Each of Watkins Cloves and Mace
- 1 Teaspoonful of Soda
- 1 Egg
- 1 Tablespoonful of Lemon Juice
- 1 Tablespoonful of Grated Lemon Rind
- 2 Tablespoonfuls of Milk

Mix the sugar with the honey and heat over a gentle flame until well melted, but do not boil. Add the butter, lemon juice and rind, and cool. Then combine with milk to which the beaten egg is added and stir into the flour sifted with spices and soda. Let stand overnight and in the morning roll one-eighth of an inch thick, adding more flour if necessary. Cut into cakes two inches square and sprinkle with crushed rock candy crystals or granulated sugar. Bake in a moderate oven—350° F.—about 15 minutes.

Pfeffernüsse

are as hard as the proverbial nut when first made, but soften as they ripen.

- 1 Teaspoonful of Watkins Ground Cloves
- 1 Teaspoonful of Watkins Nutmeg.
- 1/2 Teaspoonful of Watkins Cinnamon
- 2 Cupfuls of Brown Sugar
- 1/2 Teaspoonful of Soda
- 5 Cupfuls of Flour
- 4 Eggs

Stir the brown sugar slowly into the slightly beaten eggs, then add the flour, soda and spices sifted and mixed together. Roll a half inch thick and cut with a small round cutter, and let stand overnight on an oiled baking sheet to ripen. In the morning bake in a moderate oven—350° F.—for fifteen minutes and when cool frost with white icing. If desired, chopped almonds or citron may be added to these cakes.

LITTLE CHOCOLATE CAKES.

- 4 tablespoons shortening.
- 1 cup sugar.
- 1 egg.
- 1/2 cup milk.
- 1 3/4 cups flour.
- 3 teaspoons Royal Baking Powder.
- 1/4 teaspoon salt.
- 1/2 cup cocoa or 2 1/2 squares (2 1/2 oz.) melted chocolate.
- 1 teaspoon vanilla extract.

Cream shortening; add sugar and beaten egg; beat well and add milk slowly; sift flour, baking powder, salt and cocoa into mixture; stir until smooth; add vanilla. Put tablespoon of batter into each greased muffin tin, bake in moderate oven (400° F.) about 20 minutes. Cover with plain white icing or meringue.

BRAMBLES

PASTRY.

- 2 1/2 cups pastry flour
- 1/2 cup shortening
- 1 egg
- Water to moisten

FILLING (uncooked)

- 1 egg
- 1 cup sugar
- Juice one lemon
- 1 cup chopped raisins
- 1 rolled cracker

Cut pastry with the cover of a coffee can. Place a spoonful of the filling on one half. Fold the other side over like a turnover. Moisten edges and press together.

FRUIT ROLLS

Cut above pastry in 4 inch squares. Sprinkle with chopped raisins and walnuts. Roll like a jelly roll, press ends together, and bake.

CHOCOLATE JUMBLES

- 1/2 cup butter or butter substitute
- 1 cup sugar
- 2 eggs
- 1 tbsp. milk
- 2 squares chocolate
- 1 tsp. vanilla
- 2 cups sifted flour
- 1/2 tsp. salt
- 2 tsp. baking powder

Cream butter and sugar. Add one egg at a time unbeaten, then add melted chocolate and beat well. Add milk, salt, and baking powder sifted with flour. A little more flour may be needed to roll. Roll thin and cut with a doughnut cutter. These cookies need to be watched as they burn easily.

CHOCOLATE CRULLERS

- 1 1/2 cups brown sugar
- 1 1/2 sq. melted chocolate
- 1 cup sour milk
- 1 tsp. soda
- 1 tsp. melted shortening
- 2 eggs well beaten
- 1 tsp. vanilla
- 1/2 tsp. salt

Flour to handle.

Beat eggs well. Add sugar, melted shortening, chocolate, soda dissolved in milk, vanilla and salt sifted into flour. Roll dough 1/2 inch thick, cut in strips, press ends together and twist. Fry in deep, hot fat. Roll in sugar if desired.

MOLASSES DOUGHNUTS

- 1 cup molasses
- 1/2 cup sugar
- 1 tsp. melted lard
- 2 eggs
- 1 cup sour milk
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/2 tsp. salt
- Flour to handle
- 1 tsp. soda.

Mix in order given. Dissolve soda in sour milk, sift dry ingredients together. Be careful not to use too much flour. Roll 1/2 inch thick and cut with doughnut cutter. Fry in deep, hot fat.

VALENTINE HEARTS.

Put 3-4 of a cup of butter into 1 1/4 cups flour; mix with 1/4 of a cup of sugar, 1-4 cup of currants, washed, oven-dried, and floured, and mix the whole to a batter with four beaten eggs. Lastly, add the grated yellow rind of two lemons, being careful to avoid using any of the white membrane inside the thin, outer, yellow rind. Bake the cakes in small, heart-shaped tins—the quantities given ought to make a dozen hearts—and when done ice six of the cakes with pale pink icing, the other six with deep pink. Put pale and deep-colored frosted cakes, together with plain white icing, and brush the edges with thick syrup and dip in fine-grated nuts.

Hearty Harriet.

BROWNIES

- 1 cup sugar
- 1/2 cup butter
- 2 squares chocolate
- 1/2 cup chopped walnuts
- 2 eggs
- 1/2 cup flour

Beat egg yolks. Add sugar. Add chocolate and butter melted together. Next add stiffly beaten egg whites and lastly the flour and nuts. Bake until it leaves the edge of the pan. When nearly cold cut in squares.

PECAN MACAROONS

- 4 Cupfuls of Finely Chopped Pecans
- 2 Cupfuls of Sugar
- 2 Eggs

Beat the eggs to a light froth, gradually adding first the sugar and then the chopped pecan meats. When well blended, drop from the tip of a teaspoon onto a baking sheet covered with a piece of paper brushed with oil. Bake in a moderate oven—300° F.—for about fifteen minutes.

Oatmeal Drop Cookies.

1 c. seedless raisins 1 c. sweet milk
1 c. coconut ¼ teaspoon soda
½ c. butter or ¼ teaspoon salt
substitute (level)
1 teaspoon vanilla 3 level teaspoons
1½ cups oatmeal baking powder

Cream butter and add sugar, sift flour before measuring, then mix well together with baking powder, salt and oatmeal. Add to first mixture alternately with the milk to which the soda has been added. Mix

well; then add seedless raisins, coconut and vanilla. Drop from spoon on well-greased baking sheet, leaving about one inch space between them, and bake in a hot oven.

Hermits.

½ c. butter About 2 c. flour
1 c. sugar ½ c. chopped stoned
2 eggs raisins
2 level teaspoons 1 tablespoon milk
baking powder

Cream the butter, add the sugar, milk, eggs, beaten lightly, and the baking powder mixed with two cups of flour, then enough more flour to roll out. Roll a little at a time. Cut out. Bake about ten minutes at 375 to 400 degrees F.

Nut Cookies—One-third cup shortening ½ cup sugar, 1¼ cups flour, 2 eggs, 1 level teaspoon baking powder, ¾ cup chopped nuts and 1 teaspoon vanilla.

Cream the shortening and then add the sugar gradually, continuing creaming the mixture well. Add eggs, well beaten. Sift flour and baking powder together, add the first mixture, then add the nuts and flavoring. Drop from a spoon on an ungreased baking sheet, leaving an inch space between. Sprinkle with chopped nuts and bake in a hot oven.

Date Sticks—One cup sugar, 1 tablespoon butter, 2 eggs, beaten thoroughly, 1 tablespoon hot water, 1 cup flour 1 teaspoon baking powder, ½ cup chopped nut meats and 1 pound stoned dates, cut fine.

Mix in order given and bake in a long, shallow pan. Spread dough thinly. Bake in moderate oven at 325 degrees Fahrenheit about twenty-five minutes. Let stand until cool. Cut in strips three inches long and roll in powdered sugar.

Cream Cheese Cookies—One cup sugar, 1 cup butter, 1-3 ounce package cream cheese, 3½ cups flour, 1 egg, 1 teaspoon lemon juice, rind of ½ lemon grated, 1 teaspoon baking powder.

Cream butter; add sugar, lemon juice and grated rind, then cream cheese. Mix well. Add the sifted baking powder and flour. Shape into balls one inch in diameter. Place an inch apart on greased cookie sheet and bake in a hot oven at 375 degrees Fahrenheit for fifteen to twenty minutes. When cool, dip in melted fondant or cooled, boiled frosting and roll in chopped nuts or coconut. Makes three dozen.

Bangor Brownies—Quarter-cup shortening, 1 cup sugar, 2 eggs, 2 squares chocolate (melted), 1 teaspoon vanilla, ¼ cup milk, ¼ cup nut meats 1 cup flour, ½ teaspoon salt and 1 teaspoon baking powder.

Cream shortening; add sugar and eggs and beat for two minutes. Add remaining ingredients and beat vigorously for four minutes. Pour into a greased square cake pan, lined with waxed paper, and bake in a moderate oven for thirty-five minutes at 350 degrees Fahrenheit. Take from pan and remove paper. When cool, cover with fudge frosting.

Chocolate Cookies—½ cup shortening, 1½ cup sugar, 1 egg, 2½ cups flour, ½ level teaspoon salt, 2 squares melted chocolate, ¼ cup milk and 2 level teaspoons baking powder.

Cream the shortening; add sugar and mix thoroughly. Add the well beaten egg, salt and melted chocolate. Beat well, then add alternately the milk and the remaining dry ingredients sifted together three times. Shape into rolls. Keep in a hot oven 375 degrees F. Make 50 cookies.

Soft Molasses Cookies—One cup shortening, 1 cup sugar, 1 cup molasses, 1 egg, 1 tablespoon vinegar, 1-3 cup cold coffee or water, ½ level teaspoon baking powder, 3 cups flour, 1 level teaspoon salt, 1 teaspoon soda, 1 teaspoon cinnamon, 1

teaspoon ginger and ½ teaspoon cloves or allspice.

Work the shortening until very soft and creamy. Add the sugar gradually and when well blended, beat in the egg. Then add the molasses, vinegar and coffee. Mix and sift all the dry ingredients and add to the liquid, using more flour if necessary to make a very soft dough. Drop from a teaspoon on to a greased pan and bake in a moderate oven about fifteen minutes.

WHOLE WHEAT DATE MUFFINS.

One cup white flour, 5 teaspoons baking powder, 1 teaspoon salt, 4 tablespoons sugar, 2 cups whole wheat flour, 1 cup chopped dates, 1 egg, 2 tablespoons melted fat and 1½ cups milk or water.

Sift white flour with baking powder, salt and sugar. Add whole wheat flour, chopped dates, and stir well. Add unbeaten egg with melted fat and milk or water, and mix well. Pour into well greased muffin pans and bake in a hot oven (400 degrees) thirty minutes.

Tea Cakes—One tablespoon melted fat, ½ cup sugar, 1 egg, 1 cup milk, 2 level teaspoons baking powder, 2 cups flour, 1 cup chopped nuts. Cream the fat with the sugar, add the beaten egg, then add the milk alternately with the sifted ingredients. Lastly, add the floured nuts. Bake in greased muffin pans. Split each cake, butter it, and sprinkle with sugar and cinnamon or with grated maple sugar and chopped nuts. Serve hot with afternoon tea.

BAKING POWDER BISCUITS—Two cups flour, 4 level teaspoons baking powder, ½ teaspoon salt, ¾ cup sweet milk and 2 tablespoons shortening.

Sift flour once before measuring and again with baking powder and salt. Mix in the butter with knife or tips of fingers until mealy. Add milk gradually to form a soft dough. Pat out to one-half inch thick. Cut and place rounds close together on greased shallow pans. Bake fifteen minutes in a very hot oven. If dough is to be used for shortcake add one and one-half tablespoons sugar to the flour. Split and spread with butter before serving with fruit.

Nut Biscuits.

2 cups flour, ¼ teaspoon salt, 1 cup chopped nut meats, ½ cup milk, 2 level teaspoons baking powder, 2 tablespoons shortening, 3 tablespoons sugar and 1 egg.

Mix as plain biscuit, brush with milk, sprinkle with nuts and bake in a hot oven, 400 degrees F., about twelve minutes.

OATMEAL DROP COOKIES.

One-half cup butter, ½ cup brown sugar, 1 egg, 1-3 cup milk, 1 cup rolled oats, 1 cup flour, 1 level teaspoon baking powder, ¼ teaspoon

nutmeg, ¼ level teaspoon salt and 1 cup raisins.

Cream butter, add sugar and egg well beaten, add chopped raisins. Put rolled oats through a food chopper and add to the mixture. Then add dry ingredients sifted three times alternately with the liquid. Drop by spoonfuls on a greased pan and bake in a hot oven 425 degrees F. Makes 24 cookies.

Excellent Coffee Bread—Two cups flour, ¼ cup sugar, 4 teaspoons baking powder, ½ teaspoon salt, 2 tablespoons melted fat and ¾ cup sweet milk.

Sift the flour, sugar, baking powder and salt together. Add the melted fat and stir in the milk gradually.

Raisins or nuts may be added if liked. Spread in buttered tins; put melted butter, sugar and cinnamon on top. Bake in moderate oven.

From the Iron Roll Pan.

Not all rolls are rolled, especially primitive sorts. There is an old fashioned pan usually to be found in cast iron but sometimes in heavy tin and aluminum in which one may cook a batter and get a product that is distinctly roll shape on one side and partly so on the top side, if it rises enough. Baked in an iron roll pan these little pieces of bread are exceedingly palatable, when one wishes to have a little hot Graham bread for breakfast, or even a mixture entirely of white flour, and this is a good way to get such. Nevertheless, it requires some practice to get the best effects in baking them.

An old Yankee recipe for the Graham rolls which has not infrequently been recommended here reads: One egg, one cup sour milk, one tablespoon sugar, one teaspoon soda [with the modern pasteurized sour milk we probably would not use a level teaspoon of soda but only half as much as that], pinch of salt, one tablespoon of white

flour and enough Graham flour to thicken the batter. Notice that it is batter, and should not be very thick, or should not be too easily run from the mixing spoon. This is enough, or a little more than enough, for twelve little pieces of bread baked in the old fashioned iron roll pan. The bottom should be beautifully brown and if the pan is in good condition they may even seem glazed or caramelized.

It takes a little longer to cook the break in an iron roll pan, but a delicious crisp crust makes it worth while to use it. These should be quite moist when they are split open and buttered. If split open and buttered while they are hot they are also exceedingly agreeable cold.

An old fashioned soda roll to be baked in the same pan is this: One cup bread flour, one cup sour milk, one-half teaspoon soda, one teaspoon sugar, a little salt. Sift the flour twice with the other dry ingredients. Beat the sour milk well with an egg beater and then beat the flour gradually into it. Bake in the well buttered old fashioned iron rolling pan, well heated first for fifteen minutes in a 500 degree oven. Remove from the pan before

MAKING BANBURY TARTS.

1 cup chopped raisins, 1 cup sugar, 3 tablespoons cracker crumbs, 1 egg,

beaten; 1 tablespoon melted butter or butter substitute, ½ teaspoon salt and 1 lemon, juice and rind.

Mix ingredients in order given. Roll puff or flaky paste one-eighth inch thick and cut in three-inch squares. Put a teaspoon of the Banbury mixture in the center of each, wet edge of paste and fold to form a triangle. Prick several times and bake. This amount makes eight to ten tarts.

Standard Sugar Cookie Recipe

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| 1 cup butter or substitute | 2 teaspoons baking powder |
| 2 cups sugar | ¼ teaspoon soda |
| 4 egg yolks | ½ teaspoon salt |
| ¼ cup sweet or sour or top milk | 1 teaspoon mace or extract |
| 3½ cups flour | |

Cream butter; add sugar and cream again. Add unbeaten egg yolks and beat all. Add cream or milk and fold in sifted dry ingredients. Add flavoring. Put in ice box to chill overnight or for a few hours. If desired to bake immediately roll into small ball between palms and place on cookie sheet far enough apart to allow dough to spread. If rolled, make about ⅓ inch thick, cut with cookie cutter and bake in a hot oven (400 degrees) 15 minutes.

Plain Waffles—1½ cups flour, 1 level teaspoons baking powder, ½ level teaspoon salt, 1 cup milk, yolks two eggs, whites two eggs and 1 tablespoon melted butter.

Sift flour, then measure; then add baking powder and salt and sift three times; add milk gradually, yolks of eggs well beaten, butter and whites of eggs beaten stiff; cook on a greased hot waffle iron. Serve with maple syrup.

Chocolate Waffles—¼ cup shortening, 1 cup sugar, 2 eggs, 2 squares (2 oz.) melted chocolate, ½ cup milk, ¼ teaspoon salt, 2 teaspoons baking powder, 1½ cups flour and ½ teaspoon vanilla.

Cream shortening, sugar and melted chocolate together. Add beaten eggs and stir in gradually the milk, vanilla and the sifted flour, salt and baking powder.

Gingerbread Waffles—2 cups pastry flour, 1½ teaspoons baking powder, 1 cup molasses, 2 eggs, ½ cup shortening, ½ cup sour milk, ½ teaspoon soda, 2 teaspoons cinnamon and 1 teaspoon ginger.

Sift dry ingredients together, beat yolks and whites of eggs separately, beat molasses with shortening, add yolks of eggs and sour milk, combine with remaining ingredients, last fold in the whites of eggs. Bake on hot waffle iron same as other waffles. Serve with whipped cream or creamed cheese.

Banana Waffles—2½ cups flour, 1 teaspoon salt, 4 teaspoons baking powder, 2 tablespoons sugar, 2 eggs, 1-1-3 to 1½ cups milk, 6 tablespoons melted butter, 2 cups banana pulp (use only ripe fruit, peel, mash and strain).

Mix and sift dry ingredients, add egg yolks, milk and banana pulp. Beat well. Bake in waffle iron a lit-

tle longer than ordinary waffles. Serve with honey or sweet lemon butter.

Lemon Butter—4 tablespoons butter, 3 tablespoons lemon juice, 4 tablespoons sugar, grated lemon rind.

Cream sugar and lemon juice with butter, add a bit of grated rind. Serve in balls.

Here are some real good fritter recipes:

Plain Fritter Batter—1 cup flour, ½ teaspoon salt, 2 eggs, 1 tablespoon melted fat, ½ cup milk and 1 teaspoon baking powder (level).

Sift flour, measure and sift three

times with the salt and baking powder. Add milk and fat (cool) to the slightly beaten eggs. Combine the two mixtures and drop by spoonfuls into the hot tested fat and cook until a golden brown.

Corn Fritters—2 cups canned (drained) or fresh corn cut from the cob, 2 level teaspoons baking powder, ½ cup flour, ½ level teaspoon salt, ½ cup milk 2 tablespoons melted fat 2 eggs (beaten).

To the sifted dry materials add the mixed liquid ingredients. Beat well and drop by spoonfuls in a kettle of deep hot fat. Fry at a temperature of 360 to 370 degrees F., if you have a thermometer.

Cheese Fritters—Add one-half to two cups of grated American or Parmesan cheese to plain fritter batter. Cook same as other fritters. These are delicious with salaas.

Pineapple Fritters—Cover slices of pineapple with a little sugar and let stand one hour. Drain then dip in plain fritter batter and fry in deep fat. Drain on brown paper and sprinkle with powdered sugar.

Singing Hinnies

MIX and sift 4 cups of flour and ½ teaspoon salt. Rub in ¾ cup butter and then add 1 cup of washed and thoroughly dried currants and make into a soft dough with a little cream. Turn out on a lightly floured board, cut thin with a round cutter and bake on a rather hot griddle.

omit sugar, butter 1/2 salt

Nut Pancakes

2 cups whole wheat flour, 1/2-teaspoon salt, 1 teaspoon soda, 1 teaspoon baking powder, 2 cups sour milk, 1 egg, 1/2-cup chopped walnuts.

Mix and sift dry ingredients, add sour milk and egg well beaten, and lastly add chopped nuts. Cook as ordinary pancakes and serve very hot with butter and maple syrup.

Corn Pancakes—One cup flour, 2 teaspoons baking powder, 2 eggs, 1 cup chopped or grated corn, 1/2 cup milk, 1 tablespoon melted butter, 1 teaspoon salt, 1 teaspoon sugar and 1 teaspoon pepper.

Mix as for any griddle cakes and brown in a little hot butter or other fat, using one tablespoon of batter for each cake. If they are to be served with syrup, pepper should be omitted.

Corn Fritters—One can corn, 1 cup flour, 1 teaspoon baking powder, speck of paprika, 1 teaspoon salt and 2 eggs.

Chop and drain corn and add to it the well-beaten yolks of eggs. Then sift into mixture the flour, baking powder, paprika and salt. Last fold in whites of eggs beaten very stiff. Fry not too fast in deep fat.

Griddle Cake—2 cups cornmeal and 1 tablespoon salt. Scald the cornmeal with boiling water until thin as mush and add the yolks of four eggs. Before cooking add half cup flour mixed with three teaspoons baking powder, enough milk to make a batter and beaten whites of four eggs.

Rice Griddle Cakes—One pint of sweet milk, 2 cups of cooked rice, a little salt, 2 beaten eggs, 1 teaspoonful baking powder, flour enough to make a thin batter, fry on griddle. In season green corn cooked and cut

from cob can be used instead of rice or mashed potatoes.

BY JANE EDDINGTON.

Fried Hominy or Fritters.

When I cook big hominy I want leftovers of it. In the first place I think it so like the old fashioned hulled corn that I like to eat it in milk, as that is eaten, or as a vegetable plain buttered. And a long time ago when we had a prize contest an artist of note sent us a recipe for hominy bread which he had got in the Central Americas somewhere and he got a prize for it. It was made of big or pearl hominy cooked till tender and rather dry, put through the food grinder—peanut butter disk—which gave a dough not world's different from that used for the Mexican or really Spanish tortilla. It had no addition save salt, but was made up into biscuit or small cake shape—an inch thick and three inches wide—and baked in a hot oven until slightly browned.

These biscuits or hominy cakes are good with any meal in which gravy is served, or leftover gravy may be heated up for them, or if you have a nice gravy suppose you make hominy fritters or a variation of fried hominy:

To one cup of cooked and mashed hominy add one-fourth cup of flour, one egg, one teaspoon of salt if needed, one-half teaspoon of sugar or sugar to taste when you are not going to use fritters with gravy. It helps in the browning. Mix these ingredients, dip up portions with a tablespoon, form into a shape that can be rolled in bread crumbs, and fry in deep fat at about 370, but lower rather than higher. But because bread crumbs brown so deeply as to be objectionably dark it is perhaps best to cook these at 360 and for a bit longer. We say cook, but all that is really needed is to heat the hominy piping hot. The egg cooks instanter.

CHICKEN & BACON MUFFINS

2 cups flour 1 cup cooked, diced chicken
3 teaspoons baking powder 1 egg
1/2 " salt 1 cup milk or water
1/2 cup cooked, diced bacon 2 tbs. melted shortening

Sift dry ingredients; add meat and stir. Mix egg, liquid and melted shortening and stir into first mixture. Bake in greased muffin tins for 20 minutes in a hot oven (425 degrees). Split and butter, then wrap in wax paper.

Corn Griddle-Cakes

2 cups scraped corn pulp 1 teaspoon salt
2 egg whites 1/16 teaspoon pepper
2 egg yolks 1 tablespoon melted butter
1 1/2 tablespoons flour

SCRAPED corn is prepared without the tough outer shell by cutting the kernels down the center of each row with the sharp point of a knife, and then scraping out the corn with the back of a knife or by using the patent scraper pictured. Mix the well beaten egg yolks and melted, cooled butter into the freshly scraped, uncooked corn pulp. Fold in the stiffly beaten egg whites alternately with the mixed dry ingredients. Mix lightly and test the batter for baking on a hot griddle. Flour may be added if necessary, but the more delicate the cakes are made the better the product. Bake on a hot griddle and turn carefully when browned on one side.

Corn Fritters

1 cup scraped corn pulp 1 cup pastry flour
2 egg whites 1 1/2 teaspoons baking powder
2 egg yolks 1 tablespoon oil or melted butter
1/2 teaspoon salt 1 tablespoon oil or melted butter
1/2 teaspoon pepper
1 teaspoon sugar

SCORE the rows of kernels and scrape the corn pulp from the cob, as for griddle-cakes. Add the well beaten egg yolks to the corn, then add the melted butter and seasonings. Add the flour sifted with the baking powder, folding this in alternately with the stiffly beaten egg whites. Drop by tablespoonfuls into deep hot fat (360° F.), turning frequently. Drain on unglazed paper. Serve hot.

Corn Waffles may be made by adding one-half cup of scraped green corn pulp to a standard waffle recipe (see Liberty's 100 Standard Recipes, page 9), adding the corn to the liquid ingredients.

Corn Croquettes

1 1/2 cups bread crumbs 1 cup scraped corn pulp
(stale) 1 tablespoon flour
1/2 cup milk 1 teaspoon salt
1 egg 1 teaspoon baking powder

HEAT the milk to scalding and pour it over the bread crumbs. Let stand until the milk is almost all absorbed (a few minutes). Add the well beaten egg and corn. Mix well, and stir in the mixed dry ingredients.

Fry by dropping spoonfuls of the mixture into a fry pan with hot fat, or chill and shape into balls and fry in deep hot fat (375° F.) until browned, or about three minutes.

Waffles.

2 1/4 cups sifted flour.
2 1/4 level teaspoons baking powder.
1/2 level teaspoon salt.
1 1/2 cups milk.
2 tablespoons melted butter.
2 eggs, beaten separately.
1 tablespoon sugar, if desired.

Sift all of the dry ingredients together twice. Mix lightly ingredients and combine the two mixtures. Fry on a hot, well-greased waffle iron, serve with maple syrup.

EXCELLENT NOODLES.

One egg, 1/2 teaspoon salt, flour. Beat egg slightly, add salt and flour enough to make very stiff dough; knead on slightly floured board and roll thinly as possible, which may be as thin as paper. Cover with towel and set aside for 20 minutes; then cut in fancy shapes, using sharp knife or vegetable cutter; or the thin sheet may be rolled like jelly roll. Cut in slices as thinly as possible. Dry, and when needed cook 20 minutes in boiling salted water; drain and add to soup. Noodles may be served as a vegetable.

CORN MEAL MUSH.

One and one-half cups boiling water, 1 teaspoon salt, 1 cup fine corn meal. Add meal to boiling salt water by sifting it slowly through the fingers, while stirring rapidly with the other hand. Boil for 10 minutes and cook over hot water for two hours. Serve hot as a cereal, or pour into one-pound baking powder boxes for 200, fry in deep fat. Serve either for breakfast or as an accompaniment to roast pork, or, with syrup, for dessert.

Hors d'Oeuvres

Tomato Savory.

6 tomatoes.
1 teaspoonful salt.
1/2 teaspoon pepper.
1 teaspoonful sugar.
1/2 cupful heavy cream.
1/2 teaspoonful flour.
1/2 teaspoonful butter.
Crisp crackers.

Cut a cone-shaped piece from the stem end of each tomato. Mix salt, pepper and sugar together and sprinkle over tomatoes. Bake in oven at 375 degrees F. until tomatoes are soft but not broken. Remove the tomatoes to individual serving dishes and keep hot. Heat the cream mixed with the juice left in the pan after baking tomatoes.

Thicken slightly with the flour blended with the butter. Pour this sauce over the tomatoes and serve.

Alligator Pears De Luxe.

Alligator pears.
Small piece of ice.
3/8 teaspoonful salt.
1/4 teaspoonful paprika.
1/2 cupful salad oil.
2 tablespoonfuls wine vinegar.
1 1/2 teaspoonfuls Worcestershire sauce.
1/8 teaspoonful pepper.

Cut each pear in halves, remove the seed. Pour into each cavity a dressing made in the following manner: The salad oil over a small piece of ice in a bowl. Add the vinegar, Worcestershire sauce and seasonings. Beat with a fork until smooth and thick. See that the fruit and all the ingredients are ice cold.

Stuffed Cucumbers.

Cucumbers.
French dressing.
Two hard-cooked eggs.
Pimiento.
One tablespoonful butter.
Two boned sardines.
Spring parsley.
Cut a cucumber in pieces about 1 1/2 inches in length. Then cut away stripes of peeling, leaving a striped

green and white effect. Now scoop out the centers of the cucumber slices to form cups, place in a marinade of French dressing and let stand in the refrigerator for an hour. Meanwhile chop the pulp very fine. Chop the yolks of the hard-cooked eggs and add butter, the sardines and parsley. Mix well and add the cucumber pulp at the last moment. Fill the cucumber cups with the mixture piled high in the centers.

Fruity Hors d'Oeuvres.

Watermelon balls.
Peaches.
Chopped pistachio nuts.
Pineapple.
Mint leaves.
Pears.
Lemon juice.

Maraschino cherries.

Orange.

White grapes.

For the Summer luncheon the hors d'oeuvres dish may be filled with the above fruits. Marinate the watermelon balls in French dressing, slice the pears thin, cut in scalloped disks with a scalloped cutter with finely chopped maraschino cherries. Stone the peaches, cut the eighths, dip in lemon juice or orange juice and roll in finely chopped pistachio nuts. Dip the segments of sliced pineapple in powdered mint leaves. Bits of grapefruit or oranges or halved white grapes may be used to make a quintet of delicate, mouth-watering appetizers.

Timales—Mix three-fourths cup flour, one-half teaspoon baking powder, one-half teaspoon salt, one teaspoon sugar, gradually add one-half cup milk and one egg slightly beaten; then add one tablespoon olive oil. Shape, using a hot timbale iron, fry in deep fat until crisp and brown; take from iron and invert on brown paper to drain.

BY JANE EDDINGTON.

French Toast.

First, or before we make any remarks, let us give a recipe for French toast from a French book. In that book it has the name "Pain Perdu," which is only one of the names it has in that language. The recipe in this case reads:

"Boil one pint of milk with the grated rind of a lemon and four table-spoons of sugar. Toast some small slices of bread and put them two or three minutes in the milk. Dip each slice in a beaten egg, and fry in butter. Serve hot, sprinkled with powdered sugar."

Nearly every book of French recipes translated for American use contains a recipe for this "Lost Bread." Quite often it is vanilla flavored, but an experimenter who turned to an American recipe, of a not too careful but most active food exploiter, found she got something else again, and a something she did not like, with a recipe which called for twelve slices of bread, three cups of milk, one egg, one teaspoon sugar, a few grains of salt. The directions involved the soaking of the bread in all the other ingredients combined, including the egg, for a few minutes, till soft, then frying it quickly so that the outside would be crisp and inside soft—on a griddle. This does not give the egg encasing which really characterizes lost bread. The above method will, and here is the recipe given in one of the books mentioned when it is to be used as a dessert:

"Pain Perdu—A favorite dish with old and young, quickly made and appreciated by economical housekeepers. Cut a number of slices of bread about half an inch thick from a stale loaf; remove the crust and give them all an equal shape, round or square, oval or triangular. As a rule, the square shaped slices are the most practical.

NEW WORLD MEAT PIE

From an old Cornish recipe)

Pastry:

- 1 1/2 cups sifted pastry flour
- 1/2 teaspoon salt
- 1/2 cup shortening
- 3 to 4 tablespoons water

Sift flour and salt into mixing bowl. Cut in shortening with 2 knives or a pastry cutter.

Sprinkle with water, mixing lightly with a fork until dough begins to stick together. Wrap in waxed paper and let stand in refrigerator while preparing filling.

Then divide dough in half and roll out each to 1/8" thickness. Line an 8-inch pie pan with half of pastry.

Fill with Hamburger Filling. Moisten edges of pastry with water and set top of pie in place. Trim and flute edge.

Bake in a hot oven for about 40 minutes. Yield—4 to 5 servings.

one cup of scraped corn pulp to the plain muffin recipe (see Liberty's 100 Standard Recipes, page 9, recipe 7).

SWISS NUT SANDWICH

- 1/2 lb. Swiss cheese
 - 1/4 lb. English walnut meats
 - 1/2 teaspoon salt
 - 1/4 cup butter
 - 1/2 " paprika
- Chop cheese and nuts, mix well with seasonings and softened butter. Spread on thin slices of white or rye bread and cover with another slice. Wrap in wax paper.

Cherry Sandwiches—1/2 cup drained maraschino cherries, 1/4 cup blanched almonds, 1 pig. cream cheese, white bread, creamed butter. Cut or chop the cherries into small pieces, add finely chopped nuts and the cream cheese mashed. Mix

Italian Sandwiches.

These sandwiches require three-fourths cupful of finely minced celery mixed with one-fourth cupful of finely minced, cooked ham. Add a dash each of cayenne pepper and mustard and moisten with two table-spoonfuls each of mayonnaise and chili sauce. Use as a filling for white or whole wheat bread sandwiches.

Mushroom Egg Sandwiches.

Sprinkle one cupful of broken mushrooms with one-half teaspoonful of salt, let stand awhile and stew in one table-spoonful of butter and the juice until tender—about five minutes. Drain and mince the mushrooms and add to the juice one table-spoonful of cream. Thicken to the consistency of salad dressing with one teaspoonful of flour, then add to the minced mushrooms together with a riced, hard-cooked egg and use as a filling for white of whole wheat bread sandwiches.

Club Sandwich

Arrange three slices of toast so that the first is spread with lettuce, and hot or cold sliced chicken, the second placed on top of the first is spread with lettuce, sliced tomato and bacon, cooked crisp, and the third piece is then placed on top. Serve with a dill pickle and tomato catsup.

Hamburger Sandwich

Mix two cups hamburger steak with one-half cup finely chopped onions, and season with salt and pepper. Take about the same quantity required for meat balls and pat into shape, then put on a board and pat down as flat as possible. Fry quickly in a hot frying pan and put between two slices of bread. Serve hot with dill pickles.

Russian Egg Sandwiches.

HARD cook three eggs, chop, and mix with Russian dressing. To make this dressing for these sandwiches, mix with one-fourth cupful of stiff mayonnaise one table-spoonful of chili sauce and one-fourth teaspoonful of salt. Spread on slices of white or whole wheat buttered bread, cover, press together, and cut.

Salmon Sandwiches.

Mince about one cupful of leftover salmon—either fresh or canned—and mix with two table-spoonfuls and chopped capers, nasturtium seeds, or finely minced piccalilli; moisten with four table-spoonfuls of mayonnaise, spread on thin, buttered bread, cover, and cut in shapes.

Tomato Club Sandwiches.

Lay thick slices of tomato on slices of toast; sprinkle with salt, minced parsley and chives; add a layer of thin, cooked bacon, then another slice of toast, toasted on one side only, leaving the soft side up. Place the sandwiches on a

buttered, shallow pan, sprinkle with grated cheese, and set in a hot oven until the top is browned; serve hot.

For **Hinchey Fudge**, combine two ounces (2 squares) unsweetened chocolate and one-half cupful of butter in a saucepan, and cook gently until blended. Meanwhile, beat three eggs until light, add one cupful of sugar gradually and then three-fourths cupful of flour which has been sifted with one-half teaspoonful salt and one-half teaspoonful baking powder. To this add the chocolate mixture, one cupful of broken pecan meats, and one teaspoonful of vanilla. Bake in two greased layer cake pans in a moderate oven of 350 degrees F. for 20 minutes. Cut into squares to imitate fudge and remove at once.

For **Nut Bars**, cream together one-half cupful each of shortening and sugar. Then add two beaten egg-yolks, one cupful of pastry flour and one and one-third cupfuls of finely chopped blanched almonds. Mix thoroughly and shape the dough into rolls about three inches long and as

thick as a finger. Brush with egg white and bake in a moderate oven at 400 degrees F. from 12 to 15 minutes.

Fruit Bars—1 cup stoned and chopped dates, 1 cup chopped walnuts, 1 cup brown sugar, 2 eggs, 5 table-spoons buttermilk, 1/2 teaspoon baking powder, pinch of salt, 1 teaspoon flavoring, 1 1/4 cups flour. Mix all together, then place in

buttered pan lined with oil paper. Bake in moderate oven (350 F.) about thirty minutes. After slightly cool cut in bars and roll in powdered sugar.

RAISIN BRAN MUFFINS—One egg, 3/4 cup sugar, a lump of butter the size of an egg, table-spoon (heaping) of lard, pint of buttermilk, 1/2 cup of water, heaping teaspoon of baking soda, 2 cups of white flour, 1 cup of bran, heaping teaspoon of baking powder, 1 cup of seedless raisins.

Cream butter, lard and sugar; add egg; then add buttermilk and water and baking soda. Add flour and bran and baking powder. Mix well and add raisins. Bake 30 minutes in slow oven and empty pans on to baking board.

Date Muffins—One cup dates (cut fine, 2 1/2 cups flour, 4 teaspoons baking powder, 1 cup milk, 1 egg, 1/4 cup sugar, 1/4 cup shortening and 1/2 teaspoon salt.

Mix one-half cup flour with dates. Cream the shortening with the sugar and add the beaten egg. Sift the flour once before measuring then again with the salt and baking powder. Add the milk and flour mixture alternately and last the dates. Bake twenty to thirty minutes in a hot oven, 400 degrees F.

Rhode Island Corn Cake—Mix and sift 3/4 cup of corn meal, 1 1/4 cups flour, 1/4 cup sugar, one-half teaspoon salt, 5 teaspoons baking powder, 1 cup milk, 1 egg, well beaten, 2 table-spoons melted butter. Mix in order given, pour into greased sheet pan and bake twenty-five minutes in a hot oven.

Chocolate Drop Cookies. One cup sugar; 1/2 cup shortening; 2 eggs, well beaten; 3 squares chocolate, melted; 1/2 cup sweet milk; 1/2 teaspoon vanilla; 3/4 cup nuts; 3/4 cup raisins; 2 teaspoons baking powder; 1/2 teaspoon salt; 1 1/2 cups pastry flour. Cream sugar and shortening. Add eggs, melted chocolate, milk, vanilla, nuts, raisins and mix well; add baking powder and flour. Drop by teaspoons and bake in a medium oven. (25 cookies.)

until thoroughly blended and spread between round or heart-shaped slices of buttered white bread. Cut a small piece from each top slice and fit in a piece of cherry.

Mix the following ingredients into a smooth paste: Two cupfuls soft, sharp cheese, one-half teaspoonful salt, speck cayenne, one teaspoonful prepared mustard and three table-spoonfuls cream. Remove the crusts from a fresh loaf of bread and cut

in lengthwise slices one-fourth inch thick. Butter the large slices with a small amount of butter and spread with the cheese mixture. Roll the slices lengthwise like a jelly roll. Wrap the rolls of bread and cheese firmly in a damp cloth and place in the refrigerator for several hours. Just before serving cut the rolls into one and one-half inch lengths and toast in the broiling oven or on the electric grill. If cut small these rolls are delicious served with soup or salad or make a hearty sandwich for Sunday night tea.

Lace Molasses Wafers.

Slowly heat to boiling point one cup molasses, one cup sugar, one cup butter. Boil one minute, then remove from fire. Add two cups flour, one teaspoon baking powder and one-half teaspoon of soda sifted together. Stir well. Set pan in vessel of hot water to keep batter from hardening.

On buttered baking sheets or inverted dripping pan drop one-fourth table-spoons of batter three inches apart. Bake in moderate oven until brown. Cool slightly then lift off carefully with thin knife.

A spatula is the thinnest knife and fine for lifting. One-fourth this recipe made three sheetsful.

Here are other important points regarding mixing and handling. If you wish the cookies to spread, do not cream the sugar and shortening too much. Overcreaming lessens the size of the sugar crystals and the sugar becomes too well blended with other ingredients. This gives a compact dough which will not spread.

If you insist on following the old-fashioned rolled out method, use a cloth or heavy piece of canvas on the board. This makes it necessary to use the least possible amount of flour, and the result is a more pleasing texture in the cookie. One clever housewife bought a ribbed white cotton child's stocking, cut off the ends and slipped it over her rolling pin. Do not let moisture get on the cloth or roller, and it may be used many times without washing.

If cookie pans are well greased they will not need to be washed between the bakings. A large flexible spatula is excellent for removing the cookies and scraping the pans. Heavy iron baking sheets can be bought in various sizes to fit any oven, or may be ordered for a small sum from any tinsmith. Thus two sets of cookies can be easily baked at once. The girl or woman who can make crisp, varied and delicious cookies has at her spoon's end not only a delight for her family, but an easy means of earning money.

Grandmother's Ginger Cookies.

One-half cup shortening; 1 cup brown sugar; 1 teaspoon salt; 1 cup molasses; 1 teaspoon ginger; 1 egg; 1 teaspoon soda; 1 cup sour milk; 4 1/2 cups pastry flour. Cream shortening sugar and salt. Add other ingredients in order given with soda dissolved in sour milk. Mix thoroughly; drop by spoonfuls on baking pan and bake in a medium oven. (30 cookies.)

Cornit sugar, butter 1/2 salt

Nut Pancakes

2 cups whole wheat flour, 1/2-teaspoon salt, 1 teaspoon soda, 1 teaspoon baking powder, 2 cups sour milk, 1 egg, 1/2-cup chopped walnuts.
Mix and sift dry ingredients, add sour milk and egg well beaten, and lastly add chopped nuts. Cook as ordinary pancakes and serve very hot with butter and maple syrup.

Corn Pancakes—One cup flour, 2 teaspoons baking powder, 2 eggs, 1 cup chopped or grated corn, 1/2 cup milk, 1 tablespoon melted butter, 1 teaspoon salt, 1 teaspoon sugar and 1 teaspoon pepper.
Mix as for any griddle cakes and brown in a little hot butter or other fat, using one tablespoon of batter for each cake. If they are to be served with syrup, pepper should be omitted.

Corn Fritters—One can corn, 1 cup flour, 1 teaspoon baking powder, speck of paprika, 1 teaspoon salt and 2 eggs.
Chop and drain corn and add to it the well-beaten yolks of eggs. Then sift into mixture the flour, baking powder, paprika and salt. Last fold in whites of eggs beaten very stiff. Fry not too fast in deep fat.

Griddle Cake—2 cups cornmeal and 1 tablespoon salt.
Scald the cornmeal with boiling water until thin as mush and add the yolks of four eggs. Before cooking add half cup flour mixed with three teaspoons baking powder, enough milk to make a batter and beaten whites of four eggs.

Rice Griddle Cakes—One pint of sweet milk, 2 cups of cooked rice, a little salt, 2 beaten eggs, 1 teaspoonful baking powder, flour enough to make a thin batter, fry on griddle. In season green corn cooked and cut

from cob can be used instead of rice or mashed potatoes.

BY JANE EDDINGTON. Fried Hominy or Fritters.

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These biscuits or hominy cakes are good with any meal in which gravy is served, or leftover gravy may be heated up for them, or if you have a nice gravy suppose you make hominy fritters or a variation of fried hominy:

To one cup of cooked and mashed hominy add one-fourth cup of flour, one egg, one teaspoon of salt if needed, one-half teaspoon of sugar or sugar to taste when you are not going to use fritters with gravy. It helps in the browning. Mix these ingredients, dip up portions with a tablespoon, form into a shape that can be rolled in bread crumbs, and fry in deep fat at about 370, but lower rather than higher. But because bread crumbs brown so deeply as to be objectionably dark it is perhaps best to cook these at 360 and for a bit longer. We say cook, but all that is really needed is to heat the hominy piping hot. The egg cooks instant.

CHICKEN & BACON MUFFINS

2 cups flour 1 cup cooked, diced chicken
3 teaspoons baking powder 1 egg
1 " salt 1 cup milk or water
1/2 cup cooked, diced bacon 2 tbs. melted shortening

Sift dry ingredients; add meat and stir. Mix egg, liquid and melted shortening and stir into first mixture. Bake in greased muffin tins for 20 minutes in a hot oven (425 degrees). Split and butter, then wrap in wax paper.

Corn Griddle-Cakes

2 cups scraped corn pulp 1 teaspoon salt
2 egg whites 1/16 teaspoon pepper
2 egg yolks 1 tablespoon melted butter
1 1/2 tablespoons flour

SCRAPED corn is prepared without the tough outer shell by cutting the kernels down the center of each row with the sharp point of a knife, and then scraping out the corn with the back of a knife or by using the patent scraper pictured. Mix the well beaten egg yolks and melted, cooled butter into the freshly scraped, uncooked corn pulp. Fold in the stiffly beaten egg whites alternately with the mixed dry ingredients. Mix lightly and test the batter for baking on a hot griddle. Flour may be added if necessary, but the more delicate the cakes are made the better the product. Bake on a hot griddle and turn carefully when browned on one side.

Corn Fritters

1 cup scraped corn pulp 1 cup pastry flour
2 egg whites 1 1/2 teaspoons baking powder
2 egg yolks 1 tablespoon oil or melted butter
1/2 teaspoon salt
1/2 teaspoon pepper
1 teaspoon sugar

SCORE the rows of kernels and scrape the corn pulp from the cob, as for griddle-cakes. Add the well beaten egg yolks to the corn, then add the melted butter and seasonings. Add the flour sifted with the baking powder, folding this in alternately with the stiffly beaten egg whites. Drop by tablespoonfuls into deep hot fat (360° F.), turning frequently. Drain on unglazed paper. Serve hot.

Corn Waffles may be made by adding one-half cup of scraped green corn pulp to a standard waffle recipe (see Liberty's 100 Standard Recipes, page 9), adding the corn to the liquid ingredients.

Corn Croquettes

1 1/2 cups bread crumbs 1 cup scraped corn pulp
(stale) 1 tablespoon flour
1/2 cup milk 1 teaspoon salt
1 egg 1 teaspoon baking powder

HEAT the milk to scalding and pour it over the bread crumbs. Let stand until the milk is almost all absorbed (a few minutes). Add the well beaten egg and corn. Mix well, and stir in the mixed dry ingredients. Fry by dropping spoonfuls of the mixture into a fry pan with hot fat, or chill and shape into balls and fry in deep hot fat (375° F.) until browned, or about three minutes.

Waffles.

3/4 cups sifted flour.
2 1/4 level teaspoons baking powder.
1/2 level teaspoon salt.
1 1/2 cups milk.
2 tablespoons melted butter.
2 eggs, beaten separately.
1 tablespoon sugar, if desired.
Sift all of the dry ingredients together twice. Mix lightly ingredients and combine the two mixtures. Fry on a hot, well-greased waffle iron, serve with maple syrup.

EXCELLENT NOODLES.

One egg, 1/2 teaspoon salt, flour. Beat egg slightly, add salt and flour enough to make very stiff dough; knead on slightly floured board and roll thinly as possible, which may be as thin as paper. Cover with towel and set aside for 20 minutes; then cut in fancy shapes, using sharp knife or vegetable cutter; or the thin sheet may be rolled like jelly roll. Cut in slices as thinly as possible. Dry, and when needed cook 20 minutes in boiling salted water; drain and add to soup. Noodles may be served as a vegetable.

Hors d'Oeuvres

Tomato Savory.

6 tomatoes.
1 teaspoonful salt.
1/2 teaspoon pepper.
1 teaspoonful sugar.
1/2 cupful heavy cream.
1/2 tablespoonful flour.
1/2 tablespoonful butter.
Crisp crackers.

Cut a cone-shaped piece from the stem end of each tomato. Mix salt, pepper and sugar together and sprinkle over tomatoes. Bake in oven at 375 degrees F. until tomatoes are soft but not broken. Remove the tomatoes to individual serving dishes and keep hot. Heat the cream mixture with the juice left in the pan after baking tomatoes.

Thicken slightly with the flour blended with the butter. Pour this sauce over the tomatoes and serve.

Alligator Pears De Luxe.

Alligator pears.
Small piece of ice.
3/8 teaspoonful salt.
1/4 teaspoonful paprika.
1/2 cupful salad oil.
2 tablespoonfuls wine vinegar.
1 1/2 teaspoonfuls Worcestershire sauce.
1/8 teaspoonful pepper.

Cut each pear in halves, remove the seed. Pour into each cavity a dressing made in the following manner: The salad oil over a small piece of ice in a bowl. Add the vinegar, Worcestershire sauce and seasonings. Beat with a fork until smooth and thick. See that the fruit and all the ingredients are ice cold.

Stuffed Cucumbers.

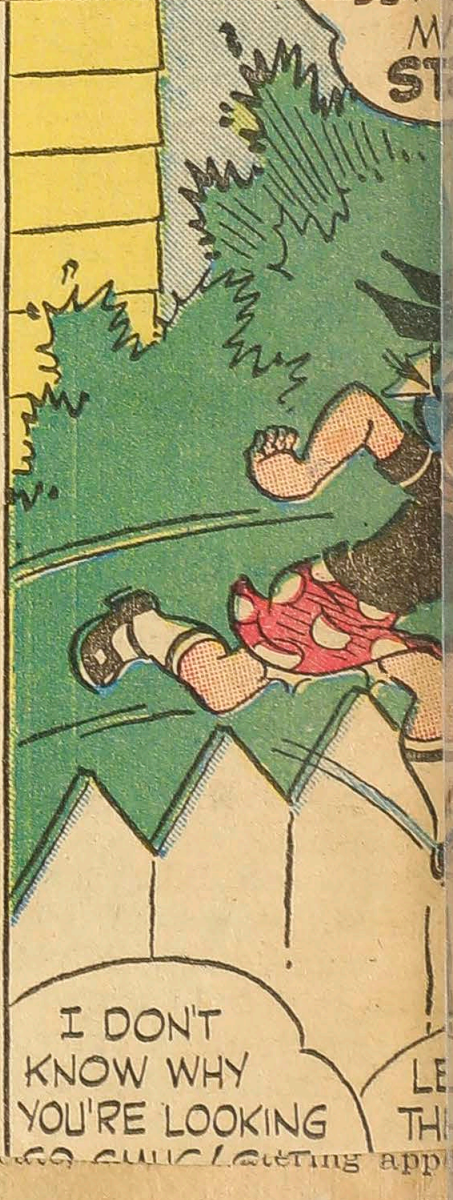
Cucumbers.
French dressing.
Two hard-cooked eggs.
Pimiento.
One tablespoonful butter.
Two boned sardines.
Spring parsley.
Cut a cucumber in pieces about 1 1/2 inches in length. Then cut away stripes of peeling, leaving a striped

green and white effect. Now scoop out the centers of the cucumber slices to form cups. Place in a bowl

One of the popular dishes, frequently featured at dinner or supper, was the good old milk gravy, served with their fried fish or pork and boiled potatoes. Added to that beet greens or a cabbage salad and a truly regal feast was enjoyed. This gravy is still made in many homes. It is easy to prepare by browning 2 tablespoons butter with 1 tablespoonful flour; then adding 2 cups milks, salt and pepper. When thick and creamy add egg slightly beaten and stir in until cooked. Here are a nu-

One and one-half cups boiling water, 1 teaspoon salt, 1 cup fine corn meal. Add meal to boiling salt water by sifting it slowly through the fingers, while stirring rapidly with the other hand. Boil for 10 minutes and cook over hot water for two hours. Serve hot as a cereal, or pour into one-pound baking powder boxes to cool, fry in deep fat. Serve either for breakfast or as an accompaniment to dessert.

CORN MEAL MUSH.



Timales—Mix three-fourths cup flour, one-half teaspoon baking powder, one-half teaspoon salt, one teaspoon sugar, gradually add one-half cup milk and one egg slightly beaten; then add one tablespoon olive oil. Shape, using a hot timbale iron, fry in deep fat until crisp and brown; take from iron and invert on brown paper to drain.

BY JANE EDDINGTON.

French Toast.

First, or before we make any remarks, let us give a recipe for French toast from a French book. In that book it has the name "Pain Perdu," which is only one of the names it has in that language. The recipe in this case reads:

"Boil one pint of milk with the grated rind of a lemon and four table-spoons of sugar. Toast some small slices of bread and put them two or three minutes in the milk. Dip each slice in a beaten egg, and fry in butter. Serve hot, sprinkled with powdered sugar."

Nearly every book of French recipes translated for American use contains a recipe for this "Lost Bread." Quite often it is vanilla flavored, but an experimenter who turned to an American recipe, of a not too careful but most active food exploiter, found she got something else again, and a something she did not like, with a recipe which called for twelve slices of bread, three cups of milk, one egg, one teaspoon sugar, a few grains of salt. The directions involved the soaking of the bread in all the other ingredients combined, including the egg, for a few minutes, till soft, then frying it quickly so that the outside would be crisp and inside soft—on a griddle. This does not give the egg encasing which really characterizes lost bread. The above method will, and here is the recipe given in one of the books mentioned when it is to be used as a dessert:

"Pain Perdu—A favorite dish with old and young, quickly made and appreciated by economical housekeepers. Cut a number of slices of bread about half an inch thick from a stale loaf; remove the crust and give them all an equal shape, round or square, oval or triangular. As a rule, the square shaped slices are the most practical. Boil a sufficient quantity of milk to soak them, according to the number of slices. Sugar the milk and flavor it with vanilla or lemon, and when cold pour it into a deep dish and add the bread."

Spice Drops—1 cup sugar, 1 cup milk, 1-3 cup fat, 4 cups flour, 1/2 level teaspoon baking powder, 1 teaspoon cinnamon, 1/2 teaspoon cloves, 1/2 teaspoon allspice, 1/4 level teaspoon salt, 2 eggs, 1/2 cup chopped English walnuts, and 1/2 cup dates cut in small pieces.

Cream the sugar and fat. Add the milk. Mix and sift dry ingredients; add the dates and nuts. Mix and add to the first mixture. Mix thoroughly and add well-beaten eggs. Bake in tiny muffin tins. Cover each cake with mocha frosting.

Scones—Sift two cups bread flour, two level teaspoons baking powder and one-quarter cup sugar, one-half level teaspoon salt three times. Rub in four tablespoons fat with tips of fingers or fork. Add one-well-beaten egg and one-half cup milk. Turn out on floured board and roll to one-fourth inch thickness, and cut with heart-shaped cutter. Brush each with milk and sprinkle with sugar. Bake in a hot oven, 400 degrees F. for fifteen minutes.

Corn Muffins may be made by adding one cup of scraped corn pulp to the plain muffin recipe (see Liberty's 100 Standard Recipes, page 9, recipe 7).

SWISS NUT SANDWICH

1 1/2 lb. Swiss cheese 1/4 lb. English walnut meats
1/2 teaspoon salt
1/2 " paprika 1/4 cup butter
Chop cheese and nuts, mix well with seasonings and softened butter. Spread on thin slices of white or rye bread and cover with another slice. Wrap in wax paper.

Cherry Sandwiches—1/2 cup drained maraschino cherries, 1/4 cup blanched almonds, 1 pig. cream cheese, white bread, creamed butter. Cut or chop the cherries into small pieces, add finely chopped nuts and the cream cheese mashed. Mix

Italian Sandwiches.

These sandwiches require three-fourths cupful of finely minced celery mixed with one-fourth cupful of finely minced, cooked ham. Add a dash each of cayenne pepper and mustard and moisten with two tablespoonfuls each of mayonnaise and chili sauce. Use as a filling for white or whole wheat bread sandwiches.

Mushroom Egg Sandwiches.

Sprinkle one cupful of broken mushrooms with one-half teaspoonful of salt, let stand awhile and stew in one tablespoonful of butter and the juice until tender—about five minutes. Drain and mince the mushrooms and add to the juice one tablespoonful of cream. Thicken to the consistency of salad dressing with one teaspoonful of flour, then add to the minced mushrooms together with a rice, hard-cooked egg and use as a filling for white of whole wheat bread sandwiches.

Club Sandwich

Arrange three slices of toast so that the first is spread with lettuce, and hot or cold sliced chicken, the second placed on top of the first is spread with lettuce, sliced tomato and bacon, cooked crisp, and the third piece is then placed on top. Serve with a dill pickle and tomato catsup.

Hamburger Sandwich

Mix two cups hamburger steak with one-half cup finely chopped onions, and season with salt and pepper. Take about the same quantity required for meat balls and pat into shape, then put on a board and pat down as flat as possible. Fry quickly in a hot frying pan and put between two slices of bread. Serve hot with dill pickles.

Russian Egg Sandwiches.

HARD cook three eggs, chop, and mix with Russian dressing. To make this dressing for these sandwiches, mix with one-fourth cupful of stiff mayonnaise one tablespoonful of chili sauce and one-fourth teaspoonful of salt. Spread on slices of white or whole wheat buttered bread, cover, press together, and cut.

Salmon Sandwiches.

Mince about one cupful of left-over salmon—either fresh or canned—and mix with two tablespoonfuls and chopped capers, nasturtium seeds, or finely minced piccalilli; moisten with four tablespoonfuls of mayonnaise, spread on thin, buttered bread, cover, and cut in shapes.

Tomato Club Sandwiches.

Lay thick slices of tomato on slices of toast; sprinkle with salt, minced parsley and chives; add a layer of thin, cooked bacon, then another slice of toast, toasted on one side only, leaving the soft side up. Place the sandwiches on a

buttered, shallow pan, sprinkle with grated cheese, and set in a hot oven until the top is browned; serve hot.

For **Hinchey Fudge**, combine two ounces (2 squares) unsweetened chocolate and one-half cupful of butter in a saucepan, and cook gently until blended. Meanwhile, beat three eggs until light, add one cupful of sugar gradually and then three-fourths cupful of flour which has been sifted with one-half teaspoonful salt and one-half teaspoonful baking powder. To this add the chocolate mixture, one cupful of broken pecan meats, and one teaspoonful of vanilla. Bake in two greased layer cake pans in a moderate oven of 350 degrees F. for 20 minutes. Cut into squares to imitate fudge and remove at once.

For **Nut Bars**, cream together one-half cupful each of shortening and sugar. Then add two beaten egg-yolks, one cupful of pastry flour and one and one-third cupfuls of finely chopped blanched almonds. Mix thoroughly and shape the dough into rolls about three inches long and as

thick as a finger. Brush with egg white and bake in a moderate oven at 400 degrees F. from 12 to 15 minutes.

Fruit Bars—1 cup stoned and chopped dates, 1 cup chopped walnuts, 1 cup brown sugar, 2 eggs, 5 tablespoon buttermilk, 1/2 teaspoon baking powder, pinch of salt, 1 teaspoon flavoring, 1 1/4 cups flour.

Mix all together, then place in

buttered pan lined with oil paper. Bake in moderate oven (350 F.) about thirty minutes. After slightly cool cut in bars and roll in powdered sugar.

RAISIN BRAN MUFFINS—One egg, 3/4 cup sugar, a lump of butter the size of an egg, tablespoon (heaping) of lard, pint of buttermilk, 1/2 cup of water, heaping teaspoon of baking soda, 2 cups of white flour, 1 cup of bran, heaping teaspoon of

baking powder, 1 cup of seedless raisins.

Cream butter, lard and sugar; add egg; then add buttermilk and water and baking soda. Add flour and bran and baking powder. Mix well and add raisins. Bake 30 minutes in slow oven and empty pans on to baking board.

Date Muffins—One cup dates (cut fine, 2 1/2 cups flour, 4 teaspoons baking powder, 1 cup milk, 1 egg, 1/4 cup sugar, 1/4 cup shortening and 1/2 teaspoon salt.

Mix one-half cup flour with dates. Cream the shortening with the sugar and add the beaten egg. Sift the flour once before measuring then again with the salt and baking powder. Add the milk and flour mixture alternately and last the dates. Bake twenty to thirty minutes in a hot oven, 400 degrees F.

Rhode Island Corn Cake—Mix and sift 3/4 cup of corn meal, 1 1/4 cups flour, 1/4 cup sugar, one-half teaspoon salt, 5 teaspoons baking powder, 1 cup milk, 1 egg, well beaten, 2 tablespoons melted butter. Mix in order given, pour into greased sheet pan and bake twenty-five minutes in a hot oven.

Chocolate Drop Cookies.

One cup sugar; 1/2 cup shortening; 2 eggs, well beaten; 3 squares chocolate, melted; 1/2 cup sweet milk; 1/2 teaspoon vanilla; 3/4 cup nuts; 3/4 cup raisins; 2 teaspoons baking powder; 1/2 teaspoon salt; 1 1/2 cups pastry flour. Cream sugar and shortening. Add eggs, melted chocolate, milk, vanilla, nuts, raisins and mix well; add baking powder and flour. Drop by teaspoons and bake in a medium oven. (25 cookies.)

until thoroughly blended and spread between round or heart-shaped slices of buttered white bread. Cut a small piece from each top slice and fit in a piece of cherry.

Mix the following ingredients into a smooth paste: Two cupfuls soft, sharp cheese, one-half teaspoonful salt, speck cayenne, one teaspoonful prepared mustard and three table-spoonfuls cream. Remove the crusts from a fresh loaf of bread and cut

in lengthwise slices one-fourth inch thick. Butter the large slices with a small amount of butter and spread with the cheese mixture. Roll the slices lengthwise like a jelly roll. Wrap the rolls of bread and cheese firmly in a damp cloth and place in the refrigerator for several hours. Just before serving cut the rolls into one and one-half inch lengths and toast in the broiling oven or on the electric grill. If cut small these rolls are delicious served with soup or salad or make a hearty sandwich for Sunday night tea.

Lace Molasses Wafers.

Slowly heat to boiling point one cup molasses, one cup sugar, one cup butter. Boil one minute, then remove from fire. Add two cups flour, one teaspoon baking powder and one-half teaspoon of soda sifted together. Stir well. Set pan in vessel of hot water to keep batter from hardening.

On buttered baking sheets or inverted dripping pan drop one-fourth teaspoons of batter three inches apart. Bake in moderate oven until brown. Cool slightly then lift off carefully with thin knife.

A spatula is the thinnest knife and fine for lifting. One-fourth this recipe made three sheetsful.

Here are other important points regarding mixing and handling. If you wish the cookies to spread, do not cream the sugar and shortening too much. Overcreaming lessens the size of the sugar crystals and the sugar becomes too well blended with other ingredients. This gives a compact dough which will not spread.

If you insist on following the old-fashioned rolled out method, use a cloth or heavy piece of canvas on the board. This makes it necessary to use the least possible amount of flour, and the result is a more pleasing texture in the cookie. One clever housewife bought a ribbed white cotton child's stocking, cut off the ends and slipped it over her rolling pin. Do not let moisture get on the cloth or roller, and it may be used many times without washing.

If cookie pans are well greased they will not need to be washed between the bakings. A large flexible spatula is excellent for removing the cookies and scraping the pans. Heavy iron baking sheets can be bought in various sizes to fit any oven, or may be ordered for a small sum from any tinsmith. Thus two sets of cookies can be easily baked at once. The girl or woman who can make crisp, varied and delicious cookies has at her spoon's end not only a delight for her family, but an easy means of earning money.

Grandmother's Ginger Cookies. One-half cup shortening; 1 cup brown sugar; 1 teaspoon salt; 1 cup molasses; 1 teaspoon ginger; 1 egg; 1 teaspoon soda; 1 cup sour milk; 4 1/2 cups pastry flour. Cream shortening sugar and salt. Add other ingredients in order given with soda dissolved in sour milk. Mix thoroughly; drop by spoonfuls on baking pan and bake in a medium oven. (30 cookies.)

RECIPES.

Butterscotch Cookies— $\frac{3}{4}$ cup butter, 2 cups brown sugar, 2 eggs (well beaten) 3 cups flour, 2 level teaspoons baking powder.

Cream butter, add sugar, then beaten eggs and mix well. Add flour and baking powder sifted together. Mix to a dough. Shape into a roll, then chill. Slice $\frac{1}{4}$ inch thick. Bake on ungreased pan.

Sour Cream Cookies— $\frac{1}{4}$ cup butter, 1 cup sugar, 2 eggs, $\frac{1}{2}$ pint sour cream, $\frac{1}{2}$ teaspoon soda, 1 level teaspoon baking powder, $3\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon lemon juice.

Cream butter, add sugar, eggs well beaten, and the sour cream. Sift all the remaining dry ingredients together three times and combine with the first mixture. Add lemon juice. Roll $\frac{1}{4}$ inch thick, sprinkle with sugar and bake 10 minutes at 400 degrees F. Makes 60 cookies.

Bran Drop Cookies— $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup butter, $\frac{3}{4}$ cup flour, 1 cup bran, 1 level teaspoon baking powder, $\frac{1}{4}$ level teaspoon salt, $\frac{1}{2}$ teaspoon cinnamon, 1 egg, $\frac{1}{4}$ teaspoon cloves, $\frac{1}{2}$ cup raisins or $\frac{1}{4}$ cup raisins and $\frac{1}{4}$ cup nuts.

Cream butter, add sugar, well beaten egg, raisins, milk and then bran and rest of the dry ingredients sifted three times. Bake in a hot oven 400 degrees for twenty minutes. Makes fifteen cookies.

Oatmeal Macaroons—1 egg (beaten), 1-3 cup sugar, $\frac{1}{4}$ cup melted butter, $1\frac{1}{2}$ cups rolled oats, $\frac{1}{2}$ teaspoon salt, 1 teaspoon vanilla and $\frac{3}{4}$ cup cocoanut.

Mix dry ingredients. Add butter, egg and vanilla. Drop on well-greased pan from spoon and shape. Bake in a moderate oven.

Christmas Rocks— $1\frac{1}{2}$ cups brown sugar, 1 cup butter, 2 eggs, 1 pound stoned dates, 1 pound walnuts (chopped fine), $\frac{1}{2}$ cup sour milk, 1 teaspoon baking soda, 3 cups flour, 1 teaspoon ground cloves and 1 teaspoon cinnamon.

Cream the sugar and butter; add the eggs which have been well beaten. Sift dry ingredients and add alternately with milk (to which baking soda has been added) into the first mixture. Add dates and nuts.

Drop from spoon onto a well-greased pan.

Dundeas.

Out of the kindly world with which we have so many delightful contacts came answers to the recent request printed here for recipes for Dundeas, etc. Mrs. Ella Newman wrote: "I saw in today's paper a want for Dundeas and also for Penny Sprye. The Dundeas are a tea cake and can be baked in a loaf or in gem pans. The Penny Sprye is a kind of hard baked biscuit glazed over something like the pretzels. I have the recipe for the Dundeas, but not for the Sprye."

Following this the recipe is given for which we are most grateful and we hope the one who asked for it will be. The hand writing of the two letters seems much the same and we imagine

that the two different writers, living some distance apart, are of the same generation and experience. It is easy to see that the Dundeas belonged to a generation when people made their own butter or bought it for 15 or 20 cents a pound and eggs were free. The recipe with title reads: "Dundee Tea Cakes—One cup butter, one cup sugar, five eggs, two cups of flour, one teaspoon baking powder, one teaspoon each of lemon and vanilla, one cup seedless raisins, the grated rind of one orange, one-half cup of blanched almonds ground. After the dough is in the pan sprinkle the dough with ground almonds."

Popovers

First and last one may have a lot of fun with the popover business because this "air puff" is an entertaining little compromise between bread and omelet, but the amateur cook has perennial difficulty with this airy nothing in the bread line. We think that putting the batter into thick and hot popover molds buttered has a good deal to do with its popping, and besides that the oven must not be too hot.

A recipe that was different and satisfactory was long ago taken from the "Economy Administration Cook Book." It was tried out because it was declared to be unailing if the directions were followed, and then printed. The detail of slamming the door seemed an entertaining one. The author of the recipe was Mrs. Alice Harriman, and it reads: "Two eggs beaten just enough to break the yolks and cut the tenacity of the whites, one cup of sweet milk, a pinch of salt, one scant cup of flour sifted four times, two tablespoons of melted butter. Eggs beaten, milk added, then flour. Stir, not beat, until lumps are pretty well eliminated. Then press through a colander or coarse sieve; add butter and salt, put in greased gem tins, put in a hot oven.

"This batter will look so thin that you will not believe it will do, but it will. Do not open the oven door for fifteen minutes, then open the door and slam it to hard. Bake ten minutes more. This will make from eight to ten popovers. . . . They will be a beautiful golden brown surrounding a very large hole."

Scotch Short Bread—1 pound butter (2 cups), 10 ounces light brown sugar ($1\frac{1}{4}$ cups), 2 pounds flour (8 cups).

Cream butter well, add sugar, then flour. When mixture is too stiff to mix with spoon turn out on molding board and rub in the rest of the flour. Roll one-quarter-inch thick and cut with biscuit cutter. A few caraway seeds sprinkled on each cake improves it.

Date Muffins.

MIX 2 cups graham flour, 3 teaspoons baking powder and 1 teaspoon salt. Mix 1 well-beaten egg with $1\frac{1}{4}$ cups milk and beat into first mixture. Add $\frac{1}{4}$ cup melted shortening and $\frac{3}{4}$ cup chopped dates. Bake about 25 minutes in a moderate oven.

Pecan Whole Wheat Muffins—One cup whole wheat flour, $\frac{3}{4}$ cup white flour, 4 level teaspoons baking powder, 1 egg, $\frac{1}{4}$ cup brown sugar, $\frac{3}{4}$ teaspoon salt, 1 cup milk, $\frac{1}{4}$ cup shortening, 1 cup sugar, 1 egg, 1 cup pecans.

Mix dry ingredients. Beat the egg, add milk and melted shortening. Add to dry ingredients and lastly add chopped nuts. Bake for twenty-five minutes in a hot oven (400 degrees F.).

Spice Cup Cakes—One-half cup shortening, 1 cup sugar, 1 egg, 1 cup whole wheat flour, $\frac{1}{2}$ teaspoon salt, 2 level teaspoons baking powder, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon ground cloves, 1 cup raisins, 1 cup sweet milk and $\frac{1}{2}$ cup whole wheat flour.

Cream shortening and sugar, add the well beaten egg. Sift dry ingredients together and add to the first mixture alternately with the milk. Mix raisins with the second amount of flour and beat in last. Pour into well greased muffin pans and bake in a moderate oven (375 degrees F) 20 to 25 minutes.

BY JANE EDDINGTON.

Toasted Fidges.

Having made something of a fad of fidges during the last few weeks, because they have flavor and crispness beyond most breads, I have come to believe that this little whole wheat roll—just whole wheat and water—is a true health bread, especially when toasted, whole or split.

I tried a fidge on an Englishman and he said at once, with a question mark in his voice, "Pikelets?" and I was quite delighted. But pikelets are not always as simple as flour and water, though sometimes, and there have been other fidges than those made of whole wheat and water. I do not add salt because I like to get the pure flavor of the wheat, and here is a case where to me salt does not bring out flavor.

One cup of cold water—as cold as you can get—one cup of whole wheat flour, one mayonnaise crock or in its place a bowl, one long and strong egg beater, one iron roll pan—not to be obtained everywhere, but worth hunting for—hot and buttered, one oven at a temperature of 450 degrees and thirty minutes of baking are the ingredients for fidges, of a lovely golden brown on the roll side, and maybe slightly popover on the other side, but that depends.

A lack of popover effect is nothing to cry over, and if the fidges are to be split sometime later and toasted, it is better not to have this effect. The pikelets of old were baked and toasted at once, and so may the fidges be on the upper side, but with the right baking it is a superfluity to toast the roll side. Eat these with butter alone or with butter and honey.

Now, it goes without saying that many different effects can be secured even with so simple a mixture as this, and an expert's touch in the baking does seem to make a great difference, and in the beating of the mixture, as well. First we made them by putting the flour into the bowl and adding the water gradually, because the directions we had said to do this. But it is much better to put your water into the crock or bowl, add a little whole wheat flour at a time and beat. You get a great mass of bubbles at once in this way, and need not break them all down and you will get fuller wells in your roll pan—the bulk is greater. Rinse off egg beater and bowl at once. Procrastination gums up many things wastefully.

French Toast—One-half cup flour, 1 teaspoon baking powder, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup milk, sliced bread. Sift together flour, baking powder and salt. Add milk and well beaten egg. Into this dip bread, fry in hot fat, drain and serve hot with powdered sugar.

Twin Biscuits—Sift $2\frac{1}{2}$ cups of flour, to which have been added 1 teaspoon salt, 3 teaspoons baking powder, 3 of shortening, 1 cup sour milk, $\frac{1}{4}$ teaspoon soda. If using sour milk roll out on board very thin and spread all over with butter evenly. Then fold over and cut out with biscuit cutter and bake in hot oven about eight minutes. If milk is very sour use $\frac{1}{2}$ teaspoon soda instead of $\frac{1}{4}$ teaspoon.

WHOLE WHEAT MUFFINS.

Two cups whole wheat flour, 3 teaspoons baking powder, 1 teaspoon salt, 2 tablespoons sugar, 1 egg, 1 cup milk or water, 2 tablespoons liquid fat.

Mix and sift dry ingredients; add milk or water, unbeaten egg and liquid fat. Mix thoroughly and quickly. Put into well greased muffin pans and bake in a hot oven (450 degrees) twenty minutes.

Shortcake—Quarter cup shortening, 1 cup sifted granulated sugar, 2 eggs, 1-3 cup milk, 1-3 cup water, 2 cups sifted pastry flour, 3 teaspoons baking powder (level), and $\frac{1}{2}$ teaspoon flavoring.

Cream the butter or shortening; add half the sugar and beat thoroughly until very light. Separate the eggs; add the remaining sugar to the yolks. Beat thoroughly until thick and lemon colored. Mix and sift the dry ingredients. Add the egg and sugar to the first mixture. Then add the dry ingredients and the liquid alternately. Beat the egg whites until stiff; add the flavoring and cut and fold into the cake mixture. Bake in two layer cake pans in a 375 degrees F. oven for 15 to 18 minutes. When cold cover with the crushed berries; garnish with whipped cream or marshmallow and serve immediately.

SPONGE PUFFS.

Four eggs, 1 cup sugar, 4 tablespoons water, 1 tablespoon lemon juice, 1 cup bread flour, 2 teaspoons baking powder.

Separate eggs, and beat yolks until light, thick and lemon colored. Add sugar gradually, beating all the time. Add water with lemon juice and fold in flour sifted with baking powder; lastly fold in stiffly beaten egg whites and bake in cup cake pans in moderately hot oven (375 degrees) twenty minutes.

One Dozen Muffins—2 cups flour, $\frac{1}{4}$ teaspoon salt, 3 tablespoons sugar, 2 teaspoons baking powder, 1 cup milk, 2 eggs and 2 tablespoons melted butter.

Sift together flour, sugar, salt and baking powder. Then add eggs (well beaten), milk and melted butter. Mix well. Bake in medium oven about twenty minutes.

Once I worked out a nearly perfect French pancake, after translating the recipe from the French and adapting it to our conditions. The batter was mixed several hours before the cakes were cooked. It was flavored with orange flower water. But as to the rest, I have forgotten both the source and the recipe I got, which has seemed to disappear from off the earth. However, I got the idea for the batter and so, in trying out some new recipes, I know how to suit my eye in the matter.

Here is one of the recipes tried, one that would make only four pancakes the size of a medium frying pan: One-fourth cup of flour, one-fourth teaspoon salt, one egg, one-half cup of

thick cream, flavoring to taste or none. Sift the flour and salt, make a little well in it in a small bowl, break an egg into a saucer, and if it is all right drop it into the well made in the flour. Work all together to make this a smooth paste. Emphasis here should be on the "smooth," because when you begin to work the mixture will seem like a batter with many little nodules in it. When it is worked till it is as smooth as a cream, add the cream to it and stir until it is all as smooth as the cream itself was.

The reason for baking it in a frying pan instead of on a griddle, especially if we wish for good size pancakes, is that the sides of the frying pan are needed for limiting the poured out batter when it is baked as thin as possible. A frying pan also needs to be rather hot, because the pancake is so thin. If the thin batter forms bubbles, as it should not when correctly and thoroughly beaten, they should be pricked out.

Peanut Macaroons.

BEAT 1 egg white until stiff and add gradually, while beating constantly, $\frac{1}{4}$ cup granulated sugar. Then add 5 tablespoons finely chopped peanuts and 1 teaspoon vanilla. Drop from tip of spoon on greased baking sheet about 2 inches apart. Decorate each with $\frac{1}{2}$ peanut and bake in a slow oven about 15 minutes.

RYE MUFFINS.

Two cups Rye flour, 1 cup wheat flour, 1 egg, $\frac{1}{2}$ cup molasses, 1 teaspoonful soda and 2 teaspoonfuls cream of tartar dissolved in a little milk. Mix with milk, not too soft, and bake in muffin pan.

COCOANUT DROPS

24 small cookies
 $\frac{1}{4}$ cup butter
 cream icing
 Marshmallow Icing
 1- $\frac{1}{3}$ cups sugar
 $\frac{1}{2}$ cup cold water
 1 tb. corn syrup
 1 egg white
 Coconut
 Marshmallow
 icing
 1 tb. Marsh-
 mallow cream
 or 6 marsh-
 mallows

Boil sugar, water and corn syrup together until mixture spins a permanent thread. Beat egg white stiff; add marshmallow cream or marshmallows; then

gradually add syrup, a tablespoonful at a time, beating constantly. To make Coconut drops heap 1 tablespoon butter cream icing on each cookie so that it forms a beehive. Cover with Marshmallow icing and dip in coconut. Bitter chocolate may be used instead of coconut for variety.

POTATO SCONES

One cup mashed potatoes, pinch salt, $\frac{1}{2}$ cup sweet milk, flour enough to make a dough that may be handled. Roll, cut into triangles and fry in a pan or bake in the oven. Butter and serve hot.

Cinnamon Biscuit—Make a rich biscuit dough and add one table- spoon sugar. Roll out to about one- quarter inch thickness, spread but- all over top and sprinkle with sug- ar, cinnamon and seedless raisins. Roll up as jelly roll. Then cut in slices, crossway of roll. Bake in bis- cuits. Good hot or cold.

Emergency Biscuit—Two cups flour, 4 teaspoons baking powder, 2 tablespoons lard, 2 teaspoons sugar, 1 cup sweet milk and $\frac{1}{4}$ teaspoon salt.

Icebox Cookies—One pound butter or lard, 1 cup granulated sugar, 1 cup brown sugar, 3 eggs, 1 table- spoon cinnamon, 2 teaspoons soda, 2 cups nuts, cut small, and 5 cups flour.

Mix butter and sugar, then un- beaten eggs separately, beating well each time. Sift dry ingredients and mix well. Add nuts. Make into sev- eral rolls 2 inches in diameter. Let stand overnight in icebox. Slice thin, moderate oven until crisp. Use either peanuts or walnuts.

More recipes will be published in The Chicago Evening American to- morrow.

Sift flour before measuring, then again with salt, sugar and baking powder. Mix lard in with tips of fingers, add milk. Drop by spoon- fuls on greased muffin tins. Bake in a hot oven fifteen to twenty min-

Margarites—Break the whites of 2 eggs into a chilled bowl and beat them for only a moment. Add 4 table-spoonfuls of powdered sugar, and when this is well mixed stir in a cupful of chopped English walnuts. Spread this mixture on thin wafers or soda crackers and set in the oven long enough to brown lightly. A great treat for the children.

BY JANE EDDINGTON.

A Quimper Flan.

The title to this bit might be "Prunes versus Raisins," or I might use the title of the recipe given below, or yet others, but a young woman has just written me a most kindly letter offering recipes and asking me why I do not print more foreign ones. This caused me to pick up a rather recently purchased and most charming book by X. Marcel Boulestin, with the title, "A Second Helping," and containing recipes for "Onion Tarts" and other Mediterranean coast favorites, and those of other European coasts, as well.

Since we have all for some years been having the peasant Quimper ware (it sounds as though we said "camper" when we talk about it) although now, alas, it has become machine made and the figures of men and women on it are all alike, there- for I was pleased to find in this book a perfectly simple and practical recipe headed "Far Lorientais" which read: "This very simple entremets de famille is almost unknown and only made in that part of Brittany which lies between Quimper and Lorient. Al-

though simple, it is considered rather difficult to make, but success is cer- tain if these instructions are faithfully followed and if the milk is really hot and the oven kept very slow. All that is wanted for four to six persons is: A pint and a third of milk, a quarter of a pound of sugar, a quarter of a pound of flour, and two eggs.

"Mix together the flour, the sugar and the eggs till the mixture is ab- solutely smooth, and add little by little stirring all the time, the milk, which must be almost boiling. Pour this on a buttered fireproof dish (neither too deep, nor too flat), and put in a few fine raisins, or if you prefer, fat prunes, sliced and stoned.

"Cook in a very slow oven for one hour or a little more. It is necessary to add that the Bretons who use rais- ins think that their neighbors, who use prunes, do not know what cook- ing is, and vice versa. This is as it should be, if one has any pride in one's cooking."

We tested this and were interested to find that we sided with the Breton neighbors or were for the prunes. We baked this in a glass pie dish in a 275 oven for over an hour, using one cup of flour, one-half cup sugar, two and two-thirds cups milk.

Just why is this? Partly because she works her mixture too hard or harshly or she has not learned how to treat the dough. Then, too, whether it is a mass of cooked candy or of sugar and shortening and flour, the worked stuff may seem actually dirty, and if it dries on the surface all is lost, or about so. All cookie doughs, perhaps, are the better for chilling, and even as long as overnight. But they must be closely covered or the surface will dry, and the situation is something like that when the surface of a yeast dough dries. It must be kept elastic; if uncovered it dries by perfectly natural evaporation.

I believe the following dough needs unsalted butter, and I prefer to buy the sweet butter, but if salted butter is used the salt must be washed out. Here, then, is the formula again, a for- mula that will make cookies that you would have to pay \$1.50 a pound for, if finely done:

Two egg yolks, one and one-fourth cups sifted pastry flour, three-eighths cup of butter, one-fourth cup of sugar, flavor to suit. Combine the egg yolks, flour, butter, and sugar and work the whole as a pie crust is worked, or mixed, with the difference made by the presence of the egg yolks, and when the whole can be massed into a dough of uniform consistency, knead it for fifteen minutes, or until it is shining and stretchy. Cover closely and put away in a cool place from an hour or overnight or for a day or two. When ready to use, cut off a small piece, roll it as thin as a blotter or thinner, cut out and bake.

When it has been chilled for a short time you will have to make thicker cookies, which are fine if iced. Great variety can be secured by using differ- ent cutters and different icings. Little round cutters of different size can be used to make rings for charming dec- orations.

Chinese Chews—One cup dates (chopped), 1 cup English walnuts, $\frac{3}{4}$ cups sugar, $\frac{1}{4}$ cup pastry flour, $\frac{1}{4}$ level teaspoon baking powder, 2 eggs, $\frac{1}{4}$ level teaspoon salt.

Mix all dry ingredients together, put in the dates and nuts, and stir in the eggs after beating them light. Bake in as thin a sheet as can be spread and when done cut in small squares and roll into balls. Then roll them in granulated sugar.

Macaroons—Two egg whites beaten stiff; 1 cup sugar; 1 cup coconut; 3 cups of corn flakes; 1 cup chopped nuts. Drop from teaspoon on butter- ed pan and bake in slow oven until golden brown. Allow to cool and re- move with knife. Makes 20 macaroons.

Bran Biscuits.

MIX thoroughly $\frac{1}{2}$ cup bran, 1 $\frac{1}{2}$ cups flour, five tea- spoons baking powder, $\frac{3}{4}$ tea- spoons salt and three teaspoons sugar. Add about $\frac{1}{2}$ cup water or enough to make a soft dough. Add two tablespoons melted short- ening. Turn out on lightly-floured board. Pat and roll out about $\frac{1}{4}$ inch thick. Shape with small bis- cuit cutter. Bake in a hot oven about 12 to 15 minutes.

Tea Biscuit.

MIX and sift 2 cups flour, 3 $\frac{1}{2}$ teaspoons baking powder and $\frac{1}{2}$ teaspoon salt. Work in 2 table- spoons butter with tips of fingers. Add 1 cup milk and when well mixed toss out on lightly-floured board. Pat, roll out and cut in small rounds. Place on baking sheet. Make a small depression in each biscuit with a knife handle dipped in melted butter. Place in each depression 1 cube of sugar dipped in orange juice. Put 3 or 4 drops of melted butter on each sugar cube. Sprinkle with grated orange rind. Bake in hot oven.

The following recipes cover the three types of cake suitable for the making of a strawberry shotcake:

Biscuit—Two cups sifted pastry flour, four teaspoons baking powder, one-half teaspoon salt, two table- spoons sugar, four tablespoons shortening, one-third cup milk and one-third cup water.

Mix and sift the dry ingredients; cut in the lard. Then mix in the liquid to make a soft dough. Spread the dough in two well-greased layer cake pans or roll one inch thick and cut with large biscuit cutter. Bake in a hot 400 degrees F oven for fif- teen to eighteen minutes. Remove from oven. Split; spread crushed sugared strawberries between and on top of crusts. Serve immediately.

Sponge Cake—Six egg yolks; 1 cup sugar, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ tea- spoon salt, 2 teaspoons baking pow- der, 1 $\frac{1}{2}$ cups pastry flour and 1 tea- spoon lemon extract.

Beat egg yolks until light with an egg beater; add sugar gradually, then hot water and flavoring, beat- ing meanwhile. Add flour, sifted with baking powder, and salt, and beat thoroughly. Bake in two lay- ers in a moderate oven for about 25 minutes. Serve with the strawber- ries.

Cream Biscuit.

MIX and sift 2 cups flour, 1 teaspoon salt and 4 tea- spoons baking powder. Add 1 cup thick cream and $\frac{1}{2}$ cup milk. When well mixed turn out on lightly-floured board, pat and roll out. Shape with small cutter. Bake in quick oven.

Emergency Biscuit.

MAKE according to recipe for baking powder biscuit, using sufficient milk to make a dough that may be dropped from spoon without spreading. Drop on bak- ing sheet about $\frac{1}{2}$ inch apart. Brush over with milk and bake in a hot oven 8 or 10 minutes.

Maple Biscuit.

MIX 1 cup shaved sugar, 1 $\frac{1}{2}$ teaspoons all-spice, 1 cup thick sour cream, and 1 beaten egg. Mix and sift 2 cups pastry flour with 1 teaspoon soda and combine with first mixture. Turn out on lightly-floured board. Pat and roll and cut out with small cutter. Bake in a moderate oven.

Rye Popovers.

MIX and sift $\frac{2}{3}$ cup ryemeal, $\frac{1}{2}$ cup flour and $\frac{1}{4}$ teaspoon salt. Add 1 cup milk gradually, 2 well-beaten eggs and 1 teaspoon melted butter. Beat vigorously 2 or 3 minutes with an egg-beater. Turn into hissing hot iron popover pans and bake in a hot oven about 40 minutes.

Nut Cookies—One-third cup butter, $\frac{1}{2}$ cup sugar, 2 eggs, 1 $\frac{1}{2}$ cups flour, 1 $\frac{1}{2}$ level teaspoons baking powder, $\frac{3}{4}$ cup chopped nuts and 1 teaspoon lemon juice.

Cream butter and add sugar and eggs well beaten. Sift flour and bak- ing powder together. Add first mix- ture; then add nuts and lemon juice. Drop from a spoon on an unbuttered baking sheet, leaving an inch space between them. Sprinkle with chopped nuts and bake in a hot oven (425 degrees F.). This will make two dozen cookies.

For Peanut Macaroons, beat two egg whites until they are stiff and dry. Add gradually one cupful of confectioner's sugar, one-fourth cupful of pastry flour and one-fourth teaspoonful of salt. Add one cupful of peanuts coarsely chopped. Drop from the end of a teaspoon onto a greased baking sheet and bake in a moderate oven at 400 degrees F. for about 10 minutes. Do not drop too closely together, for they spread.

London Bridge baked pudding— $\frac{1}{4}$

cup whole wheat flour, $\frac{1}{2}$ tsp. baking powder, speck of salt, one egg, $\frac{1}{2}$ cup dates, $\frac{1}{2}$ cup nuts, $\frac{1}{2}$ cup sugar and one tbsp. milk.

Mix flour with baking powder and salt, then with the dates and nuts. Separate the egg, beat well, add the sugar and milk. Beat into first mixture and continue beating until of smooth consistency. Fold into stiffly beaten egg white. Pour into a buttered baking dish and set in a pan of boiling water. Bake in a moderate oven (350 degrees F.) about thirty-five minutes. Serve cold with soft custard or whipped cream. Serves five.

Date and Nut Pudding.

MIX 1 cup chopped dates with 1 cup chopped walnuts. Sift 2 tablespoons flour with 1 teaspoon baking powder and a few grains salt. Combine with dates and nuts. Add 2 well-beaten egg yolks and mix well. Fold in 2 stiffly-beaten egg whites. Bake in a buttered shallow pan about 25 minutes in a moderate oven. Cool, cut in small squares and garnish with whipped cream.

Fig Pudding.

Mix and sift together two and one-half cupfuls flour, three and one-half teaspoonfuls baking powder, one-half cupful sugar and one-quarter teaspoonful salt. Cut in one-third cupful butter; add one cupful figs and one-half cupful nuts, chopped fine. Beat one egg well and combine with one cupful milk. Add the flour mixture with one teaspoonful vanilla and beat well. Pour in greased individual molds and steam one hour. Serve with foamy sauce or with lemon sauce.

Banana Whip.

3 bananas
1-3 cup sugar
1 tablespoonful lemon juice
1 cup heavy cream.
Few finely chopped pistachio nuts.
Vanilla
Pinch of salt.
Cook mashed banana pulp in a

double boiler with sugar and lemon juice until scalded. Add a few drops of vanilla and a pinch of salt and cool.

RASPBERRY PUDDING.

One-half lemon, 1 cup sugar, 1 cup boiling water, 2 tbs. shortening, 1 cup sugar, 3 egg yolks, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cup flour, 2 teaspoons baking powder.

Meringue: 3 egg whites, $\frac{1}{2}$ teaspoon baking powder, 6 tablespoons sugar.

Wash, peel and slice lemon very thin, removing seeds. Put in baking dish, add 1 cup sugar and boiling water and cook slowly in oven while preparing batter. Remove from fire and add 2 cups freshly picked over raspberries.

Cream Shortening: Add sugar and cream again. Add unbeaten egg yolks and beat thoroughly. Add milk and fold in sifted dry ingredients. Pour into pan containing lemon syrup, but do not stir. Bake in a moderate oven (350 degrees) one-half hour. When cool, cover with meringue and put in oven to brown.

Date Dessert—1 cup sugar, 1 cup choppy dates, 1 cup chopped nuts, 1 cup flour, 2 teaspoons baking powder, 2 eggs and salt.

Mix dry materials; add nuts and dates; eggs beaten lightly. Bake in greased pan. Serve with whipped cream.

Stuffed Dates.

REMOVE stones from dates and fill with vanilla or orange fondant or nut meats. Roll in granulated sugar.

Banana Pie.

3 bananas
3 tablespoons sugar
1 egg
1 teaspoon sugar.
1 cup milk
 $\frac{1}{2}$ teaspoon vanilla
Pinch of salt.

Line a deep pie dish with pie crust. Fill nearly to the top with sliced bananas. Sprinkle with 3 tablespoons sugar. Mix beaten egg, 1 teaspoon sugar, pinch of salt, milk and vanilla. Pour over the bananas, and bake until the bananas are soft and the custard is set.

FOR Canadian Club Deep Dish Apple Pie: Peel and core six tart apples. Cut each into eight pieces and arrange in a deep, greased baking dish. Cover the apples with one-half cupful of cleaned, seeded raisins. Then cover all with a mixture of the grated rind of one lemon, one-half cupful of sugar, and one-half teaspoonful of nutmeg. Cover the pie with pastry, using one cupful of pastry flour and one-third cupful of shortening as the basis. Bake in a hot oven of 450 degrees F. for 40 minutes, reducing the heat to 400 degrees F.

the last 10 minutes. This recipe serves six.

TAPIOCA CREAM.

Four tablespoons pearl tapioca, $3\frac{1}{2}$ cups milk, $\frac{1}{4}$ cup sugar, 4 eggs, 1 teaspoon vanilla, $\frac{1}{2}$ teaspoon lemon extract, few grains salt.

Wash tapioca clean and let soak in milk over night. In the morning add sugar and egg yolks and cook until tapioca is clear and transparent, about thirty-five minutes, stirring constantly during first fifteen minutes. Remove from fire, add flavorings and salt and turn onto stiffly-beaten egg whites. Set aside to chill before serving.

Peach Delight.

Soak two tablespoonfuls gelatin in one-fourth cupful cold water. Dissolve in three-fourths cupful boiling

juice from canned peaches. Add one-half cupful sugar, one cupful sliced peaches and set aside to cool. When thick as honey fold in lightly two stiffly beaten egg whites, one cupful whipped cream, one-half cupful macaroon crumbs and one teaspoonful vanilla. Pour into a cold wet mold and set in refrigerator to stiffen. Serves eight.

Dream Pie.

Beat the whites of four eggs until stiff and dry. Add one-half cupful sugar, one tablespoonful at a time, beating well after each addition. Fold in very carefully two cupfuls canned fruit which has been cut into small pieces and drained as dry as possible. Put the mixture in a baked pie shell and bake at 300 de-

Chilled Prune Pudding—Wash $\frac{1}{4}$ pound of prunes and cook two hours in cold water to cover. Then simmer gently in same water until tender. Remove stones, add 1 cup sugar, 2 tablespoons lemon juice and

2 inch sticks cinnamon to $1\frac{1}{4}$ cups boiling water and cook ten minutes. Dilute 6 tablespoons corn starch with enough cold water to pour; add to prune mixture and cook until corn starch does not taste raw. Remove cinnamon. Turn mixture into a mold wet with cold water. Chill on ice. Serve with whipped cream, sweetened and flavored.

Buckeye Pudding—Three-quarters cup of dark syrup, $\frac{1}{4}$ cup warm water, $\frac{1}{2}$ teaspoon soda in water, 1 egg, beat yolk and white separately, 1 cup seedless raisins, $\frac{1}{2}$ cup nut meats, flour, not enough to make too stiff. Steam two hours.

APPLE AND RAISIN PIE.

For one crust: Ten tablespoons flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon baking powder, 3 tablespoons shortening, 2 tablespoons water, 1 cup chopped apples, $\frac{1}{2}$ cup raisins, 1 cup sugar, $\frac{1}{2}$ teaspoon salt, 1 egg, 2-3 cup sour cream.

Crust: Sift together dry ingredients; cut in shortening with two knives. Add water, cutting dough with a knife. Toss on floured board or magic cover, pat and roll out; line pie plate.

Filling: To chopped apples add raisins; mix sugar and salt with egg and stir in sour cream; add apples and raisins; turn into pie pan lined with crust and bake in a moderate oven (350 degrees) forty minutes. Cover with meringue and place under broiler to brown quickly.

Caramel Ice Cream.

The ice creams with a custard base, when they have sufficient cream in addition, may well be preferred to the Philadelphia or all cream products. They are likely to have an agreeable body and do take flavoring exceptionally well. In my small cook book there is an excellent custard base of five egg yolks, but some people prefer to use whole eggs. In the following recipe whole eggs may be used, or four yolks in their place. The ingredients are as follows:

Two whole eggs or the yolks of four eggs, one cup powdered sugar, one-half teaspoon salt, three cups scalded milk, one cup powdered sugar, one teaspoon vanilla, three cups cream—most people prefer to use the heaviest cream, both for whipping and for ice cream—and finally, two-thirds cup of granulated sugar, melted and made into a caramel sirup by adding one-fourth cup of boiling water. It gets caramelized in the melting.

Beat the sugar and eggs together until they are light and add to them the milk, scalded. Stir over heat until the mixture thickens. Add the salt and take from the fire, and while it is hot or warm add the caramel sirup.

When it is cool add the vanilla and cream, which may be partly or wholly whipped first, and freeze. Pack for two hours.

The caramel flavoring for this cream may be the making of it, or the undoing. Much depends upon the skill of the cook in preparing the sugar. Some people do not seem to have the patience to melt sugar. The best way, probably, is to put it into a heavy bottomed frying pan without the edges touching the sides. It will begin to melt first where it is spread out thin at the sides, and by stirring. The work can be done very rapidly once it starts. It will all too quickly turn brown and even burn, in which case it is not in first class condition to use for flavoring. When the two-thirds cup of sugar is melted add the one-fourth cup boiling water, stir, cool slightly, and add to the custard.

Banana Whip

1 cup milk.
2¹/₂ teaspoons of gelatin.
1 cup sugar.
3 Bananas.
2 egg whites.

Scald the milk in a double boiler. Stir in the gelatin, which has been previously dissolved in a little cold water, and sugar. Cool, add the pulp of the bananas and fold in gently the egg whites beaten stiff. Pour into sherbet glasses and serve with whipped cream on top. This recipe

Sauce for Pudding—Butter size of egg, $\frac{1}{4}$ cup sugar, cream good; 1 or 2 eggs, beat separately; $\frac{1}{2}$ pint whipping cream (whipped), vanilla.

Prickly Pear Baked Apples.

Pare and core six tart, well-flavored apples. Simmer the apples in a saucepan with a sirup of one cupful of sugar and one and one-half cupfuls of water, turning the apples frequently until they are tender. When done, remove the apples carefully and place in a greased baking dish. Stick the surface of each apple with salted almonds, so that the nuts protrude from all sides. Sprinkle the apples with granulated sugar and pour the sirup about them. Place in a hot oven of 450 degrees F. until the nuts have taken on a golden tint. Serve the apples hot or cold with cream. This recipe serves six.

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Apple Strudel—Melt piece of butter size of large walnut in a cup of lukewarm water. Beat in 1 egg, $\frac{1}{4}$ cup of sugar, pinch of salt, 1 quart of flour and knead dough thoroughly.

Place dough on plate; cover with a mixing bowl that has been heated and let stand one hour. Spread white cloth on table; sprinkle thickly with flour; place dough and stretch until almost transparent. Sprinkle with peeled and sliced apples, chopped walnuts, sugar and cinnamon and thin slices of butter. Roll and bake for three-quarters of an hour, then take cup of milk or cream and pour over and bake for half hour longer.

Baking Cup Custards.

Some cooks divide custards into "soft" and "firm." Then there is custard pie. The firm custard is usually baked in a cup and it must not be baked in a truly hot oven, because then part of it is digestively too firm, and the rest is water—it shrinks in bulk and leaks. It is most likely to do this when the whole egg is used, and any custard is superior if made with yolks only. The whites of eggs begin to cook or grow firm or actually harden at a low temperature. If the custard having them as an ingredient is baked in a crust, and in too hot an oven, the filling pulls away from the crust.

Cup custards are generally set into a pan of water, the water coming up to half the height of the cups, and we say that it should never boil, that is the temperature of the oven should not be high enough to make it boil. Starting with the water barely warm, and cooking with a temperature of 300 degrees for one hour, it will not boil. Or the oven may be a little hotter than that. The work is shortened by using hot milk and having hotter water in the pan.

But with this slow and wholesome cooking we may not get a satisfactory custard, set from top to bottom, even when we cook the custards until they grow rounding on top and pleasingly brown. In other words, the part protected by the water is not set. But it is an easy thing to set it in short order. Set the pan on top of the stove and quickly bring the water to a boil. Then take off the fire and leave the cups in the boiling water for a while. An ideal firmness may so be secured or what we might call a dietetic firmness.

There is another matter connected with this simple bit of cooking that leads to imperfection. It is undissolved sugar in the bottom of the cups. The easiest way to avoid this is to heat the milk, dissolving the sugar in it but, whether or no, it should be dissolved thoroughly. If we make exceedingly sweet cup custards of three eggs, two cups of milk, one-half cup

of sugar, and a bit of nutmeg we do not get a characteristic custard top because this is twice too much sugar for that and it crisps.

PEACH PUDDING.

Sponge cake.
6 fresh peaches.
3 egg whites.
6 tablespoonfuls sugar.
1 cupful cream, whipped.
3 egg yolks.
2 cupfuls milk.
¼ cupful sugar.
Speck salt.
¼ teaspoonful vanilla.

Cut six slices or squares of sponge cake. Place them in a shallow pan. Pare the peaches, cut them in halves and remove the stones. Arrange two peach halves on each piece of cake. Meanwhile beat the egg-whites until stiff, add the six tablespoonfuls of sugar and beat again. Pile the meringue on top of the peaches. Bake in a slow oven of 300 degrees F. for fifteen minutes. Scald the milk in the top of a double boiler; then pour it over the egg-yolks which have been slightly beaten and combined with the sugar. Return to the double boiler and cook slowly until the custard coats the spoon. Remove, stir in the salt and cool. Fold in the whipped cream. When serving place the "meringue cakes" in dessert dishes and then pour the custard around it. Serves six.

BLACKBERRY AND APPLE PIE.

Fill a deep baking dish with alternate layers of blackberries and sliced apples. Place sugar on top, shaking well, so that it will sift down through the fruit. Cover with pastry and bake in a hot oven. When cold, serve portions, with crust on the plate, bottom side up, heaped with the fruit, and covered with whipped cream.

BANANA CREAM PIE.

Mix ¼ cup sugar, 1-3 cup flour, ½ teaspoon salt and add gradually to 2 cups scalded milk. Cook 15 minutes in double boiler, stirring constantly until mixture thickens, and afterwards occasionally. Add 2 egg yolks, slightly beaten, and stir and cook two minutes. Cool and flavor with 1 teaspoon vanilla or ½ teaspoon lemon extract. Then add 1 or 2 sliced bananas. Put in baked pastry shell and cover with meringue.

Plum Pudding.

Mix together one cupful soft bread crumbs, one cupful each finely chopped suet and apples, three-fourths cupful brown sugar, one cupful raisins, one-half cupful each chopped dates and figs, one-half cupful chopped walnuts and one-half cupful sliced citrons. Mix and sift one-half cupful flour, one-half teaspoonful each nutmeg, cinnamon and salt, and two teaspoonfuls baking powder. Combine the fruit and flour mixtures; add to this two eggs, well beaten, and one cupful of milk. Pour into a well-greased mold and steam three hours. Serve with Hard and Supreme Sauce.

The molds for the pudding must be well greased so that the puddings will slip out easily. Serve while very hot. The cover of the steamer should not be flat but rounded so that moisture does not collect and drop into the puddings. Do not lift the cover

until the end of the steaming period, as the puddings may fall and become soggy.

CARAMEL TAPIOCA PUDDING

½ cup minute tapioca
½ teaspoon salt
1 quart boiling water
Cook these ingredients together and add 1 teaspoon vanilla and 1½ cups sugar, caramelized. Serve cold with whipped cream.

TAPIOCA CREAM.

4 tablespoons pearl tapioca, 3½ cups milk, ¼ cup sugar, 4 eggs, 1 cup sugar, 1 pint of milk, 1 pint of whipping cream, 1 envelope gelatine, ½ cup water, teaspoon vanilla.
Scald milk. Add eggs and gelatine, which has been softened in water. Cool and when it is thick as syrup fold in the whipped cream. Line mold with sponge cake. Pour in cream and set on ice to harden.

English Plum Pudding.

To one cupful finely chopped apples add one cupful brown sugar, one cupful fine, soft bread crumbs, one-half cupful seedless raisins and one-quarter cupful finely chopped citron. Mix one-half teaspoonful soda, one-quarter teaspoonful each grated nutmeg, cloves, salt and one teaspoonful cinnamon. Add to the first mixture with one-third cupful cider and one tablespoonful melted fat. Last fold in three stiffly beaten egg whites. Pour into a well-greased mold and steam three hours. Serve with lemon sauce.

Banana Cream.

¼ pound fine grade butter
1¼ cups powdered sugar
½ cup mashed banana pulp

Cream butter and sugar well. Then add very slowly the mashed pulp of a very large banana (or ½ cup banana pulp). This makes a good butter cream for layer cakes, petits fours, etc.

Loganberry Ice Cream—Scald three pints thin cream. Add one cupful sugar and a speck of salt. Cool and add one and one-half cupfuls loganberry juice. Freeze, using the proportion of eight measures of ice to one of salt.

Imperial Rice Pudding—One-half cup rice boiled in cold water. After few minutes throw water off and add 1 pint boiling milk. Boil until done. One-half package gelatine soaked in ½ cup water 30 minutes, then dissolve in ¼ cup hot milk. Add 1 cup sugar, 1 teaspoon vanilla and ½ teaspoon salt to rice. Let stand until almost cold after adding gelatine. Beat 1 pint whipping cream until stiff and beat into rice thoroughly. Put in mold and let get cold. May be served with apricot sauce.

Apple Rice Pudding—One cup of

cooked rice, 1 cup unsweetened apple sauce, 1 cup dark brown sugar, 3 tablespoons butter, 1-3 cup water and 1 tablespoon flour. Bake in shallow pan 20 minutes, 350 degrees. Serve with whipped cream.

Rice Pudding—One and one-third cups boiled rice, 3 tablespoons of sugar, 4 tablespoons of corn syrup. Mix together. Grease dish and put 1 layer rice and then 1 layer of apples and cover and bake till apples are done. Serve with or without sauce.

Apple Charlotte—Line side and bottom of mold with fingers of bread (it can be a little stale) dipped in melted butter. Then fill with layers of hot or cold stewed apple and bread crumbs and sprinkling of cinnamon and sugar. Put bits of butter and sugar and cinnamon on top. Bake one-half hour. Turn out upside, and serve with cream, either plain or whipped.

Jellied Prunes With Soft Custard—

1 tablespoon gelatine, ¼ cup cold water, ¼ cup lemon juice, 1 cup stewed prune pulp, 4 egg whites and ½ cup sugar.

Add gelatine to cold water and dissolve over hot water. Add lemon juice and fold into prune pulp. Set aside until thick as molasses. Beat egg whites stiff and fold in sugar. Then fold in prune mixture. Turn into molds and chill. Serve with soft custard.

Whole wheat tarts—½ cup butter, 1 cup sugar, 3 level tsp. baking powder, 1 egg, 2½ cups whole wheat flour, ½ tsp. salt, ½ cup milk and 1 tsp. vanilla.

Cream the butter and sugar, add beaten egg, then the dry ingredients sifted together and milk alternately. Add flavoring. Roll out on a thin sheet and cut out in circles. Put a spoonful of filling on one round cover with another and press the edges together. Bake in a moderate oven (375 degrees F.) thirty to forty minutes.

FILLING—Grind one cup raisins with one-half cup nuts and moisten with pineapple juice.

Charlotte Rouse (service for ten)

—1 dozen lady fingers, 2 pints cream, 1 teaspoon vanilla, 2 tablespoons sugar, 2 tablespoons water, 1 level tablespoon gelatine and 1 cup raspberry jello.

Put raspberry jello into the mold to be used, either square or round. When set line the sides of the mold with split lady fingers. Put one tablespoon of cold water on gelatine and let stand five minutes. Add one tablespoon boiling water to melt it. Whip up cream, then add gently the sugar, vanilla and gelatine and put into prepared mold and chill. To serve dip mold in warm water a minute and turn out on platter.

Spumoni.

This is usually made in the shape of a bomb, and the flavors of ice cream vary with different manufacturers. An excellent combination may be made by lining a melon mold with French ice cream, next a thin layer of raspberry ice, then a layer of chocolate ice cream. Fill the center with a very rich macaroon mousse. Cover the top with the three layers to correspond with sides. Fill well. Cover with wax or parchment paper. Adjust cover, pack in ice and salt, and let stand three hours.

Coffee Souffle.

Soak one tablespoonful granulated gelatin in one-fourth cupful cold water in top of a double boiler. Add one-half cupful milk, one and one-fourth cupful coffee infusion, and one-third cupful sugar. Mix three beaten egg yolks with one-third cupful sugar and one-fourth teaspoonful salt. Add to coffee mixture and cook until this thickens. Remove from range and fold in three stiffly beaten egg whites and one-half teaspoonful vanilla. Pour into a cold wet mold and chill.

Marshmallow Fluff.

One pound soft marshmallows, ¼ pound candied cherries, ¼ pound candied pineapple or apricots, 1 pint stiff cream, whipped; 1 teaspoon vanilla. Mix all together. Chill in sherbet cups in which it is to be served. Top with a little whipped cream and decorate with tiny candy eggs or halved pistachio nuts and candied cherries.

ENGLISH SUET PUDDING—One

cup molasses, 1 cup chopped suet or ½ cup butter, 1 cup sweet milk, 1 cup raisins, ½ cup currants, 1 egg, 1 teaspoonful baking soda dissolved in little water, 1 teaspoonful nutmeg,

1 teaspoonful cinnamon, ½ teaspoonful allspice, pinch of salt.

Steam 3 or 4 hours. The suet makes a richer pudding than the butter and the half cup of currants improves it.

Apricot Ice Cream—Two quarts ripe peaches, 1 cup sugar, few peach stone meats, 1 quart cream and 1 teaspoon vanilla.

Pare peaches, cut and mash quickly; add ½ cup sugar and peach stone meats, keep closely covered until sugar is dissolved. Add vanilla and ½ cup sugar to cream, place in freezer, and when half frozen add peach pulp and finish freezing.

Banana Custard.

2 egg yolks.
½ cup sugar.
2 cups milk
Vanilla to taste
3 tablespoons cornstarch
3 bananas
2 egg whites
2 tablespoons confectioner's sugar
Mix milk, sugar and egg yolks together. Heat in a double boiler. When hot, add cornstarch, moistened with a little cold milk. Cook until thickened. Add flavoring to taste. Slice bananas into a pie shell and pour over the custard. Cover with meringue made from the whites of eggs and confectioner's sugar. This serves six people.

BANANA

CREAM PIPE.

Crust: One and one-half cups flour, ¼ teaspoon salt, ½ cup solid shortening, ¼ cup water.

Filling: Two cups milk, 2 table-spoons flour, 1 tablespoon cornstarch, ¼ teaspoon salt, ½ cup sugar, 2 eggs, ½ teaspoon vanilla, 2 bananas

Sift flour and salt; cut in shortening with two knives. Add water, cutting dough with knife. Toss on floured board, pat and roll out.

Heat milk in double boiler. Blend flour, cornstarch and salt with ¼ cup sugar. Add to milk and cook until it begins to thicken. Beat egg

yolks, add remaining ¼ cup sugar and blend with a little of hot mixture before turning into double boiler; continue cooking until thick. When cool add vanilla and pour over sliced bananas in baked pie shell. Cover with meringue.

Soft Caramel Custard.

1 quart milk
Few grains salt
1 cupful whipped cream
½ teaspoonful vanilla
6 egg-yolks
1 tablespoonful cornstarch
Shredded, brown almonds
1 cupful granulated sugar.

Scald the milk in a double boiler reserving one cup. Dissolve the cornstarch in a little of this, and turn into the hot milk. Cook for

ten minutes, stirring occasionally; in the meantime, stir one-half of the sugar in a small frying pan till melted. Add this to the hot milk and stir until dissolved. Beat egg-yolks slightly, and add remaining sugar and milk. Pour into the hot mixture and stir constantly until it is thick enough to coat a spoon, then remove from heat, cool, add salt, and flavor. Serve very cold in sherbet glasses, topping each serving with sweetened whipped cream, sprinkled with shredded almonds, browned in the oven.

To Make Caramel.

PUT in a smooth granite or iron saucepan the amount of sugar desired, place over fire and stir constantly until melted and of a delicate gold color. Add about the same quantity of boiling water and cook gently until reduced to a thick syrup. A bottle of caramel should be kept on hand to be used in flavoring custards, ice creams, etc., and for coloring sauces, soups, etc.

Rhubarb Sherbet—2 pounds rhubarb, 2½ cups sugar, 2 cups water, 3 tablespoons lemon juice, ¼ cup chopped preserved ginger and 1 teaspoon gelatin.

Cut rhubarb into small pieces without removing skin. Add water, ginger and sugar and bake in a casserole until pink. Add gelatin softened in cold water to cover; stir until gelatin is dissolved; strain, cool and add lemon juice. Freeze in three parts of ice to one part of salt.

Some Sago Recipes.

The following recipes once submitted to me were not tested, but were preserved as interesting. Mrs. H. Wilson's recipe headed "Delicacy. Fruit Pudding," reads: "One quart of fruit juice [red raspberry juice preferred] sweetened to taste with honey. Wash one cup of sago in several cold waters and add to the boiling fruit juice slowly, stirring often, then boil about one hour or until the sago is transparent. Add a pinch of salt. Add one-half cup of sweet almonds and one-half cup of walnuts chopped fine and set aside to cool until time to serve. Serve on sliced pineapple with whipped cream."

Comment—A quart of red raspberry juice seems rather prohibitive, and other fruit juices somewhat so, but note that this makes a rather large quantity, enough for from eight to a dozen people. Some people for this amount of liquid would not use any more than half a cup of sago at the most, and one-fourth of a cup might be enough. Note the long cooking. Some people would not cook it half that long.

Another of the untested sago pudding recipes called "Royal Pudding" reads: "Take one-fourth cup of sago and wash thoroughly. Soak in one cup of cold water for two hours. Put one pint of milk in a double boiler and when hot add the sago. Boil for one-half hour, stirring often. Beat the yolks of three eggs and white of one until light, with one-half cup of sugar. Stir into the sago and add a pinch of salt and two tablespoons of orange juice. Do not boil the pudding after the eggs have been added. Pour into a baking dish and spread two tablespoons of jam or marmalade on top. Bake one-half hour. Whip the whites of two eggs stiff, adding one tablespoon of sugar, spread on top of the pudding and brown in oven. Serve with cream."

Comment.—Here we have the meringue business which gives so many people trouble because they do not beat their eggs until really dry, but in this case there ought not to be any trouble because the pudding is to be served hot. Some people help themselves by sprinkling sugar over stiff, unsweetened egg white, which quickens the browning.

White Butter-Cake Shortcake

| | | | |
|---|---------------------------|----|---------------------------|
| I | 1/2 cup butter | II | 1/2 cup butter |
| | 1 cup sugar | | 1 cup sugar |
| | 2 cups flour | | 2 cups flour |
| | 3 teaspoons baking powder | | 2 teaspoons baking powder |
| | 1/2 teaspoon salt | | 1/4 teaspoon salt |
| | 1/2 cup milk | | 1/2 cup milk |
| | 1/2 teaspoon vanilla | | 1/2 teaspoon vanilla |
| | 2 egg whites | | 3 egg whites |

CREAM the butter well. Gradually work in the sugar. Beat the mixture until smooth and creamy. Mix and sift the dry ingredients several times. Sift a small quantity into the creamed butter and sugar mixture. Add a little milk. Alternate the addition of these, and beat them thoroughly into the dough, being careful not to add so much milk at any one time that the butter separates from the dough in curdles.

Beat the cake mixture for several minutes (recipe I is sufficiently beaten after two minutes and recipe II after three minutes). Carefully fold in the flavoring and stiffly beaten egg whites, cutting these in with as little mixing as possible. Put into greased, lightly floured layer-cake pans and bake in a moderate oven (375° F.) for from twenty to twenty-five minutes. When the layers are well browned remove from pans and cool on a cake rack.

Chocolate Sauce

2 cups brown sugar
2 sq. unsweetened chocolate
1/2 cup milk
1 tsp. vanilla.

Melt chocolate, add sugar and mix well. Add butter and milk and cook until mixture forms a soft ball when tried in cold water. Flavor with vanilla. Serve hot.

Cooking Cup Custards.

When you see a nice little cup custard with a truly characteristic custard top, you are seeing a good piece of cookery, because it is so easy to get something very different in appearance. If it is custard pie of the different sort, the filling may be pulling away from the custard because it has shrunk inordinately in the baking. If it is a cup custard it may have a deep pit in the top instead of being flat and level, and there are other undesirable effects, such as come when the egg is too much beaten and yields a foamy top instead of one with a little skin over it as smooth as that on an apple.

The yolks only make the finest custard, partly because they can be subjected to more heat than the whites, and the custard will not shrink as much with yolks because they contain far less water than the whites. In beating whole eggs, stop when you can lift a spoonful without its being stringy. That is, beat them no further than that.

Cup custards are universally baked in a pan of water which may come up to half their height. This water should never boil. If it does, the custard is being subjected to too great a heat.

To test the custard, which ought to be done, stick a handle of a small silver spoon into it, and if it comes out clean the custard is done, that is, thoroughly set from top to bottom. With imperfect cooking, custard may be set at the top and liquid at the bottom.

In making custards either cold or boiling milk can be used, but the hot milk hastens the cooking and so is a true advantage. One may allow no more than one slightly beaten egg to each cup of milk, but three eggs to two level teaspoons of sugar for a cup of milk is what a considerable number of people use to sweeten the custard, but four tablespoons give a much truer sweet dessert.

When these custards are made for meat service or garnish, no sugar at all is used, and the cups, well buttered, are the smallest we can get.

A little bit of salt and a grating or two of nutmeg per cup make a more standard sort of custard than a vanilla flavoring, but if we want something exceptional we can cook a vanilla pod or bean in milk for about twenty minutes and get a wonderfully faint flavor, and this is the best way to flavor a soft custard.

Standard Strawberry Shortcake

2 cups flour
4 teaspoons baking powder
1/2 teaspoon salt
4 tablespoons butter, lard, or vegetable fat
3/4 to 1 cup milk

MIX and sift the dry ingredients until light and well blended. Work in the fat with a pastry-mixer, two knives, or a fork. Take care not to manipulate the tools in such a manner as to pack the dough. When the fat is in granules as fine as corn meal, add the milk, mixing it in lightly and with as little stirring as possible. (For rolled-out shortcake use the smaller quantity of milk; for drop shortcake use the larger quantity of milk.) Handle as little as possible, patting or rolling to a half-inch thickness or dropping into greased muffin pans if the cupful of milk is used.

Cut the rolled type into rounds for individual cakes or into two large rounds for family size. Butter the tops of the biscuit, and place two of them, one on top of the other to form a shortcake, on a greased pan. Bake in a hot oven (475° F.) for from twelve to fifteen minutes. Remove from the oven; split, butter, and serve hot with crushed sweetened berries and cream if desired.

Sweet-Biscuit Shortcake may be made as for Standard Strawberry Shortcake, except that from two to four tablespoons of sugar is added to the dry ingredients and one well-beaten egg to the milk.

Delicate Shortcake

2 cups flour
4 teaspoons baking powder
2 tablespoons sugar
4 tablespoons butter
2 eggs
1/2 cup cream or rich milk

MIX as for Standard Strawberry Shortcake. Add well-beaten eggs to the milk before stirring it into dry mixture. Bake in a hot oven (400° F.) for from twenty to twenty-five minutes.

Amateur's Shortcake. Prepare Standard Shortcake, using the one-cup proportion of milk and dropping the lightly mixed dough into greased muffin pans; or prepare the Delicate Shortcake and drop in lumps rather than rolling or patting it out as directed in the recipe.

Mock-Sponge Shortcake

3 egg yolks
3 egg whites
1 1/2 cups sugar
1 1/2 teaspoons baking powder
2 cups flour
1/2 cup cold water
1/2 teaspoon salt
1/8 teaspoon vanilla

BEAT the egg yolks thoroughly. Gradually beat in half the sugar, using a mechanical egg-beater. Add the cold water and vanilla.

Beat the egg whites until frothy, add the salt, and beat stiff. Cut and fold the remaining sugar into the egg white, mixing as little and as lightly as possible with a wire egg whisk. Mix and sift the flour and baking powder several times. Gradually sift this thrice sifted flour into the egg-yolk mixture, alternating each addition of the dry ingredients with an addition of the egg-white mixture. Mix these in by cutting and folding with an egg whisk or spatula.

Grease a shallow cake pan and bake in a slow oven (325° F.) for twenty-five minutes. Remove

from the oven, turn the pan upside down, and let the cake hang therein on a cake-cooler rack.

Sponge Shortcake

6 egg whites
6 egg yolks
1/4 teaspoon salt
2 1/2 tablespoons water
1 teaspoon vanilla
1 cup pastry flour
1 cup sugar

BEAT the egg yolks until thick and lemon colored. Gradually beat in half the sugar, using a mechanical egg-beater. Add the water and vanilla. Beat the whites until frothy, add the salt, and beat until stiff. Cut and fold the

The next question is about baking powder biscuits. The procedure is exactly like making pie crust. The flour must be sifted once and then measured. The shortening allowed for each cup of flour is one level teaspoonful. You see, this is so much less than that required for pie.

Unlike pie crust, we add all the liquid we can to have the biscuit dough hold its shape. That is what makes the biscuits light, fluffy and flaky. Let me repeat that again—pie crust takes the least possible

Chocolate Cream Filling—Two squares chocolate, 1 cupful water, 3/4 cupful sugar, 1-3 cupful flour, 2 eggs, 2 cupfuls scalded milk and 1 teaspoonful vanilla, 1-8 teaspoonful salt.

Cut chocolate in pieces and put in saucepan with the water. Stir over the fire until smooth and thick. Mix the sugar, flour and salt together; add to the chocolate. When smooth add the milk and cook over the direct heat ten minutes, stirring constantly. Beat the eggs until light and add to the mixture. Cook three minutes, remove cool, flavor and serve.

Cocoa-nut Chocolate Roll—Bake a sponge cake in a shallow pan. As soon as the cake is removed from the pan spread with chocolate-cream filling, which has cooled, and roll. Spread a thin coating of the filling on the top of the roll and sprinkle thickly with cocoanut. This may be sent to the table whole, or sliced across and served in slices with whipped cream.

Mapleine Mousse

1 tablesp. gelatine
1/4 cup water
1 cup sugar
1 quart cream
1 teasp. Mapleine

Dissolve gelatine in the water. Add to sugar and flavoring. Stir till mixture thickens, add to cream whipped stiff. Freeze without stirring 2 to 3 hours.

remaining sugar into the stiffly beaten egg whites. Sift the flour three times and sift it into the egg-yolk mixture, alternating each addition with an addition of the egg-white mixture, with as little stirring as possible.

Pour into a sheet pan (not greased) and bake in a slow oven (325° F.) for from twenty to thirty minutes. Invert the cake and suspend it so that it will hang upside down on a cake rack to cool. Do not use until the next day.

moisture to just hold the dough together. To make biscuits use all the moisture you possibly can to hold the dough up.

I hope next week I will have more questions come in, because to me this is the best way for you to get information you require. These questions make me think I am really teaching you how to do things, even though you cannot come to the classroom.

Angel-Food Used as Shortcake

- 1 cup egg whites (8 eggs)
- 1/2 teaspoon cream of tartar
- 1/4 cups sugar
- 1 cup pastry flour
- 1 teaspoon vanilla
- 1/4 teaspoon almond, if desired

THE eggs should be cold and fresh. Beat the whites until frothy, add the cream of tartar, and beat until stiff and dry. Sift the sugar, which should be fine-grained, four or five times. Gradually sift and fold it into the beaten egg whites, stirring as little as possible. Sift the flour three or four times. Then slowly sift and fold it into the egg-white mixture, with a stretching-up rather than a cutting-down motion. Make every stroke count. Add the flavoring with the last bit of flour. Turn into an ungreased shallow cakepan.

Bake in a slow oven (300° F.) for from twenty-five to thirty minutes. Allow to cool, inverted in the pan, before removing it. Keep in a covered metal box at least a day before using.

Ice Cream in Fancy Cups
 Arrange Lady Fingers around a paper cup and tie with ribbon. Fill the cup with ice cream and top with crushed fruit or chopped nuts.

Spanish Cream is a gelatine dessert, and for this reason every

care must be taken in blending its ingredients before the mixture is allowed to stiffen. Even before starting to prepare the dessert, a suitable large mold or the required number of individual molds should be selected, filled with cold water, and placed in a cool spot until ready for use. Then prepare the dessert mixture as follows: Measure one level tablespoonful of granulated gelatin and soak it in one-fourth cupful of cold water for five minutes. Meanwhile scald two and three-fourths cupfuls of milk in the top of a double boiler. Then add the soaked gelatine to the scalded milk while stirring constantly, and continue cooking until the gelatin is completely dissolved.

Meanwhile, using three eggs, separate the egg-yolks from the egg-whites and beat the egg-yolks until they are thick and lemon-colored. To the beaten egg-yolks add one-half cupful of sugar and one-eighth teaspoonful of salt, and when thoroughly blended, combine with the scalded milk mixture, stirring constantly. Continue cooking the custard mixture, with the water in the bottom of the double boiler barely simmering, until the custard thickens. Beat the three egg-whites until they are stiff and dry. Remove the thickened custard mixture from the heat and add one teaspoonful of vanilla and the beaten egg-whites, folding the egg-whites until they are thoroughly blended with the custard. Pour the cold water out of the mold or molds and fill at once with the Spanish cream mixture. Set in a cool place and let stand until set. Unmold and serve at once. Fresh or canned fruit, and chocolate or caramel sauce with finely chopped nuts added, are delicious sauces for Spanish cream.

For a caramel Spanish cream, use the standard recipe, but for this change: Increase the amount of sugar to three-fourths cupful. Melt one-half cupful until caramel in color, then add to the scalded milk and stir until thoroughly dissolved. Add the remaining one-fourth cupful of sugar to the egg-yolks and proceed as in the standard recipe.

Graham Pudding.

MIX 2 cups graham flour with 1 teaspoon cinnamon, 1 teaspoon soda and 1/2 teaspoon salt. Add 1 cup sour milk, 1 cup molasses and 1 cup raisins and mix well. Turn into buttered individual molds and steam 45 minutes. Serve with any desired sauce.

One of the best brown sugar fillings, called butterscotch, for a pie that we have tried is the following: To two egg yolks, well beaten, add three-fourths of a cup of sugar creamed with a small lump of butter, two and a half tablespoons of flour, three-fourths cup hot water and cook to a smooth cream. In another pan burn to a dark brown three tablespoons of sugar.

While the cooked cream is hot, pour in the burned sugar and mix well. Flavor with vanilla. To the whites of the two eggs add two tablespoons of cold water and beat to a stiff broth, then add two tablespoons sugar. Put the cream in a pie crust, the white of eggs over it and brown lightly.

In Kentucky, where this recipe came from, they call this a brûlé pie, referring to the brown or burned sugar.

Apricot Roll.

Wash and soak overnight two cupfuls dried apricots. In the morning cook them in the water in which they were soaked, adding one-third cupful sugar. Cook until very soft and most of the water evaporated. Force through a potato ricer. Make a rich biscuit dough, using one cupful flour, two teaspoonfuls baking powder, one-fourth teaspoonful salt, one teaspoonful sugar, one-fourth cupful fat and one-third to one-half cupful milk. Roll out one-fourth inch in thickness. Spread with one-half the apricot puree, reserving the other half for the sauce. Sprinkle with one-fourth teaspoonful cinnamon and roll up like a jelly roll. Place in a shallow pan and bake at 450 degrees F. for 20 minutes. For the sauce, cream two tablespoonfuls butter with one-fourth cupful confectioner's sugar. Add remainder of apricot puree with one tablespoonful lemon juice. Beat until smooth.

FRENCH COUPE

Put a little vanilla ice cream in a sherbet glass. On this sprinkle 2 macaroons broken to bits. Place a little more ice cream over the macaroons, and top with half a canned apricot, with a spoonful of cherry or strawberry preserves in its center.

BAKED ALASKA

Beat 4 egg whites until light, add 4 tablespoonful powdered sugar and beat until light and dry. Turn a one-quart brick of vanilla ice cream onto a sheet of sponge cake on a board, and cover it thoroughly with the meringue. Dust well with powdered sugar, and set in a hot oven to brown. Serve at once.

BANANA SPLIT

Cut a banana in two lengthwise,

place in an oval dish, put vanilla ice cream on top, cover with sliced peaches and raspberry or strawberry. Sprinkle with chopped nuts.

FUDGE ECLAIRS

Fill fresh eclair cases with chocolate or vanilla ice cream, pour a hot fudge sauce over, and sprinkle with chopped nuts.

PINEAPPLE PARFAIT

Place a spoonful of crushed pineapple which has been sweetened and cooked down until rather thick, in the bottom of a tall parfait glass; fill the glass with alternate layers of ice cream, whipped cream and pineapple. Top with whipped cream.

ANGEL STRAWBERRY SHORTCAKE

Two slices of angel cake, with strawberry ice cream between them. Crushed sweetened strawberries over the top.

CHOCOLATE ICE CREAM CAKE

Two slices of chocolate cake with chocolate ice cream between, covered with marshmallow and chocolate sauce, nuts.

Pile this mixture lightly on cold custard and cover with juice drained from berries. Garnish with 1 large ripe red berry.

stently until mixture coats spoon. Remove from fire, cool and add vanilla. Set aside to chill thoroughly. Pick over, wash and stem berries and cut into halves. Cover with 1 cup sugar and let stand 1 hour. Beat cream until stiff and fold in chilled drained berries.

STRAWBERRY FLOAT

- 4 eggs
- 2 cups strawberries
- 1 cup sugar
- 1 pt. Whipping Cream
- 1/2 teaspoon salt
- 1/4 cups milk
- 1/2 teaspoon vanilla

Beat eggs slightly, add sugar and salt. Add milk. Cook in double boiler, stirring con-

"Peach Madeleine" is a delightful rival of the celebrated Peach Melba.

Garnish a mold of creamy vanilla ice cream with candied fruits macerated in Kirsch. Half fill the glasses with this and upon each one put a fine peach which has been peeled and poached in sugar syrup. Sprinkle with crushed macaroons and pour over a syrup of oranges and mandarines.

Sauce for Apple Dumplings, Cottage Pudding, Etc.

- 1 1/2 cups hot water
- 1 cup sugar
- 1 tablespoon butter
- 2 teaspoons corn starch
- 1 teaspoon Mapleine

Mix sugar, butter and cornstarch and dissolve in the boiling water. Cook until it thickens and stir in the Mapleine.

Sunshine Sauce.

Boil one cupful sugar with one-third cupful water to 238 degrees F. or the soft-ball stage. Pour this sirup over the stiffly-beaten yolks of two eggs. Continue beating until creamy. Add two tablespoonfuls vanilla. Just before serving, fold in one cupful stiffly-beaten cream.

Lemon Sauce.

Cream one-quarter cupful butter with one-half cupful confectioner's sugar. Add two egg yolks and beat until very light. Add alternately, a drop at a time, two tablespoonfuls lemon juice and one-third cupful of cream. Set the bowl over hot water and stir until smooth and creamy. Do not have the water boiling in the lower part of the double boiler.

HARD SAUCE.

2 tablespoons butter, 1 cup powdered sugar, 1 tablespoon boiling water, 1 teaspoon vanilla. Cream butter and sugar and add water and flavoring. Beat until light and creamy. Set aside to harden. Cut in squares; serve on dumplings with soft sauce on top.

SOFT SAUCE.

1 cup sugar, 1 tablespoon flour, 1 tablespoon cornstarch, 1/2 teaspoon mace, 1/2 teaspoon cloves, 2 cups water, 1 tablespoon butter. Sift together dry ingredients; add water. Cook 10 minutes; remove from fire and add butter.

BY JANE EDDINGTON. Butterscotch Sauce.

In Bangor, Me., they like sauces over their ice creams—hot in winter like the hot fudges over sundaes. Through H. has come the following as dainty a sauce of the caramel orders as one could find:

One cup of crystal white sirup, one cup of granulated sugar, one cup of cream. Cook these together in a double boiler for one hour. About ten minutes before serving add to this two tablespoonfuls of butter and one teaspoon of vanilla.

You can see that this is what is called "rich," and it is far daintier than any caramel or butterscotch sauce that can be made of brown sugar. We mean to play with the idea in making an icing because the sauce has a delicious flavor not matched by any butterscotch icing we have ever tried.

We have tried this cold, as a filling for the thinnest of bread and butter sandwiches—home made bread sand-

wiches with the bread sliced so thin that it is necessary to butter the cut end of a loaf, and then cut it off, gypsy fashion. We recommend it for that service, and we are thinking of trying it melted up in milk and cooled and then frozen with some cream.

Lemon Cream Pie—Grated rind

and juice of 1 lemon, grated rind and juice of 1/2 orange, 1 cup sugar, 3 tablespoons cornstarch, 1 cup boiling water, butter size of walnut and yolks of two eggs, or 3 eggs can be used.

Mix grated rind, cornstarch and sugar; add juices and mix to a smooth paste. Add yolks and mix well, lastly adding boiling water. Cook in double boiler until thick.

Beat whites of two eggs until stiff; add two tablespoons of sugar for each egg and beat again; then add one tablespoon sugar for each egg white and vanilla to taste, and beat again; then spread and brown in moderate oven.

INDIVIDUAL BUTTERSCOTCH PIES

Crust:

$\frac{1}{2}$ cups flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup solid shortening
 4 to 6 tablespoons water

Filling:

$\frac{1}{2}$ cups brown sugar
 $\frac{1}{2}$ " water
 3 tablespoons flour
 3 " cornstarch
 2 " white sugar
 2 egg yolks
 3 tablespoons butter
 $\frac{1}{8}$ teaspoon salt
 1 " vanilla

Heat brown sugar and water to boiling-point. Pour over sifted flour, cornstarch and white sugar and cook until thick. Add slightly-beaten egg yolks and cook 1 minute longer. Remove from fire; add butter, salt and vanilla and let cool. Pour into individual baked pie shells; cover with meringue made by beating 2 egg whites until stiff, then folding in 4 tablespoons sugar. Put in hot oven or under broiler to brown.

BUTTERSCOTCH PIE—One cup granulated sugar, 1 cup brown sugar, 1 tablespoon butter, 1 cup boiling water, 1 cup sweet milk, 2 eggs, 3 teaspoonfuls corn starch or flour, vanilla to flavor.

Brown the sugar and butter until waxy, stir in boiling water; when all is dissolved, mix in all other ingredients and cook slowly until thickened; pour into baked crust.

Pie Dough

please tell me how to make pie crust that is really delicious and flaky?" The flour must be sifted once and then measured. It is placed in the sieve again and resifted with the baking powder and salt.

If you are using two cups of flour you will take three-fourths of a cup of shortening. The shortening must be distributed evenly through the flour; so take two knives and cut it in, or use a fork and mash it in, like you mash butter into potatoes.

To know when the shortening is thoroughly distributed through the flour, it will look like coarse meal.

ADD WATER TO MIXTURE.

Now measure accurately one-third cup water and cut it in to the flour and shortening mixture. Perhaps I should say to you here to always have in mind that the amount of water necessary for pie crust is just enough to hold the dough together, and then you won't roll in more flour; and usually this is the difficulty with most pie crusts that are tough.

Toss the dough on to a slightly floured board or magic cover and roll gently but briskly to one-fourth-inch thickness. It requires no bearing down at all. Line the pie plate well. By that I mean do not pull the crust to fit the plate, and be sure all air bubbles are removed from the bottom of the pie plate or pan.

After pouring in the filling, the top crust must be treated in the same manner, that is, it must be placed on loosely and not pulled to fit the plate. Then when the pie is

To remove the top of a fresh apple take the pine (or tap) in the left hand, and holding the bottom of the fruit in the right, bring the top off with a twisting motion. This will remove it perfectly and also take out part of the core.

ing is always a food and goes not go through a chemical change, which causes an irritation in the stomach.

placed in the oven and the moisture in the crust is turned to steam, it will have a chance for expansion, and will not pull away from the sides.
MODERATE TEMPERATURE.
 The temperature should be moderate (350 degrees) and not hot. Through this method the shorten-

FROSTED PEACHES make an adorable dessert. Prepare a sirup of one cupful each of granulated sugar and water, cooked almost to the thread stage, flavor with lemon juice and place the peaches in it while boiling hot; leave until cold, then drain well and roll each peach in desiccated coconut which has been finely chopped, or in fresh grated coconut. Serve with the peach sirup and plain cream.

CANTALOUPE FREEZE calls for a well-ripened honeydew, Casaba or cantaloupe, and four large ripe peaches. Scoop out the ripe pulp from the melon, and cut into bits; peel the peaches and slice them fine, add half a cupful of orange juice and two tablespoonfuls of lemon juice, sweeten with powdered sugar to taste, then pack in ice and salt and leave to ripen for two hours. Serve heaped high in tall slender glasses, top with whipped cream.

PEACH CREAM IN CANTALOUPE. Peel three ripe peaches, cut in pieces and press through a ricer, add a tablespoonful of lemon juice, a cupful of powdered sugar and two teaspoonfuls of granulated gelatin softened in one-fourth cupful of cream, then dissolved over hot water. Mix well, then fold into two cupfuls of whipped cream, cool almost to the point of congealing, then pile in cantaloupe halves chilled to the *n*th degree.

PEACH FANCIES. Cut cake, which may be slightly stale or fresh sponge, into rounds two inches in diameter, moisten just lightly with red raspberry juice. Peel and halve ripe peaches and remove the pits, simmer in a heavy sirup till tender, then drain and chill. Arrange a halved peach on each cake round, drop a spoonful of red raspberries in each, top with a meringue, and brown delicately in a slow—300°F.—oven.

PEACH RICE PUDDING WITH PEACH HARD SAUCE. Boil one cupful of rice in a quart of salted water until very soft. Drain the rice and add a cupful of milk, then cook till like mush. Add a tablespoonful of butter, half a cupful of sugar, a tablespoonful of lemon juice and a little of the grated rind, and two well-beaten eggs. Arrange in a buttered dish, place halved ripe peaches over the surface, with a split blanched almond in each cavity, brush over with melted butter and sprinkle thickly with powdered sugar. Bake in a 325°F. oven about thirty minutes. Prepare the hard sauce as usual, beat well, then fold in peach pulp to flavor well, also if desired the stiffly beaten white of one egg.

MELON AND PEACH COMPOTE provides a way for using both melons and peaches which are slightly underripe. Prepare a sirup in the proportions of one cupful of sugar to one and a half cupfuls of water, cook till as thick as maple sirup, then add two or three pieces of preserved ginger sliced, with a few spoonfuls of the sirup from the ginger jar and one cupful each of peaches and melons—any variety—cut in uniform cubes or balls. Simmer very slowly until the fruit is clear and the sirup rich. Chill, and serve topped with whipped cream and a dot of red, either a raspberry or a slice of maraschino cherry.

PEACH AND CANTALOUPE DESSERT should be placed at the very top of the list of impromptu sweets. Halve small very cold melons, allowing a half to each serving, sprinkle with powdered sugar, then fill with sliced and sugared peaches, and top with ice cream or whipped cream.

If the melon is ripe but merely insipid, remove the seeds and brush the inner surface with lemon or orange juice, then sprinkle with powdered sugar and a suspicion of nutmeg or cinnamon, and chill thoroughly before serving. Or fill the melon halves with loganberry juice, and set aside to chill for several hours. If the melon is to be served for breakfast, fill it at night with a thin sugar sirup slightly tinged with orange juice and set close to the ice. In the morning it will have a delicious flavor.

OATMEAL DATE PUDDING.

$\frac{1}{2}$ pound dates, chopped, 1 cup rolled oats, 2 eggs, $\frac{1}{2}$ cup molasses, 2-3 cup water, $\frac{1}{2}$ teaspoon soda, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ lemon juice.
 Mix and steam in buttered mould 3 hours. Serve with any desired pudding sauce.

Cream Puff Paste.

First and last there come many calls for a puff pastry recipe. There is reason in this call, for this pastry is capable of many adaptations for elegant uses, always. There are the tiny bits of it called profiterolles [for soups]. Small balls of it split and filled with minced chicken, or slices of chicken with a salad dressing, make an exceptional sandwich. It is used for eclairs, and small rounds of it are set up on the edge of a disk of pastry, glazed with sugar, the well made within this circle filled with cooked cream and topped with whipped cream to make the superelegant gateau St. Honore, a pretty thing, indeed.

Suppose you start making this paste on a small scale. Perhaps you will have best success that way if you have not acquired a good beating hand: One-fourth cup of butter, one-half cup boiling water, one-half cup bread flour, two small eggs, two teaspoons sugar, one-quarter teaspoon salt. Put the butter and water over the fire in a small and heavy bottomed saucepan. When this boils sift

in the flour and stir vigorously until the mixture cleaves to the sides of the pan. Turn into a bowl, beat the eggs in one at a time and each most thoroughly. A sure way to do this is to use the hand as in making pound cake—five fingers make a most effective paddle in what is at first a rather dense mixture.

Now this is ready to be manipulated and pastry bag manipulations are those most frequently employed, but a great deal can be done with a spoon which can be whirled around in releasing the dough from it, bringing the ball somewhat to a peak by this method.

Many people use too hot a fire in baking cream puffs. If you will note those the baker has you will see that they are what is called a golden brown and this is secured by a moderate fire which also gives a chance for the fullest puffing. For nice effects, bake the pieces made with the above for forty or even fifty minutes in a 325 oven.

When sandwiches are to be made or profiterolles, do not use sugar in paste.

LEMON SOUFFLE PIE.

Crust—One and one-half cups flour, $\frac{3}{4}$ teaspoon salt, $\frac{1}{2}$ cup solid shortening, 4 to 6 tablespoons water.

Filling—Four egg yolks, $\frac{3}{4}$ cup sugar, 4 tablespoons lemon juice, $\frac{1}{4}$ teaspoon grated lemon rind, 3 tablespoons boiling water, 4 egg whites and $\frac{1}{2}$ teaspoon baking powder.

Sift together dry ingredients, cut in shortening and add water, cutting into a soft dough. Toss on slightly floured board, pat and roll out to fit pie plate. Bake in a moderate oven (350 degrees) 20-25 minutes.

Add half of sugar to egg yolks and beat well, gradually add boiling water; cook in top of double boiler until thick. Remove from fire and with dover egg beater, beat in juice and rind of lemon. Beat egg whites until frothy; add baking powder and beat until creamy. Add other half of sugar, beat 2 minutes longer. Fold into egg yolks and lemon mixture, turn into baked shell, bake in 350-degree oven fifteen minutes or until delicately browned.

Strawberry Popovers or Puffs—Make a custard in the usual way, using the following ingredients: One cup thin cream, $2\frac{1}{2}$ tablespoons flour, 2-3 cup sugar, 1 egg and 1 teaspoon vanilla.

When the custard is cool mix with whipped cream and place in empty cream puff shells or split popovers, about an inch thick. Fill shells with strawberries and serve with whipped cream.

Baked Fruit Dumplings. Prepare the mixture for biscuit shortcake; roll out to about one-quarter inch thickness. Cut in four-inch squares, and on each square place a tablespoon of chopped and well-sweetened fruit. Fold up the edges, press together, place fold-side down in a buttered baking pan, and bake gently for thirty minutes. Serve with any desired sauce. Use apples, pears, pineapple, in fact, any kind of fruit.

apple which has been pared and cored. In cavity of each apple place 1 teaspoon sugar, which has been mixed with cinnamon, and 1 tablespoon water. Fold up edges of dough over apple and press together. Place folded side down on baking pan and bake in moderate oven (350 degrees) 45 minutes.

BAKED APPLE DUMPLINGS WITH HARD AND SOFT SAUCES.
 2 cups flour, $\frac{3}{4}$ teaspoon baking powder, $\frac{1}{2}$ teaspoon salt, 1-3 cup fat, $\frac{1}{2}$ cup water, 6 apples, 2 tablespoons sugar, $\frac{1}{3}$ teaspoon cinnamon, 6 tablespoons water.
 Make dough like biscuit dough. Roll $\frac{1}{4}$ inch thick and cut in 4-inch squares. On each square place

Butterscotch Sauce
 3 cups brown sugar
 $\frac{1}{4}$ lb. butter
 $\frac{1}{2}$ pint heavy cream
 Place in upper part of double boiler and cook one hour over slow heat. Stir occasionally.

JELLIED PRUNES
 Soak $2\frac{1}{2}$ tablespoons granulated gelatin in $\frac{1}{2}$ cup cold water, add $1\frac{1}{2}$ cups boiling water to dissolve gelatin, 1 cup sugar, $\frac{1}{4}$ cup lemon juice. Strain, add $\frac{1}{4}$ cup of cooked prunes after removing stones, pour into molds and chill. Stir twice while cooking to prevent prunes from settling. Serve with sugar and cream. Use one large fancy mold. Sent in by

Sago Cream Pudding.

When "pearl tapioca" is cooked the pudding seems easily to sort of skin over. We do not get that effect with "pearl sago"; at any rate, I do not. I find the sago an excellent substitute in my favorite tapioca cream pudding, which I like particularly well when frozen, preferably with the addition of a little cream, but good without the cream, so I make the sago pudding as follows: One pint of milk, two tablespoons of pearl sago, one-half cup of sugar, one egg, and one-half teaspoon of vanilla—you may also add a half teaspoon of salt.

Wash the sago in genuinely cold water until no brown specks appear on the water, drain, and add gradually to it, while stirring, the milk, then put it over the fire with the sugar and stir and cook for from ten to twenty minutes. It may look as though well cooked before ten minutes are up, but if cooked twenty minutes it will be a better or more digestible food. It is best to beat the yolk of the egg, and add it to the pudding just as it is taken from the fire, and then fold in the beaten white, as is done when two eggs and twice this quantity is made. But one can beat up the whole egg and by pouring it in a thin stream get it into the pudding without cooking it in strings, which does not improve the looks of the pudding but does not injure it dietetically. This pudding is good hot, cold, or frozen.

Puddings of this sort are made in a variety of ways. In some cases half

of the milk is used as a custard, but first the egg white is cooked in it floating island fashion—the custard finally being used over the more solid part as a sauce. And the solid part can be made thicker by using more sago or tapioca. In fact, most sago pudding recipes call for more of the sago than is used in this pudding, but this is surely best if the pudding is to be frozen.

"Apple Charlotte a l'Americaine" is a good French dessert.

Butter a charlotte mold and garnish with croutons of bread fried in fresh butter and sprinkled well with sugar and cinnamon.

Prepare good ripe apples, peel and cut into thin slices.

Put a layer of apples in the mold, then one of dried raisins, another of grated cheese, a layer of powdered sugar and a few lumps of butter.

Begin again with the croutons and apples, and continue to fill the mold.

Bake slowly for two hours and serve with a good apricot sauce.

"Surprise Apples" make a delicious and wholesome dessert.

Select good apples of medium size, peel and remove the cores. In the centers put sugar mixed with a little nutmeg and a clove.

Make a good batter with flour, eggs, a little milk and a large lump of butter. Pour this over the apples arranged in a large pan and bake in the oven for an hour. Serve alone or with fresh cream.

"Eve's Omelette" calls for the forbidden fruit.

Peel a few sweet, ripe apples and cut into fine slices. Cook with a little water and sugar. Drain.

Beat three eggs with a little boiled milk, a large spoonful of powdered sugar, two pinches of flour and a large spoonful of melted butter. Add the apples and turn into a large buttered baking tin. Brown in the oven. Sprinkle well with sugar and serve hot.

STRAWBERRY CREAM PIE.

PASTRY—One-half cup shortening, ½ teaspoon salt, 1½ cups flour, cold water.

FILLING—One quart strawberries, ¾ cup powdered sugar, 1½ cups thick cream.

Sift flour and salt together, cut shortening in with two knives until the consistency of fine meal. Add only enough ice water to hold. Roll, cover inverted pie plate, prick well with a fork to prevent bubbles. Bake in a hot oven (450 degrees F.) 15 minutes. Slip shell off and put inside the plate. When cold fill with whole strawberries. Spread the sugar over them, cover this with the sweetened whipped cream. Chill in ice box before serving.

"Chestnut Croute" makes good use of the scraps of candied chestnuts, always plentiful around this time.

Mix them with seeded Malaga raisins and small sprigs of angelica, and moisten with a bit of kirsch.

Cut a cover a few inches thick from the top of a pound cake, or any plain cake will do. Remove a little of the cake and mix the crumbs with the chestnut mixture. Fill the cake, replace the cover and rub with the yolk of an egg. Brown a few minutes in the oven and serve with thick cream.

RHUBARB

Wash the stems thoroughly, wipe them dry, cut into fine pieces, put in the top of double boiler, and cook until it is tender. Measure the rhubarb before it is cooked and after it is cooked use one-third as much sugar as there was rhubarb in the first place. The fruit is always more delicate if the sugar is added to it after it is cooked.

If one has not the time to cook it in a double boiler it can be almost as good if the rhubarb is cut up and cooked directly over the fire, after adding just a little boiling water. In this way it is possible to cook it tender in five minutes. For exceptionally fine use we must sieve the rhubarb. For some reason or other it seems to require less sugar when this is done, or where it would require a third as much sugar as when served without sieving it will require only one-fourth if sieved. If you are a believer in the tonic value of rhubarb, serve it hot for springtime fare.

Banana Meringue.

Sliced bananas 3 eggs
2 c. dry bread 1 tsp. flavoring
1 c. crumbs ½ c. powdered sugar
1 qt. hot milk ½ tsp. salt
¼ c. melted butter

Add the bread crumbs and butter to the milk. Beat the egg yolks slightly with the sugar, salt and flavoring and add to the other mixture. Pour into a greased baking dish, set in a pan of water and bake in a slow oven (320 degrees F.) for one hour, until set. Remove from the oven, slice the bananas over the top and cover with the meringue made by beating the egg whites with the powdered sugar. Return to a slow oven (320 degrees F.) and bake for fifteen minutes until the meringue is brown.

Banana Roll.

Sponge cake 1 cream
3 bananas and soft 1 c. sugar
custard or whipped 1 tsp. lemon juice
Bake a three-egg sponge cake in a very shallow pan. While hot spread with marmalade made from the other ingredients. Roll tightly and serve hot with soft custard or with whipped cream. To make the marmalade, crush the bananas to a pulp by beating with a fork, add the sugar and cook until thick. Flavor with the teaspoonful of lemon juice, or more, if desired. Cut in thick slices.

Banana Hard Sauce

1 small banana 3 tbsp. butter
1 c. powdered sugar 1 tbsp. lemon juice
Cream the butter and the sugar together. Mash the banana into a smooth pulp and blend with the butter and sugar. Beat to a smooth consistency and add the lemon juice.

MACAROON CREAM.

- 1/4 box gelatine, or
- 1 tablespoon of granulated gelatine.
- 1/4 cup cold water.
- 2 cups scalded milk.
- Yolks of three eggs.
- 1/3 cup sugar.
- 1/8 teaspoon of salt.
- 2/3 cup pounded macaroons.
- 1 teaspoon vanilla.
- Whites of three eggs.

Caramel Sauce for Pudding

Rub 2 tablespoons brown sugar and 1 table-spoon flour together. Add water to make a thin sauce. Cook until thick. Add 1 dozen chopped-up marshmallows. Stir until melted. Serve hot.

STUFFED PRUNES

Steam prunes until tender, but not broken. Then pit, and fill cavities thus formed with chopped nuts, raisins or dates. Return the liquor drained from fruit to the fire, bring to a boil, and stir into it ¼ box gelatin dissolved in ¼ cup cold water. Pour this around prunes, then stand in a cold place to harden. Serve with sweetened cream.

RICE AND OATMEAL PUDDING

The pudding is made of eight ounces of cooked rice, two tablespoonfuls of medium oatmeal, two tablespoonfuls of treacle, a pinch of salt. Mix the cooked rice, oatmeal, salt and treacle very thoroughly, and then turn into a greased basin, and steam for one hour. It is an improvement to serve a little hot treacle sauce with this, consisting of equal parts of syrup and water.

Fruit Tapioca Cook in double boiler fifteen minutes, four heaping tablespoonfuls minute tapioca, one fourth cup sugar, pinch salt in quart of hot water. Remove from fire, stir in one cup pineapple, grated or chopped and sweetened to taste. Serve with milk and sugar or whipped cream slightly sweetened and flavored. Any canned or fresh fruit may be used.

FROZEN EGG-NOG.

(By Mrs. Aylmer Macpherson.)

Two and one-half cups thin cream, 1 cup milk, 3 eggs (separated), 1½ cups sugar, 1 cup orange juice. Heat cream and milk in double boiler. Beat up yolks of eggs with sugar, then pour the boiling cream into them. Put back in boiler and cook until thick, but do not let it boil. Remove from fire and cool. Then add the stiffly beaten egg whites and the fruit juice. Pour into moulds in the refrigerator and allow to freeze. Serve in glasses.

Rice Delight

- 1½ Cupfuls of cooked rice
- 18 Marshmallows
- 1 Can of shredded or crushed pineapple
- ½ Pint of whipping cream

Chop marshmallows and stir into rice while rice is warm. Add pineapple, mixing well. Just before serving add stiffly-whipped cream and serve very cold in parfait glasses garnished with candied cherries.

Blackberry Roly Poly.

Sift one teaspoonful of salt and three level teaspoonfuls of baking powder into one pint of flour; rub into this one tablespoonful of butter and moisten with enough milk to make a rather stiff dough. Toss on the board and pat into a rectangular shape. Have ready some rinsed and well drained berries, lay them on the dough and press them gently into it. Dredge with flour and roll over into a loose roll, pinch the edges together and wrap in a cloth. Lay in a steamer and cook one hour. Serve with blackberry sauce.

Rice Trifle

Make a rice pudding to fit any desired dish. Arrange a layer of pudding, then a layer of apricot or strawberry or fig jam, then another layer of pudding. Cover with whipped cream and serve very cold.

Silver Cup Steamed Bread Pudding

- 2-cups Silver Cup Bread Crumbs
- 1 cup molasses 1 cup cold water
- 1 cup currants 1 teaspoon soda
- ½ cup nuts 1 egg, well beaten
- ½ teaspoon cinnamon 1 cup flour
- ½ cup raisins ½ teaspoon salt

Combine all ingredients. Pour into buttered pudding mold and steam three hours. Serve with pudding sauce.

Soak gelatine in cold water. Make a custard of milk, yolks, sugar and salt. Add gelatine, and strain into a pan set in ice water. Add macaroons and flavoring, stirring until it begins to thicken, then add whites of eggs beaten stiff, mould, chill, and garnish with macaroons.

Mollier

COFFEE JELLY.

One-half box gelatine, ½ cup cold water, 2 cups boiling water, 1 cup strong coffee, 1 cup sugar, 1 teaspoonful vanilla. Soak the gelatine in the cold water for ¼ of an hour, then pour over it the boiling water, add the sugar, coffee and vanilla. Strain through linen into a deep dish or mould. When cold, serve with sugar and cream.

ORANGE CUSTARD.

Beat five eggs well, working in two cups of sugar. Add the juice of two oranges and the grated rind of one, and two and a half cups of rich milk. Fill small custard cups with the mixture, and bake half an hour in a slow oven.

Sweet Sauce

Molasses Sauce.

BOIL 1 cup molasses with 1½ tablespoons butter for 5 minutes. Remove from fire and add 1 tablespoon vinegar.

Maple Nut Sauce.

REDUCE 1 cup maple syrup to about ¾ cup by cooking slowly. Add ¼ cup chopped nut meats. This may be served either hot or cold.

Marshmallow and Brown Sugar Sauce.

MIX 1 cup brown sugar with 1½ cups boiling water and cook about 20 minutes. Pour on to 1 cup marshmallows, beating vigorously. Flavor with a few drops of vanilla and serve hot

Mock Cream.

SCALD 2 cups milk over hot water. Mix 2 teaspoons cornstarch with 2 tablespoons sugar and stir into scalded milk. Cook until smooth and creamy, stirring constantly. Chill and add ½ teaspoon vanilla and 2 egg whites beaten until stiff.

Coffee Sauce.

BEAT 2 eggs, add ¼ cup sugar and ½ teaspoon salt. Add ½ cup clear hot coffee and cook over hot water until thick, stirring constantly. Chill and fold in ½ cup of cream, beaten until stiff, just before serving.

Hard Brown Sugar Sauce.

WASH and cream ½ cup butter. Add 1 cup sifted brown sugar gradually, beating until creamy. Add ¼ cup rich milk very slowly, beating vigorously. Flavor with a few drops of vanilla.

Chocolate Fudge Sauce.

MIX 4 ounces of chocolate, melted over hot water, with ¼ cup sugar and 1½ cups water. Cook until creamy. Blend 1 tablespoon cornstarch with 1 tablespoon butter and stir into hot syrup. Stir until mixture boils, remove from stove, add 4 drops of vanilla and serve with or without the addition of a few marshmallows cut into quarters.

Banana Sauce.

CREAM 1 tablespoon butter, add 1 tablespoon sifted flour and blend well. Add ¼ cup sugar and beat until smooth. Add ½ cup scalded milk and stir until thick and creamy. Add 1 slightly beaten egg yolk and cook gently 2 or 3 minutes. Add 1 banana which has been scraped and pressed through sieve. Mix well and chill. Then fold in ½ cup cream, beaten until stiff, and a tiny pinch of salt.

Caramel Sauce.

CARAMELIZE 1 cup sugar carefully. When melted add 1 cup boiling water and cook very gently about ½ hour. Chopped nut meats may be added.

Butterscotch Sauce.

MELT 3 tablespoons butter, add 3 tablespoons sifted flour and blend well. Add 1 cup water and cook until smooth and creamy, stirring constantly. Then add ¼ cup molasses, 1 cup brown sugar and 1 tablespoon vinegar and bring to boiling point.

Lemon Sauce.

MIX ½ cup sugar with 1 tablespoon cornstarch and add 1 cup boiling water slowly, stirring constantly. Boil 5 minutes, remove from fire, add 1½ tablespoons butter, 1½ tablespoons lemon juice and a pinch of salt. A grating of nutmeg is sometimes added. The juice and grated rind of 1 orange may be substituted for the lemon and nutmeg.

Canned Fruit Sauce.

HEAT 1½ cups canned fruit juice. Thicken with 1 tablespoon cornstarch mixed with a little cold water or fruit juice. Stir constantly until smooth and creamy. Add 1 tablespoon lemon juice and ½ cup sliced canned fruit. If necessary add more sugar to the fruit juice before reheating it.

HARD SAUCE.

Two tablespoons butter, 1 cup powdered sugar, 1 tablespoon boiling water, 1 teaspoon vanilla. Cream butter and sugar and add water and flavoring. Beat until light and creamy. Set aside to harden. Cut in squares; serve on portions of plum pudding.

SOFT SAUCE.

One cup sugar, 1 tablespoon flour, 1 tablespoon cornstarch, ½ teaspoon mace, 1-8 teaspoon cloves, 2 cups water, 1 tablespoon butter. Sift together dry ingredients and add water. Cook 10 minutes; remove from fire and add butter.

Pineapple Pudding.

This dessert is good in winter or summer. Cover the bottom of a baking-dish with a layer of lady-fingers split lengthwise. Spread with a thick layer of grated pineapple, and dust generously with powdered sugar; repeat, using sixteen lady-fingers and a No. 3 can of pineapple. Make a custard of two cupfuls of milk scalded, the yolks of two eggs beaten with one-half cupful of sugar, one tablespoonful of cornstarch, one-eighth teaspoonful of salt, and one teaspoonful of vanilla. Cook in a double-boiler until thick. Pour this over the lady-fingers and pineapple. Set in a 400 degree Fahrenheit oven and bake for fifteen minutes. Make a meringue of the whites of the eggs, six tablespoonfuls of sugar, and one-fourth teaspoonful of vanilla, and pile it on the custard. Bake for fifteen minutes in a 300 degree Fahrenheit oven. Serve very cold. This pudding is equally good the second day.

Sirup

A "sugar-eat" is an old-fashioned entertainment popular for generations in New England hill towns as a favorite way of raising church and charitable funds. The requisites are clean snow and hot sirup. Each guest receives a bowl of snow, a cup of very hot sirup boiled to the "thread" degree, a spoon, and biscuits and butter, with milk or hot coffee to drink. The sirup, dropped on snow without stirring, forms "maple wax," an unforgettable delicacy.

Fresh maple adds an incomparable touch to a choice dessert. For maple charlotte, heat one pint of rich milk in a double boiler and pour it slowly over the well-beaten yolks of two eggs; return to the double boiler and cook five minutes. Add one tablespoonful of granulated gelatin which has soaked a few minutes in two tablespoonfuls of cold milk and one-eighth teaspoonful of salt. Remove from the fire and add one cupful of maple sirup. Let cool, and when beginning to set, add one-half cupful of chopped, blanched almonds or shredded cocoanut, one-half teaspoonful of almond extract, and fold in the stiffly beaten egg-whites. Turn into wet individual molds to stiffen. Serve with or without whipped cream.

A maple meringue or whipped cream flavored with maple will serve to transform almost any plain pudding. Maple also lends distinction to a very simple dessert. Select for apple variants eight tart apples. Wash, core, and pare them, leaving a belt of skin around each. Place in a casserole and fill the cavities, using one-half cupful of cooked rice mixed with one-fourth cupful of seedless raisins. Pour a pint of hot maple sirup over all, and bake for one hour—or until the apples are perfectly tender—covering for the first half-hour. Serve hot or cold at pleasure.

Banana Float.

Squeeze into each of six tall sherbet glasses the juice of half a large orange; add one-half teaspoonful of lemon-juice and sugar to taste. Stir until the latter is dissolved. Mash two ripe bananas with a silver fork; add a few drops of almond extract, one-half cupful of powdered sugar, and one-half teaspoonful of vanilla extract. Stir

lightly one and one-half cupfuls of whipped cream. Drop two generous spoonfuls of the mixture into each glass and serve very cold. It should be eaten within a half-hour of being made, and is an excellent dessert with which to conclude a heavy dinner.

Mocha Macaroon Custard.

Slightly beat the yolks of four eggs and the whites of two. Add to them one-half cupful of sugar. Pour over the mixture one and one-half cupfuls of scalded milk, one-half cupful of strong coffee, and one teaspoonful of vanilla. Add five tablespoonfuls of macaroons, crushed fine, turn into a greased baking-dish and bake in a 325 degree Fahrenheit oven about seventy-five minutes or until set.

Chocolate Ice with Chestnuts in Marschino.—Put one quart of milk and half a cake of chocolate to soak. When soft, cook with gentle heat for ten minutes; add the beaten yolks of three eggs and remove from the fire, stir in one cup of sugar and a tablespoon of vanilla. Pour into the can of the freezer, and when cold, freeze in the usual way.

When well frozen, remove the dasher; beat the cream well, and pack into individual molds, basket shape. Place these in a tin can, cover, surround with ice and salt, and chill for one hour. When about to serve, wipe the molds with a cloth wrung from hot water, turn the ice out on individual plates, and fill the baskets with chestnuts. These can be bought in jars or may be put up at home. The ice may be packed in a melon mold, the center filled with the chestnuts, if this receipt is too elaborate.

Chocolate Russe.—Cover half a box of gelatine with half a cup of cold water and soak twenty minutes. Dissolve eight ounces of grated chocolate in half a cup of water, add it to the gelatine, and stir over hot water until it comes to a boil. Have ready one pint of cream whipped to a solid froth, add half a cup of sugar, one teaspoon of vanilla, and ten drops almond extract. Strain the chocolate and gelatine into the cream, and stir until it begins to thicken. Turn into a fancy mold, and set on ice to chill. When firm, turn out of the mold and serve with small sponge cakes. The mold may be prettily decorated with strips of almonds or crystallized white cherries.

Chocolate Foam Sauce

| | |
|----------------------------------|---|
| 1 Cupful of Confectioners' Sugar | ¼ Cupful of Melted Butter |
| 1 Well-beaten Egg | ¼ Teaspoonful of Watkins Almond Extract |
| 1 Square of Bitter Chocolate | |

Add the sugar slowly to the well-beaten egg and stir in the other ingredients.

Almond Cream Sauce

| | |
|----------------------------|---|
| ¼ Cupful of Butter | 1 Egg White |
| 1 Cupful of Powdered Sugar | ½ Teaspoonful of Watkins Almond Extract |

Rub butter to a cream, work in the sugar and then the almond extract.

Beat the whole into an egg white, beating until light with a rotary beater.

Baked Lemon Pudding

| | |
|----------------------------|---------------------------------|
| 2 Tablespoonfuls of Butter | 3 Tablespoonfuls of Lemon Juice |
| 1 Cupful of Sugar | Grated Rind of One Lemon |
| 4 Tablespoonfuls of Flour | 3 Eggs |
| ½ Teaspoonful of Salt | 1½ Cupfuls of Milk |

Cream the butter and then rub the sugar into it gradually. Add flour, salt, and the grated lemon rind and juice, then a mixture of the well-beaten egg yolks and milk. Fold in the stiffly beaten egg whites and pour into an oiled baking dish. Bake in a pan in an inch of boiling water in a moderate oven—375° F.—for about three-quarters of an hour.

CHOCOLATE PUDDING

Mix together three-quarters of a cupful of sugar and a tablespoonful and a half of cornstarch and mix into an ounce and a half of chocolate melted in a double-boiler. Stir till smooth and then add two cupfuls of hot milk, stirring slowly all the time, and cook for 25 minutes. Add one beaten egg yolk, a teaspoon of vanilla and take from the fire. Pour into a dish, cover with a meringue and brown, or else serve without a meringue, but with cream.

Sauces for Fish

By Mary Lee Swann,

The Well-Known Writer and Lecturer on Cooking.

Savory Sauce

(For Baked Fillets of Fish)

MIX 1 cup of good brown sauce, $\frac{1}{2}$ cup stewed tomatoes, 1 or 2 finely chopped fresh mushrooms or dried mushrooms soaked in

Oyster Sauce

PICK over and wash 1 pint of oysters. Steam and chop them. Melt 2 tablespoons butter, add 3 tablespoons sifted flour and a grating of mace and gradually beat in 1 cup of cream. Bring to the boiling point. Add the chopped oysters, the juice of $\frac{1}{4}$ lemon and salt and pepper to taste.

Sauce Tartare

TO 2 cups of good mayonnaise dressing, add 1 finely chopped shallot, and $\frac{1}{4}$ cup each of finely chopped capers, olives and cucumber pickles and finely chopped parsley to taste.

Figaro Sauce

FINELY chop 2 slices of onion, 2 slices of carrot, 1 thin slice of ham, 1 small sprig of parsley and a small stalk of celery. Add a bit of bay leaf and cook in 3 tablespoons of butter until well browned. Add 2 tablespoons of sifted flour, stir until frothy and then add 1 cup of thick tomato puree. Stir constantly until smooth and creamy. Strain and set aside to chill. Fold into $\frac{1}{2}$ cup of well-seasoned mayonnaise dressing just before serving.

Lobster Sauce

MELT 2 tablespoons butter, add 2 tablespoons flour and blend well. Then add $\frac{1}{2}$ cup good fish stock and $\frac{1}{2}$ cup cream and stir constantly until smooth and creamy. Add $\frac{1}{2}$ teaspoon salt, a few grains of pepper, a dash of paprika and 1 teaspoon of lemon juice and beat in 1 tablespoon of lobster butter. Add $\frac{1}{2}$ cup diced lobster meat. Prepare shrimp sauce in the same way.

Green Pepper Sauce.

FINELY chop 3 green peppers. Cook in $\frac{1}{4}$ cup butter until softened. Add 2 tablespoons sifted flour and blend well. Gradually add 2 cups milk, 1 teaspoon salt and a few grains pepper and stir constantly until smooth and creamy.

Spanish Sauce.

MELT 1 tablespoon butter, add 1 tablespoon minced green pepper and 1 tablespoon minced onion and cook until yellow. Stir in $1\frac{1}{2}$ tablespoons sifted flour, blend well and add $1\frac{1}{2}$ cups strained stewed tomatoes gradually. Bring to boiling point, add 1 tablespoon capers and serve. A few chopped mushrooms are an improvement.

water, $\frac{1}{2}$ teaspoon finely chopped chili pepper, a bit of bay leaf, 1 teaspoon of anchovy essence and $\frac{1}{2}$ slice finely chopped onion. Simmer gently about 15 or 20 minutes. Strain and add 1 tablespoon cold water and bring to boiling point.

Cucumber Sauce (For Broiled Fish)

GRATE 2 cucumbers, drain well and season to taste with salt, pepper and vinegar.

Cream Cucumber Sauce

BEAT $\frac{1}{2}$ cup cream until stiff, add $\frac{1}{4}$ teaspoon salt, a few grains of pepper and gradually add 2 tablespoons vinegar. Then fold in 1 fresh young cucumber, finely chopped and drained.

Lobster Butter

CLEAN, wipe and press lobster coral through a fine sieve. Put in a mortar or bowl with $\frac{1}{4}$ cup of washed and creamed butter and pound until well blended.

Fish Bechamel

MELT 4 tablespoons butter, add $\frac{1}{4}$ cup sifted pastry flour, $\frac{1}{2}$ teaspoon salt and a few grains pepper and cook until smooth and creamy, stirring constantly. Do not allow the flour to brown. Gradually add 1 cup of good fish broth and 1 cup of cream and cook until smooth and creamy, stirring constantly.

Cardinal Sauce

TO 2 cups of good Fish Bechamel Sauce add $\frac{1}{4}$ cup lobster butter and $\frac{1}{2}$ tablespoon lemon juice.

Delicious Sauce for Halibut Mousse

MELT $\frac{1}{4}$ cup butter, and add $\frac{1}{4}$ cup sifted flour gradually. Add $\frac{1}{2}$ teaspoon salt, a dash of paprika, and 1 cup of fish stock, and stir constantly until smooth and creamy. Add $\frac{1}{2}$ cup cream and bring to the boiling point. Add $\frac{1}{2}$ cup of tomato puree and 1 tablespoon of lemon juice. Remove from the fire as soon as the puree is added.

Maitre d'Hotel Butter (For Grilled Fish)

WASH and cream $\frac{1}{2}$ cup butter, heat in 1 tablespoon of finely chopped parsley, 1-teaspoon salt, $\frac{1}{4}$ teaspoon pepper and, very slowly, beat in $1\frac{1}{2}$ tablespoons lemon juice.

Mornay Sauce

TO 2 cups of good hot Fish Bechamel Sauce beat in 2 ounces, each, of Gruyere and Parmesan Cheese. Keep over a slow fire until cheese is melted. Then remove from fire and beat in, a little at a time, $\frac{1}{4}$ cup of butter.

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BAKED FILLET OF FISH
 $1\frac{1}{2}$ lbs. fish $\frac{1}{4}$ teaspoon pepper
 $\frac{3}{4}$ teaspoon salt

Clean and bone fish. Season with salt and pepper. Cut into strips 5" long and 2" wide. Roll up tight like jelly roll and fasten with toothpick. Brush over with oil or butter substitute and sprinkle with bread crumbs. Place in oiled baking pan and bake in a moderately hot oven (375 degrees) 30 minutes. Serve with Tomato Sauté.

Egg Sauce.

MELT 2 tablespoons butter, add 3 tablespoons flour, a few grains pepper and $\frac{1}{4}$ teaspoon salt and blend well. Add gradually $1\frac{1}{2}$ cups hot water, stirring constantly. Bring to boiling point, add 2 sliced or chopped hard cooked eggs, 1 teaspoon lemon juice and, if desired, $\frac{1}{2}$ teaspoon minced parsley. Serve very hot.

Drawn Butter Sauce.

MELT 3 scant tablespoons butter, add 3 tablespoons flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon pepper and gradually $1\frac{1}{2}$ cups hot water. Bring to boiling point, stirring constantly. Boil 5 minutes and add $2\frac{1}{2}$ tablespoons butter, a teaspoon at a time.

Easy Hollandaisé Sauce.

BRING $\frac{1}{2}$ cup vinegar, 2 tablespoons lemon juice, $\frac{1}{2}$ cup chicken stock and $\frac{1}{4}$ cup butter to boiling point. Beat 4 egg yolks slightly and pour in the hot mixture gradually, beating the eggs constantly to prevent lumping. Let stand over hot water, beating constantly, until as thick as mayonnaise. Season to taste with salt and pepper.

Shrimp Sauce.

MELT 2 tablespoons butter, add 3 tablespoons flour and blend well. Add $\frac{1}{4}$ teaspoon mace and 1 cup of thin cream and stir constantly until smooth and creamy. Bring to boiling point. Add 1 pint of sliced cooked shrimps, a little lemon and salt and pepper to taste. Serve immediately.

Parsley Sauce.

MELT 4 tablespoons butter, add 1 tablespoon corn starch and blend well. Gradually add 2 tablespoons vinegar and 1 cup boiling water. Add $\frac{1}{2}$ teaspoon salt and a few grains pepper and stir constantly until smooth and creamy. Just before serving stir in 4 tablespoons finely chopped parsley.

Creamed Lobster on Toast

6 slices of Silver Cup toast
 $\frac{1}{2}$ tablespoon lemon juice
2 cups fish
2 cups cream sauce
Flake fish. Add to white cream sauce. Add lemon juice. Serve on toast. (This recipe can be used for Tuna Fish or Lobster. If Lobster is used, dice the meat.)

YOYSTER BISQUE.
One quart oysters, 1 quart milk, 1 cup finely chopped celery, 2 tablespoons butter, $\frac{1}{4}$ cup chopped parsley, 3 egg yolks, 3 tablespoons flour, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 1 cup cracker crumbs, 2 cups water.

To the 2 cups of water, add salt, celery and cracker crumbs. Cook very gently 20 minutes. Add finely chopped oysters with juice and cook 5 minutes longer. Rub this mixture through a sieve. Make a white sauce with egg yolks and milk, being careful in cooking not to have eggs curdle. Add the strained mixture to the sauce and reheat and serve at once with toasted crackers.

BOILED WHITE FISH.

Two pounds fish, 1 quart cold water, 2 slices of lemon, 2 slices of onion, 1 peppercorn, 1 whole clove, 1 tiny piece of bay leaf.

To cold water add lemon, onion and seasonings, and bring to boiling point. Lower the prepared fish into water; let come slowly to boiling point and boil gently 30 minutes.

WALNUT SAUCE.

One cup butter, $\frac{1}{2}$ cup walnuts, 1-3 cup lemon juice, $\frac{1}{4}$ cup parsley.

Cream butter very lightly, add lemon juice gradually. Fold in nuts and parsley. Serve over the white fish.

Hot Oyster Ring.

One-half pint oysters
Three eggs
Two cups milk
One-eighth teaspoon pepper
One teaspoon salt
One cup cracker crumbs
Oven temperature: 325-350 degrees F.
Baking time: 25 minutes
Two cups creamed celery
Servings: four.

Beat the eggs and add the other ingredients. Pour the oyster mixture into a buttered ring mold set in a pan containing hot water. Bake until firm in the center. Unmold upon a platter and fill the ring with creamed celery.

Cod with Oyster Sauce

BOIL the cod in boiling salted water. Drain and serve with oyster sauce. Melt 4 tablespoons butter, add 4 tablespoons flour and blend well. Add salt and pepper to taste, 1 cup of oyster liquor and 1 cup of milk and stir until smooth and creamy. Add oysters which have been steamed or boiled until edges are curled. A little thick cream may also be added. A few drops of lemon juice may be added just before serving.

Cream Sauce

2 cups milk
4 tablespoons flour
4 tablespoons butter
 $\frac{1}{2}$ teaspoon salt
Melt butter. Add flour and stir until mixed. Add milk. Cook until mixture thickens—usually about 5 minutes. Add seasoning.

Fudge Cake.

One tablespoon of butter (I always use the unsalted, but when so little is required it makes no great difference), one cup of sugar, one egg, three-quarters of a cup of sweet milk or use a mixture of half evaporated milk and half water to equal that measure, one cup of flour, two teaspoons of baking powder, one-fourth teaspoon of salt, one teaspoon vanilla, two squares of chocolate (two ounces). We almost wept when we found the old ounce square was something else again.

In putting this together cream the butter, work the sugar and yolk of egg into it. Add the milk, then the flour, salt and baking powder sifted together. Add the melted chocolate and vanilla and lastly the beaten white of the egg. Bake at 350 degrees from 40 to 50 minutes in the shape of a small loaf, or bake it in two layers.

It has been our intention to try this out with what we used, many years back, to call a Spanish or chocolate cream icing. This was a white fendant or milk icing, if preferred—it is simple and good—with chocolate over it, a thin layer of the bitter. The particular experiment we had set ourselves was the mixing of melted chocolate with white corn sirup to find out what would be the best proportions, etc. You know this mixture gives a brilliant glossy chocolate icing, but the measuring of corn sirup with great exactness is not so easy. One way to do it is to set the can in hot water till it thins apparently.

Potato Fruit Cake—One cup butter, 2 cups sugar, 1 cup mashed potatoes, 4 eggs, 1 cup chopped walnuts, $\frac{1}{4}$ Baker's bitter chocolate, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon nutmeg, $\frac{1}{2}$ cup sour milk, 2 teaspoons soda, 2 cups flour and 1 cup each currants and raisins.

Cream butter and sugar, add well-beaten eggs and sour milk. Mix together well and add potatoes and chocolate. Sift flour and add to it cinnamon, cloves, nutmeg and soda. Add to liquid mixture. Stir well until no lumps remain. Lastly add walnuts, currants and raisins. Bake about one hour in slow oven.

For Nut Devil Food, cream three-fourths cupful shortening and two cupfuls of sugar together, until smooth. Then add five beaten egg yolks. Measure and sift together two and one-half cupfuls of flour, one teaspoonful of soda and one-fourth teaspoonful of salt. Add to the sugar mixture alternately with one cupful of sour milk. Then add two squares melted chocolate, one teaspoonful of vanilla, one cupful of finely chopped walnut meats and beat well. Then fold in the stiffly beaten whites of five eggs. Pour into two loaf pans, and bake in a medium oven of 350 degrees F. for forty-five minutes.

For White Nut Cake, cream one-half cupful of shortening and one cupful of sugar. Measure and sift together two cupfuls flour, three teaspoonfuls baking powder and one-half teaspoon salt. Add alternately to the sugar mixture with two-thirds cupful of milk. Beat well, add one-half cupful of finely chopped walnuts and one teaspoonful of vanilla, and last fold in three egg whites beaten until stiff. Pour into a loaf pan

and bake in a moderate oven of 350 degrees F. for 45 minutes.

Coffee Boiled Icing.

Make a coffee infusion, using two tablespoonfuls of coffee to one cupful of water. Measure one-half cupful of the coffee infusion and place in a saucepan with one cupful of granulated sugar. Follow the procedure suggested above, cooking the sirup to 238 deg. Fahrenheit. Then remove from the heat and pour over one egg-white beaten stiff, and continue beating until the icing is thick enough to spread.

Icing and Renew

ure. So arm yourself with a sugar thermometer, and become an artist in the making of boiled icing.

The simplest boiled icing is made with granulated sugar egg-white, water, and flavoring. In a saucepan place one cupful of granulated sugar and one-half cupful of cold water. Bring slowly to the boiling point over a low heat, stirring until all the sugar is dissolved. Then place the candy thermometer, if you have one, in position in the saucepan and continue simmering gently, without stirring, until the thermometer registers exactly 238 deg. Fahrenheit. If you do not have a thermometer, test the sirup frequently by dipping a fork into it and lifting it into the air. If the sirup is sufficiently cooked, it will drop from the tines of the fork, leaving a wavy, fairly-like thread behind it.

Just before the sirup is ready to remove from the heat, break one egg-white into bowl and bait it until very stiff and dry. Remove the sirup from the heat and pour it at once over the beaten egg-white very slowly so as not to cook the egg, beating rapidly until all the sirup has been added. If the hot sirup is added too quickly, it will cook the egg-white and the resulting icing will be lumpy. Continue to beat

the icing with a spoon or egg-whip until it is light and almost stiff enough to spread on the cake. Then add one-half teaspoonful of vanilla and continue beating until the icing is creamy and thick enough to mound. Spread on the cool cake, using a spatula, in quick, deft movements, spreading both the sides and top of the cake. One cupful of grated cocoanut transforms this plain, boiled icing into a snow-capped mountain of delight. Sprinkle cocoanut over the top and sides of the cake before the icing is dry.

Chocolate Boiled Icing.

Prepare plain, boiled icing as directed above. When the sirup reaches 238 deg. Fahrenheit, remove it from the heat and add to one beaten egg-white, beating constantly all the while. When all the sirup has been added, beat in quickly one square of melted chocolate and blend thoroughly until of the right consistency to spread on the cake. One-half teaspoonful of vanilla and one-half cupful of chopped nut-meats may be added to this icing.

Orange Boiled Icing.

To make this, use the same ingredients in the same proportions as in plain, boiled icing: one cupful of sugar and one-half cupful of water. Combine and bring to the boiling point, slowly stirring constantly until the sugar is dissolved. Simmer gently until the temperature of 238 deg. Fahrenheit is reached. Remove the heat and pour gradually over one egg-white beaten stiff. Then add the grated rind of one medium-sized orange and continue the beating until the icing is creamy and thick enough to spread on a cake. Sprinkle grated orange peel, over the surface of the iced cake when it is finished.

Sponge Cake.

Four eggs, separated; one cup of boiling water; two cups of sugar, two and one-half cups of flour; one and one-fourth teaspoons of baking powder; on-half teaspoon of vanilla. Beat the egg yolks until lemon colored, add the cup of boiling water slowly, beating constantly and adding sugar, a little at a time. Sift the flour with baking powder and stir into the mixture. Add vanilla. Beat the egg whites quite stiff and fold them into the mixture last of all.

Turn into an ungreased tube pan and bake in a slow oven for one hour having the oven at 300 degrees for the first half hour and 350 for the last half hour. Here is where the cook may have trouble, since it is easier to lower temperatures than to raise them with any exactness, so probably a good effect could be had by raising the heat less, and baking the cake for a longer time.

If the oven is too hot early in the work the top may crack.

Royal or Uncooked Icing.

Lately a number of requests have come in for the type of icing that keeps cake from drying up. This is the hard or royal icing, also called uncooked, which is often put over wedding cake that is to be kept for a long time. Even a sponge cake covered with it will keep fresh for two weeks.

First, take one cup of sifted confectioners' sugar and one egg white with a drop or two of lemon juice, or a pinch of cream of tartar. This amount is all right for a beginner to start with, but when a large loaf of cake is to be iced twice that amount is usually taken. If in addition to covering the cake it is to be decorated by piping some of the icing on it more will be required, for this is the icing that is always used for ornamenting. It is vital after the icing is made, if it is to be used for any delayed work like piping, that a damp cloth be kept over the bowl in which the mass of the icing rests. Often when different colors or shades are to be used bits of it are taken out, colored, put in paper cornucopias, and arranged at hand for the one who will do the work. Success in making this icing is about nine-tenths practice and one-tenth precept.

The icing, when it is ready for the cake, or for the cones, or cornets, or icing syringe which are used for the piping, must be stiff enough to hold up, and it also needs to be a little stiffer for the sides of the cake than for the top. To get a nice top it must not be so stiff that it will not run over it and leave a shiny surface.

One of the most universally popular cook books gives a misleading direction about this icing, which has probably caused as many brides to despair as have despaired over making pie crust. In this cook's recipe for ornamental frosting in a three egg white amount the directions are to put the eggs in a bowl, add two table-spoons of sugar, beat three minutes, and repeat this until a considerable amount of sugar has been added, with some drops of lemon juice. But if one follows this direction exactly it is possible to get a stiff icing with one egg white and only two table-spoons of sugar. This icing will never be smooth and shining and is more like a meringue than anything else.

Gingerbread—In a large bowl place 1 cup butter or lard, $\frac{1}{2}$ cup sugar, 1 tablespoon ginger, $1\frac{1}{2}$ teaspoons nutmeg, 1 teaspoon cinnamon and mix well. Add 3 well-beaten eggs, mixed with 1 cup black molasses and 1 cup buttermilk. Sift 4 cups flour with 1 teaspoon each of soda and baking powder. Beat well. Place in greased dripping pan and bake slowly for fifty minutes. Serve with hard sauce.

BY MRS. MARY MARTENSEN.

Many housewives who are successful in making butter cakes hesitate when it comes to making the sponge or angel food varieties. But when you have once learned the method of mixing they are really simple to make. Quickness in putting a cake of this type together is the most important step.

Remember that good ingredients make or mar any kind of a cake. Eggs must be fresh and cold in order to beat well, sugar fine-grained or be sifted before using and the flour of good quality to insure perfect texture.

If possible, pans should be kept only for these cakes and never be oiled. The best type is that which has a tube through the center and slides at the sides through which a knife may be slipped to loosen the cake. A pan of this type should never be greased.

HOW TO MIX EGGS.

In mixing the ingredients the yolks and whites of the eggs are separated. Eggs which are a day or two old will beat better than very fresh ones. The yolks are beaten until thick and lemon-colored, using an egg-beater.

The sugar is next gradually added and the flavoring, beating constantly.

Beat the egg whites until stiff and fold into the egg yolks. Mix and sift flour and fold in at the last very carefully. If these few suggestions are followed I see no reason why every housewife cannot make a delicious sponge cake.

This is one type of a cake which can be varied to make a number of desserts, using practically the same recipe. Such variations as jelly roll, petit fours, lady fingers, which

are used in so many desserts, like gelatin desserts or icebox cakes, or Martha Washington pie.

A sponge cake should be baked at a temperature of about 250 to 350 degrees F. for 50 to 60 minutes, because of the number of eggs used. For one in which some baking powder is used for leavening the same oven heat should be used as for butter cakes.

THE BAKING TEST.

The most satisfactory test to determine if the cake has baked long enough is to press the finger on the surface of the cake. If it springs back into place without leaving a print, it is done.

A Real Sponge Cake.

Yolks of 6 eggs. Whites of 6 eggs.
1 cup sugar. 1 cup flour.
1 tbs lemon juice. Grated rind of 1 lemon.
 $\frac{1}{4}$ level tsp salt.

Beat yolks until thick and lemon-colored, add sugar gradually and continue beating, using egg beater; add lemon juice, rind and whites of eggs, beaten until stiff and dry; partially mix yolks with mixture, remove beater and carefully cut and fold in flour and salt which have been sifted twice. Bake in angel cake pan one hour in slow oven at 325 degrees F.

Hot Water Sponge Cake.

$1\frac{1}{2}$ cups flour. $\frac{1}{2}$ cup boiling water.
 $1\frac{1}{2}$ tps baking powder. 2 tps lemon extract.
3 eggs. 1 cup sifted granulated sugar.

Sift flour once, then measure; add baking powder and sift three times; beat yolks until thick and lemon-colored; beat whites until stiff; put whites in mixing bowl; add yolks to whites, beat in sugar; then fold the flour in lightly, add flavoring and hot water and bake in slow oven (325 degrees F) in an ungreased pan about forty minutes.

Jelly Roll.

3 eggs. $1\frac{1}{2}$ cups flour.
1 cup sugar. $\frac{1}{2}$ cup warm water.
2 tps baking powder. Flavoring.

Sift flour once, then measure; add baking powder and sift three times; beat whites stiff; fold in sugar, fold in beaten yolks, add water, then mix in flour lightly. Bake in shallow pan in hot oven twenty-five minutes at 350-375 degrees F. When baked spread quickly with jelly and roll carefully in napkin.

loaf pan in moderate oven 35 minutes. Cover top and sides with maple icing as follows—add $\frac{1}{2}$ teaspoon butter to 2 table-spoons hot milk; add $1\frac{1}{2}$ cups confectioner's sugar to make smooth paste; add $\frac{1}{2}$ teaspoon maple flavoring and spread. Sprinkle with nuts while icing is still soft.

MAPLE NUT CAKE
Cream $\frac{1}{2}$ cup shortening with 1 cup light brown sugar; add 2 egg yolks; mix well and add $\frac{1}{2}$ cup milk; sift together $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon salt and 2 level teaspoons Royal Baking Powder. Fold in 2 beaten egg whites and bake

CREAM LOAF CAKE
Cream $\frac{1}{2}$ cup shortening well with 1 cup sugar; add 2 egg yolks; add 1 teaspoon lemon extract; add a little at a time, $\frac{1}{2}$ cup rich milk or thin cream. Add 1 cup flour sifted with $\frac{1}{2}$ cup cornstarch and 3 level teaspoons Royal Baking Powder. Fold in 2 beaten egg whites and bake

Sponge Drops.
 3 eggs. 1/2 tsp salt. 1/2 cup sugar.
 1/4 tsp vanilla. 1/2 cup cake flour.

Beat yolks until thick and creamy; add sugar and continue beating; all the salt to the whites and beat until dry; fold in the whites and the flour and flavoring; drop the mixture gently from the tip of a spoon on an unbuttered tin sheet; sprinkle with pulverized sugar and bake in a cool oven about eight minutes. Put together in pairs with jelly or preserves between.

Fruit Cake Glazes.

The making of a dark or black fruit cake with its half dozen kinds of fruit to be prepared is no light task. Unfortunately most of us do not do it often enough even though we do bake some for Thanksgiving, Christmas, and for some wedding, to keep ourselves over familiar with the task, our hand in, as it were.

This is why the decorating and glazing of the fruit may be something we may fail on. Many a recipe for glazing gives us but a tricky result because when one drop of it sugars off all will soon turn white, and that look speels failure for the outside of our cake, no matter how perfect it may be of texture.

The glazes that are safest are those containing an acid like fruit juice, which prevents that sugaring off and gives us a covering like the thinnest possible jelly. One of the most successful of these is made with apricot jam, but if you did not make some you will have to depend upon some commercial product.

We once tried something labeled "apricot and pineapple preserve," and got successful results—that is, it made a bright and shining glaze and kept well. It was a more finished thing, too, than the commercial corn sirup that some people use over a decoration of glacéed fruits, to hold them on to a cake. This latter is much safer, however, than a coker sirup made by some one not acquainted with all the idiosyncrasies of sugar in its cooking.

To make such a glaze out of an apricot or part apricot preserve, press it through a strainer and cook it to a jelly stage or to 220 degrees. Then pour it over the cake and it will give a transparent and glossy cover, with no suggestion that anything but a sirup was used.

Perhaps a dried apricot marmalade made by soaking, cooking, sieving, combining it with sugar and some lemon juice would give satisfactory results, but we have not tried it.

Apple Sauce Cake—One-half cup butter, 1 cup sugar, 1 egg beaten light, 1 cup raisins, 1 cup nuts, 2 cups flour, 1/4 teaspoon salt, 1 teaspoon soda, 1 teaspoon ground cinna-

mon, 1/2 teaspoon cloves, 1 cup hot apple sauce.

Cream the butter, add sugar then the egg and fruit. Add the flour sifted with the soda, salt and spices. Next add apple sauce. Bake one hour.

Apple Sauce—Two apples, two tablespoons sugar and 1/2 teaspoon cinnamon.

More of these recipes will be published in The Chicago Evening American tomorrow.

Boiled Frosting—2 cups sugar, 1/2 cup white syrup, 1/2 cup water and egg white.

Boil sugar and water until it threads. Have egg white beaten stiff and pour syrup over it. Beat until creamy. If mixture gets too stiff add warm water by half teaspoonsfuls until right consistency. Chopped nuts may be added if desired.

Fruit Cake and Pudding.

The first problem, perhaps, in connection with making a plum pudding is to get the right amounts of bread crumbs and flour. If there is any choice between using more or less, it is frequently best to use less rather than have a dry and stiff product. This does not mean that we cannot get a compact texture even though we scant the flour and bread crumbs. In setting some one to work to test out the following cake, which requires much time for the preparation of its ingredients, she said: "I do know how to measure flour, but I do not know how to measure bread crumbs, for I can put a whole loaf in a cup."

Here we have in a nut shell the essence of the trouble people have in using the excellent or superior bread foundation. The drier it is and the finer, the easier it is to measure it like any meal or flour. The softer and moister it is, the harder it is to tell whether the quantity is exactly right. The old recipes for plum pudding do not tell just the condition of the bread prescribed, and for various reasons bread crumbs are an uncertain quantity, yet they are prescribed in the following recipe, which we have previously printed with the statement that it was good steamed and used as a pudding when right out of the steamer, or when it had been kept for sometime. It can also be baked in an open tin well papered. It is also advisable to put a disk of paper in the bottom of the tin in which the pudding is steamed.

This is the recipe: Three cups dry bread crumbs, one-third cup flour, one cup suet chopped fine, one cup molasses, one cup brown sugar, one cup currants, one cup raisins, one cup citron melon or substitute, one cup dates, one cup candied pineapple, one cup English walnuts, three whole eggs beaten together, one teaspoon cinnamon, one teaspoon allspice, one-third teaspoon cloves, one small teaspoon soda dissolved in a little hot water, from six to eight tablespoons of cider—boiled down or not.

A little additional flour can be used or about two tablespoons for sprinkling the nuts before combining the whole.

If this is to be used for a pudding, steam it for three hours, take off the cover and dry it a little in the oven.

Chocolate Fudge Cake

1/2 cup butter, 1 cup granulated sugar, 3 eggs, 1 cup milk, 1 1/4 cups flour, 2 teaspoons baking powder, 1/2 teaspoon vanilla and 1/4 square bitter chocolate.

Cream sugar and butter; add yolks; beat well into sugar and butter; then add milk and flour, sifted with baking powder alternately. Then put in melted chocolate, and at last fold in the whites of eggs.

Frosting—1 1/4 cups brown sugar, 1/4 cup white sugar, 1-3 cup water and 2 egg whites.

Boil sugar and water till it forms a thread, then pour into the well-

Dutch Coffee Cake—2 cups flour, 3 teaspoons baking powder, 1/2 teaspoon salt, 1 egg, 1 cup milk, 2 apples, 2 tablespoons sugar and cinnamon, 1/4 cup fat.

Mix and sift dry ingredients. Beat eggs and add milk and melted fat. Place in greased baking pan, and put apples on top close together. Sprinkle sugar and cinnamon and bake in moderate oven.

Preparing to Make Fruit Cakes.

The recipe we recommended yesterday contained five cups of cut up fruit and one cup of walnuts. It is quite a task to prepare that amount of fruit, to clean and cut it and flour it, but all this work must be done before anything else is undertaken. When fruits are too dry they can be put in the oven and heated. Most dates require to be washed and the part around the stone inspected. Different raisins require different sorts of treatment, while preparing currants is a considerable piece of work.

By the way, the cake that we described yesterday was an exceedingly dark one. Baked carefully, it is flat on the top and has a shiny, moist appearance. This sort of a top we think is of a much pleasanter type than one rather dry and more or less like a cookie top.

To prepare currants, pick them over, taking out bits of stem and any that have dried up so they are like rocks. If we find they are gritty we can do one of two things: Wash, drain, wipe, and dry them, or if we haven't time to wash and dry them we may rub them thoroughly with flour, which must be thrown away, but a tablespoon will do for a whole pound of currants, and after that they do not need to be floured for the cake. Also when rubbed to make them clean, they are in a better condition for the cake than when carelessly floured. Because of the little folds in them they may hold flour, which may not be wet up as it should be when a difficult mixture is put together.

All this has been said to emphasize the fact that this business of prepar-

ing currants and flouring them must be nicely done. It is not pretty to have plain dry flour in a slice of fine cake. The finest and darkest of fruit cakes can only be made with a generous supply of currants.

Orange peel or peel of any of the citrus fruits gives a flavor to a cake or plum pudding that can be obtained in no other way. The soft glacéed fruits of this type are excellent, or one may dry candied orange peel and grind it fine. A small amount is sufficient for a cake or pudding. In English practice peel is considered absolutely indispensable to fruit cake and fruit puddings.

The perfection of home made fruit cake is due to its overplus of delicious flavors and these flavors can only be secured when the fruit used is as clean as a whistle. Especially is this true of the currants.

PINEAPPLE OR APRICOT UPSIDE DOWN CAKE

1/2 cup butter, 1 cup brown sugar and 1 medium-sized pineapple or halved apricots.

Melt the butter in a large iron frying pan. Add sugar and spread evenly over bottom of pan. Lay slices of pineapple or apricots hollow side up, on this mixture. Cover with the following batter:

SPONGE BATTER—3 eggs, 1 cup granulated sugar, 5 tablespoons fruit juice, 1 cup sifted flour and 1 teaspoon baking powder.

Beat egg yolks. Add sugar and juice, flour sifted with baking powder. Fold in stiffly beaten egg whites. Pour over fruit.

Bake forty-five minutes to an hour in a moderate oven. When baked, place large cake plate on top of pan and reverse so the fruit comes out on top. Cool and serve with whipped cream. The frying pan or dish you bake in should be eleven inches in diameter and three inches deep.

DUTCH APPLE CAKE.

Dough: two egg yolks, one cup milk or water, two tablespoons shortening, 3 teaspoons baking powder, one teaspoon salt, two tablespoons sugar, two cups flour.

Top: three apples; one-quarter cup sugar, one teaspoon mace or cinnamon.

Dough: Mix egg yolks with milk or water. Cut shortening into sifted dry ingredients and add to egg mixture; make into a soft dough. Pour into shallow pan.

Top: Pare, core and cut apples into eighths; place evenly on top of dough and sprinkle with sugar mixed with

spice. Bake in a moderately hot oven (375 degrees) 30 to 35 minutes.

Dark Raisin Cake—One-third cup butter, 1 cup sugar, 1 egg, 1/2 cup molasses, 1 cup cold coffee, 1/2 teaspoon allspice, 1 teaspoon baking soda in 2 teaspoons vinegar, 1 cup raisins and about 2 1/2 cups flour.

Cream, butter and sugar and add beaten egg. Add molasses and baking soda, dissolved in vinegar, and add cold coffee. Sift flour and allspice, add enough to make a firm batter. Beat well and add raisins. Bake in greased square pan in moderate oven.

Date Cake—One package dates, stoned and cut; 1 teaspoonful soda, sprinkled over dates; 1 cup hot water, poured over dates and soda; 1 cup sugar, 1/2 cup hominy, 2 eggs, 1/2 teaspoon salt, 1 1/2 cups flour, 2 teaspoons baking powder, 1 cup chopped nuts, 1/2 teaspoon vanilla.

Cream sugar and shortening; add the beaten eggs; then the first mixture, alternating flour. Add the nuts and vanilla. Bake in a moderate oven.

Plain Coffee Cake—Two tablespoons butter, 1 cup sugar, 2 eggs, 2 cups flour, 1 cup milk, 1 teaspoon vanilla, 2 teaspoons baking powder, 2 tablespoons cocoa.

Cream butter and sugar. Add eggs, well beaten. Add sifted flour and baking powder together with milk and beat well. Then add vanilla, stirring constantly to a well beaten batter.

Add the cocoa to half of the batter and beat well again. Pour the chocolate batter into a well buttered ring shaped baking tin and then add the yellow batter. Bake in a slow oven for one hour.

Potato Doughnuts—One cup sugar, 1/2 teaspoon shortening, 1 egg, 1/2 cup sweet milk, 1/4 teaspoon cinnamon, 1/4 teaspoon nutmeg, 2 teaspoons baking powder, 1 cup riced potatoes, 2 cups of flour and 1/2 teaspoon salt.

Mix sugar, spice salt and shortening. Add well-beaten egg and milk. Beat well and add flour and baking powder which have been sifted together, and add the riced potatoes. Mold on board, one-half inch thick, cut with doughnut cutter and fry in deep fat.

RECIPES.

Doughnuts—Three-quarters cup of sugar, scant 3 tablespoons melted butter, 1/2 teaspoon nutmeg, 3 1/4 to 3 1/2 cups sifted flour, 1 scant teaspoon of baking powder, 2 eggs, 1/2 teaspoon salt, good 1/2 cup of butter-milk or sour milk, 1/2 teaspoon baking soda, teaspoon of vanilla.

Mix sugar, eggs and liquid, butter, salt and nutmeg. Stir well, add milk. Beat again. Add flour which has been mixed with baking powder and soda. Turn on floured board, roll 1/4 inch thick and cut out. Fry in deep fat. Makes about 25 doughnuts. Use about 1 1/2 lbs lard.

Register of Fire Policies Issued and Renewed for the MERCANTILE FIRE INSURANCE CO.

| POLICY No. | RENEWAL No. | NAME AND RESIDENCE OF ASSURED | COMMENCEMENT DATE | TERM | EXPIRATION DATE | AMOUNT INSURED | RATE | PREMIUM |
|------------|-------------|-------------------------------|-------------------|------|-----------------|----------------|------|---------|
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Sponge Cake: Measure and combine 1 1/4 cups sugar and 1 cup water. Place over rather slow heat and stir until sugar is dissolved, then continue

Then continue simmering without stirring, until the sirup reaches 238 degrees Fahrenheit, or threads when tested with a fork. Meanwhile separate the yolks and whites of six eggs. Beat the egg whites until stiff enough to hold their shape when the bowl in which they are beaten is inverted. When the sirup has reached the desired temperature, pour it over the beaten egg whites very gradually, beating constantly. Continue beating until the mixture is quite cool. Next beat the six egg yolks until they are thick and lemon-colored, and to them add one-half teaspoonful of vanilla. Beat well and then fold into the egg white mixture thoroughly. As the next step, measure and sift together one cupful of pastry flour, one-fourth teaspoonful of salt and one teaspoonful of cream of tartar. Fold this flour mixture into the egg mixture and continue stirring until both mixtures are thoroughly combined.

Grease a loaf or angel cake pan very lightly, and dredge well with flour. Be sure that no surplus flour is left in the pan. Pour the mixture in the cake pan. Place in an oven which has been preheated to 320 degrees Fahrenheit, and bake for one hour at this constant temperature. It is not necessary to examine the cake until the baking period is over, for, with constant 320 degrees Fahrenheit heat, there is no danger of the cake burning. At the end of the baking period, instead of removing the sponge cake from the pan immediately, turn it upside down on a cake cooler which allows a circulation of air under the cake. Allow the cake to remain in this position until it has shrunk sufficiently from the cake pan, and then lift off the pan. The cake should be as light as a feather, even-grained, and delicate in texture. Such a delicious cake in itself is most frequently served without frosting, with just a sprinkling of powdered sugar over the top.

Often one desires a smaller sponge cake, and the following is an excellent recipe: Separate two eggs and beat the yolks until light. Add gradually 1/2 cupful of sifted sugar, and 1/8 teaspoonful of cream of tartar dissolved in one teaspoonful of cold water. Beat again until very light. Add the grated rind of 1/4 of a lemon or orange. Meanwhile measure and sift 1/2 cupful of pastry flour. Beat the two egg whites until stiff enough so that the bowl in which they are beaten can be inverted. Add the sifted flour and beaten egg whites alternately to the egg yolk mixture. Pour into a lightly greased and floured pan and bake at 320 degrees F. for forty minutes.

Gingerbread.

The other day in picking up casually some lessons in elementary English, I ran across this: "How to Make Gingerbread," and this was the how: "Last night I made some soft molasses gingerbread, and it was very good. I took three cups of flour, two teaspoons of ginger, and one-half of a teaspoon of salt, sifted and mixed them. Then I put in one cup of molasses, one-third of a cup of melted butter, two teaspoons of soda, one cup of sour milk, and one well beaten egg. I beat the batter until it was well mixed, then I put it in a shallow pan and baked it about three-quarters of an hour."

We consider these directions somewhat incomplete, but by making up fair directions for it one can get an excellent gingerbread. We baked this quantity in a glass baking dish about 12x18 inches. The top of the dish is a little larger than that and the bottom a little smaller. The gingerbread bulged up well, but had a rather tight top instead of the soft, moist sort of top we like best. Yet it was excellent with whipped cream, and one or two other sauces that we tried with it. One was a date sauce.

In reference to the incompleteness of the directions, we would mention that in using sour milk it is always best to beat it well first with an egg beater. Then there is the egg to be beaten and we would prefer to beat the egg first, then the sour milk and then to beat them together. There are two teaspoons of soda allowed for this gingerbread where one and one-half would be perhaps more logical, since one level teaspoon of soda is allowed for a cup of molasses, and only one-half teaspoon for a cup of sour milk. However, there was no taste of soda when two teaspoons of it were used in this recipe.

Very few people would add the molasses to the flour, as this direction might be interpreted. We think it an excellent plan as well as an economy to mix it with sour milk and beat them together. The molasses needs diluting to give the best effects.

LACE CAKES.

One egg, 1/2 cup brown sugar, 1 cup rolled oats, 1/4 teaspoon salt, 1 tablespoon butter and 1/2 teaspoon vanilla.

Beat the egg, add the sugar and when these are well mixed, add the oats and salt. Melt the butter or butter substitute and stir into the mixture. Add vanilla. Drop by spoonfuls on a greased baking sheet and spread very thin with the back of the spoon. Bake in a moderate oven ten or twelve minutes.

White Cake—1/4 cup shortening, 1 cup milk, 4 egg whites, 3 cups flour, 1 1/4 cup sugar, 3 level teaspoons baking powder, 1 level teaspoon salt.

Cream fat and sugar, add milk alternately to flour, baking powder and salt, sifted thoroughly. Add whites of eggs or fold in, last, stirring gently. Use any flavoring to suit taste. Bake in layer cake pans thirty minutes at (325 degrees F.) or in cup cake tins for twenty minutes.

Bride's Cake—1/2 cup butter, 1 1/2 cups sugar, 1/2 cup milk, 6 egg whites, 1/2 teaspoon almond extract, 2 1/2 cups flour, and 3 1/2 level teaspoons baking powder.

Cream the butter and gradually add the sugar, then sift all of the dry ingredients at least three times and add alternately with the milk and the flavoring extract. Carefully fold in the beaten egg whites and bake 45 to 50 minutes in a deep, narrow pan in a moderate oven (350 degrees F.). Cover with the following frosting:

White Frosting—1 cup sugar, 1-3 cup cold water, white 1 egg, 1 teaspoon vanilla or 1/2 tablespoon lemon juice, 1 tablespoon corn syrup.

Put sugar and water and corn syrup in saucepan, and stir to prevent sugar from adhering to saucepan; heat gradually to boiling point, and boil without stirring until syrup will thread when dropped from tip of spoon or tines of silver fork. Pour syrup gradually on beaten white of egg, beating mixture constantly, and continue beating until of right consistency to spread; then add flavoring and pour over cake, spreading evenly with back of spoon.

Grease as soon as firm. If not beaten long enough, frosting will run; if beaten too long, it will not be smooth. Frosting beaten too long may be improved by adding a few drops of lemon juice or boiling water. This frosting is soft inside, and has a glossy surface.

vanilla and chocolate. Bake in oblong pan and ice with boiled icing. If preferred this cake may be baked in layers and put together with the icing.

BOILED ICING

- 1 scant cup sugar
- 1 unbeaten egg white
- 1/2 tsp. cream of tartar
- 3 tbsp. cold water

Place ingredients in a double boiler over boiling water, beating with a Dover egg beater all the time. Cook about seven minutes or until it clings to the egg beater.

MAHOGANY CAKE

- 1/2 cup milk
- 1/4 teaspoon Magic Soda
- 1/2 cup cocoa
- 2 teaspoons Magic Baking Powder
- 1/2 cup butter
- 1/2 cup sweet milk
- 1 1/2 cups sugar
- 1 teaspoon vanilla extract
- 3 eggs
- 2 cups pastry flour (or 1 3/4 cups bread flour)

Cook 1/2 cup milk with 1/2 cup cocoa until thick and smooth; set aside to cool. Cream butter and sugar together. Add beaten egg yolks. Sift together flour, soda and baking powder and add alternately with milk to first mixture. Add chocolate mixture and vanilla extract and mix well. Fold in stiffly beaten egg whites.

Bake in 2 well-greased 9-inch layer cake tins, in

moderate oven at 350° F. about 30 minutes. Cool and spread Fudge Frosting between layers and on top and sides of cake.

FUDGE FROSTING

- 2 cups sugar
- 1/2 cup milk
- 2 tablespoons corn syrup
- 1/2 teaspoon Magic Baking Powder
- 3 squares unsweetened chocolate
- 2 tablespoons butter
- 1 teaspoon vanilla extract

Cook sugar, corn syrup, chocolate and milk to 232° F. or until syrup forms a very soft ball when tested in cold water. Stir occasionally to prevent burning. Remove from fire, add baking powder and butter. Cool to lukewarm. Add vanilla extract and beat until creamy and right consistency to spread.

ANGEL CAKE.

Beat the whites of 9 eggs to a very stiff froth, when about half beaten add 1/2 teaspoonful cream of tartar, a little salt. When beaten add 1 1/4 cups sifted sugar and 1 cup flour which has been sifted five times. Add flour very lightly and bake.

LADY CAKE.
Cream one cup of butter and add, gradually, two cups of sugar, eight eggs, whites and yolks, well beaten by themselves; one teaspoonful of cream of tartar, one half a teaspoonful of soda, dissolved in warm water and added to one cup of milk, and a scant quart of flour. Flavor with bitter almond, and bake slowly in shallow tins. Make a thick frosting flavored with vanilla, and score it across to indicate where to cut the slices after it has hardened.

CHOCOLATE CAKE

- 1/2 cup shortening
- 1 1/4 cups sugar
- 2 eggs
- 1 3/4 cups sifted flour
- 1 tsp. salt
- 1 tsp. vanilla
- 1 level tsp. soda
- 1 cup sweet milk
- 2 squares melted chocolate

Cream sugar and shortening together. Add eggs well beaten. Sift together flour, salt and soda. Add alternately with milk. Lastly add

JELLY ROLL.

Sift one cup flour, quarter spoon salt and one and a half teaspoons baking powder.

Beat two eggs until light, add a cup of sugar, and the grated rind of half a lemon. To this mixture add alternately the flour with three tablespoons of hot water. Grease a long shallow pan, and spread batter in it, not over a quarter inch thick. Bake in a moderate oven, about eight minutes; when done, turn out on a cloth or paper, trim all the edges off, spread with filling and roll, after which wrap or roll in a cloth and leave until cold. For the filling use chocolate, cream, orange, lemon, mallow-whip or coconut cream.

In my recipe it says "not" to make this cake in a creamy mood, and expect it to roll nicely, that everything must be done very quickly, so I am passing on the hint.

Oyster Stew—Wash one pint oysters, removing every particle of shell. Strain the broth and add it with the oysters to three cupfuls of milk in the top of a double boiler. Add one-half an onion, if the edges of the oysters curl. Remove the onion. Add one teaspoonful salt, one-eighth teaspoonful paprika, and two tablespoonfuls butter. Serve with one cracker in each soup dish. This stew may be thickened slightly with one tablespoonful flour combined with one tablespoonful melted butter.

For **Oyster in Ramekins**—Wash the oyster carefully and strain the juice. Prepare pieces of buttered toast just to fit the bottom of the ramekin. Place toast in ramekin and moisten with the oyster liquor. Place four oysters on top of toast, sprinkle with salt and pepper, and add one teaspoonful of butter. Bake at 350 degrees F until the edges curl. Serve with a piece of lemon.

For **Deviled Oysters**—Mince one pint of oysters and put into a saucepan with one tablespoonful butter, one-half cupful cracker crumbs, and season with salt and pepper. Simmer three minutes, stirring gently. Pour into a greased baking dish and sprinkle with buttered crumbs. Bake until the top is a rich golden brown.

MAXINE LEWIS, 2023 N. Cascade Ave., Colorado Springs, Colorado—

From a "Book of Simples" written in England in 1700 we get this recommendation: "*When children forsake their meat, pound three ounces of currants unwashed only pickt clean, two pennyworth of sneezing powder, then mingle these together and lay it on the handwrists; then cut a small orange in half and put one half to each handwrist, then bind it on for four days, and if the child eat not in that time, take it off and put on fresh in like manner.*" . . . *Children forsake their meat? The fellow who wrote that should have seen Papa tossing Junior for the lean portion of a meat ball during the meat shortage!*

JOYCE DIMOCK, 633 32nd St., Richmond, California—

Just to prove that the rules of etiquette don't change much through the years, here's an item from "Scholae of Virtue," published here in 1768: "*Look not earnestly upon others while eating. Sing not. Hum not. Wriggle not. And spit nowhere in the room but in the corner.*"

chopped onion and a squeeze of lemon juice. Let this soak for half an hour or longer, turning the fish several times. Butter a casserole and lay the fish in it with one-half pint of tomato puree. Add the liquid in which the fish soaked, together with pepper and salt. Put on the cover and bake for thirty minutes in a moderate oven. Sprinkle well with grated cheese, add a few pieces of butter and brown for ten minutes. A little chopped green pepper may also be added.

CASSEROLE OF MEAT.

One and one-half cups cooked brown rice, 2 cups chopped leftover meat, 4 tablespoons grated onion, 1/2 teaspoon salt, few grains pepper, 2 cups milk or gravy, 1 cup buttered whole wheat bread crumbs. Place alternate layers of rice, meat, onion and seasoning in a greased casserole. Cover with milk or gravy and sprinkle with buttered crumbs. Bake 20 minutes in a hot oven (400 degrees).

Pork Sausage and Sweet Potatoes—Boil sweet potatoes and peel. Butter baking dish. Slice potatoes in dish and sprinkle brown sugar on them. Add another layer of potatoes and sugar until all are used. Put pork sausage on top, pricking each, and bake in a moderate oven 35 minutes, 15 minutes with cover and 20 minutes without cover.

Baked Ham—Stick ham with cloves, cover ham with a little brown sugar. Let bake until about half done. Then take a large bottle of ginger ale and pour this over the ham. Baste often.

"**Lobster Gratin Barcelona**" of course hails from sunny Spain, but is much appreciated by French gourmets. Break a good lobster into small parts and cook in butter, moistening with a good stock and a little white wine, if any is to be had. After coming to a boil, add a tiny fish bouquet and seasoning. Cover and let cook for twenty minutes.

Remove the meat, the liquid in which the lobster is cooked with a little tomato and bind with thick cream and yolk of an egg. Pass through a linen-cloth and a little aise sauce. Place the lobster meat in a oval dish and place mushroomed in butter in the center, cover all with the sauce and lightly in the oven. Sprinkle with chopped parsley and garnish with rondelles of truffles.

Stuffed Scallops—Prepare one pint of scallops as directed omitting onion. When scallops are slightly brown add one tablespoonful flour, one-fourth teaspoon salt, and a speck of pepper. Stir well, then add one-half cup milk and one teaspoonful parsley. Heat thoroughly in buttered toast.

Directions for shelling a lobster are in the illustrations. The liver in the body of the lobster is bright green and has a de-flavor. Four pounds of live lobster will give one pound of meat. Butter with mushrooms makes a main dish for luncheon or supper. Wash, peel and cut one pound mushrooms in pieces. Saute in one tablespoonfuls of butter over low fire. Add three tablespoonfuls flour, one teaspoonful salt and one-eighth teaspoonful paprika. Cook five minutes. Add one-half cupful milk and one-half cupful stock. Cook three minutes. Add one-half cupful cream, two cupfuls canned or fresh lobster and two egg yolks slightly beaten. Pour into a greased casserole. Cover the top with buttered crumbs and bake for ten minutes at 500 degrees F. Serves eight.

Oyster Patties—Make a white sauce from two table-spoons butter, three table-spoons flour, salt, pepper, one cup milk and one-half cup oyster liquor. Add cooked oysters and one table-spoon finely chopped onions. Fill up patty shells and serve very hot.

Portsmouth Stuffed Haddock.

Ask your dealer to split and bone the fish and then fill with the following: Cut off the tail end of the fish, leaving the rest in a thick, oblong chunk, and chop fine. Season with one small minced onion, one-half teaspoonful of salt, one-eighth teaspoonful of pepper, and moisten with one-half cupful of thick white sauce, which has had one beaten egg added to it. Bake in a hot oven at 450 deg. F. for 45 minutes. This produces a solid boneless, nicely seasoned fish.

Ham Souffle—Serves five to six.

Preparation, forty-five minutes. 2 cups scalded milk, 4 table-spoons butter, 3 table-spoons flour, 1/2 table-spoon salt, 1/2 table-spoon pepper, 1/2 cup stale soft bread crumbs, 2 cups diced ham, 3 eggs, yolks well beaten; 3 eggs, whites beaten stiff, and 1 table-spoon finely chopped parsley. Method—Make sauce of first five ingredients, add bread crumbs and cook five minutes; remove from fire, add ham, yolks of eggs and parsley, then fold in beaten whites of eggs. Turn in a buttered baking dish, bake thirty-five minutes in a slow oven. Souffle should be served immediately after taking out of oven.

Ham a la King—Serve six to eight.

Preparation, twenty-five minutes. 2 cups diced baked ham, 1 1/2 cups water, 1 1/2 cups milk, 2 table-spoons flour, 2 table-spoons butter, 1/4 tea-spoon salt, 1/4 tea-spoon pepper, 1/4 tea-spoon celery salt, 1 1/2 sauted mushrooms, yolks of two eggs, 1 table-spoon diced green pepper and 1/2 cup pimienta cut into thin strips. Method—Put water, milk, egg yolks and seasonings into a sauce-pan. Melt fat and then add flour, which is added to the liquid when the liquid has reached the simmering point. Add the diced ham, green pepper and mushrooms and lastly the pimientos. Serve on toast.

Baked Whitefish—Clean and prepare a large whitefish. Mix one cup cracker crumbs, salt, pepper and a pint of whole oysters (drained).

Butter inside of fish generously and sprinkle with salt and pepper. Staff with above mixture and sew securely, baking to a rich brown. Baste with butter or bacon strips as desired while baking. Serve with white sauce (hot) and garnish with sliced hard boiled eggs and chopped parsley.

"**Rissoles Royales**" make good use of any meat scraps.

Make croquettes of any kind of meat chopped into fine pieces. Roll in flour, then dip into a batter made with two-fifths pound of flour moistened with a little cider and the yolks of two eggs, all well-worked together. The paste should stand during two hours. Salt and add two large lumps of butter which should be melted. At the moment of dipping in the croquettes, beat up the whites of two eggs and fold in the paste.

Fry the croquettes in dip fat until they are a nice brown.

Creamed Salmon—Three table-spoons flour, 2 table-spoons butter, 2 cups milk. Put butter in top of double-boiler, add flour, stir until it is smooth. Add milk and salmon.

Braised Breast of Veal—Have a breast of veal boned. Stuff with seasoned crumbs, roll and tie into shape and wash the skin. Season with salt and pepper, dredge with flour, add a sliced carrot and an onion. Pour over one cup of boiling water or stock and roast in covered pan in a 350 degrees F. or moderate oven. Cook for an hour and a half, basting with the drippings. Serves 4 to 5.

JELLIED VEAL LOAF—Two cups chopped veal, 2 cups soup stock or canned bouillon, 2 table-spoons granulated gelatin, 1/2 cup cold water, 1 tea-spoon chopped onion, 1/2 cup chopped celery and 2 tea-spoons chopped green pepper.

Soften gelatin in cold water for five minutes. Boil soup stock and add to gelatin. Stir until dissolved. Chill. When it begins to stiffen add chopped meat and vegetables. Put mixture into loaf pans and allow to become perfectly set by chilling. Remove from mold, slice and serve. Thinned gravy may be used in place of the soup stock.

HAM A LA KING—2 cups cold boiled or baked ham, 1 can mushrooms or 1 1/2 cups fresh mushrooms, 5 table-spoons salad oil, 2 table-spoons

chopped pimentos, 5 table-spoons chopped green peppers, 1 table-spoon capers, 1/2 tea-spoon salt, 3 cups rich cream, 2 table-spoons butter and yolks of 2 eggs.

Brown the mushrooms for 5 minutes in the oil. Add the diced ham, capers, peppers and pimentos, salt and paprika. Make a white sauce of the fat, flour and cream. Beat the egg yolks and add gradually to the white sauce. Add the ham mixture, beat thoroughly and serve on toast.

"**Mutton Hot Pot**" means a good way of using up meat scraps.

A mixture of meats may be used, or just beef. Cut it into small pieces, removing the skin and most of the fat. There should be about two pounds.

Skin and split three sheep's kidneys, remove the cores and cut into small pieces.

Halve about ten potatoes and slice two, as well as two large onions.

Rub the casserole over with dripping and arrange the ingredients in layers, seasoning each with salt and pepper. Put the pieces of potato on top. Pour in enough water or soup stock to reach nearly the top of the casserole and cover with greased paper. Put on a lid and bake in a slow oven for one and one-half or two hours. Remove the lid a short period before serving to brown the potatoes on top. Add more stock or water if the Hot Pot becomes dry.

Baked Sausage and Baked Apples—In the center of a roasting-pan place sausages. Let them cook for two or three minutes, then pierce each one with a silver fork. Core tart apples and surround the sausages with them. Return them to the oven and allow to cook till the sausages and apples are well baked. Baste the apples and sausages frequently with the juice from the apples and with the grease from the sausages.

Sweetbread Cutlets with Asparagus Tips—Parboil a sweetbread, split, and cut in pieces shaped like a small cutlet, or cut in circular pieces. Sprinkle with salt and pepper, dip in crumbs, egg and crumbs again and saute in butter. Arrange in a circle around creamed asparagus tips.

English Lamb Stew With Dumplings—Have 1 1/2 pounds of shoulder or breast of lamb cut into small pieces. Cover with cold water, add a very small piece of garlic, bring gradually to the boil and cook slowly for at least three-quarters of an hour. Then add three slices of Star bacon cut into dice and fried crisp and two sliced onions. Cover and continue cooking another fifteen minutes. Season to taste. Sift two cups flour, three table-spoons baking powder, one tea-spoon salt, 1/2 cup milk or enough to make a very stiff dough. Drop the dumplings into the stew from the tip of a spoon. Cover and cook until done. Thicken the gravy with a little flour blended smooth with cold milk.

Campfire Pineapple Ham
Bake a slice of ham for one-half hour. Drain off fat. Pour on one-half cup pineapple juice. Cover ham with slices of canned pineapple. Turn frequently until ham is done. Turn pineapple to allow both sides to brown. When ham is baked cover it with a layer of

Campfire Marshmallows. Put it back in the oven until marshmallows puff up and brown. 6820 Perry Ave., Chicago

Register of Fire Policies Issued and Renewed for the MERCANTILE FIRE INSURANCE CO.

| POLICY No. | RENEWAL No. | NAME AND RESIDENCE OF ASSURED | COMMENCEMENT DATE | TERM | EXPIRATION DATE | AMOUNT INSURED | RATE | PREMIUM |
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Sponge Cake: Measure and combine 1 1/4 cups sugar and 1 cup water. Place over rather slow heat and stir until sugar is dissolved, then continue

Then continue simmering without stirring, until the sirup reaches 238 degrees Fahrenheit, or threads when tested with a fork. Meanwhile separate the yolks and whites of six eggs. Beat the egg whites until stiff enough to hold their shape when the bowl in which they are beaten is inverted. When the sirup has reached the desired temperature, pour it over the beaten egg whites very gradually, beating constantly. Continue beating until the mixture is quite cool. Next beat the six egg yolks until they are thick and lemon-colored, and to them add one-half teaspoonful of vanilla. Beat well and then fold into the egg white mixture thoroughly. As the next step, measure and sift together one cupful of pastry flour, one-fourth teaspoonful of salt and one teaspoonful of cream of tartar. Fold this flour mixture into the egg mixture and continue stirring until both mixtures are thoroughly combined.

Grease a loaf or angel cake pan very lightly, and dredge well with flour. Be sure that no surplus flour is left in the pan. Pour the mixture in the cake pan. Place in an oven which has been preheated to 320 degrees Fahrenheit, and bake for one hour at this constant temperature. It is not necessary to examine the cake until the baking period is over, for, with constant 320 degrees Fahrenheit heat, there is no danger of the cake burning. At the end of the baking period, instead of removing the sponge cake from the pan immediately, turn it upside down on a cake cooler, which allows a circulation of air under the cake. Allow the cake to remain in this position until it has shrunk sufficiently from the cake pan, and then lift off the pan. The cake should be as light as a feather, even-grained, and delicate in texture. Such a delicious cake in itself is most frequently served without frosting, with just a sprinkling of powdered sugar over the top.

Often one desires a smaller sponge cake, and the following is an excellent recipe: Separate two eggs and beat the yolks until light. Add gradually 1/2 cupful of sifted sugar, and 1/8 teaspoonful of cream of tartar dissolved in one teaspoonful of cold water. Beat again until very light. Add the grated rind of 1/4 of a lemon or orange. Meanwhile measure and sift 1/2 cupful of pastry flour. Beat the two egg whites until stiff enough so that the bowl in which they are beaten can be inverted. Add the sifted flour and beaten egg whites alternately to the egg yolk mixture. Pour into a lightly greased and floured pan and bake at 320 degrees F. for forty minutes.

Gingerbread.

The other day in picking up casually some lessons in elementary English, I ran across this: "How to Make Gingerbread," and this was the how: "Last night I made some soft molasses gingerbread, and it was very good. I took three cups of flour, two teaspoons of ginger, and one-half of a teaspoon of salt, sifted and mixed them. Then I put in one cup of molasses, one-third of a cup of melted butter, two teaspoons of soda, one cup of sour milk, and one well beaten egg. I beat the batter until it was well mixed, then I put it in a shallow pan and baked it about three-quarters of an hour."

We consider these directions somewhat incomplete, but by making up fair directions for it one can get an excellent gingerbread. We baked this quantity in a glass baking dish about 12x18 inches. The top of the dish is a little larger than that and the bottom a little smaller. The gingerbread bulged up well, but had a rather tight top instead of the soft, moist sort of top we like best. Yet it was excellent with whipped cream, and one or two other sauces that we tried with it. One was a date sauce.

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LACE CAKES.

One egg, 1/2 cup brown sugar, 1 cup rolled oats, 1/4 teaspoon salt, 1 tablespoon butter and 1/2 teaspoon vanilla.

Beat the egg, add the sugar and when these are well mixed, add the oats and salt. Melt the butter or butter substitute and stir into the mixture. Add vanilla. Drop by spoonfuls on a greased baking sheet and spread very thin with the back of the spoon. Bake in a moderate oven ten or twelve minutes.

White Cake—1/4 cup shortening, 1 cup milk, 4 egg whites, 3 cups flour, 1 1/4 cup sugar, 3 level teaspoons baking powder, 1 level teaspoon salt.

Cream fat and sugar, add milk alternately to flour, baking powder and salt, sifted thoroughly. Add whites of eggs or fold in, last, stirring gently. Use any flavoring to suit taste. Bake in layer cake pans thirty minutes at (325 degrees F.) or in cup cake tins for twenty minutes.

Bride's Cake—1/2 cup butter, 1 1/2 cups sugar, 1/2 cup milk, 6 egg whites, 1/2 teaspoon almond extract, 2 1/2 cups flour, and 3 1/2 level teaspoons baking powder.

Cream the butter and gradually add the sugar, then sift all of the dry ingredients at least three times and add alternately with the milk and the flavoring extract. Carefully fold in the beaten egg whites and bake 45 to 50 minutes in a deep, narrow pan in a moderate oven (350 degrees F.). Cover with the following frosting:

White Frosting—1 cup sugar, 1-3 cup cold water, white 1 egg, 1 teaspoon vanilla or 1/2 tablespoon lemon juice, 1 tablespoon corn syrup.

Put sugar and water and corn syrup in saucepan, and stir to prevent sugar from adhering to saucepan; heat gradually to boiling point, and boil without stirring until syrup will thread when dropped from tip of spoon or tines of silver fork. Pour syrup gradually on beaten white of egg, beating mixture constantly, and continue beating until of right consistency to spread; then add flavoring and pour over cake, spreading evenly with back of spoon.

Grease as soon as firm. If not beaten long enough, frosting will run; if beaten too long, it will not be smooth. Frosting beaten too long may be improved by adding a few drops of lemon juice or boiling water. This frosting is soft inside, and has a glossy surface.

vanilla and chocolate. Bake boiled icing. If preferred thers and put together with the

BOILED

1 scant cup sugar
1/2 tsp. cream of tartar

Place ingredients in a water, beating with a Dover about seven minutes or until

MAHOGANY CAKE

1/2 cup milk
1/2 cup cocoa
1/2 cup butter
1 1/2 cups sugar
3 eggs
2 cups pastry flour (or 1 3/4 cups bread flour)
Cook 1/2 cup milk with 1/2 cup cocoa until smooth; set aside to cool. Cream butter together. Add beaten egg yolks. Sift together soda and baking powder and add alternately to first mixture. Add chocolate mixture, vanilla extract and mix well. Fold in stiffly be whites.

Bake in 2 well-greased 9-inch layer cake

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FUDGE FROSTING

2 cups sugar
2 tablespoons corn syrup
3 squares unsweetened chocolate
1/2 cup milk
1/2 teaspoon Magic Baking Powder
2 tablespoons butter
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Cook sugar, corn syrup, chocolate and milk to 232° F. or until syrup forms a very soft ball when tested in cold water. Stir occasionally to prevent burning. Remove from fire, add baking powder and butter. Cool to lukewarm. Add vanilla extract and beat until creamy and right consistency to spread.

ANGEL CAKE.

Beat the whites of 9 eggs to a very stiff froth, when about half beaten add 1/2 teaspoonful cream of tartar, a little salt. When beaten add 1 1/4 cups sifted sugar and 1 cup flour which has been sifted five times. Add flour very lightly and bake.

LADY CAKE.
Cream one cup of butter and add, gradually, two cups of sugar, eight eggs, whites and yolks, well beaten by themselves; one teaspoonful of cream of tartar, one half a teaspoonful of soda, dissolved in warm water and added to one cup of milk, and a scant quart of flour. Flavor with bitter almond, and bake slowly in shallow tins. Make a thick frosting flavored with vanilla, and score it across to indicate where to cut the slices after it has hardened.

CHOCOLATE CAKE

1/2 cup shortening
1 1/4 cups sugar
2 eggs
1 3/4 cups sifted flour
1 tsp. salt

adapted from a story written by Jeanne Bartlett that is presumably based on an actual incident of the Marine Corps, as told by Navy Lieutenant Marvin Park. A Marine, under fire, jumped into a shell hole. And found a horse there—a lady horse—having a baby. The Marine, a former farm hand, delivered the foal, and a few moments later their hide-out caught a direct hit, seriously wounding the Marine and killing the mare. The foal was not scratched. During his delirium the Marine declared he would not be moved without the foal. Buddies actually brought the pet into the hospital to visit him. He recovered.

Then he and a group of Marines pulled a fast one. They sneaked the filly onto a ship (in the actual version, I'm told, they slipped an officer aboard the ship a mickey) and smuggled the animal into this country.

Harry Rapf, who produced the film, kept telling the Metro bosses that this picture had something. They considered it just another whimsical horse-and-boy tearjerker. Rapf continued to rant, so they gave the picture the Audience Research Inc.—a Gallup affiliate—test. Here's the routine, though perhaps you read about it recently in *Time*:

The A.R.I. experts collect a hand-picked audience of 60 persons, more or

less, about eight minutes; when done, turn out on a cloth or paper, trim all the edges off, spread with filling and roll, after which wrap or roll in a cloth and leave until cold. For the filling use chocolate, cream, orange, lemon, mallow- whip or cocoanut cream.

In my recipe it says "not" to make this cake in a dreamy mood, and expect it to roll nicely, that everything must be done very quickly, so I am passing on the hint.

Oyster Stew—Wash one pint oysters, removing every particle of shell. Strain the broth and add it with the oysters to three cupfuls of milk in the top of a double boiler. Add one-half an onion, if the edges of the oysters curl. Remove the onion. Add one teaspoonful salt, one-eighth teaspoonful paprika, and two tablespoonfuls butter. Serve with one cracker in each soup dish. This stew may be thickened slightly with one tablespoonful flour combined with one tablespoonful melted butter.

For **Oyster in Ramekins**—Wash the oyster carefully and strain the juice. Prepare pieces of buttered toast just to fit the bottom of the ramekin. Place toast in ramekin and moisten with the oyster liquor. Place four oysters on top of toast, sprinkle with salt and pepper, and add one teaspoonful of butter. Bake at 350 degrees F until the edges curl. Serve with a piece of lemon.

For **Deviled Oysters**—Mince one pint of oysters and put into a saucepan with one tablespoonful butter, one-half cupful cracker crumbs, and season with salt and pepper. Simmer three minutes, stirring gently. Pour into a greased baking dish and sprinkle with buttered crumbs. Bake until the top is a rich golden brown in a hot oven of 500 degrees F. Serves four.

Oyster Loaf—Chop two cupfuls oysters very fine. Add one-half teaspoonful salt and one-eighth teaspoonful pepper, one-half green pepper, and one tablespoonful onion minced together. Add two eggs, well beaten, one and one-half cupfuls of bread crumbs, and one-half cupful oyster liquor. Pour into a well-greased loaf pan and set in a pan of hot water. Bake for about thirty minutes at 325 degrees Fahrenheit. Serves six.

Scallops, which are so often fried in deep fat, are equally delicious when cooked in other ways. For **Sautéed Scallops**, wash the scallops and simmer gently in a small amount of boiling water for five minutes. Drain well and shake over fire to dry. Chop one small onion very fine and cook in two tablespoonfuls of butter. Add the scallops and sauté until slightly brown. Sprinkle with salt, pepper and chopped parsley. Serve on toast with a slice of lemon.

"**Fish Casserole**" means a good way to use up any fish scraps.

Any kind of fish may be used, such as skate, cod or halibut. Remove the bones. Wipe the fish carefully and lay it on a dish with one tablespoonful of oil, one small chopped onion and a squeeze of lemon juice.

Let this soak for half an hour or longer, turning the fish several times.

Butter a casserole and lay the fish in it with one-half pint of tomato puree. Add the liquid in which the fish soaked, together with pepper and salt. Put on the cover and bake for thirty minutes in a moderate oven. Sprinkle well with grated cheese, add a few pieces of butter and brown for ten minutes. A little chopped green pepper may also be added.

CASSEROLE OF MEAT.

One and one-half cups cooked brown rice, 2 cups chopped leftover meat, 4 tablespoons grated onion, ½ teaspoon salt, few grains pepper, 2 cups milk or gravy, 1 cup buttered whole wheat bread crumbs.

Place alternate layers of rice, meat, onion and seasoning in a greased casserole. Cover with milk or gravy and sprinkle with buttered crumbs. Bake 20 minutes in a hot oven (400 degrees).

Pork Sausage and Sweet Potatoes

Boil sweet potatoes and peel. Butter baking dish. Slice potatoes in dish and sprinkle brown sugar on them. Add another layer of potatoes and sugar until all are used.

Put pork sausage on top, pricking each, and bake in a moderate oven 35 minutes, 15 minutes with cover and 20 minutes without cover.

Baked Ham—Stick ham with cloves, cover ham with a little brown sugar. Let bake until about half done. Then take a large bottle of ginger ale and pour this over the ham. Baste often. zzz

"**Lobster Gratin Barcelona**" of course hails from sunny Spain, but is much appreciated by French gourmets.

Break a good lobster into small parts and cook in butter, moistening with a good stock and a little white wine, if any is to be had. After coming to a boil, add a tiny fish bouquet and seasoning. Cover and let cook for twenty minutes.

Remove the meat. Mix the liquid in which the lobster has cooked with a little tomato-sauce and bind with thick cream and the yolk of an egg. Pass through a linen-cloth and a little Hollandaise sauce.

Arrange the lobster meat in a shallow oval dish and place mushrooms browned in butter in the center. Cover all with the sauce and brown slightly in the oven. Sprinkle with chopped parsley and garnish with thin rondelles of truffles.

Creamed Scallops—Prepare one-half pint of scallops as directed above, omitting onion. When scallops are slightly brown add one tablespoonful flour, one-fourth teaspoonful salt, and a speck of pepper. Stir well, then add one-half cupful top milk and one teaspoonful chopped parsley. Heat thoroughly. Serve on buttered toast.

Directions for shelling a lobster are given in the illustrations. The liver found in the body of the lobster is usually bright green and has a delicious flavor. Four pounds of live lobster will give one pound of meat.

Lobster with mushrooms makes a good main dish for luncheon or supper. Wash, peel and cut one pound of mushrooms in pieces. Sauté in four tablespoonfuls of butter over a very low fire. Add three tablespoonfuls flour, one teaspoonful salt and one-eighth teaspoonful paprika. Cook five minutes. Add one-half cupful milk and one-half cupful stock. Cook three minutes. Add one-half cupful cream, two cupfuls canned or fresh lobster and two egg yolks slightly beaten. Pour into a greased casserole. Cover the top with buttered crumbs and bake for ten minutes at 500 degrees F. Serves eight.

Oyster Patties

Make a white sauce from two tablespoonfuls butter, three tablespoonfuls flour, salt, pepper, one cup milk and one-half cup oyster liquor. Add cooked oysters and one tablespoon finely chopped onions. Fill up patty shells and serve very hot.

Portsmouth Stuffed Haddock.

Ask your dealer to split and bone the fish and then fill with the following: Cut off the tail end of the fish, leaving the rest in a thick, oblong chunk, and chop fine. Season with one small minced onion, one-half teaspoonful of salt, one-eighth teaspoonful of pepper, and moisten

with one-half cupful of thick white sauce, which has had one beaten egg added to it. Bake in a hot oven at 450 deg. F. for 45 minutes. This produces a solid boneless, nicely seasoned fish.

Ham Souffle—Serves five to six.

Preparation, forty-five minutes. 2 cups scalded milk, 4 tablespoons butter, 3 tablespoons flour, ½ teaspoon salt, ½ teaspoon pepper, ½ cup stale soft bread crumbs, 2 cups diced ham, 3 eggs, yolks well beaten; 3 eggs, whites beaten stiff, and 1 tablespoon finely chopped parsley.

Method—Make sauce of first five ingredients, add bread crumbs and cook five minutes; remove from fire, add ham, yolks of eggs and parsley, then fold in beaten whites of eggs. Turn in a buttered baking dish, bake thirty-five minutes in a slow oven. Souffle should be served immediately after taking out of oven.

Ham a la King—Serve six to eight.

Preparation, twenty-five minutes. 2 cups diced baked ham, 1½ cups water, 1½ cups milk, 2 tablespoons flour, 2 tablespoons butter, ¼ teaspoon salt, ¼ teaspoon pepper, ¼ teaspoon celery salt, 1½ sautéed mushrooms, yolks of two eggs, 1 tablespoon diced green pepper and ½ cup pimiento cut into thin strips.

Method—Put water, milk, egg yolks and seasonings into a saucepan. Melt fat and then add flour, which is added to the liquid when the liquid has reached the simmering point. Add the diced ham, green pepper and mushrooms and lastly the pimientos. Serve on toast.

Baked Whitefish—Clean and prepare a large whitefish. Mix one cup cracker crumbs, salt, pepper and a pint of whole oysters (drained).

Butter inside of fish generously and sprinkle with salt and pepper. Staff with above mixture and sew securely, baking to a rich brown. Baste with butter or bacon strips as desired while baking. Serve with white sauce (hot) and garnish with sliced hard boiled eggs and chopped parsley.

"**Rissoles Royales**" make good use of any meat scraps.

Make croquettes of any kind of meat chopped into fine pieces. Roll in flour, then dip into a batter moistened with two-fifths pound of flour moistened with a little cider and the yolks of two eggs, all well-worked together. The paste should stand during two hours. Salt and add two large lumps of butter which should be melted. At the moment of dipping in the croquettes, beat up the whites of two eggs and fold in the paste.

Fry the croquettes in dip fat until they are a nice brown.

Creamed Salmon—Three teaspoons flour, 2 teaspoons butter, 2 cups milk. Put butter in top of double-boiler, add flour, stir until it is smooth. Add milk and salmon.

Baked Breast of Veal—Have a breast of veal boned. Stuff with seasonings, crumbs, roll and tie into shape and wash the skin. Season with salt and pepper, dredge with flour, add a sliced carrot and an onion. Pour over one cup of boiling water or stock and roast in covered pan in a 350 degrees F. or moderate oven. Cook for an hour and a half, basting with the drippings. Serves 4 to 5.

JELLIED VEAL LOAF—Two cups chopped veal, 2 cups soup stock or canned bouillon, 2 tablespoons granulated gelatin, ½ cup cold water, 1 teaspoon chopped onion, ½ cup chopped celery and 2 teaspoons chopped green pepper.

Soften gelatin in cold water for five minutes. Boil soup stock and add to gelatin. Stir until dissolved. Chill. When it begins to stiffen add chopped meat and vegetables. Put mixture into loaf pans and allow to become perfectly set by chilling. Remove from mold, slice and serve. Thinned gravy may be used in place of the soup stock.

HAM A LA KING—2 cups cold boiled or baked ham, 1 can mushrooms or 1½ cups fresh mushrooms, 5 tablespoons salad oil, 2 tablespoons

chopped pimentos, 5 tablespoons chopped green peppers, 1 tablespoon capers, ½ teaspoon salt, 3 cups rich cream, 2 tablespoons butter and yolks of 2 eggs.

Brown the mushrooms for 5 minutes in the oil. Add the diced ham, capers, peppers and pimentos, salt and paprika. Make a white sauce of the fat, flour and cream. Beat the egg yolks and add gradually to the white sauce. Add the ham mixture, beat thoroughly and serve on toast.

"**Mutton Hot Pot**" means a good way of using up meat scraps.

A mixture of meats may be used, or just beef. Cut it into small pieces, removing the skin and most of the fat. There should be about two pounds.

Skin and split three sheep's kidneys, remove the cores and cut into small pieces.

Halve about ten potatoes and slice two, as well as two large onions.

Rub the casserole over with dripping and arrange the ingredients in layers, seasoning each with salt and pepper. Put the pieces of potato on top. Pour in enough water or soup stock to reach nearly the top of the casserole and cover with greased paper. Put on a lid and bake in a slow oven for one and one-half or two hours. Remove the lid a short period before serving to brown the potatoes on top. Add more stock or water if the Hot Pot becomes dry.

Baked Sausage and Baked Apples—In the center of a roasting-pan place sausages. Let them cook for two or three minutes, then pierce each one with a silver fork. Core tart apples and surround the sausages with them. Return them to the oven and allow to cook till the sausages and apples are well baked. Baste the apples and sausages frequently with the juice from the apples and with the grease from the sausages.

Sweetbread Cutlets with Asparagus Tips—Parboil a sweetbread, split, and cut in pieces shaped like a small cutlet, or cut in circular pieces. Sprinkle with salt and pepper, dip in crumbs, egg and crumbs again and sauté in butter. Arrange in a circle around creamed asparagus tips.

English Lamb Stew With Dumplings—Have 1½ pounds of shoulder or breast of lamb cut into small pieces. Cover with cold water, add a very small piece of garlic, bring gradually to the boil and cook slowly for at least three-quarters of an hour. Then add three slices of Star bacon cut into dice and fried crisp and two sliced onions. Cover and continue cooking another fifteen minutes. Season to taste. Sift two cups flour, three teaspoons baking powder, one teaspoon salt, ½ cup milk or enough to make a very stiff dough. Drop the dumplings into the stew from the tip of a spoon. Cover and cook until done. Thicken the gravy with a little flour blended smooth with cold milk.

Campfire Pineapple Ham
Bake a slice of ham for one-half hour. Drain off fat. Pour on one-half cup pineapple juice. Cover ham with slices of canned pineapple. Turn frequently until ham is done. Turn pineapple to allow both sides to brown. When ham is baked cover it with a layer of

Put it back in the oven until marshmallows puff up and brown.
Campfire Marshmallows. 6820 Perry Ave., Chicago

New England Boiled Dinner—Four pounds corned beef, one small cabbage, three large carrots, six potatoes, six parsnips, six onions, two turnips.

Wash meat in cold water. If very salty, soak a few hours. Place meat in kettle with boiling water to cover. Let cook 3 to 5 hours, or until tender. One hour before serving add vegetables, cut in quarters. Serve attractively, arranged on a large platter.

The bloater is salt and after washing it some people prefer to soak it two or three hours, or even over night, but others like that severe saltiness and therefore simply put the herring into a hot oven for ten minutes, or under a broiler, until the skin can be easily removed and the flesh taken away in nice pieces from the backbone, and other bones. A standard direction is to soak it in warm water, then wipe it dry, cut off head and tail,

split fish, and remove center bone, etc., and then toast or broil until it is heated through.

Bloaters Egged and Crumbed.—Soak, skin, and split herring, brush over pieces of flesh with beaten egg, sprinkle with bread crumbs which may be variously seasoned with pepper and powdered herbs, then broil for five minutes. Serve with plain boiled potato.

Bloater Fritters (Adapted from Mrs. Beeton).—Make a batter of one cup of flour, two tablespoons melted butter, one tablespoon of cream, the yolk of one egg, the whites of two, and about half a cup of tepid water. Following the English method of mixing this, sieve the flour—you may have a half teaspoon of salt with it—and work into it the yolk of the egg, butter, and cream, stir well, and gradually work in the water. Beat this mixture well and set it aside for half an hour, then fold in the stiffly beaten whites. If the batter thickens with standing, more than the whites will thin in reason, or becomes thicker than the whites will fold into, it will have to be thinned with more water—different flours behave differently.

Add one ounce of grated cheese to it, coat good sized pieces of the bloater in it, and fry in deep fat until a light brown—not a dark brown. Serve as hot as possible, but these tasted well enough cold so that a boy cook, given a taste, thought he would use them on a camping trip.

Red Herring Toast.—Break the flesh of red herring into fine pieces with a fork, heat up with butter in a saucepan. When the meat from one herring is thoroughly hot, stir into it over a low heat one raw egg yolk and keep stirring until it sets. When it has just set, sprinkle it with a bit of pepper, add a squeeze of lemon juice, and spread on hot toast.

Baked Flounder.

Use the filets from a flounder weighing from three to four pounds. On the bottom of a baking pan or casserole lay three thin slices of salt pork; on these lay half of the fish. Sprinkle with salt and pepper and spread with one cupful of soft bread crumbs which have been seasoned with one-half teaspoonful of salt, one-fourth teaspoonful of pepper, a little dried parsley and one-fourth cupful of melted margarine or savory fat. On this lay the rest of the fish, sprinkle with salt and pepper and lay two more slices of the pork on top. Bake in a moderate oven of 350 degrees F. for 20 minutes. Serve with drawn butter or tomato sauce.

Ham or Sausage Cakes.

Mix two cupfuls of highly seasoned mashed potatoes with a beaten egg, and add six tablespoonfuls of minced ham or sausage; shape into round, flat cakes, dip lightly in flour and brown in bacon or sausage fat.

Baked Spareribs With Apples—Wipe fresh spareribs carefully with a cloth which has been wrung out of hot water. Arrange the meat in a dripping pan and place in a hot oven which should have the temperature lowered gradually. Baste with drippings occasionally.

When the meat is well browned place apples, which have been cored, in the pan with the meat. Fill the cavity of each apples with brown sugar and let bake until soft. In serving arrange the apples as a border around the spareribs.

Braised Ox Joints—Brown one two-inch ox tail well in oven. Mix two small onions, one carrot, one tablespoon chopped celery and brown all together well. Sprinkle with flour and brown fifteen minutes. Add one cup hot water and one cup tomatoes, three bay leaves, three whole cloves, salt and pepper. Cook until meat falls from bones.

Veal Pot Pie—Requires two pounds veal neck. Cook in boiling salted water until tender. Trim all meat from the bones. Add to this white sauce which may be made by using two tablespoons flour, two tablespoons melted butter, or substitute, salt and pepper, one and one-half cups milk. Scald milk, then add the butter or substitute and flour, which has been made into a paste. Add seasoning.

Make an ordinary biscuit dough and line a baking dish with this. Into the dish pour the meat and white sauce combined, and put a covering of biscuit over the top, being careful that there are small openings in the top for the steam to escape. Bake in a medium oven for twenty minutes. Serve with mashed potatoes and peas.

Mock Duck—Put two pounds of beef from the lower part of the round through the meat chopper. Season it well with salt and pepper. Flatten it into an oblong shape, and spread it with potato stuffing. Fold it together, turn it into a baking dish, place thin slices of salt pork over the top, and bake it for from forty to fifty minutes.

In making potato stuffing use two cups cold mashed potatoes, one egg beaten, one small onion, finely minced, one tablespoon butter, pepper, one stalk celery, finely minced, or half teaspoon celery salt, one teaspoon salt. This recipe serves six to eight persons.

Swiss Steak—(Dressing) One-fourth cup flour, one-fourth teaspoon salt, one-eighth teaspoon pepper and onion (if desired).

Wipe one an done-half to two pounds of round steak and sprinkle with flour, salt and pepper. Pound this into the meat with a meat hammer or potato masher. Turn the meat and do the same to the other side. Put bacon drippings in the bottom of a baking dish, then the meat and brown both sides. Add one-fourth cup water or stock, cover and cook in a moderate oven for one hour. If necessary, add more water during the baking.

Pot Roast—Dredge two or three pounds of rump beef with one tablespoon flour and brown thoroughly on both sides in kettle greased with suet or lard. Add hot water to cover, one-half teaspoon salt, one-eighth teaspoon pepper, one small onion, sliced; one-half cup sliced carrots, one-fourth cup diced celery, one bay leaf.

Cover closely and simmer slowly about one and one-half hours, keeping liquor below boiling point. Remove to a hot platter and thicken liquor; serve with vegetables as a sauce for the meat.

Boiled Brisket of Beef (with Horseradish Sauce)—Four-pound brisket of beef, one-half can turnips, cut in cubes; one large onion, cut fine; two thin slices fat salt pork, celery leaves, salt and pepper, one-half cup carrots, cut in cubes. Wipe beef with damp cloth, dredge with flour, brown in the fat from frying the salt pork.

Place in a large kettle, surround with vegetables, and add three cups of boiling water. Cover and cook in a slow oven three hours (a pressure cooker requires about one-third as long), basting every thirty minutes. Turn the meat twice during the cooking period. Do not pierce with the fork in handling, as this allows the juices to escape.

Round Steak a la Mode—Round steak, 2 lbs.; ½ cup of flour, salt, pepper, 2 tablespoons fat, ½ cup carrots, cubed; 1 cup potatoes, cubed; 1 cup small onions, 1 tablespoon chopped parsley, 1 cup tomato pulp, ½ cup bread crumbs and 1 cup white sauce.

Pound the flour into the steak and season with salt and pepper. Cook thirty minutes in the fat. Put steak in the casserole; cover with the vegetables and white sauce. Sprinkle over with bread crumbs. Bake in a moderate oven forty minutes. Serves six.

Pork Chops, Barbecue—Six pork chops, cut one inch thick. Salt and pepper and brown both sides in frying pan. Cover with the following sauce and bake in oven one hour:

SAUCE—One-half cup catsup, small piece bay leaf crushed, ½ teaspoon dry mustard, 1 tablespoon flour, 1 scant teaspoon celery seed, ½ teaspoon ground cloves, ½ cup vinegar. Mix thoroughly.

Bake in a moderate oven (350 degrees) for 45 minutes. Serve hot.

HOW TO MAKE IRISH STEW.

Two lbs. beef (shoulder or chuck), ½ cup flour, 4 tablespoons fat, 2 quarts water, 6 small carrots, 6 small onions, 6 small white turnips, 12 small potatoes, 2 stalks celery, 1 small piece bay leaf, 2 teaspoons salt, ¼ teaspoon pepper.

Cut meat into two-inch cubes and dredge with flour. Heat fat in frying pan and sear meat; then turn into a kettle and add boiling water and bay leaf. Cook at boiling point for one hour. Prepare vegetables and cut into quarters. Add to meat and continue cooking for thirty-five minutes. Add seasonings; remove meat and vegetables to a serving dish. Thicken gravy with remainder of flour and pour over meat and vegetables.

Halibut, Swedish Style.

WIPE a pound slice of halibut and remove skin. Place in an earthen or glass baking dish, sprinkle with salt and pepper and brush over with melted butter. Strain ¼ cup thick tomato pulp and add ½ teaspoon powdered sugar. Spread over the fish and then cover with thinly sliced onions, using 1 small or ½ large onion. Bake 20 minutes. Pour ½ cup thick cream over the onion and bake 10 minutes. Remove the onion and serve immediately.

Baked Trout—3 to 3½ pound trout, 1 tablespoon flour, 1 egg yolk, 1 can tomatoes, 1 chopped onion and 1 piece celery root.

Salt the fish and let stand for several hours. Make a paste of the flour with a little tomato juice. Place fish in a dripping pan with tomatoes, onion, celery root and butter. Bake for one-half hour. Drain and strain the sauce, thicken with the beaten yolk of egg, add a little cream, seasoning and serve over the hot trout.

OYSTER FRICASSEE—One pint oysters, milk or cream, 2 tablespoons butter, 2 tablespoons flour, 1 small can mushrooms, ¼ level teaspoon salt, few grains cayenne, 1 teaspoon finely chopped parsley, 1 egg.

Clean oysters; heat oyster liquor to boiling point and strain through double thickness of cheese cloth; add oysters to liquor and cook until plump. Remove oysters with skimmer and add enough cream to liquor to make a cupful. Melt butter, add flour, and pour on gradually hot liquid; add salt, cayenne, parsley, oysters, egg slightly beaten, and mushrooms.

Chicken a la King—1 chicken, 2 tablespoons butter, 2 teabspoons flour, 2 eggs (yolks), 1 teaspoon grated onion, 2 cups milk, 1 cup cream, ½ cup mushrooms, 2 green peppers, 2 pimentoes and salt and pepper.

If fresh mushrooms are used fry in butter till tender. Pour boiling water over peppers and let stand five minutes. Then slip off the tough film which covers the skin. Remove seeds and cut into shreds. Cut pimentoes into shreds. Boil chicken and cut in neat dice, using both light and dark meat. Melt butter in chafing dish. Stir in flour, slowly add milk, cream and onion. Cook until thick and smooth. Add chicken and yolks of eggs well beaten. When thickened add mushrooms and peppers. Cook five minutes longer and serve on triangles of toast or on pat-tie shells.

Baked Slice of Ham—Serves four to six. Preparation, fifty minutes.

Two-pound slice of ham (one inch thick), ten whole cloves, one and one-half cups light brown sugar, one-half dozen tart apples, one-half cup water and parsley.

Method—Run one-half cup sugar into the ham. Sprinkle with cloves. Place in baking pan and surround with the apples peeled, cored and sliced in half crosswise. Sprinkle the remaining sugar over the apples, add the water to the pan and bake until tender (about forty-five minutes). Serve on hot platter garnished with cres or parsley.

Chop Suey—One and one-half pounds beef and 1½ pounds pork diced and browned in butter; 1 large or 2 small stalks celery; 6 large onions.

Dice celery and slice onions, add to meat with a little more (¼-pound) butter. Add salt and pepper to taste. Cover and let simmer 15 minutes, add 1 large can of tomatoes and cook until celery and onions are tender, then add 1 can of kidney beans; cook 5 minutes more and serve.

These recipes, printed daily, are taken from the Congressional Club Cook Book, published by the Congressional Club, Washington, D. C.

By Mrs. Ogden L. Mills
Wife of Former Rep. Mills (N. Y.)

RECIPE FOR FILLET OF SOLES CAPRICE

HAVE as many fillets of sole as you need—one for each person. Pare, season with salt and pepper, sprinkle with flour, and dip first in beaten egg and then in fresh bread crumbs. Have as many bananas cut in halves lengthwise as there are fillets. Flour them and put in buttered pan. Butter the top also and fry in the oven. Make a Hollandaise sauce with two yolks of eggs and a teaspoonful of cream. Beat vigorously in a small pan over the fire till it thickens nearly to the consistency of mayonnaise dressing. Next, add half a pound of melted butter, little by little, always stirring, and also a few drops of lemon juice. When the sauce is ready, set it in a warm place (not hot). Fry your fillets in butter, dress in a dish with half a fried banana on top of each fillet. Spread on sauce and sprinkle with chopped parsley. Serve hot.

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Fillet of Sole—Clean fish and cut in individual servings. Parboil five minutes. Drain, sprinkle with salt and pepper. Roll in flour, cracker crumbs or corn meal, then fry in frying pan with hot fat. Serve with Creole sauce. The fish may be baked if preferred. A large sole usually makes four fillets. For deep fat frying roll in crumbs, beaten egg, then again in crumbs.

Beef a la Mode—Boil for five minutes a cup of vinegar with a chopped onion and salt, mustard, pepper, cloves and allspice to season highly. Put the trimmed under part of a rump of beef, weighing from three

to four pounds, in a deep earthen bowl. Pour over it the vinegar; cover, and let stand overnight. Take up the meat and lard it with strips of salt pork. Tie the beef into shape, dredge with flour and brown in hot

fat with two onions, one-half carrot and one-half turnip, all chopped fine. When the meat is brown, add water or stock to half its height and a bunch of parsley. Cover and simmer until tender, about two hours.

Remove meat to hot platter; reduce liquid by rapid boiling; strain, then thicken with flour browned in butter. Add a little of the marinade to it and serve in gravy boat. Serves five to six.

Frankfurters Wrapped in Bacon—Wrap a slice of bacon around each frankfurter and fasten with a toothpick; place on the end of a pointed stick and cook over hot coals or under broiler until bacon is crisp.

BY JANE EDDINGTON.

Here is one of my food creeds: The man who will eat daily immaculately clean grass, like the ox, but either cooked or uncooked, in the shape of dandelions, spinach, mustard, kale, collards, lettuce, endive, romaine, escarole, milkweed, rough pigweed or smooth, purslane, cress, Swiss chard, beet greens, et al., is building up a resistance to the bacterial poisons which play havoc with his glands, his digestive secretions, and the many other mysterious chemical factories he possesses.

And now let's get something else said, introductorily. The greens have no food value in the caloric sense, but the butter and bacon fats which season or dress them have a great deal, and cream has considerable.

There are the pure fats having fat values alone or calories—highest of any food. The proteins have protein value. The starches and sugars have their sorts of values, and there are the mineral values and then the vitamins. A food may be compounded of all these, and if we want fair reckoning in making our dietaries we want to know how much of each it has, and whether it is enough of that so that we do not need to supplement it, or so much that we may combine it with one which has none of that sort. It is just as much a thing to learn as the multiplication table, though people who know not the first elements of food reckonings, other than price, like to speak derisively of this sort.

Though not a material object, the vitamin is a value. It was discovered by finding out how lacking in complete nourishing power were foods which did not have vitamins. The vitamins are a sort of sunshine, and there is gloomy weather in us if we do not have them.

Edible leaves lead in vitamins, as the starches and fats lead in energy values, and meats and milk in protein values, but they contain 95 per cent water, so the last thing in the world you would do would be to try to increase your fuel or energy supply by eating greens, unless as a medium for butter or bacon fat.

Greens Are Not Fuel Foods.

Greens, then, have all that water and practically none of what we must have every hour to merely go. But to balance the lack the water is more or less saturated with minerals, the framework has a mechanical value digestively, etc. In trying to explain their vital or vitaminic value, it has been said that its leaves are the laboratory of the plant—its liveliest or most active cells. They make and store starch (in the food grain), protein (in the bean and pea) and fat (as in the olive). That liveness is somehow liveness for us.

The man who did most to give vitamins world publicity called them protective foods, and next to milk in greatness. His idea is that these foods if eaten regularly insure your health, or by eating them you can maintain your health over long periods of time. That is what McCollum believes, and we are thankful for his belief. Insidious influences can no more be seen than can the good, but final results do show.

We can always perfect our daily menus with greens of some sort, cooked from the pot, or raw from the salad basket or bag. Spinach, mustard, collards, cabbages and kales, lettuces we mostly have the year around, but now is the time to enjoy the priceless dandelions (of the chickory tribe), the pigweeds, the docks, and presently the lovely milkweed and many another wild plant. On the most waste and barren of ground the rough pigweed will grow—it belongs to the romantic amaranth family—and raise from that barren soil or compound

Vegetables

minerals from man's digestive service more thoroughly than any pharmacist that ever lived. But they go to waste and so does their neighbor, man, for want of what they have in store.

Preparing Greens for the Pot.

First, there is the dry cleaning of each green leaf after its kind, and then the wet or washing. There is probably not a single green that is not the better in one vital respect, even though it lose in a way, for a few minutes of blanching in hot steam or hot water. It sterilizes them. After that there must be a cold process or rinsing in cold or even ice water.

In the canning of greens it was found that these two processes were essential, if the product was to keep, and one demonstrator has called it the laundrying process.

The old recipes advise soaking many a green in salted water which, in the nature of the case, is not soundly reasonable. And yet we love what Tabitha Tickletooth in her book, "The Dinner Question" (very rare and old), says on the subject, especially as she was just about to see reason: "Take as a rule that all kind of 'pot greens' harbor among their leaves a large quantity of insects and dirt, or, not to mince the matter, grubs, caterpillars, slugs, small worms, moulds, stones, etc., these the clean and careful housewife must remove in the following manner: After cutting the outer leaves from the stump, if you see small green or black spots on the stalks, or a number of holes in the foliage, you may be certain that undesirable tenants occupy the interior of the premises. To insure their ejection, steep the vegetable tenement in salt and water for an hour, then pull open the leaves round the heart, carefully remove all skulkers, and wash well in two or three waters.

"If you do not perceive the above signs of the disagreeable tenantry, examining and washing will be sufficient, for steeping is apt to destroy the freshness and crispness of the vegetable."

How to Cook Spinach.

It is best to blanch spinach in steam or boiling water, and then rinse it to the center of the mass with cold water. It can then be cooked over a tiny fire in a closed utensil in no more water than clings to it from the rinsing—remember, it has 95 per cent of its own, and with much fire this is cooked out and lost while the greens grow bitter.

Some varieties and ages of plant will cook so soft in five minutes that they can be cut with a spoon. Never use baking soda with greens—it destroys vitamins and injures unique flavor.

To make greens velvety sieve them, add butter, stir briefly and fast over a fierce fire till dry, then add cream or meat stock. Or simply drain and butter, and add lemon juice or finish how you will. The juice of one lemon, with butter, is enough for what was half a peck of spinach before it was cooked. The blanching not only cleans and sterilizes spinach but removes a leaf bloom that is not a pleasant flavor.

Curly Endive as Greens.

Curly endive is a superior green not unrelated to the dandelion, but with which we may best illustrate a fine French finish for greens. Because of the size of a great head of it the work of preparing a fine fresh specimen is slight. Clean, wash, drop into boiling water and blanch five minutes. Pour into colander and let cold water run all through to heart of mass.

Put to cook with hardly more water than clings to them and cook gently until they can be readily chopped with a knife, or greens can be cooked as soft as butter, pressed through a sieve then

seasoned with a bit of salt and nutmeg, and heated up in cream and butter. It may be necessary to dry them a little before seasoning them, by stirring over a hot fire.

The nutmeg is continental seasoning. A nice meat gravy can be used, instead of cream, and sometimes a little finely chopped meat is put with it, especially when it is served as a vegetable pudding.

Lettuce as Cooked Greens.

The tender leaf lettuce needs no more than boiling water poured over it, with chilling, and a bit of cooking, after which treat like the endive or in many another way. This will be a bright green unless overcooked, but if the boiling water is not used it will be a bronze green.

Fish days should universally be greens days in the table calendar. We need a watery green thing with fish, which is too often made dry in the cooking, as it should not be. Greens are a suitable balance for meat as well, and for both fish and meat for reasons more or less suggested above. They go well with all pork products—the mustard greens saving the day for great eaters of pork—and with all cured meats.

Early Purchase Advisable.

As hot days come on there is an enormous waste of spinach in the markets, especially in the many carelessly conducted places. The housewife should buy her spinach early and with care she may keep it for two or three days. Put a paper bag of spinach in the open air and pour cold water over the bag until it is thoroughly wet. This can be done in such a way that the spinach will neither wilt nor heat. If the plants should be wet at the center they will heat and rot, but evaporation from a bag thus wet will keep dry spinach just right for several days.

Because certain solubles in greens can be dissolved by heat, if we want to get the full chemical or medicinal value in a green we must eat it raw. I learned from an assistant I once had to eat spinach hearts that way: Pick off the large leaves for cooking, then trim the root and leave on it about an inch of the best of inner leaf stems. Wash and wash, and when as clean as possible let these hearts drain till dry, and serve them with a French dressing.

Chew them well. A thinned mayonnaise may be used, if preferred, especially if they are to be served as an appetizer or relish.

Stuffed Cabbage III.

Here is a recipe that has not been tested in my kitchen, but is of the type that would be tested out here:

"Take the outer leaves off a head of cabbage, wash well and dip into hot water for a moment to make them pliable. Do this when you have your other ingredients prepared. Take one-half pound chopped meat, the half of the remaining cabbage, chopped, one-half sweet green pepper, salt to taste. Take the large cabbage leaves from the hot water, one at a time, put two spoonfuls of the mixture, roll up the leaf, tie with a string.

"Fill as many leaves as you care for, placing the remainder of the mixture in the top of a double boiler, also the filled cabbage leaves. There will be just enough liquor, most likely. Otherwise, cut up a small tomato and add, which improves it in any case. See that there is always plenty of water in the lower part of the double boiler. Cook from three-quarters to one hour."

If green vegetables are cooked according to these directions, uncovered, they will retain their fresh green color to a marked degree. Do not form the habit of adding even a suggestion of soda to the vegetable for this purpose, for it is not necessary and it is very possible that soda may have a detrimental effect on the vitamin content of the vegetable. Cabbage, onions, cauliflower and other vegetables of rather strong flavor are best cooked uncovered.

Follow the Time-Table Below

AS TO the length of time for cooking, it will depend somewhat on the age of the vegetable. The timetable given here is the result of experimentation in the JOURNAL Testing Kitchen, where as fresh and perfect vegetables as could be obtained in a city market were used. In other words, it represents a fair average. Always remember never to cook vegetables any longer than is necessary to make them tender and palatable.

The results are often better when the vegetable is cut in pieces. Cabbage, shredded coarsely and cooked, uncovered, ten minutes, is a brand-new vegetable if you have never tried it that way. Cut thin asparagus stalks in inch pieces after washing and scaling. Separate the tips from the rest and add them five minutes after the boiling has begun. Cauliflower will never become darkened if the flowerets are separated and cooked as directed. As an aid to better cooking of whole cabbage, slit it well down through the center in both directions. Cook spinach without the addition of more water than that which cling to it when washing. Add no more than a cupful of water in the cooking of any greens. Cover till cooking starts and then finish uncovered.

By Jane Eddington.

CABBAGES have fared well in folk lore. Extraordinary qualities have been ascribed to them.

It is said that the Egyptians raised altars to the cabbage and many a virtue was ascribed to it by the Greeks and Romans. Among them it was considered a cure for drunkenness. The earliest of all physicians is said to have prescribed boiled cabbage and salt for colic, and to have considered it a remedy for paralysis.

Pythagoras, who is more frequently mentioned in relation to beans, celebrated the marvelous virtues of cabbages. The Roman Cato considered it a cure for all diseases, although modern editing of Roman records suggests he may have advocated this opinion because he had cabbages to sell. At any rate, it is put down that the Romans went for 600 years without physicians because they knew the medicinal value of the cabbage.

This list of eminent advocates of cabbage in the diet can hardly be considered as common folk, the record of whose opinions it would be hard to find, yet there are records of folk food practices in various countries, and the cabbage has a conspicuous place in them. We have reason to believe that what the potato is in common service today, the cabbage was through all the hundreds of years before the eighteenth century, when Parmentier in France tried to introduce that vegetable to the common people, who tore up the plants, mobbed the growers, and seemed to resent every effort to introduce it.

VEGETABLE PLATE DINNER

This dinner is served entirely on a plate. A delicious timbale is placed in the center, and the plate is divided into five sections with mashed potato forced through a pastry tube. The spaces are then used for various vegetables, cooked and well seasoned, such as buttered new peas, asparagus, carrots, beets and corn. The plate is then thoroughly heated and served hot. The salad is served on a separate plate.

Select desired vegetables. Wash clean; drop prepared vegetables into separate containers of boiling water, using just enough water to cover. Boil gently till tender, and salt during the last 2 minutes. Drain and season with butter, salt and pepper.

Stuffed Peppers, Supreme.

- 2 cupfuls skinned, sliced mushrooms.
- 2 tablespoonfuls butter.
- 2½ cupfuls shelled peas.
- ¼ teaspoonful salt.
- ¼ cupful cream.
- ½ cupful buttered crumbs.
- 6 large, sweet, green peppers.

PUT a slice from the stem end of each green pepper and take out the seeds and core. Cover the peppers with boiling water, let stand five minutes, and then drain. Meanwhile, saute the mushrooms in butter for three minutes. Cook the peas in boiling water until almost tender. Drain; combine with the mushrooms, salt and cream. Fill the peppers with this mixture and sprinkle the top with the buttered crumbs. Place in a baking dish with a little hot water and bake about thirty minutes in a medium oven of 400 degrees F., basting occasionally.

Cucumbers Stuffed With Noodles make a delightful dish for meatless days.

Select small, tender cucumbers, peel and cut into two parts. Remove the seeds and place side by side in a casserole, half covering with oil. Season and cook until tender, but not too soft.

Carefully remove to a baking dish and fill each half with noodles previously cooked in water and well seasoned. Pour over some good tomato sauce and sprinkle well with grated cheese. Brown in the oven for ten minutes and serve hot.

PARSLEY POTATOES.

Select potatoes of even size. Wash clean, cover with boiling water and cook until tender. Remove from water and peel. Season with 4 tablespoons butter, ½ teaspoon salt and 3 tablespoons finely minced parsley.

New beets should cook in 30 to 45 minutes. If they are smooth, without innumerable tiny hair-like roots and about the size of a small egg, they will cook in just that length of time.

New carrots cook tender in 15 to 20 minutes, while old ones need from 30 to 60 minutes.

Cauliflower needs from 30 to 45 minutes. Care should be taken not to over-cook this vegetable. Nor should it wait long after cooking.

BAKED STUFFED POTATOES A LA ITALIENNE.

Six large potatoes, ¾ cup rich milk, 1-3 cup butter, 1½ cups minced ham or chicken, 2 tablespoons minced onion, 2 tablespoons minced green pepper, ½ cup grated Italian cheese, 1 cup bread crumbs.

Scrub potatoes clean and bake in a moderate oven (350 degrees) until soft, about 1½ hours. Cut in halves lengthwise and scoop out pulp; add milk and butter and whip until fluffy. Line half shells with potato and fill centers with meat, to which onion and green pepper have been added. Cover with remainder of potato, sprinkle with cheese and cover with bread crumbs. Return to oven and bake at moderate heat (350 degrees) thirty-five minutes.

Cucumbers Piquant.

Two large cucumbers, pepper, cold water, 1 cupful thick tomato sauce,

1 tablespoonful lemon juice, salt, egg, ½ teaspoonful prepared mustard, 1 teaspoonful grated onion.

Pare large, but not overripe, cucumbers, and slice in half-inch thick pieces. Sprinkle with salt and pepper, and dip in beaten egg which has been diluted with two tablespoonfuls of cold water to each egg. Then roll in fine crumbs and fry in deep fat at a 370 degrees F. until tender and a rich brown.

BOILED BROWN RICE.

1½ cups brown rice, 6 cups water, 1 teaspoon salt.

Wash and drain rice; then drop a little at a time into rapidly boiling salted water. Cook uncovered 20 minutes, remove from flame and continue cooking in top of double boiler 40 minutes.

CORN ON COB.

Cover with boiling water and cook until tender, 10 to 12 minutes. Sprinkle with 1 teaspoon salt and 1 teaspoon sugar and let stand a few minutes before serving.

STUFFED CELERY—Wash celery, remove all but young leaves. Scrape if necessary. Fill hollows with a soft cream cheese, using pimento, Philadelphia or Neufchatel, seasoning last two with a little paprika and mixing with just enough cream or salad dressing to soften. Smooth off with a knife. Chill and pass with soup or main course.

MUSHROOM TIMBALES

- 1 tb. chopped onion
- 2 " " green pepper
- 1 " chopped parsley
- 4 " milk
- 3 " soft butter or oil
- ¼ cup cooked brown rice
- ¾ " fresh bread crumbs
- 1 " chopped mushrooms
- 1 teaspoon salt
- 1 pimiento, chopped
- 2 eggs

Cook onion and green pepper in one tablespoon water till water has been absorbed. Add to the other ingredients with unbeaten eggs and stir thoroughly. Fill well greased ramekins and bake in a moderate oven (325 degrees) for 30 minutes. Turn onto plate and serve with Hot Hollandaise sauce.

Stuffing for Tomatoes.
MIX 1 cup soft bread crumbs, ¼ cup chopped left-over meat, ¼ cup melted butter, ½ teaspoon finely chopped parsley, ¼ cup chopped mushrooms, ½ teaspoon salt, ½ teaspoon paprika and 1 teaspoon onion juice.

Mexican Fashion.

Fried Corn.

Slice two good sized new boiling onions and chop fine one green or red sweet pepper. Put a tablespoon of oil or butter in the frying pan over a gentle fire and fry the onions in it gently, browning them lightly. After a little add the green pepper and then a cupful of cooked corn cut from the cob. Season to taste and cook gently until the ingredients are well blended.

TOMATO CREOLE

Cut 6 large, firm tomatoes into halves and place them evenly in a well buttered baking dish, then over them sprinkle 2 chopped peppers, about 1 teaspoon of chopped onion and 2 tablespoons of butter broken into small bits. Then over all sprinkle salt and pepper to suit taste or, if preferred, use paprika instead of pepper. Bake in a moderate oven until the tomatoes are soft but not mushy and, when done, remove to slices of toast cut in rounds and well buttered.

To the liquid left in the pan add 2 tablespoons each of butter and flour rubbed to a paste (I prefer to use browned flour for this). Stir well and, when blended, add 1 cup of cream and let cook until thick, then strain and pour over the tomatoes and toast.

SCALLOPED; cut a squash in quarters, removing the seeds.

Boil until tender, and peel. Put through a sieve or potato-ricer enough squash to make three cupfuls. To this add one teaspoonful of salt, one-half teaspoonful of paprika, one-eighth teaspoonful of nutmeg and one cupful of cream. Mix all together, turn into a greased baking dish, and sprinkle with one-half cupful of bread crumbs. Broil five or six slices of bacon until half-done. Remove and place on the squash and bake in a 500-degree F. oven from twelve to fifteen minutes.

Curried Vegetables.

Saute until a light brown one sliced onion in three tablespoonfuls of butter, fat or oil. Then add one teaspoonful of curry powder and cook until well blended. Stir in one tablespoonful each of lemon juice and flour. Then add one cupful of vegetable stock. Cook until it thickens and add one cupful of diced cooked turnips and two-thirds cup-

Boiled Cauliflower—Remove the green and imperfect leaves from the cauliflower and place it top downwards in a dish of cold water to draw out dust and other impurities. Cook it, whole or broken into flowerets, in boiling water. Just before cooking is completed salt the water. Lift out the cauliflower very carefully and allow it to drain in a warm place. Pour a medium white sauce over it, or send the sauce to the table in a gravyboat. Or serve with melted butter and paprika. Grated cheese sprinkled over the cauliflower and baked with layers of the sauce and crumbs makes an excellent dish.

Stuffed Canned Tomatoes.

REMOVE centres from tomatoes that have been canned whole. Drain off all liquid and sprinkle with salt and pepper. Fill centre with stuffing. Sprinkle with buttered cracker crumbs and bake in oven until crumbs are brown.

ful of sliced, cooked carrots. Heat thoroughly and serve.

Green Peppers With Mushroom Filling.

Remove the stem, seeds and membrane from four medium-sized peppers. Plunge them into boiling water and simmer about ten minutes. Drain and cool. Make a filling in the following manner: Melt two tablespoonfuls of butter, fat or oil, and add one-fourth pound of mushrooms peeled and cut in small pieces. Then add two tablespoonfuls of flour, one-third teaspoonful of salt and three-fourths cupful of milk. Cook till it thickens, and add one-fourth cupful of cream, one-fourth cupful of bread crumbs, one-half cupful of chopped olives and one-fourth teaspoonful of paprika. Place the peppers in a greased baking dish and fill two-thirds full with the mushroom mixture. Sprinkle the top with three tablespoonfuls of bread crumbs and dot with butter, using one tablespoonful. Bake for twenty minutes in a 450-degree F.

Cooking Cauliflower.

To keep cauliflower perfectly white it must be gently cooked. Break the heads into its flowerettes, scald these in boiling water, and rinse with cold water until thoroughly chilled. It is not good to leave this vegetable tepid. Put one layer in a flat bottomed aluminum kettle with a close fitting cover, add half a cup of water, and when this boils up turn the fire low, when the cauliflower will practically steam done in about ten minutes if it is unwilted. Any cauliflower will cook in this way in twenty minutes, and fifteen is a good average.

Plain melted butter with a little salt and a few drops of acid is an agreeable dressing, but more agreeable yet is Hollandaise sauce, which may make it seem almost like a sea food when it is cooked to perfection. A good mayonnaise can be used also, even with the hot vegetable.

Sausage and Fried Apples.

Fry the required number of small sausages, and in some of the fat as many halved, cored and unpeeled apples as required, first dipping them

Green Peppers with Tomato Stuffing.

Combine two cupfuls of chopped, fresh tomatoes, one cupful of dry bread crumbs, one finely chopped onion, one teaspoonful of chopped parsley, three-fourths teaspoonful of salt, and one-eighth teaspoonful of paprika. Meanwhile cut a slice from the stem end of six green peppers and remove the seeds and core. Let the peppers stand in boiling water for five minutes and then drain. Fill the peppers with the tomato mixture. Place in a greased baking dish with a little hot water and bake in a moderate oven of 400 degrees Fahrenheit for ten minutes. Then cover each pepper with a slice of bacon and continue cooking for twenty minutes. Serve with or without tomato sauce, which can be made from canned tomato soup, thickened slightly. This recipe serves six.

Baked Tomatoes and Onions.

Remove the stem ends of three tomatoes. Cut them in halves and lay in a greased baking dish. Sprinkle with salt and pepper and place a very thin slice of onion on top of each tomato half. Dot each with one-half teaspoonful of butter and bake in a moderate oven of 425 degrees Fahrenheit for thirty minutes, or until the onion is tender.

Ladies' Cabbage.

Ladies' cabbage is rather an old-fashioned dish. By adding egg to cabbage one takes it somewhat out of the vegetable class or into what the English call the savories. At any rate, we would rank it as a luncheon dish and it can be made a dish of some pretensions.

An old fashioned recipe for this and a perfectly good recipe, whether old or new, is this:

One firm white cabbage, boiled and left to get cold.

Two beaten eggs.

One tablespoon of butter.

Three tablespoons of rich milk.

Pepper and salt.

Boil the cabbage in two waters. When it is cold, chop fine and mix with it the beaten eggs, butter, milk, pepper and salt to your liking. Beat up well and bake in a buttered pudding dish until brown. Serve in the dish in which it was cooked, and eat hot.

Knowing why, of old, cabbage was boiled in two waters, and in each one too long, we would say in contrast, boil it in one and a quarter waters, meaning that it may be blanched for five minutes in considerable water, then thoroughly chilled by rinsing it in cold water, and then cooked for eight to ten minutes in an exceedingly small amount of water, just as we cook all greens to get the best effect.

The cabbages we get in the markets now can be cooked in this brief time. Nobody knows how much of softening there is, but there is considerable, in the process of rinsing boiling hot cabbage with cold water. It shortens the cooking time considerably.

We recommend this recipe as one to use for leftover cabbage which may be cooked for dinner greens, taking the place of a dinner vegetable and a salad. Pull off the leaves of a head of cabbage one by one and cook as described—with blanching.

Far less of the virtue of the cabbage is lost in this fashion and the cooked cabbage when hot is excellent with butter alone, or butter and a few drops only of vinegar.

Hot Cauliflower.

Last year I felt a good deal peeved while reading one of the prize novels to run across a statement about the terrible odor of cauliflower in a house where it had been cooked—surely cooked in a wrong way, or a visitor would never note the fact that it had been prepared.

Another thing that somewhat peevish me is to read a recipe for cooking cauliflower which directs that it be put head down into salted water and then cooked whole, after which it is broken up into little flowerettes. If for some reason it is desirable to cook a head of cauliflower whole, which is sometimes the case, it can be done, but to cook it and then break it up does not seem sensible. If it is broken up in the first place it can be

carefully inspected and may be cooked in about one-fifth the time that would be allowed for a head of it cooked whole. The essence of good cauliflower cookery is to cook it quickly and gently, and serve it piping hot. With the greatest care it does not need a single addition to be excellent, but with butter and a few drops of lemon juice we can exalt it.

We like to exalt this vegetable, whether coked or uncooked. Fresh, firm, full, creamy heads of cauliflower are beautiful, and to keep this flower beautiful is not to turn it into a pink blossom, nor a brown blossom, nor a gray blossom by a wrong method of cooking it. Correctly cooked it is white with a slight tinge of green, with as clean and perfect a flavor as any vegetable we have.

Break the head into its flowerettes.

Savoy Cabbage Greens.

The leaves of Savoy cabbage are so cupped or crimped and bloomy that they shelter live things readily. Therefore, it is more necessary to blanch this cabbage than that with the smooth leaves, which is also improved by blanching. Take off each leaf, wash, and drop all into boiling water for about five minutes, no more, and if there arises a smell of cabbage do not blanch it as long as that, but see that each leaf gets under the water.

Next, rinse it in cold water, and then put it to cook in about half a cup of water in addition to what clings to the leaves, and with a little salt. Too much salt will blind you to the sweetness of this green thing. It will cook quickly in a covered kettle, over a gentle heat.

When tender you will have a green that is hardly surpassed in delicacy. This variety of cabbage is rich in sugar, and when properly cooked may seem as sweet as sweet potato, though so different in flavor. It makes a handsome green and when in perfection you will agree that the Savoy is the finest of all the cabbages.

BY JANE EDDINGTON.

Boston Baked Beans.

If you want digestible baked beans you must not cook them as high as boiling temperature, at any point of their preparation. The old fashioned business of parboiling them and making the water strong, as one could make tea strong by boiling, not only wasted much of the nutriment in the beans, but often yielded an indigestible product. It is possible to cook beans so they are digestively as innocent as meat, and the same principle must be used as in cooking meat or an egg correctly.

Pick over and wash a cup of beans, cover them with four cups of cold water, put them over the simmering burner and bring slowly to the boiling

point only, prolonging this period up to even an hour. Then have ready half a pound of salt pork, the rind of which has been well scraped and all surfaces made fresh by paring or trimming. Score the rind in rather small squares, then pour boiling water over it and push it into the dish of beans, which now should preferably be in an earthen pot with a cover.

Any kind of casserole may be used instead of the pot, but superior effects are secured if the spread of beans is slight, that is, the quantity is deep instead of spread out. Put on the cover of the kettle, then put into a slow oven and bake for eight hours. They can be baked in a fireless cooker or a stone heated, but not so hot that when the cooker is closed the water will boil over.

scald these with boiling water, rinse with cold water until thoroughly chilled. Do not leave it tepid, and finish in a very small amount of water in a covered utensil.

If only a small head is cooked it boiling water and blanched or cooked in it for five minutes then rinsed thoroughly with cold water they will be so nearly cooked that only the gentlest cooking need be given them after that in the least bit of water. The cook in doing this has only to taste of the scalded and rinsed vegetable to find this so.

Stuffed Cabbage IV.

Here is another untested recipe which gives really a cabbage roll, rather than a stuffed cabbage. It is possible to find recipes no end for such rolls, or what are sometimes called dolmas and sarmas. Sometimes they are called dumplings. The Swedish names for them seems to be kohl dolmar. Without testing, it is hard to discover which of many recipes collected would give the best results, but here is one of those not tested:

"Boil the larger outside leaves of the cabbage for a few minutes in salted water. Drain, being careful to keep them whole. Cut the rest of the cabbage in small pieces, boil and drain. Chop this when well drained and mix with meat, egg, and chopped onion. Lay one or two large leaves out flat, drop a large spoonful of the mixture on them and roll up in the leaves. Brown nicely in frying pan, in drippings or fat, turning carefully. When they are brown add a little water, cover and simmer for about three-quarters of an hour. They can be served with a white sauce or with boiled potatoes."

This cooking of the beans in a fireless cooker is similar to the old way of baking them in the ground. A hole in the ground was made, preferably with some stones at the bottom, a fire built on this and when it was reduced to coals the beans were put in and buried with hot ashes around and left in for twelve hours or so.

The iron kettle, or Dutch oven, is an excellent utensil for baking beans in the ground, but they must be heated to the boiling point over a fire before they are buried. The pork in beans cooked in this fashion has so much of the bean flavor that it is as easy to eat as the beans and quite as agreeable.

Note that these beans are not soaked. There is reason for not doing so.

BY JANE EDDINGTON.

That Mushroom Addition.

Twenty or thirty cents for half a pound of mushrooms is not much to pay when you want to make a nice gravy or thickened meat preparation or stew, or in some way to enhance a meal with this savory element.

In general, the way to do this is to clean the mushrooms, slice them,

and then gently heat them up in a little butter until the juice begins to come out. They look watery then, and next add them directly to a gravy or stew. If this cannot be done, add a little cream at once to them, because the water thus started should not be allowed to escape as steam, nor be dried up, because it contains most of the flavor.

Suppose it should happen that you wanted to save the mushrooms for the next day. Give them this same treatment, but do not add the cream. Instead, put them away in the butter in which they have been cooked.

look as though they were about to melt, then cover them closely and have them over a tiny bit of fire for about five minutes more.

If the mushrooms are to be prepared for a gravy it is quite customary to cut them fine and start them in this same way, but with the smaller of the mushrooms we may leave them whole for the sake of the looks, and purposely buy the smallest we can get. When they are button size it is not necessary to peel them, but when the skin keeps starting off under the fingers while they are being washed and cleaned we think it best to take it off, although not everybody agrees with this, the idea being that with the skin they have more flavor.

To make the simplest of mushroom soups, we make a base of thin white sauce or use part cream and then prepare the mushrooms as for gravy, cutting them fine. The two should cook together for a little and the seasonings can be varied.

Try Skillet Creamed Potatoes for a Change

DEAR INA:

Skillet creamed potatoes are delicious. They take almost an hour to prepare, but are worth it.

Heat an iron skillet. Melt vegetable fat or lard in the bottom to cover about one-fourth inch deep. Add potatoes, cut into cubes. Fry ten minutes, but do not brown. Sprinkle with salt and pepper. Pour over them a mixture of equal parts of milk and cream, enough to cover the potatoes generously. Put a tight cover over skillet and cook slowly until tender, about forty minutes. Stir occasionally.

"Chestnuts With Parsley Sauce"

make a good substitute for meat.

Wash the nuts and make a slit with a sharp knife in the shell of each. Throw them into a pan of

salted boiling water and boil quickly for about thirty minutes. When they are tender, drain and remove the outer and inner skins.

Melt butter in a pan and put in the nuts, sprinkle with flour and cook a few minutes without letting them brown. Add salt, pepper and a little milk and stir until smooth. Add the yolk of one egg and a large spoonful of chopped parsley. Serve quickly on a hot dish.

Creole Corn

2 tablespoons butter or olive oil
 1 sweet green pepper or pimento
 1 teaspoon finely chopped onion
 3/4 teaspoon salt
 6 tomatoes
 2 cups hot green corn, freshly boiled
 1 tablespoon cream or butter

MELT the butter or oil, add the finely minced pepper or pimento and onion, and cook until savory but not browned (about five minutes) over a low flame. Cut the tomatoes in quarters and scrape out the seedy portions. Add the tomatoes and salt to the savory mixture. Then add the cooked corn cut from the cob, add the butter or cream, and serve hot.

CHOP the cleaned pepper and peeled onion very fine, and cook in two tablespoons butter until savory, but not browned. Add the sifted flour and seasonings and mix well. Gradually add the milk. Stir and heat to boiling. Add the corn and slightly beaten egg yolk, stirring to prevent lumping. Remove from the fire. Brown the bread cubes in the remaining butter, add these to the mixture, turn into a buttered casserole, cover with the buttered cracker crumbs. Bake

1 sweet green pepper, small
 1 small onion
 3/4 cup butter
 2 tablespoons flour
 1 teaspoon salt
 1/4 cup paprika
 1/16 teaspoon pepper
 1 1/2 cups scraped corn pulp
 1 egg yolk
 1/2 cup tiny stale bread cubes
 3/4 cup cracker crumbs, buttered with two tablespoons butter

Scalloped Corn

Delicate (or Southern) Scalloped Corn

3 tablespoons cornmeal
 1 1/2 cups hot milk
 2 cups corn pulp
 1 sweet green pepper
 1 egg
 2 tablespoons butter
 1 teaspoon salt

POUR the hot milk over the cornmeal and let stand until cooled. Add the corn pulp, finely minced green pepper, well beaten egg, melted butter, and salt. Mix well, pour into a buttered baking-dish, bake uncovered in a slow oven (300° F.) for one hour, stirring well after the first thirty minutes of baking.

in a moderate oven (375° F.) until browned, or from fifteen to twenty-five minutes.

Oven-Roasted Corn may be prepared by buttering the ears of corn, replacing them in the husks, and baking in a moderate oven (375° F.) from twenty to twenty-five minutes, or until tender.

CASSEROLE OF VEGETABLES.

Two browned potatoes, 2 buttered parsnips, 1 cup peas, 1 cup tomatoes, 1 cup gravy, 1 teaspoon salt, 1 bay leaf, 1 cup dry crumbs.
 Place vegetables and crumbs in alternate layers in casserole. Cover with gravy to which the salt and crumbled bay leaf have been added.

Lettuce Cookery Is Ancient.

The statement has been made by eminent French students of food that lettuce has been cooked from times exceedingly remote, and, in fact, may have been one of the bitter herbs of the Jewish passover, and also that health-giving properties were attributed to it in the remote past. The Greeks appreciated it, and, like the English of today, ate it at the end of a meal or at the beginning. And it figured in Roman repasts at both the beginning and end, with the idea that it did one thing medically if served at first and another if served finally. It is said that the emperor Domitian, following his doctor's advice, was cured of hypochondria by the use of lettuce, so he ordered it

Boiled Corn on the Cob. Place the husked, silked corn in a large quantity of boiling water (do not salt the water, as this toughens the outer shell of the corn kernels). Keep the water boiling continuously for five minutes for corn fresh from the garden, or from ten to fifteen minutes for market corn. Overcooking toughens the most tender corn. Old corn may be improved by rubbing the corn kernels with sugar, letting them stand one hour, then cooking in water made acid by one teaspoon of vinegar to each quart.

planted in all gardens and served on all tables.

I once translated 150 French recipes for cooking lettuce, and these had various bits of introduction giving these entertaining historical facts. One of the entertaining statements made was this: "The culinary methods of the Greeks and Romans have been transmitted to us with great imprecision."

But the great French cook, Carême, made some decisions about it, while the work of others shows that in Charlemagne's time—his cook wore a sword and fought for his king masterfully—lettuce was used in soups, stews, and cooked and served as a vegetable.

Why, then, have people forgotten mostly that lettuce can be cooked, as it can, at any stage of its growth beyond the seed leaflets, and may even be delicious when it has spindled up to blossom to bear seeds?

With Sauces.

Though the French specialize in braised lettuce, they seem to know all the ways it may be prepared and varied. On their authority we have it that lettuce cooked and arranged on a dish with hot melted butter poured over it is English lettuce; that when served in white sauce it is German lettuce; that when served in a rich brown gravy, so being almost equal to a meat dish, it is Spanish lettuce.

It is made quite like a meat dish by stuffing it and serving it with egg. As for ourselves, we may learn that no sauce pleases us better than a little hot cream, which may be modified variously. But it may also be served with the fine Hollandaise, or the humble Creole, or sauces that are made according to what you have in your frying pan, like the butter in which ham has been fried.

Easy and Quick.

A nice big head of leaf lettuce—spindling heads are a little more trouble—may be inspected, washed, cut up on a board, blanched or not as one chooses, and put to cook in a little butter with almost less trouble than we can prepare any other vegetable. After it is once cooked there are many ways to finish it, as suggested by the use of the different sauces, etc.

There are more ways of finishing cooked head lettuce than of finishing leaf lettuce, but the first direction for cooking head lettuce, no matter how it is to be finished, is quite generally this: Pull the head to pieces, wash, drop it into boiling water, usually but for the briefest time, rinse with cold water, drain and press it dry. After that it may be cooked in plain water, in butter, in meat stock, in a thickened meat gravy or in some sauce, or perhaps a puree for soup will be made.

Puree of Lettuce.

This is a French recipe for a preparation much used in France because of its economical aspects, as well as its esthetic: Blanch, braise, or stew lettuce in butter, cook dry and put it through a fine strainer. Heat up again after the straining with a little butter and seasonings, and use it as a vegetable or as a garnish. The French recipe says this puree can be used as a garnish for entrées, meats, fish, eggs, etc., or when combined with butter or cream or gravy or sauces it is used

independently. It is used for a stuffing by adding to it one-fourth its measure of mashed potato.

Lettuce can be cooked without meat gravies, and be almost as savory as with them, especially when cream is used. In such preparations it is used in crusts of pastry, in frying batters, or is made up with other mixtures into croquettes and all the relatives of this form.

Braised Lettuce.

Plain braised lettuce, which is hardly different from stewed lettuce, is the favorite general preparation in French cookery, to which we must go if we wish to learn lettuce cookery. In this case it is given the initial preparation of blanching, and a head of lettuce may be cut in two or in quarters, stuffed with something, arranged in a saucepan and further cooked. It is possible to do work that seems quite elaborate in braising this vegetable, yet it is really easy.

One definition of braised lettuce is lettuce which has been blanched and squeezed dry, and then put to cook in meat stock, with a slice of salt pork and some seasoning vegetables. It should be in a small pan and covered and cooked over a tiny fire. With gentle cooking it keeps its green color, but with much heat it turns yellow, which is not an advantage.

When fine sauces are to be used with lettuce this is a good way to prepare it. A more humble way of doing the work can be devised, as when one has a fried ham in butter. Add a little water to the pan and you have something in which to braise lettuce which has been blanched first. Add several tomatoes or some tomato sauce, one onion, or the juice only, and two or three carrots sliced thin. Add a bit of sugar and some salt if needed, and cook.

Chiffonade I.

This method of cooking lettuce gets its name from the way the lettuce is cut up, which is slaw fashion, called chiffonade, in French. A chiffonade salad is lettuce cut in this fashion, and it is an excellent way to cut it when it is to be used in soup, as well as when it is to be stewed or braised. Look over two large heads of lettuce carefully, wash thoroughly, and cut them up like slaw.

Put into a pan and pour boiling water over it and generally pour it off immediately and rinse the lettuce in cold water, drain it and squeeze it dry, then put into a small saucepan in which have been melted two tablespoons of butter. Cover the pan and cook gently until the lettuce is tender—ten minutes. Season and use plain as a green or garnish or serve with any preferred sauce.

Chiffonade II.

Squeeze up a handful of lettuce after it is washed and cut it across slaw fashion. Instead of pouring boiling water on the cut up lettuce, put it to cook without doing so in the butter, covering the pan quickly so that the lettuce cannot wilt but will begin to steam at once. This method of cooking is sometimes called melted lettuce.

Lettuce Soup.

Lettuce cooked chiffonade style may be added to a thick soup, whether cream or a meat soup to make lettuce soup, and it may be a great addition

Corn Succotash

2 cups corn cut from cob
 Corn cobs
 1 cup green Lima beans
 1 teaspoon salt
 1/4 teaspoon pepper
 2 tablespoons butter

PUT the corncobs and green Lima beans in a kettle, add water enough to cover, bring to the boiling-point, cover, and cook slowly over a low flame for one hour. Remove cobs. Add the corn, salt, and pepper. Simmer gently for thirty minutes over a low flame. Add the butter (this quantity may be doubled if desired) and serve hot.

to something that was not eminently good. It may also be added to a bean or pea soup to give a lively quality. When the lettuce is to be added to soup it is best almost truly melted, or cooked for ten minutes, first, and it may be blanched first or not.

The chiffonade or melted lettuce may be used cold with a boiled egg garnish for a salad. Or it may be used hot with the hot bacon dressing such as is used for wilted lettuce—it is really the perfection of wilted lettuce.

Cooked Lettuce on Toast.

Adding hot cream to lettuce cooked chiffonade fashion truly makes for height of quality, and there is no prettier way of serving it when so cooked. It is delicious on toast, and is as quickly prepared as a Welsh rabbit, as well as being a lighter digestive bit. Cut up two good heads of lettuce, blanch, stew in two tablespoons of butter, then boil up in two tablespoons of cream which is half reduced in the boiling because so small in quantity. Serve on toast or with boiled rice.

"Budino" (Italian).

Blanch a pound of lettuce, cool, drain, and press, then stew in butter and chop fine of sieve, as in making a purée. Stir briefly and rapidly over a hot fire to dry out the liquid, take it from the fire, and stir into it two or three beaten eggs, and season with a bit of salt, pepper, and mustard, and mix well. Butter a baking dish and fill it with the preparation.

Bake it for thirty minutes with hot water around the dish. Take from the oven, let stand a few minutes, and unmold. It will be more compact if allowed to stand. Pour over it a superior cream sauce, or hot butter or hot cream. With meat and gravy this can be served from the mold as a side dish, but with a sauce it is a good vegetarian center dish.
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Uxbridge Friend Apples.

This is a delicious accompaniment for a Winter breakfast. Cut into eighths and core six or eight apples from each of which one strip of skin has been pared. Melt one tablespoonful each of butter and lard or pork or sausage fat in a frying pan; add the apples with two tablespoonfuls each of molasses and sugar and one of water; cover, cook rapidly until soft, taking care not to burn; remove the cover, let the juice boil away and the apples brown richly, stirring once or twice. The bottom slices should "candy" delectably.

Cooking Kidney Beans.

Pick over and wash one cup of kidney beans and put them to cook in the slowest way in four cups of water. Have the water cold at the start and the cooking utensil uncovered until the beans reach simmering point. Then when steam begins to escape cover and cook slowly until the beans are tender, or for about three hours.

These are serviceable plain or seasoned. Only a small amount of salt added finally is needed, but an onion, a carrot, or celery may be used, as may also an herb, as thyme.

There are certain rules which will apply to the cooking of all fresh vegetables—rules which will make it possible to serve the vegetables with nearly all of their original properties retained. First of all, cook them always in freshly and vigorously boiling water. Second, add only enough water to just cover the vegetable and let this boil down toward the end of the cooking as much as seems practicable. Third, add salt—one teaspoonful to each quart of water—only after the vegetable has been added to the boiling water and the boiling has again been resumed. Fourth, boil only until tender, not a moment longer.

Save the Vegetable Water

AFTER the vegetables have been placed in the boiling water, the cold vegetable will probably retard the boiling; so it is necessary to cover and bring back to the boiling point as rapidly as possible; then, if the vegetable is a green one, like peas, asparagus or spinach, the boiling should be continued with the cover off until the vegetable is just tender.

When too much water is used in cooking vegetables it takes the taste from the vegetable and leaves it flavorless. Also many of the mineral salts, so necessary in maintaining health, are dissolved in the water during cooking, and if there is a great quantity of this it is not always easy to find a way of utilizing it. Never discard the water in which vegetables are boiled. Instead, plan, whenever possible, to let the water cook down so that the quantity will not be excessive and use it with or without the addition of some milk in making a sauce to serve with the vegetable.

As it is not a good plan, as a rule, to serve more than one vegetable with a sauce at the same meal, it may not always prove convenient to use all the vegetable water in sauces. In that case, pour it off and save it for use the next day. With some of the left-over vegetable it will form the basis of an excellent cream soup for luncheon. Or it may be added to soup stock, stews, or chowders, if their preparation happens to be under way. Potato water may be used in the making of bread and muffins.

Stuffed Cabbage I.

The following is my own tested recipe for stuffed cabbage, but I have collected a large number of other ways of doing this work. First, to prepare the cabbage, remove the outside and coarser leaves of the head, cut off the stem so that the cabbage will stand squarely when set up for a vegetable centerpiece, if you choose to use it for that as you can do when the filling is of meat, or, if you are a vegetarian, when the filling is a vegetable one.

After it has been trimmed and washed, steam it until tender. When it is tender, take two forks and pull the leaves away from the heart and then roll in the top of them a little, first cutting out the center so as to leave space for a cup of stuffing, and additional stuffing may be put in between the leaves. When a vegetable stuffing cooked beforehand is put in, some melted butter is finally poured over the whole. With good work one may make this look like a great rose.

The all-vegetable stuffing may be made as follows: One medium sized onion, one stem of celery, one-half a green pepper—these all cut fine—and then one-half cup of ground carrots. The amounts here may be multiplied to suit. Put a little fat in the frying pan and cook these in it under a cover, and cook gently for half an hour without browning them. Then add one

cooked and chopped beet. To make this especially appetizing, but to add a meat element, cut up two slices of bacon fine—use the kitchen scissors—put this in a cold frying pan and stir it until the bits of bacon are a nice crisp light brown. Then put them into the stuffing and mix well.

KIDNEY BEAN LOAF (20¢)

- 1½ cups cooked kidney beans
- 1½ cups bread crumbs
- 1 egg
- ¾ cup canned milk
- ¾ cup water
- 1 teaspoon onion
- ¼ " salt
- ¼ " pepper

Mix beans, crumbs, salt, pepper and finely minced onion; add egg, milk and water; stir thoroughly. Turn into greased casserole and bake in a moderate oven (325 degrees) for 1 hour.

Russian Sweet Cabbage.

One of our foreign correspondents once sent from Russia the following recipe:

"One medium sized head of cabbage. Chop it into small pieces about two inches square. Three or four onions, also cut fine. Four or five cooking apples cut fine. Put this into a pot with one glass of water and cook slowly. Add one and a half soup spoons full of lard, one teaspoonful

caraway seeds, two or three teaspoons sugar, salt, and pepper.

"The apples should be vinegary enough to give this a sweet-sour flavor, but if the apples are not sour enough a dash of cider vinegar can be added. After cooking it, if the mixture is too thin, take two teaspoons of flour, mix with water, and then add. And cook twenty minutes after. If tomatoes are in season, two or three can also be used. Serve this cabbage with boiled frankfurters, and if you do not eat a third helping I will eat my hat."

You cannot chop cabbage in two inch square pieces, but instead take

LIMA BEAN LOAF (25¢)

- 2 cups cooked lima beans
- 1 cup cooked brown rice
- 1 teaspoon salt
- 1/8 " pepper
- ¼ cup chopped onion
- ¼ cup water
- 2 eggs
- ¼ cup canned milk
- ¼ " water
- 1/3 cup bacon drippings
- ½ " green pepper

Mash beans through colander; add rice, salt and pepper with onion and peppers, which have been cooked 5 minutes in ¼ cup water. Drop in eggs and stir thoroughly; then add canned milk, water and melted butter. Turn into greased casserole and bake in a moderate oven (325 degrees) for 1 hour.

SPINACH LOAF (25¢)

- 1 cup water
- 1 cup canned milk
- 2 eggs or 4 yolks
- 1/8 teaspoon pepper
- 2 cups chopped cooked spinach
- ½ teaspoon salt

Mix eggs and milk; add salt and pepper and stir in chopped, cooked spinach. Turn into greased bread pan and bake in a moderate oven (300 degrees) for 1 hour.

CASSEROLE OF VEGETABLES (20¢)

- 2 cups cabbage
- 2 " potatoes
- 1 " onion
- 2 " carrots
- 2 tablespoons green pepper
- 3 cups cold water
- 5 tablespoons butterine
- 3 " flour
- ½ cup crumbs or toast
- 1 teaspoon salt

Shred and cook cabbage in boiling water 7 minutes; cover remaining finely diced vegetables with 3 cups cold water. Boil 10 minutes; add salt and cook 5 minutes longer; then combine with cooked cabbage. Cream butterine and flour thoroughly; add a portion of hot vegetables; stir and add to rest of vegetables, mixing thoroughly. Turn into a casserole, cover with crumbs and bake 15 minutes in a moderate oven (350 degrees). Or if served on toast, cook vegetables 5 minutes longer instead of baking.

Stuffed Cabbage V.

In many of the cabbage rolls rice is used as an ingredient, as in the following recipe, which had the name Sarma when contributed. We think it would be much better to use little steel skewers than the toothpicks mentioned:

- "One large head cabbage
- "One pound chopped meat.
- "One cup rice.
- "One teaspoon salt.
- "One-quarter teaspoon pepper.
- "One large onion, grated.
- "One small can tomato pulp.
- "Two tablespoons salad oil.
- "Cut each leaf of cabbage separately; boil the leaves in plain water until soft enough to handle for filling. Mix the chopped meat, rice, salt and pepper, and grated onion. Mix all well in a bowl, place one tablespoon of this filling on each leaf of cabbage, roll, press in side, and hold with toothpicks. Place in a kettle and add enough water to cover. Boil one hour slowly. Heat salad oil, add one chopped onion, and let brown. Add tomato pulp, let boil up two minutes; stir this slowly into the filled cabbage, which has boiled one hour. Let all boil ten minutes. Serve warm or cold."

Stuffed Cabbage II.

A cabbage steamed as described above and filled with seasoned mashed potatoes enriched with an egg yolk, then basted with butter and browned lightly, makes a pleasant service of vegetables.

Fried Corn

3 cups corn cut from cob
2 tablespoons butter
½ teaspoon salt
¼ teaspoon pepper

CUT the raw corn from the cob in whole kernels. Pan-fry it with the seasonings in the hot butter, stirring constantly until browned, about five to ten minutes. Serve hot.

off each leaf, cut out the rib, and cut in squares. Use butter instead of lard, if you have none just tried out. Fresh cracklings would be good. It will take half an hour to cook cabbage, slowly, thus, with a few stirrings, and covered. Steam cooks the light top layers almost wholly. Better not use the flour.

There is an old idea that cabbage must be cooked in an open kettle. We have no faith that this is necessary, but believe that, like other greens which will rise to the surface of cooking water, if there is much

of it, the top ones will be less well cooked than the bottom, especially with hard boiling which makes any of the so-called greens bitter or rank and will make the mild cabbage lose quality.

Spanish Rice—1 cup rice, 1 teaspoon salt, 2 cups water, 1 can tomato soup, 2 medium onions and 2 pimientos cut up small, and 1 tablespoon butter. Bake in casserole one hour.

ESCALLOPED POTATOES

4 cups sliced raw potatoes
4 tablespoons butter
1 teaspoon salt
3/4 " pepper
3 tablespoons flour
2 cups milk
Buttered bread crumbs

Cover bottom of greased baking dish with a layer of sliced raw potatoes; sprinkle with salt, pepper and flour and dot with butter. Repeat layers until all materials are used, then sprinkle buttered crumbs on top. Cover with milk and bake in moderate oven (350 degrees) for 1 1/2 hours.

TOMATO SAUTE

Slice tomatoes 1/4-inch thick. Season, dip in crumbs, egg and crumbs again and saute in hot fat until browned and crisp.

Boiled Corn Husks. Use only perfectly fresh garden corn. Remove the outer layers of the husk, pull the inner layers down carefully, remove the silk, pull husks back into position, and tie the end with a bit of thread. Cook as for boiled or steamed corn. Serve in the husks, or peel the husks back and curl them under, fastening them with the corn-holders, as pictured.

Cutting Up Cabbage.

Cabbage cut evenly fine cooks quickly and evenly, and may be as attractive and even finer than cauliflower when fastidiously managed. One way to cut a cabbage fine is to stand it stem end down on a board—after removing the imperfect outer leaves, and cutting off the stems squarely. Now slice through it, except for the last little edge, in even and thin slices. This little bit is saved to prevent it from falling apart when we turn it around to make cuts at right angles to the first. Finally, cut a slice off the bottom and the whole will fall into bits, except for the slit core which can easily be removed. It can be beautifully cooked now in ten minutes.

Cabbage and Green Pepper Relish.

Mix well together one cupful finely shredded cabbage, one-third cupful each minced green and red pepper. Add a well-seasoned French dressing made as follows: Rub the bottom of a bowl with a cut clove of garlic. Add three tablespoons vinegar and one-half cupful olive-oil, a speck of cayenne, one-fourth teaspoonful salt, one teaspoonful brown sugar and a small piece of ice. Beat until thick and creamy.

"Carrots with Raisins" make an unusual, but none the less delicious, vegetable dish.

Wash, scrape and cut the carrots into fine rondelles. Cook in melted butter, sprinkle with flour and moisten with a bit of bouillon (or red wine, if it can be had).

When they are half-cooked, add a handful of Malaga raisins and recover the casserole. The cooking should be very slow. When the raisins begin to puff up and the sauce becomes creamy, the dish is done.

In order to counteract the sweetness of the raisins, add a mere speck of salt and pepper.

Surround with a wreath of puree of peas with freshly fried croutons.

Select potatoes of uniform shape and size so that uniform pieces will be the result. Wash and pare the required number of potatoes thinly to avoid waste and remove all eyes. The potatoes should immediately be dropped into cold water to prevent their discoloring.

The potatoes may be cut in a variety of shapes to suit the house-

wife's preference. If they are small, they may be cut in about eight or ten lengthwise pieces resembling orange sections. A very popular way of cutting the potatoes is in strips. They are first cut in slices one-fourth-inch thick, and these slices are then cut in one-fourth-inch strips. A French potato cutter will facilitate the cutting of these strips. These narrow strips are sometimes called "shoestring potatoes." But in whatever form the potatoes are cut, they must be dropped again into cold water at once. The water must completely cover them, to prevent their turning dark. Allow them to soak for one hour.

Fill a fat kettle with any preferred fat; insert a fat thermometer and heat it to 395 degrees Fahrenheit. This temperature has been found

most satisfactory, as a higher temperature will brown the potatoes before they are cooked, and a lower temperature will not brown them satisfactorily.

Remove a few of the potatoes from the cold water, drain them, and then dry them thoroughly on a towel. It is important to wipe off as much water as possible to prevent excessive spattering of the fat. A wire frying basket is almost necessary when preparing French fried potatoes, as it greatly facilitates the lowering of the potatoes into the fat and raising them out again. Place a layer of potato strips in the basket, taking care that they do not rest on top of each other.

When the temperature of the fat is 395 degrees F., lower the basket of potatoes for about four and one-half minutes or until they are a golden brown. Drain them on crushed paper and sprinkle with salt. Garnish the potatoes with sprigs of parsley and serve at once.

There are a number of variations of French fried potatoes which are almost as simple to prepare. For shredded potatoes or potato straws, cut the potatoes in one-eighth-inch strips. They may be also cut into balls of elliptical shapes with French vegetable cutters, or in cubes, and fried in the same way. These may be served as a separate dish, or rolled in chopped parsley and used as a garnish for boiled or baked fish. For potato curls, cut the potatoes in one-half-inch slices; then cut around and around to form curls and let stand in cold water for 30 minutes. Drain, dry, and fry in deep fat at 395 degrees Fahrenheit.

Kidney Beans and Rice.

In spite of the host's (of North Carolina) fears about the Yankees, the New England breed, or certain representatives of them, do not find this variety of bean or pea as agreeable as the spley kidney bean. The combination of kidney beans and rice is a most appetizing dish, and can be pleasing to the eye if each one is cooked separately and then the two are combined with butter. It is an excellent luncheon dish for winter.

Pot Roasted Tomatoes.

If there was but one way of baking tomatoes it would not be as easy to have them as a most desirable garnish for the roast meats, beefsteak, pot roasted meat, etc., as it is, while it would not be difficult to find a dozen ways, plain and seasoned. If you do not want to make them in the pan with the meat roasting, get out the small pot roasting kettle and for a pound of tomatoes take one tablespoon of butter and about three tablespoons of water. Arrange the tomatoes in the kettle, cover and bake twenty minutes without enough fire to burn the butter.

Tomatoes may be baked whole or cut in halves in this fashion, but we recommend that they be used whole and peeled before they are served. It is easy to peel them because the pulp shrinks as they bake and the skin is loosened.

We have before now recommended the baking of a plain tomato in a custard cup, along with the baked potato, to those who cook for one per-

son. Wash and cut out the stem end of the tomato, put it into the custard cup and set the cup along side the potato baking when it is partly done. The tomato may be peeled first. Have the blossom end up in the cup and when it is done, cut it across at right angles and add butter, and eat from the cup with a spoon.

A family way of baking tomatoes is to cut them in halves, put them in a deep baking dish, season to taste, sprinkle bread crumbs over—prepared mushrooms are better—add a few drops of butter and bake in a moderate oven twenty minutes to one-half hour.

Cooking Asparagus.

If you wish to cook asparagus, so that the entire ends will be tender and the tips unbroken, purchase an inexpensive tin coffee or tea pot and keep just for this purpose. Stand upright in the container with water to half cover the stalks. Simmer gently until

COMPOSITE OF FRESH VEGETABLES.

Two cups carrots, 2 bunches green onions, 1 pound green peas, 1/2 teaspoon salt, 1 cup boiling water, 1-3 cup butter, 4 tablespoons fresh cream, 4 tablespoons parsley.

Dice or slice carrots and chop onions; add peas, salt and boiling water and boil gently 12 minutes, stirring occasionally. Remove from fire; add butter, cream and finely chopped parsley. Serve hot.

Fan Potatoes.

4 potatoes.
12 toothpicks.
1/2 teaspoon salt.
1/2 cup fat (drippings or butter).
Deep fat for frying.

Scrub the potatoes, peel, and cut lengthwise into slices 1/4 inch thick. Cut into strips 1/4 inch wide. Fasten five of these strips together at one end with wooden toothpicks. Spread the open end fan shape and parboil for ten minutes. Drain thoroughly, spread in an open roasting pan. Baste with the melted fat and bake in a hot oven (400 degrees F.) until tender; or for about twelve minutes, basting from time to time. Sprinkle with salt and serve hot.

Dandelions with bacon is a good luncheon dish. Clean one-half a peck of dandelion greens. Cook until tender in salted water, then drain thoroughly. Dice six slices of bacon and fry until crisp and brown, pour off half the fat and to it add one-half cupful of mild vinegar, one teaspoonful of salt and one-fourth teaspoonful of pepper. Mix the dandelion greens with the bacon and add the sauce. Garnish with hard-cooked eggs sliced.

"Hot Slavo" is the dish which goes between vegetables and salad. Remove the green leaves from a firm head of cabbage and cover with boiling salt water. Cook until tender but not too soft so that it loses its shape. Remove and drain in a sieve and then bake in the oven until ready to serve. It should remain for about fifteen or twenty minutes. Just before carrying to the table, pour over a thick cream white sauce.

For "Flemish Endives" wipe the white stalks carefully; they must never be washed or they will be bitter when cooked. Alternate with layers of salt pork in an earthen terrine and add a few lumps of butter. Bake for two hours and serve hot.

Buttered Lima Beans—Wash lima beans and cover with boiling water. Boil gently until tender, about 45 minutes. Drain and serve with melted butter, salt and pepper.

BAKED POTATOES.

Select even sized potatoes scrub clean; bake in a moderate oven (350 degrees) one hour or until soft. Remove from oven gash with a knife at once in the shape of a cross and squeeze potato at bottom to make it puff out. Place a piece of butter in opening; sprinkle with paprika, and serve at once.

BUTTERED CAULIFLOWER.

Wash cauliflower thoroughly and divide into flowerets; drop into boiling water and boil until tender. Drain and serve with butter salt and pepper.

Never add salt to the cooking water, as this tends to shrivel and toughen the kernels. Save the salt for the melted butter with which it is eaten.

Have fresh water rapidly boiling with quantities of oxygen bubbles present; have the ears picked clean of "hair," and broken in half if very large; add a tablespoon of sugar to the water; drop in the ears, and when the water again bubbles your corn is ready to eat! This should not take more

Curled Celery.

Curled celery is easily prepared and may be used as a garnish or the salad plate. Cut tender stalks into three-inch pieces. Slash the ends into thin strips one inch long. Slightly cut the outer fiber at the base of these slashes. Leave in ice water for three hours and the ends will curl back.

TABLE FOR CREAM SOUPS

| Soup—cream of | Salt | Pepper | Onion | Vegetable | Variation to be used or not, as one chooses |
|-------------------------|--------------|---|---------------------|--|---|
| Asparagus | 1½ teaspoons | ½ teaspoon; also paprika | 1 teaspoon grated | 1 cup pulp or sliced cooked asparagus tips or both | Add egg, or an equal quantity of bouillon, or both |
| Celery | 1½ teaspoons | ½ teaspoon; dash of paprika | 1 teaspoon grated | 1 cup celery pulp or 1 cup cooked, sliced celery, or both | Add egg, or ¼ cup finely shredded cooked carrot |
| Cucumber | 2 teaspoons | ¼ teaspoon | ½ tablespoon grated | 2 blades of mace, 3 large cucumbers seeded, cooked, and pulped | Add 2 egg yolks, or ¼ cup finely shredded cooked carrot |
| Corn | 1½ teaspoons | ½ teaspoon; dash of paprika | 1 teaspoon grated | 1 cup scraped cooked corn | Add egg, or ¼ cup finely shredded cooked carrot or 1 minced sweet red pepper or pimento |
| Lettuce or Curly Endive | 1½ teaspoons | ½ teaspoon | 1 teaspoon grated | ⅓ to ½ cup cooked pulped lettuce or curly endive | Add 2 tablespoons grated cheese to each service just before serving, or ¼ cup finely shredded cooked carrot |
| Pea | 1½ teaspoons | ½ teaspoon and dash of paprika, or ¼ teaspoon cayenne | 1 teaspoon grated | 1½ cups cooked peas pulped, or ½ cup pulped peapods washed and boiled one hour after putting on in cold water | Add ¼ cup finely shredded cooked carrot and ¼ cup cooked peas left whole, or egg, or bouillon |
| Spinach | 1½ teaspoons | ½ teaspoon; dash of paprika | None | 1 cup cooked sieved spinach | Add ¼ cup finely shredded cooked carrot, or egg, or bouillon |
| Tomato | 1½ teaspoons | ½ teaspoon | 1 tablespoon minced | 1 quart canned tomatoes cooked with 1 bay leaf, 1 teaspoon sugar, 1 clove, ¼ teaspoon celery seed cooked altogether for ten minutes and sieved | Add 4 tablespoons flour mixed with ¼ cup water slowly to the hot tomato. Stir and cook until thickened and add hot to the hot sauce |

Foundation White Sauce

1 quart whole milk ¼ cup or 4 tablespoons
¼ cup flour butter

ELT the butter over a low flame. Remove from the fire, mix in the flour, and stir to a smooth paste. Gradually stir in one cup of the milk, stirring constantly to make a smooth mixture. Return to the fire and stir and cook until thickened. Add a second cup of milk and stir the mixture has been stirred and cooked ten minutes, add the remaining milk and stir as called for with the proportion of vegetable and seasonings given in any of the Cream recipes in center box.

Method of Preparation: Add the vegetable pulp and seasonings to the recipe of Foundation White Sauce. Cook in a double boiler for half an hour, except for Cream of Tomato Soup, which has a special method of mixing, as given under the heading of Variations.

Key to Variations in table at center: Add egg: Beat one whole egg or two egg yolks and pour the hot soup over the beaten egg. Return to the double boiler for one minute. Serve hot.

Add Bouillon: Add an equal quantity of hot bouillon or broth to the hot cream soup. Whipped cream, croutons, or chopped parsley make pleasant additions.

Soup Stock

1 pound soup bone { one-third meat
one-third bone
one-third fat
1 quart cold water 1 tablespoon various
1 teaspoon salt vegetables

CRACK or saw the meat bone open so that the juices of the marrow may flavor the soup. Remove the meat and chop it fine. Add the cold water and salt to the chopped meat, split bone,

and fat in a kettle, and one tablespoon each of a variety of vegetables (those chosen being optional) that have been finely chopped or shredded. Left-over vegetables may be used, but the quantity in such case should be increased, as the cooked vegetables contain less flavor than the raw. Heat the soup very slowly, so that the cold water may extract as much flavor as possible (in fact, if a large double boiler is available, it is wise to cook the soup slowly over water). A

few hours' soaking is to be advised if the time permits before the cooking process is started. Heat gently for several hours. Strain if desired. Clear, cool, remove fat layer, and reheat before serving.

Julienne or Vegetable Soup

2 carrots 4 stalks celery
2 turnips ½ teaspoon celery
2 onions or leeks 1 quart soup stock
3 or 4 lettuce leaves 1 tablespoon butter

CUT the vegetables in matchlike strips and cook in butter until savory but only slightly browned. Add lettuce, shredded, sugar, and stock. Simmer gently one hour. About thirty minutes before serving, add four tablespoons of fresh peas and sliced asparagus tips. Serve with croutons.

Another Cabbage Soup.

Shred cabbage extremely fine. For a pint of the shredded cabbage allow two or three chopped onions. Put an ounce of butter in a frying pan, add the onions and cabbage, and stir over the fire until the cabbage wilts.

Then stir in a tablespoon or a little more of flour and add a quart and a

half of water. Bring this to a boil, skim, and add one or two potatoes cut fine, a carrot cut in Julien strips, a little celery, if you have it, and cook this soup for one hour.

Soups

BARLEY SOUP.

Bones from left-over fowl or other meat, 1 onion, a small piece of bay leaf, ¼ cup left-over celery foliage, 2 teaspoons salt, 8 cups cold water, ¼ cup whole barley, 4 tablespoons grated carrot, 4 tablespoons finely chopped parsley.

Place first five ingredients in kettle and cover with cold water; bring slowly to boiling point and simmer gently forty-five minutes. Strain; add barley and simmer thirty-five minutes. Add carrot and parsley and boil eight minutes. Serve immediately.

"Chestnut Soup" makes a change from the usual fifty-seven varieties.

Melt one ounce of butter in a pan and let brown a little. Stir in one ounce of flour and let this also brown. Pour in the stocks gradually and stir until boiling. Let simmer for fifteen minutes.

Remove the shells and skins from one pound of chestnuts and add them to the soup. Cook for thirty minutes, or until the nuts are soft, but not in a pulp. Season to taste and serve.

"Velvet Cresson Soup" is one of the Frenchman's favorites.

Brown with butter a little cream of rice flour previously moistened with a little milk and let boil.

Clean and blanch the cress and add to the mixture. Add sufficient milk and let cook slowly for two hours. Pass through a sieve and bind with thick cream and the yolks of two eggs.

At the moment of serving add the juice of watercress obtained by pressing in a mortar. Add a large lump of butter and serve with freshly fried croutons.

Bean Soup—Wash beans, then put them on in cold water and parboil for one hour. Add a little soda to water. Then pour into a colander and drain. Put back on pot, add boiling water, the amount desired for soup, season with bacon drippings, onion, small piece of garlic, white potatoes, cut in cubes, enough tomatoes to taste (too many will make the soup taste sour), salt, black and red pepper to taste. Cook slowly.

Cabbage and Corn Soup.

Cut one-eighth pound of salt pork into dice and fry gently. When the fat commences to fry out add one onion cut in fine pieces and cook it gently. Next add half a can of corn or its equivalent in new sweet corn, one medium sized raw potato, one pint of water, and cook the whole until the potato is soft. Then add to it one pint of the thinnest white sauce, that is, a sauce made of one pint of milk, one tablespoon of butter, and one of flour cooked and stirred for about ten minutes. This can be made without the onion.

size again the thickening, let us say that it makes the soup seem more substantial, but the potato may add its part in thickening the soup, also.

Cream of Celery Soup.
Cut one root (or stalk) of celery into inch pieces and boil in one pint of water with a slice of onion and a sprig of parsley. When tender pass it through a colander and put in a double boiler with one pint of milk. Add one tablespoonful each of butter and flour, which have been creamed together, and boil for ten minutes. Serve

quarter of a cup, or a little more, of flour, stirring it until it is mixed smooth or blended perfectly with the fat and other ingredients. Now add one quart and a half of water and stir until the liquid thickens. We have great faith in the attractiveness of the liquid base so thickened, as compared with one without a thickening. To this basic preparation add one small cabbage from which the leaves have been removed one by one and cut in nice squares.

Near Russian Cabbage Soup.
Cut up a sixth of a pound of salt pork into squares and gently fry it to get the fat, preferably in a kettle in which the soup is to be cooked. Take up the cooked pork and gently stew in the fat, without coloring them, two sliced onions. With the cover on these will cook in about five minutes. Then put in three medium carrots scraped and sliced thin, stirring them in the fat. Then stir into fat one-

Slice the stem part exceedingly thin and use it as well as the leaves. Simmer the whole for three-quarters of an hour, then add one sliced potato, or more if you like, and one small tomato cut in bits.

Cook for one-half hour longer. In the true Russian soup, beets are added to this combination, which is probably made in as many ways as there are cooks who make it. To empha-

Potato Soups.

Cream of Potato Soups.—The lone liver, or hall bedroom cook, should know how to make the potato soups, varying in character from the potato chowder—potato and onions in slices and wet up Boston crackers in unthickened milk—to the thick creamy purée. The latter need be no more than a fine mashed potato thinned with hot milk. Some addition of onion is always permissible.

Potato Soup by Calories.—One pound of potatoes [three medium or five small] may yield over 500 calories—edible portion—but average 385, five or six cups of water, two-thirds of a glass of milk [100 calories], one ounce of butter [200 calories], seasonings. Instead of much water use only enough to cook the potatoes in—and with good cooking this may be as little as one cup—much more milk may be added, after they are cooked and mashed. A goodly portion of cream may be added, or make it top milk, and then each cup of it may be thickened with a tablespoon of flour—no great caloric addition unless butter is used with it.

Cut up the potatoes and cook with the water. Mash and beat smooth with butter and cream, or without, and add hot milk. It is easily possible to make this soup [four portions] so that each of four people will get 200 calories per serving, which they may increase by eating crackers with it. An egg may be added to each plate and whipped with the hot soup. When made like a chowder, salt pork fat yielding 400 calories may be used at the start, with sliced onions.

Medicinally, milk or cream soups are excellent for colds and their relatives, or all mucous membrane troubles. They are pleasanter than the old fashioned gruels, which were used for the same purpose.

Savory Soup

2 quarts stock 1 bay leaf
2 onions, minced 2 egg yolks
1 carrot, minced 1 cup cream
1 sprig parsley 1 cup asparagus
2 stalks celery, tips, if desired
sliced

COMBINE first six ingredients and simmer gently for three hours. Mix egg yolks and cream until well blended. Slowly stir into the soup. Rub as much of the vegetable mixture as possible through a sieve. Add cooked asparagus and serve.

A mock oyster soup may be made by adding three-quarters of a cup of cabbage made in this way and cooked, to a cup of hot milk with no other seasoning but a little butter and salt, or add the same amount to a cup of good stock to make a stronger soup and one tasting as though of a mixture of vegetables. The stock may be slightly thickened.

PIMIENTO CREAM is delicate and delectable. Measure and combine two cupfuls of hot milk, and two cupfuls of veal or chicken stock (bouillon cubes may be used for the latter.) Place in the top of a double boiler and heat well. Meanwhile, cream together four tablespoonfuls of fat and three tablespoonfuls of flour, and add two tablespoonfuls of cold milk. Blend well and then add gradually to the mixture in the top of the double boiler while stirring constantly. Meanwhile, measure one-half of a small can of pimientos and press through a potato ricer. Add one teaspoonful of very finely grated onion, a speck of cayenne, one-half teaspoonful of salt, one-eighth teaspoonful of pepper, and one-fourth teaspoonful of tabasco sauce. Mix well and serve very hot with a bit of whipped cream on top of each serving. Accompany with toast strips on which grated cheese has been melted. Serves six.

Soup of Spring Vegetables is delightful for the main course of a luncheon, served with gingerbread and whipped cream for dessert. Prepare four medium-sized carrots, one Bermuda onion, three stalks of celery, half of a small parsnip, and one small turnip, and put all through the coarse knife of the meat chopper. Cook five minutes in three tablespoonfuls of fat. Then add one cupful of strained tomato juice, two quarts of water, two cloves, half of a bayleaf, one teaspoonful of salt, one-fourth teaspoonful of pepper and a dash of cayenne. Cover and let simmer two hours. Then add three teaspoonfuls each of any left-over vegetables such as peas and string beans. Add two tablespoonfuls of minute tapioca and cook fifteen minutes, or until the tapioca is tender. Serves six.

"Ham and Celery Soup" is one of the best French ones.

Mince two onions and brown in butter, sprinkling with a little flour. Moisten with two quarters of bouillon and add chopped ham. Let boil, then bind with double cream. When ready to serve add celery cut in fine dice. Do this at the last moment for the celery should not cool the bouillon.

"Potage Cyran" calls for tomatoes. Cut them into small pieces and put them in a casserole with an onion and bouquet of seasoning. When about half cooked add about two-fifths pound of bread for two pounds of tomatoes. This bread, including the crust, should be previously soaked in warm water.

Let simmer over a low fire, then pass through a sieve. Return to the casserole and add a good quantity of beef bouillon. When it begins to boil put in a spoonful of tapioca for each guest. Let cook for a few more minutes. When ready to serve, add two large spoonfuls of fresh cream.

TWO METHODS OF COOKING.

Cook slowly in what water adheres to the greens after carefully washing. Watch this cooking so that there will be no burning, using work to gently lift the leaves. Parboil slices of bacon, allowing at least three slices to a serving. Place the greens in a large dish and arrange the bacon around the edge as a garnish. Serve immediately.

Do not throw out the liquor in which the greens were cooked. Add to it a thin cream sauce and use as the base for a cream of spinach soup, to which one cup of chopped cooked spinach can be added. If you've never tried this dish you've a real treat in cream of spinach soup.

"Swedish Soup" is one of the specialties of the Scandinavian Foyer in Paris.

Peel three-fourths pound of potatoes and one onion and then slice them. Melt one ounce of butter in a pan, put in the vegetables and fry without browning. Add one quart of white stock and cook until the vegetables are tender. Rub through a sieve and return to a clean casserole and reheat.

Wash a few spinach leaves and dry them, then slice finely. Melt a little more butter, add the spinach and cook until tender.

When the soup is hot, add it to the warm milk. Mix egg yolks and cream together, add to the soup and stir until well mixed. It must not boil. Season well, add the spinach and serve.

Chicken Broth.

CLEAN a 3 or 4 pound chicken carefully. Disjoint, put in kettle with 1½ quarts cold water; bring slowly to the boiling point, skim and cook until chicken is very tender. Add about 2 teaspoons salt when chicken is half cooked. Strain and remove every particle of fat. A little carefully washed rice may be added to the broth after it is strained and skimmed. It is then cooked until the rice is soft.

TOMATO MAIGRE SOUP

Fry a sliced onion in drippings in the bottom of a soup pot. Add the chopped contents of a can of tomatoes and two cupfuls of boiling water. Stew till tender and run through a colander. Return to the fire, add a cupful of boiled rice, thicken with a tablespoonful of rice flour, boil up and serve.

Onion Soup.—In a quarter of a pound of butter brown three good-sized onions which have been cut in small pieces. In this again brown one large tablespoonful of flour; add enough water, or soup stock, to make it the consistency of cream, and let it boil. When well boiled, strain. Put in small croutons of bread and butter, and let it again come to a boil. Stir in two yolks of eggs, and serve.

NUT SOUP

Nut soup calls for one onion cut up fine and boiled in one and one-half cupfuls of water and one and one-half cupfuls of milk. When tender add pepper and salt and one cupful of mixed nuts that have been ground fine and mixed to a paste with one cupful of meat stock. Mix with the liquid and allow it to boil a minute. Serve very hot.

ONION SOUP.

Two and one-half cups soup stock, well seasoned; 1 finely chopped onion, ½ cup finely shredded carrot, 2 tablespoonfuls finely chopped parsley. Add vegetables to the soup stock and simmer gently 45 minutes. Serve at once with golden croutons.

Chocolate Soup.—A delicious soup is made with chocolate. The idea is bor-

rowed from the German *haus frau*, to whom we are indebted for the fruit soups so much in vogue at summer luncheons.

To make the soup, put half a cake of chocolate to soak in a pint of water; when soft, put it to cook. When it boils, add two tablespoonfuls of sugar, and a tablespoonful of flour rubbed smooth in half a cup of cold water. Let it cook slowly for five minutes; add one quart of hot milk, strain, stir in a teaspoon of ground cinnamon and a cup of whipped cream. Serve at once with crisp bread sticks or wafers. Blanched almonds, toasted, are passed with the soup.

Chocolate is an excellent standby in preparing desserts. It combines well with chestnuts and almonds, while lemon and orange, pineapple, and a few other fruits blend well with its flavor.

To Make Clear Tomato Soup

PUT one can of tomatoes, a pint of water, a slice of onion, a bay leaf, a teaspoonful of salt, a saltspoonful of pepper and a saltspoonful of mace in a saucepan over the fire. Cook for fifteen minutes and add two level tablespoonfuls of butter rubbed to a paste with four level tablespoonfuls of flour. Stir until boiling; strain through a sieve, reheat and serve with croûtons. To make croûtons, butter slices of bread and cut them into dice. Put these in a pan in the oven; watch them carefully until they are a golden brown.

Turnip Soup

SLICE twelve large turnips, four onions and four ounces of raw ham; put into a kettle with a tablespoonful of butter and a quart of stock. Simmer until done, then run through a sieve. Reheat and add a pint of sweet cream, a teaspoonful of sugar, and serve.

The Way to Make Croutons

THERE is quite an art in making good croutons. Do not fry them; they are greasy and indigestible. Nor must you spread them heavily with butter. Cut stale bread into slices half an inch thick. Trim off the crusts, cut the slices into cubes of half an inch, put them in a pan and toast slowly in the oven until crisp to the very centre. Shake frequently.

Drop Dumplings for Soup.—Break into a cup the whites of three eggs, fill the cup with water or milk. Pour it, with a cupful of sifted flour and a tablespoonful of butter, into a pot and let it boil until it leaves the sides of the pot clean. Then remove from the fire; stir until cold, and add the yolks of the three eggs. Keep stirring for about five minutes. Season it with salt and nutmeg, then drop with a teaspoon, which has been previously wet with cold water, into the boiling soup. These are called in German "Schwann Klaese."

Beef Soup

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|---------------------|-----------------------------|
| 2 Lbs. Shin of Beef | 1 Stalk of Celery |
| 1 Carrot | 2 Tablespoons of Barley |
| 1 Onion | 3 Pints of Water |
| 2 Cloves | Salt and Pepper |
| 6 Peppercorns | ½ Teaspoon of Caramel |
| ½ Bay Leaf | 1 Tablespoon of Corn-Starch |

CUT the meat into small pieces, removing every possible particle of fat; prepare the vegetables according to their needs, scraping the carrot, peeling the onion and scrubbing the celery. Wash the barley and slightly crush the cloves. Place the vegetables, bay leaf and peppercorns in a cheese-cloth bag so that they can be easily removed from the soup when their flavor is extracted. Put them into a saucepan, place the cut up meat and the bone with them, add the water (cold) and cook very slowly until the boiling point is reached. Skim carefully and then add the barley; cook all very slowly until meat and vegetables are tender, seasoning when about half done. Add a little water from time to time so as to keep the quantity about the same as when starting the cooking. Re-

move meat and vegetables from the soup, color it with the caramel (burnt sugar) and thicken it with the corn-starch moistened with a

Potato Soup.—Peel your potatoes and boil for a short time without salt. Then put into fresh boiling water, and add salt and a little good fat. In another pan brown some onions, cut fine, about a teaspoonful to every portion. One to two tablespoonfuls of flour are then browned with the onions. Pour this over the potatoes, and add a little parsley-root, finely cut leek, and a little celery. Then cook the whole about two hours, or until the potatoes are well cooked, and all is creamy. At the last minute add a piece of butter, and a little roast gravy if you have it.

ASPARAGUS SOUP

- | | |
|------------------------|------------------------|
| 3 cupfuls white stock | 1 pings |
| 1 can asparagus | 4 tablespoonfuls flour |
| 2 cupfuls cold water | 2 cupfuls scalded milk |
| 1 slice onion | Salt and pepper |
| 4 tablespoonfuls drip- | |
- Drain and rinse asparagus, reserve the tips and add stalks to cold water. Boil five minutes, drain, add stock and onions; boil thirty minutes, rub through a sieve. Thicken with drippings and flour blended together and cook ten minutes longer. Season with salt and pepper, add milk and tips just before serving.

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|-------------------------------|---------|
| 3 tablespoonfuls butter | 1 onion |
| 3 tablespoonfuls minced onion | |
| 3 tablespoonfuls flour | |
| 3 cups milk | |
| Salt, paprika | |
| 1 small tin pimento | |

Pimento Soup

Method: Melt the butter and cook the onion gently. Add the flour and milk to make a smooth sauce. Add the pimentos which have been mashed very fine and season with salt and pepper or paprika. Simmer for 5 or 10 minutes and serve, topped with a little chopped parsley.

little cold water. Be careful not to make it too thick. A little sherry can be added to the soup at the moment of serving, if this is desired. Some people like to cut a portion of the vegetables into small dice and serve them in the soup. This is a matter of individual taste and either method may be employed. This soup, like all others, is better if made a day before it is needed, so that it can be allowed to cool and every particle of the fat be skimmed off.

Foundation Punch—Four oranges, two lemons, one cup sugar and one-half cup water.

Squeeze the juice from the oranges and lemons. Boil the sugar and water to the thread stage. Add fruit juice and water to make two quarts. One cup chopped mint leaves may be steeped in boiling water, strained and substituted for part of the water.

Variety is gained by adding other fruit juices, sweetening if necessary with more of the syrup.

Berry Punch—Equal parts foundation punch and berry juice.

Cherry or Currant Punch—Three parts foundation to one part fruit juice.

Ginger Punch—Boil one-half pound cut Canton ginger in the foundation syrup.

Grape Punch—Equal parts foundation punch and grape juice.

Frosty Punch—Two cups of cold tea, a bunch of crushed mint leaves, the juice of two lemons and two oranges, one level cup of granulated sugar, and three whole cloves. Let stand on the ice for several hours. When ready to serve, strain and add one orange cut in bits, one pint of white grape juice, a few bits pineapple, and one quart of ginger ale. Pour into tall glasses, half filled with cracked ice.

Raspberry Mint—One quart lemonade, one pint raspberry syrup, cracked ice, one cup shredded pineapple and sprigs of fresh mint.

Sweeten the lemonade to taste before adding the grated pineapple and the raspberry syrup. Crush some mint leaves and add. Chill on ice for two hours, dilute with a little ice water, or cracked ice may be added. Garnish the tops of the glasses with floating sprigs of mint.

Hawaiian Punch—Two cups strong tea, one cup pineapple juice, one pint bottle charged water or ginger ale, juice of two lemons, juice of two oranges and one-half cup sugar.

Combine all ingredients. Serve over cracked ice. Garnish glasses with a slice of orange and one-fourth slice of pineapple.

Iced Cafe Au Lait—Make medium or strong coffee by the drip or percolator method and while it is being prepared scald an equal amount of fresh milk. Pour the coffee and hot milk together into the cups in equal amounts, one pot in each hand. Chill and serve iced with a serving of whipped cream on top.

Pineapples Smash—Boil together for ten minutes, two cups water and one cup sugar. Add one pint can grated pineapple and juice of three lemons. To one cup of mixture add one-half cup ice water and freeze until firm. Cool remainder and strain over block of ice. Add just before serving one and one-half pints ginger ale and serve in tall glasses with a ball of the pineapple sherbet in each glass. Garnish with sprigs of mint and maraschino cherries.

OATMEAL GRUEL.

½ cup coarse oatmeal, 1 teaspoon salt, 3 cups boiling water and milk.

Add the oatmeal and salt to the boiling water and cook three hours in a double boiler. Strain and dilute with milk or cream. If rolled oats are used, cook one hour.

Iced Coffee.

A refreshing drink for the afternoon tea or the little dance consists of strong cold coffee seasoned with sugar and cream and served in frappe cups with a spoonful of ice cream.

Orangeade.

This is delightfully refreshing. To make it squeeze the juice from six oranges and three lemons and add three cupfuls of sugar. Let it stand for 24 hours, on ice, and then dilute with sufficient water to make a palatable drink.

The fresh orange juice may be squeezed on shaved ice and sweetened with powder sugar and then diluted with vichy and iced water.

Cocktails

MACEDOINE Fruit Cocktail is indeed fragrant. Carefully remove the fleshy sections from three grapefruit, leaving all membrane. Measure and then add half as much diced canned pineapple and diced banana. Chill, and serve garnished with finely-chopped pistachio nuts.

Orange Cocktail au Naturel.

Select oranges that have pronounced oil cells on the skin. Carefully remove a thin layer of the outside peeling, with none of the inner white skin. Chop this fine and measure two tablespoonfuls. Add one cupful of water and one cupful of sugar and simmer gently for 10 or 15 minutes or until the syrup is well-flavored with orange. Chill, meanwhile arrange fleshy sections of orange, cut in halves, in the cocktail glasses. Pour over some of the orange syrup—about two tablespoonfuls for each serving.

Cauliflower Cocktail.

Cook one medium-sized head of cauliflower until tender. Separate the flowerets and cut them up rather coarsely. Chill well. Add two tomatoes which have been skinned and diced, and one teaspoonful of chopped chives. Marinate in one-third cupful of well-seasoned French dressing for 30 minutes. Serve in cocktail glasses, allowing one-third cupful for each serving. This recipe serves six.

Piquant Fruit Cocktail: Mix together one-half cupful of powdered sugar, one-half cupful of orange juice and one-third cupful of grape juice, and chill. Remove pits from one cupful of canned cherries, either white or red, and cut canned pears in cubes to the amount of one cupful. Place the fruit in cocktail glasses, alternating cherries and pears; fill with the liquid, and sprinkle each service with one-half tablespoonful of chopped crystallized ginger. Serves eight.

Iced Chocolate.

Prepare as follows: To one quart of water add seven tablespoonfuls of unsweetened cocoa, same of sugar, let boil about one half hour until it thickens, cool and place in the ice box. Two tablespoonfuls of this added to a glass of milk make a delicious drink. When this is mixed with seltzer it is as good as soda, but more wholesome. Milk may be taken with this preparation by persons who are usually unable to digest milk.

Tamarind Lemonade.

Buy 10 cents worth of dried tamarinds and stew them slowly in a granite saucepan until they are soft enough to squeeze out all the juice. Then add about the same quality of lemon juice, and water to double the quantity of liquid, and serve in tall glasses with plenty of chopped ice and sugar.

Barley Water Lemonade.

Put a scant quarter of a cup of barley into an earthen dish and cover with two or three quarts of boiling water. When cold strain and add lemon juice, sugar and water, with shaved ice, for a delicious and soothing lemonade.

Cooked Grape Juice.

Wash and drain clusters of Concord grapes, pick them from the stems, and put to cook in water to cover. Bring slowly to a boil, and when the grapes have burst strain the whole and seal the juice in thoroughly sterile bottles. Buy only the best of stoppers for the bottles and cover with paraffin or sealing wax. Even with this precaution it is best to keep bottled juice in a cold place. It is lively if unsterile, and corks and the juice will soon seek the ceiling when it is in this condition. It will keep a little better, perhaps, with sugar.

Mint Punch.

Chop fine and then pound to a paste 10 big stalks of mint. Add the juice of two lemons and half a cupful of powdered sugar and let stand for three hours. Add two bottles of imported or domestic ginger ale, some sprigs of mint and slices of lemon, and pour into glasses half filled with shaved ice.

Grape Juice.

Put shaved ice in each glass and over it pour the juice of half a lemon, sugar to taste, and equal quantities of ginger ale and grape juice.

A Fruit Drink

Valentine nectar may be served as a fruit drink. Dissolve two cups of sugar in the same amount of cold water; add the grated rind of the orange, taking care to use only the yellow part. Bring to boiling, strain and add to it the juice of two lemons and two oranges and one quart of raspberry or strawberry juice. Allow to chill well before using.

Sentimental punch is a delicious hot drink. Melt six full teaspoons of grated chocolate in a saucepan and add to it quickly six cups of boiling milk. When the chocolate is well dissolved add a teaspoon of vanilla and two tablespoons of strong clear coffee. Sweeten to taste and serve hot with a spoon of whipped cream on each cup.

CHICKEN BROTH.

Joint up a chicken and pour over it 2 quarts of cold water, add a small onion, ¼ teaspoonful salt and a little white pepper. Simmer 3 hours, or until the liquor is reduced to 1 quart, strain and cool. The next day remove every bit of fat, add 2 tablespoonfuls of boiled rice, if desired, and serve hot.

BEEF BROTH.

Allow 1 pound of beef to 1 quart of water, cut the beef into cubes about ½ inch in size, put into a granite kettle over the fire and let it simmer or cook slowly for 2 hours, then boil it for 2 hours. Remove from the stove, season with salt and pepper, and strain. When cold, skim of all fat, heat and serve hot.

One tablespoonful of oatmeal, rice or barley may be added to above recipe if desired, and should be put into the cold water when first put on to cook.

OATMEAL GRUEL.

Two tablespoonfuls oatmeal, 1 cup milk, 1 cup boiling water, 1 teaspoonful sugar, a little salt. Mix the oatmeal, salt and sugar, pour the boiling water over it, cook for 30 minutes and strain. Then add the milk, heat to boiling point, and serve hot.

FOR LOVERS OF CHOCOLATE

Cocoa possesses qualities that are lacking in tea and coffee. It contains valuable food elements, with a sufficient percentage of an alkaloid which is identical with the stimulant principle in tea and coffee; therefore a cup of chocolate is a refreshing, nourishing, and stimulating beverage. It aids nutrition, and does not play such havoc with the nerves and liver as tea and coffee.

A cup of chocolate is not merely an indulgence or luxury; it has a widely good effect over the entire system—the brain as well as the body reaps a benefit by its use. When it has bad effects, these are often due to the milk in which chocolate is invariably cooked.

If chocolate is boiled too long, the aroma is destroyed by the releasing of the vegetable oil it contains, and this gives the beverage a rank taste. For a cup of chocolate that is tempting and delicious in all ways, proceed in this wise:

Rasp some chocolate, place it in a saucepan, and to each two ounces allow half a pint of cold water; let it stand until the chocolate is soft, place over the fire, and when it boils, cook one minute. Work it briskly with a chocolate mill or an egg beater, then serve at once, adding at the last moment a tablespoon of whipped cream to each cup.

Often when one is unable to sleep or eat, a cup of hot, well flavored chocolate will replenish the exhausted nerves and tide them past the strain. It imparts a sense of strength and suits an exigent appetite.

Maple Milk Shake is delicious enough for party serving and nothing could be more tempting at an afternoon affair in the garden, a card party, or an alfresco luncheon. For each serving place in the shaker two tablespoonfuls of thick maple sirup, one tablespoonful of vanilla ice cream and one cupful of very cold rich milk. Shake vigorously. Serve in tall glasses, topping each for special occasions with a teaspoonful of whipped cream.

Pineapple Julep

Frequently in serving fruit considerable juice is left over, which may be satisfactorily used in various beverages. Pineapple julep is made by crushing together one tablespoonful chopped mint leaves and two tablespoonfuls powdered sugar. Over this is poured one cup pineapple juice, half a cup grapefruit juice, one tablespoonful lime juice and one cup cold water. Add chopped ice and set away to chill thoroughly before serving.

Beverages

Bottled syrup in the refrigerator will save time and waste of sugar, which is so hard to dissolve in cold water. Boil one cupful of sugar with one-half cupful of water for five minutes, bottle, and keep in the refrigerator. The syrup may be varied slightly by boiling thin shavings of orange or lemon skin with the sugar and water.

In the Summer you would do well to add a new shelf to your emergency closet and stock it with "punch possibilities." Add to your case of grape juice several cans of grapefruit, pineapple juice, and bottled orange juice. Carbonated water and ginger ale, give a zip to any drink and may be used in place of water in any of the following recipes. Then, too, it is a distinct saving of time, when you are in the kitchen in the morning, to squeeze as much orange or lemon juice as will be needed for the next day or so. Put it in jars in the refrigerator; it will be cold and ready for immediate use. The leftover juice from canned fruits may be stored and used in the same way. It seems to be impossible to make a combination of fruit juices which will not be more than just "good."

Make your iced drinks several hours before they are to be served, to give the fruit drinks time to ripen and the milk drinks time to become very cold. Ice should not be put directly into the milk drinks, as it may make them watery, and fruit drinks should be made strongly flavored enough to allow for dilution by melting ice. If you haven't a shaker, a glass quart measuring jar makes an excellent mixer for blending the different ingredients.

Dress up the fruit drinks with garnishes in variety. Berries in season look well and add color when mashed in the drink. Then there are cherries, green apples, and canned or fresh pineapple, with the old stand-by, mint, which adds flavor as well as a touch of green.

You will probably recognize some of the following recipes as old favorites with just a little difference. They may help you invent new recipes of your own.

Iced Tea Punch.

Place in a bowl two tablespoonfuls of tea and two tablespoonfuls of finely chopped mint. Pour over this four cupfuls of freshly boiling water. Cover and let stand three minutes. Strain. Add one-half cupful of sugar, one cupful of crushed ice, the juice and grated rind of two oranges and two lemons, and

the thin skins of one cucumber. Let stand three hours. Strain into a pitcher containing one cupful of crushed ice and one lemon sliced thin. Garnish with fresh mint.

Spiced Lime Juice.

Cook together for five minutes three-fourths cupful of sugar, one and one-half cupfuls of water, the rind of one lemon cut in thin strips, four whole cloves, an inch stick of cinnamon, and an inch stick of ginger root. Cool and add the juice of four limes. Color very light green with a color paste. Strain; add three cupfuls of water and one cup-

ful of chopped ice. Serve with fresh mint garnish.

Iced Turkish Coffee.

Add four teaspoonfuls of bottled liquid coffee to three cupfuls of boiling water or three cupfuls of coffee. Boil one minute. Beat two eggs slightly; add one-fourth cupful of sugar, the coffee, and one cupful of scalded milk. Cook in a double boiler until of the consistency of cream. Chill well. Just before serving fold in one cupful of whipped cream. Serve in tall glasses topped with a small spoonful of whipped cream.

SPICE CUPS.

Combine two and one-half cupfuls of orange juice, one cupful of pineapple juice, two cupfuls of water, and one-half cupful of sugar. Add the grated rind of one lemon, one tablespoonful of strained honey, six whole cloves, one-half teaspoonful each of grated nutmeg and cinnamon and one-fourth teaspoonful of allspice. Mix and let stand for three hours. Strain and add three pints of ginger ale. Stir briskly and serve in glasses containing a little cracked ice.

ROSE PUNCH.

Pour a quart of boiling water over two cupfuls of sugar and boil five

minutes. Cool and add one cupful of strained honey, one and one-half cupfuls of lemon juice, five and one-half cupfuls of orange juice, and one tablespoonful of rose water. Serve with cracked ice and a few rose petals floating on top.

AMBROSE PUNCH.

Combine the juice of three oranges, one grapefruit, one lemon and one-fourth cupful of pineapple juice. Stir in five chopped maraschino cherries, one slice of pineapple chopped, and one-half cupful of desiccated coconut. Dissolve one-half cupful of sugar in three cupfuls of water and add to the fruit juices. Chill and serve with a little cracked ice in the glasses.

CHERRY PUNCH.

Combine and mix together two cupfuls of cherry juice, one-half cupful of pineapple juice and the juice of two oranges and three lemons, and add one cupful of sugar. Add two cupfuls of tea infusion and one quart of ginger ale. Then stir in

one-half cupful of cherries cut in quarters, and one banana sliced. Serve with crushed ice in the glasses.

In Fruit Drinks.

The fruits may literally save our lives in summer time, and while satisfying the same sort of an appetite as the luxurious sugar items do, they may also help us to get water enough—sun-distilled, precious mineral water. With forethought we can make these take the place of the sweet beverages

and desserts, and here is a way to cut the sugar short in making pleasant drinks, and there are many such:

Melonade.—Add a half glass of water to the seeds of every cantaloupe cut in halves. Let this stand for awhile, drain off the water, and use it with a little lemon juice and considerably less sugar than is used for most glasses of lemonade, for a pleasing beverage. The finer and riper the melon, the finer the beverage.

The flavor and sweetness in these seeds is mostly an utter loss since they are thrown away, and we have reason to believe that there is other food worth here besides. Salvage it! Any such drink as this can have a bit of fizzy water added to it. This delicately flavored water from the melon seeds can also be utilized in making melon ices.

The refreshing effervescence of the soda-fountain drinks is an attraction rarely attempted at home, and yet a delicious glassful, bubbling and sparkling, can be ready at a moment's notice. An ounce and a half of tartaric acid added to a quart of fruit juice—raspberry, strawberry, currant or orange—with a pound of sugar, and all boiled together about ten minutes to form a sirup, make the basic compound. This should be cooled, bottled and sealed. When desired, fill a tumbler two-thirds full of very cold water and add two tablespoonfuls of the fruit sirup, then stir in briskly one-quarter teaspoonful of bicarbonate of soda. Add ice if desired very cold. Serve at once.

The Fruit Teas.

This is the season for "tisanes" or health drinks, hot drinks or brews of which the world has had a long list many flavored with spirit, but these drinks can be made on many a model. There is the Scandinavian fruit soup model, by which we can make dried fruit juices to alternate with the morning orange juice. To make these, proceed as follows:

Wash dried fruits thoroughly after inspecting them. This often means to rinse them off, then to add a slightly warm water, let it stand in that a few minutes, then rub each one from it and if necessary rinse all again, if judgment says so. When the fruit is clean, put it to soak

over night in once and a half its weight of water. In many cases the soaking liquid will be palatable without any addition, even sugar, but sometimes the sugar will improve it a good deal, and so will a little fresh orange or lemon juice.

An apple tea is an exceedingly agreeable and not expensive spring tea. Wash and cut one good sized apple into quarters without paring it, and then slice each quarter into four pieces. Pour one cup of boiling water on the apple and set in a warm place for two hours. It may be over the simmering burner turned to the lowest point it will keep alive, or a hot radiator will do. Another way to do is to heat a brick over a gas burner and set the tea on one end of it while the other is just over a low burner. After two hours strain off the water, add a little sugar, and a tablespoon of orange juice. To me this is a truly delicious drink, and I have said that it was a graceful one and cheering to sick or well.

To make a drink of the mulled order add six cloves and some candied ginger sliced when the apple is put to steep for two hours. This is good hot or cold, and may be varied with lemon juice.

A mint drink that is mild and lovely is made thus: Pour a cup of boiling water over a dozen sprigs of mint, let stand five minutes, drain off, add a teaspoon of lemon juice and sweeten to taste.

Lemon Shake.

ON a warm day a Lemon Shake will give added nourishment for a child or for a simple luncheon for an adult. For each glass, use the juice and rind of one-half lemon. Add two tablespoonfuls of syrup, one-half cupful of water, one-fourth cupful of crushed ice, and one egg-white well beaten. Mix in a shaker and shake well until thoroughly mixed. Pour into glasses.

Grape Punch.

Combine one cupful of grape juice, one-half cupful of grapefruit juice, four tablespoonfuls of lemon juice, and six tablespoonfuls of syrup. Add one cupful of

charged water and one cupful of crushed ice. Chill and serve.

Loganberry Julep.

Mix in a bowl one cupful of loganberry juice, one-half cupful of canned pineapple juice, one-half cupful of syrup, the juice of two lemons. Let stand one hour. Pour over crushed ice and add two cupfuls of charged water. Serve at once, garnished with mint.

Ginger Soda.

For unexpected guests, a ginger soda is easily prepared. Put a scoop of vanilla ice cream in a tall iced tea glass. Fill the glass with

ginger ale, pouring the ale slowly down the side of the glass. Serve at once with long spoons.

PINEAPPLE LEMONADE. Boil together one pint of water and one cupful of sugar for ten minutes. To this add one pint can of crushed pineapple and the juice of three lemons. Cool and strain. When serving pour into ice-filled glasses and float half a thinly cut slice of lemon in each glass.

SWITCHEL is an old farm drink which can be put together in varying proportions according to taste and which is always refreshing and snappy. I have found the following proportions most satisfactory. Mix together one teaspoonful of powdered ginger, half a cupful of sugar, one-quarter cupful of vinegar and four cupfuls of cold water. Boil together about ten minutes or until well blended, cool, and chill thoroughly.

POMONA PUNCH. Boil one quart of water with one cupful of sugar for twenty minutes. Add one quart of fresh apple cider, the juice of two lemons and two oranges. Cool and strain. This is also delicious frozen to frappé consistency.

FRUIT PUNCH. Boil together two pounds of sugar and two quarts of water to form a sirup. Add six oranges cut in thin slices and these halved, the juice of six oranges and six lemons, one can of crushed pineapple, half a

pound of white grapes, halved and seeded, four bananas, skinned and sliced, and a seven-ounce bottle of maraschino cherries. Chill thoroughly and mix with two quarts of charged water, one quart of ginger ale and one pint of black tea infusion. Pour over ice in a punch bowl to make very cold.

CURRENT COOL. Add one quart of cold water to half a glass of currant jelly. Beat with a rotary egg beater until the jelly is thoroughly dissolved. Add the juice of one lemon and drop in a few thin slices of lemon or strips of the rind. Serve very cold. The whipping makes a delicate foamy topping.

MINT JULEP. Squeeze the juice from five lemons, add a bunch of slightly bruised mint leaves, three-fourths cupful of sugar and a cupful of hot

water. Strain and add three pints of chilled ginger ale. Serve at once, garnished with mint leaves.

RASPBERRY MINT. To one quart of lemonade sweetened to taste, add one-half cupful of crushed raspberries and the bruised leaves from a sprig of mint. Chill for two hours and serve in tall glasses, each of which is garnished with a floating sprig of mint.

BRAN BEVERAGE. Pour one quart of hot water on three tablespoonfuls of fresh bran. When cool add the juice of three lemons and sugar to taste—about one-half cupful. Chill thoroughly.

Ginger Ale Punch—½ cup mint leaves, 1¼ cups sugar, juice of 3 lemons, 1 cup boiling water, 2 pints ginger ale and 1 pint grape juice.

The boiling water is poured over the mint leaves, the sugar and grated rind of the lemon, and the mixture allowed to cool. Then put cracked ice in a punch bowl. The grape juice, the ginger ale and the strained lemon juice are added and the whole garnished with sprigs of fresh, green mint.

Iced Cocoa—3 tablespoons cocoa, 4 tablespoons sugar, 1 cup boiling water and 1 quart scalded milk.

The milk should be scalded in the top of a double boiler. While it is heating, the sugar, cocoa and water mixed may be cooked for five or ten minutes with occasional stirring. The scalded milk is then added and the whole beaten with a Dover egg beater until a foam is formed over the top. When served cold, a glass should be filled two-thirds full of cracked ice and the cocoa poured on the ice. One tablespoon of sweetened whipped cream is added.

A Few Good Recipes for Making Bread

Plain Water Bread

4 Loaves

| | |
|------------------|-------------------------|
| 1 quart water | 1 cake compressed yeast |
| 2 teaspoons salt | 3 quarts sifted flour |

Measure out 1 quart warm water and pour it into the Bread Maker, reserving in the measure about $\frac{1}{2}$ cup of the luke warm water in which to thoroughly dissolve the yeast.

Pour the dissolved yeast into the Bread Maker, add salt and flour.

If shortening is added, put it into the quart measure before filling it up with the warm water.

Sugar can be added with the salt, if desired.

2. A thorough beating of the sponge to develop the gluten, making it elastic and buoyant.

3. A working in of the right amount of flour. Too stiff a dough makes a compact loaf. Too soft a dough makes a porous, coarse loaf.

4. An efficient kneading by a method such as will give a maximum amount of stretching of the dough in a minimum time. As you stretch the dough up from the base of your ball of dough, rotate the ball clockwise and well, thus accomplishing a double stretching action.

5. Maintenance of correct temperatures throughout the entire process in order to cultivate the growth of the yeast plants. A yeast cake is really a multitude of tiny, microscopic plants massed together and pressed in a cake of starchy dough. These plants must have the right temperature for growth—70° to 90° F. Then as the yeast plants thrive they feed on the sugar and flour, giving off a gas which pushes out with an evenly distributed pressure to form cells, causing the bread to rise. Cooling the dough below 70° F. checks the growth of these plants and delays this rising process; while heating above 90° F. kills the yeast plants and prevents further rising of the dough. If, then, the temperature is in doubt it is better to have it too low rather than too high. A chilled dough may quickly be heated if placed in a current of escaping steam.

6. A proper and thorough baking. The baking process kills off the yeast plants which prevents their further growth and a consequent souring of the dough. It also drives off alcohol, expands the loaf, and develops a browned, well-flavored crust. If you like the crust soft, your bread should be thoroughly baked and this softness produced by wrapping the warm bread in a clean towel to allow the crust to be steamed soft. A crisp crust, on the other hand, results from allowing the loaf to cool on a rack with a free circulation of air about it.

Rye Bread

4 Loaves

| | |
|---------------------|-------------------------|
| 1 pint scalded milk | 1 tablespoon lard |
| 1 pint warm water | 1 tablespoon butter |
| 2 tablespoons sugar | 3 teaspoons salt |
| 1 quart white flour | 2 quarts rye flour |
| | 1 cake compressed yeast |

Put into the quart measure the shortening, sugar, salt, milk and fill up with warm water. Let cool to luke warm.

Pour into the Bread Maker, reserving only enough of the liquid to thoroughly dissolve the yeast. Pour the dissolved yeast into the Bread Maker and add the wheat and rye flour.

Note—If hot rolls are desired for a later meal place the required quantity in the ice-box as soon as shaped and in the pan. About $\frac{1}{2}$ hour before the meal remove from the ice-box, brush rolls with melted butter and bake in a quick oven about 20 minutes.

Date Bread.

MIX 1 cup warm whole-wheat mush, $\frac{1}{4}$ cup light-brown sugar, $\frac{1}{4}$ teaspoon salt and 1 tablespoon butter. Dissolve $\frac{1}{4}$ yeast cake in $\frac{1}{4}$ cup lukewarm water. Combine with first mixture. Add 2 $\frac{1}{4}$ cups sifted flour and knead well. Cover and let stand overnight. Then knead well and cut in $\frac{2}{3}$ cup broken walnut meats and $\frac{2}{3}$ cup chopped dates. Shape in a loaf, let rise in buttered pan and bake about 50 minutes in a moderate oven.

SALT RISING BREAD.

AT NOON—Take three tablespoons fresh corn meal and add enough scalded milk while hot to form thick batter. Stir constantly. Keep in warm place until early next morning. (Note—If this is not light in the morning do not attempt to use. Discard and try again from another supply of corn meal.)

NEXT MORNING—Take $\frac{1}{4}$ tea spoon salt, $\frac{1}{4}$ teaspoon soda, 1 pint warm water and flour.

Add water to salt and soda. Add flour to make thick batter. Add yeast made from corn meal and beat well. Place the bowl containing this sponge in warm (not hot) water, and keep it warm, about blood heat. The sponge should be light in 1 $\frac{1}{2}$ hours.

ABOUT 1 $\frac{1}{2}$ HOURS LATER—Take 1 pint warm water and 1 pint scalded milk (cooled until lukewarm). Stir thick with flour. Let rise until double in size. This should take about 45 minutes.

ABOUT 45 MINUTES LATER—Add flour to make a medium dough and knead. Shape into loaves. Let rise.

ABOUT 1 $\frac{1}{2}$ HOURS LATER—Bake. All through to process rising bread the batters and dough can be kept much warmer than for ordinary yeast bread. All utensils must be very clean.

Whole Wheat Bread

| | |
|------------------------------------|--|
| 1 cake yeast | $\frac{1}{2}$ cup molasses |
| 2 tablespoons sugar | 1 $\frac{1}{2}$ quarts whole wheat flour |
| 1 quart lukewarm water | 1 tablespoon salt |
| 1 $\frac{1}{2}$ quarts white flour | |

Dissolve yeast and sugar in lukewarm water and add sifted white flour to make sponge; beat well. Cover and let rise until double in bulk, 1 $\frac{1}{2}$ hours. When risen add molasses, whole wheat flour and salt. Knead well and place in bowl. Cover and let rise until double in bulk, about 1 $\frac{1}{2}$ hours. Turn out, knead out gas, mould into loaves, place in baking pans; cover, let rise again until double in bulk, about 1 hour. Bake in hot oven (400 degrees) 15 minutes; reduce heat to moderate (350 degrees) for 45 minutes longer.

GOOD home-made bread and rolls are a real treat to any household. Although home-baked bread may not always pay, except for its superior flavor, home-baked rolls are usually somewhat cheaper than the baker's product.

The best fancy bread and rolls usually require eggs and also additional sugar and shortening. The eggs and additional fat retard the rising somewhat, so extra yeast is necessary, especially when baking by the short method. For this reason, then, rolls are best if mixed and handled as a softer dough than bread dough.

Perhaps the most common error in making rolls is that the dough is not allowed sufficient time for rising. A loose-textured fluffiness is essential.

All fancy bread-stuffs require a hotter oven so as to bake more quickly than bread. This insures a delicate crust and prevents them from becoming dried while baking. Hard, crusty rolls are produced by prolonging the time of baking and further drying in the warming-oven after baking.

Rolls

| | |
|---|---|
| $\frac{3}{4}$ cup scalded milk | 3 tablespoons shortening |
| 3 tablespoons sugar or, for variation, 2 to 4 tablespoons | or, for variation, 2 to 4 tablespoons |
| $\frac{3}{4}$ teaspoon salt | 1 egg or, for variation, 2 eggs or 1 egg and 1 yol' |
| $\frac{1}{2}$ to 2 cakes yeast | 3 cups flour |
| $\frac{1}{4}$ cup lukewarm water | |

SOFTEN the yeast in $\frac{1}{4}$ cup of lukewarm water. The large proportion of yeast yields a finished product in 2 hours. The small requires 4 to 5 hours. Bring the remaining liquid to the boiling-point. Place the sugar, salt, and fat in mixing-bowl and pour in the hot liquid. Let cool until lukewarm (98° F.), then add the softened yeast, beaten eggs, and a small portion of the flour.

Beat with a mechanical or Dover egg-beater for 5 to 10 minutes, until an elastic, smooth batter is formed. Gradually mix in the remaining flour, beating vigorously, and after the dough becomes stiff, knead in the rest of the flour. Kneading the dough thoroughly will gradually overcome any stickiness. When indented, the well kneaded dough should spring back into place.

Place the dough in a buttered vessel and turn the dough over several times to grease its surface. For rolls the container should be three times the size of the ball of dough put to rise. Cover the vessel with

wax paper and a cloth and set where it will keep at an even, slightly warm temperature (82° F.). When the dough is more than doubled in bulk, cut it down with a knife and let it rise again. This is not essential, but improves the texture of the finished product, so that if the time permits it is a wise step in the recipe.

Divide into rolls or cuts of the proper size and proceed to shape, handling as little as possible. Bake as directed in the recipes given herewith.

Cinnamon Rolls with Bread Dough

All measurements are level

Take 4 cups (2 lbs.) bread dough (made according to any of our recipes for bread), when ready to shape for the pans. Roll into long sheet $\frac{1}{2}$ inch in thickness. Butter, sprinkle with sugar and cinnamon. Roll as for jelly roll. Cut into 18 pieces. Set close together, cut side down, in buttered pan. Let rise until doubled.

Bread should be most thoroughly baked to the very centre of the loaf. As soon as it is taken from the oven turn it from the pans, place it on a wire screen or tip it on end to allow a free circulation of air. Never cover the bread either while it is cooling or while in the box, and do not put it into the bread-box until it is perfectly cold. Cloths carry germs of mould which grow rapidly on the bread and spoil its quality.

Butter tops, sprinkle with sugar and cinnamon and bake in quick oven about 20 minutes. For richer rolls cream together 2 tablespoons sugar, 2 tablespoons shortening, one egg, and add to bread dough when ready to knead down the first time, together with 1 up raisins and enough flour to make a medium dough. Let rise, then shape as described above. Let rise in pans and bake.

Maryland Biscuits

2 cups pastry flour
 2 Tblsps. Butter
 1/2 Teaspoon salt
 1/2 cup cold milk (about)

Sift and mix salt and flour. Cut in the butter with a knife and add enough ice cold milk to make a stiff dough. Knead it until it forms a smooth easily-handled piece of dough. Press on a board lightly floured and beat with a rolling-pin until it blisters (about 1/2 hr.) Roll to 1/3 in. thickness. Cut into small rounds. Prick with a fork. Place on a greased pan and set in refrigerator 1 hr. Bake in moderate oven 30 minutes.

Curry of Fowl # 2.

Cold roast fowl
 3/4 pint Curry sauce
 3/4 pint stock, 1 1/2 oz butter
 1 Tablespoon Curry powder
 1 dessertspoon flour, 1 tomato sliced, 1 small onion sliced? Salt. Fry onion & add other ingredients

To Remove White Spots on Wood

The color of a varnish finish that has been turned white by water or hot dishes can be restored by rubbing lightly with a piece of flannel dampened with spirits of camphor or essence of peppermint, followed after a few minutes by the application of Watkins Polish. Camphor and peppermint have the effect of softening the surface of the varnish temporarily, hence the final rubbing must be postponed until it has had time to harden.

Curry of Fowl # 1

1 fowl
 2 oz. of ghee or butter
 1/2 lb. Habool chennah or Indian corn
 1/2 lb. onions sliced
 1/2 oz. green ginger
 1/2 oz. coriander seeds
 1/2 oz. each of black pepper, ground cinnamon, cloves and cardamom salt. Method: -
 Cut fowl into neat joints place in a stew pan, barely cover with cold water. Add the onions, coriander seed, green ginger, pepper, 1 dessert spoon of salt and the Habool Chennah, previously well washed and cook until fowl is tender. Mix the ground cinnamon, cloves and cardamom together. Moisten with a little cold stock or water. Add the strained liquid from the fowl. Stir until it boils and simmer gently for 20 minutes. Fry the fowl in hot ghee until nicely browned. Put it in the stewpan containing the Curry sauce & let stand for 20 minutes where it will keep hot. Serve with plainly boiled rice. Serve 3 or 4 persons. Time 1 1/2 hours.
 (Mrs Fisher) Nellie Carpenter

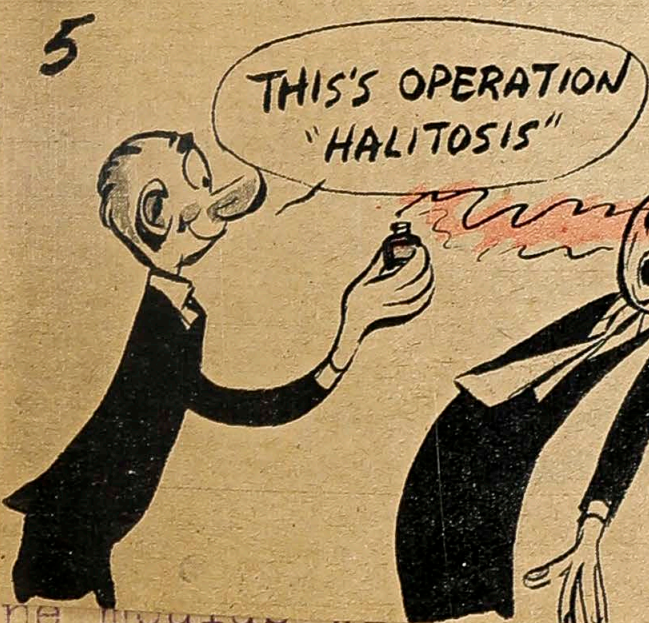
THOUGHT

By ROBERT PILGRIM



2. AUTOMATIC CAFETERIAS ARE NOT A NEW IDEA

IN PARIS IN 1790 THE CAFE MECANIQUE FEATURED ROWS OF COMPARTMENTS CONTAINING FOOD ALREADY COOKED AND WRAPPED. AS TODAY, PATRONS DROPPED A COIN IN A SLOT, BUT AT THE MECANIQUE THE FOOD DROPPED INTO A BASKET. YOU HAD THE CHOICE OF EATING IT THERE OR CARRYING IT HOME



THIS'S OPERATION "HALITOSIS"

"ATOMIC" GARLIC IS SOMETHING THAT HAS JUST BEEN INTRODUCED IN THE FOOD-PROCESSING FIELD. A SINGLE OUNCE BOTTLE OF THIS SUPER STUFF HAS THE STRENGTH OF 3,200 OUNCES OF WHOLE GARLIC

4. A CHEESE POPULAR IN OAXACA, MEXICO, IS PREPARED IN RIBBON FORM THEN ROLLED INTO A BALL. WHEN WANTED, THE RIBBON IS UNROLLED AND THE DESIRED LENGTH OF CHEESE IS SNIPPED OFF



1. WHAT SIZE SHOE DO YOU WEAR—MEASURED IN BARLEYCORN?

SINCE 1324, WHEN EDWARD II DECREED THAT 3 BARLEYCORN (TAKEN FROM THE MIDDLE OF THE EAR) PLACED END TO END EQUAL 1 INCH, THE SIZES OF SHOES HAVE BEEN MEASURED IN GRAINS OF BARLEY. SHOE SIZES INCREASE FROM 4 INCHES, BY BARLEYCORN, IN SERIES OF 13S. FOR EXAMPLE—YOUTH'S SIZE 12 IS 4 INCHES + 12/3 INCHES = 8 INCHES LONG
ADULT SIZE 8 IS 11 INCHES LONG (4 INCHES + 13/3 INCHES [LARGEST YOUTH'S SIZE] + 8/3 INCHES)

6. RANDOLPH, MASS.— ONE OF THE FOOD SHIPS SAILED TOTHER WAY FOR A FAMILY HERE A PACKAGE CONTAINING SUGAR, BUTTER, AND WHITE BREAD ARRIVED FROM RELATIVES IN SWEDEN WHO HAD HEARD ABOUT SHORTAGES IN THE UNITED STATES, AND WANTED TO HELP OUT



NEWS NOTES



7. MONROE WIS.— A HARDWARE DEALER HERE GAVE TWO SHOTGUN SHELLS TO EVERYONE WHO BOUGHT WATER-MELON SEEDS— FOR USE AGAINST THOSE WHO PREFER GETTING THEIR MELONS BY THE LIGHT OF THE MOON

3. THE CHINESE NAME FOR ASPARAGUS IS
龍鬚菜 DRAGON WHISKERS VEGETABLE



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" 1/2 "
" 1/4 "
" 1/2 "
" 6 ounces
" 6 "
" 1/2 pound

TOWN HOUSE

Grapefruit Juice

has the delicious taste of fresh, ripe grapefruit!

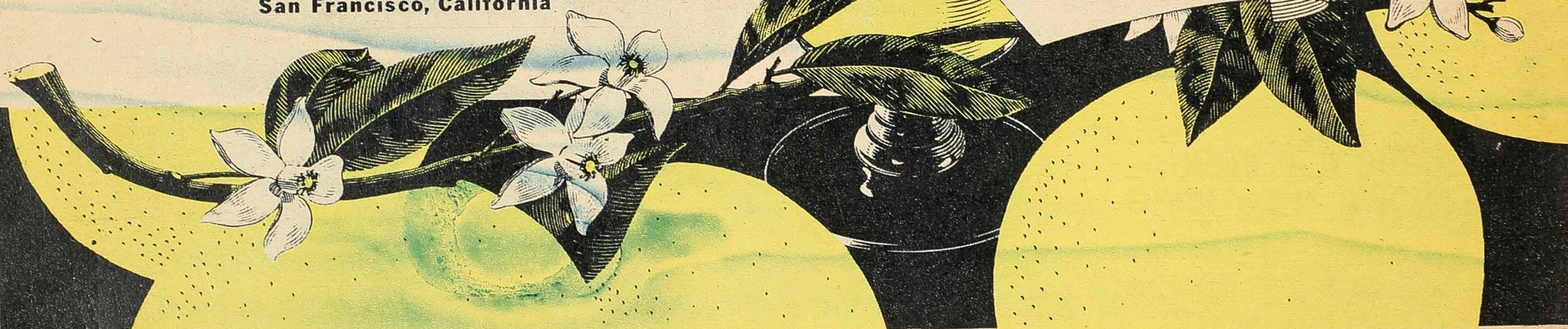
Of course! Because Town House Grapefruit Juice comes from grapefruit picked at the peak of tree-ripened freshness. Choice grapefruit are quickly pressed and packed to retain all their natural goodness. That's why Town House has the delicious taste of fresh, ripe grapefruit! Then too, it's bursting with protective Vitamin C—for family health. More and more people find Town House tantalizing before breakfast, satisfying at lunch and refreshing before dinner.

Sweetened or Unsweetened

REGENT CANFOOD COMPANY
San Francisco, California



TASTES LIKE FRESH,
RIPE GRAPEFRUIT!



IT MUST BE GOOD! The QUINTUPLETS have always used this for CHEST COLDS

To relieve coughs—aching muscles

Ever since they were babies—the Quintuplets have relied on Musterole to promptly relieve coughs, sore throat and aching muscles from colds. Musterole also helps break up painful surface congestion. Just rub it on chest, throat and back.

In 3 Strengths: Children's Mild Musterole for the average baby's skin. Regular and Extra Strength for grown-ups.

MUSTEROLE

Hollywood diary

From page 75

a flashlight, on which there is a dial. Turn to the right for approval, to the left for disapproval. In the middle is *neutral*. So it is a simple matter to change from *like very much*, way to the right, to *very dull*, way to the left—or any degree in between.

The movements of the dials are registered on a graph that shows the consensus of the 60 jurors.

First the audience is given a trial run on a short subject. This gives them the feel of the meter. They learn to locate *neutral* with a slight motion of the wrist, and so can operate the gadget without taking their attention from the screen.

We do not pretend to offer an opinion on the merits of this device. But results show there is no doubt about the value of the meter in determining extremes. Thus the studio cannot kid itself about

the *weak* sequences in a film. Not when 60 assorted folks all give the dull spots the big left switch.

So they put the 60-piece jury on "Gallant Bess," and the results knocked the eyes out of the Metro executives. Apparently all 60 of the critics loved the horse and Marshall Thompson, the kid who plays the Marine. Having met the lad and seen some of his work, this department predicts fine things for him. The youngster is a definite personality. Nothing flashy, but plenty of heart. (Incidentally, the A.R.I. test was also tried on "Undercurrent," and the audience gave it a high rating.)

To repeat, this department is noncommittal about this audience-meter routine. But if the gadget does not present the real lowdown on "Gallant Bess," where, we ask, *will* it work? After all, chums, what can give you a truer picture of a horse's performance than a Gallup test?

(Whoa, Bess!)

##

REMOVING SCORCH MARKS.

To remove brown marks from slightly scorched cotton and linen material, use a paste made from a mixture of pipe clay and water. Apply the paste evenly to the spot and leave to dry. When the cloth has dried, wash in the usual way. If the treatment has not entirely removed the mark, repeat as before.

In the case of a bad scorch, the following mixture should be used—the juice from one onion, two tablespoonfuls of Fuller's earth, a small quantity of soap jelly and a half cupful of vinegar.

Soap jelly is made by melting soap shavings in boiling water—the

amount of water will vary in accordance with the amount of shavings used—but a teaspoonful of borax should be added to every pint of water. Allow the mixture to cool, when it will thicken.

TOILET VINEGAR.

Take a pint of white wine vinegar, and soak in it half an ounce of each of the following: Mint, sage, lavender, rosemary, verbena, thyme and marjoram. Let it stand for a fortnight, closely covered; then strain, and bottle for use. A little in the washing water, or rubbed over the skin after drying, gives a delightfully fresh feeling and helps to tone up the skin.

Time Table for Broiling

| Meat | Approximate Time |
|---------------------------------|------------------|
| Rare Beefsteak (1 1/2" thick) | 15 minutes |
| Medium Beefsteak (1 1/2" thick) | 20 minutes |
| Rib Lamb Chops (1 1/2" thick) | 10-12 minutes |
| Loin Lamb Chops (1 1/2" thick) | 10-12 minutes |
| Mutton Chops (1 1/2" thick) | 15-20 minutes |
| Rib Veal Chops (1" thick) | 15 minutes |
| Veal Cutlets (1/2" thick) | 15 minutes |
| Sliced Ham (1/2" thick) | 20-25 minutes |
| Chicken | 20-30 minutes |
| Fish Fillets (thin) | 5-8 minutes |
| Fish Fillets (thick) | 15-25 minutes |

Spot Remover for Wood Finishes
In addition to turpentine, and the various solvents described under specific headings, as *Ink Stains, Grease Spots, etc.*, the following is an excellent general purpose solution for removing stains from wood finishes, and may well be kept on hand. Remember, however, that it is a deadly POISON of an extremely corrosive nature, and care must be taken not to spatter it on the hands or clothing, as well as to keep it out of reach of children. Mix together half cupful each of powdered rotten-stone, linseed oil, turpentine, naphtha, oxalic acid (saturated solution) and cold water, 1/4 cupful of alcohol, and half ounce sulphuric acid. Shake before using.

BY JANE EDDINGTON.
Appetizing Garnishing Tidbits.

A piece of wet, cold parsley half as big as the little piece of hot meat it garnishes does not seem to me palatable looking. A great wreath of wet parsley around a broiled or baked fish seems to me horrid, because it cools to a tepid something that is so much more palatable hot, while it is the virtue of raw parsley that it be crisp and cool. And we should remember that to have food palatable is to increase their service—that is, you might get ninety per cent out of a piece of meat or a vegetable if it were palatable and not get forty when it was not. And you have to do the same amount of digestive work with it whichever percentage you get—in fact, more work when you get the smaller returns.

A nice little edible garnish may double the nutritive value of a service of meat, and it even satisfies or nourishes the mind, or through the mind, by its attractiveness and sense of moreness.

We have recently discussed the quickly cooked little slice of banana which may actually be a great forwarder of digestion with ham, bacon, a pork chop. And so may it be with sliced and friend frankfurters. Without something of the sort we must use bread, or potato, or sauerkraut. Almost nobody eats frankfurters without some accompaniment. Fried with the banana, which is put into the pan only when the slices have been cooked on one side and are ready to turn, it gives an easy and fresh as a daisy addition that many people will consider far more desirable than the pickled cabbage.

A tiny leaf of dry parsley on top of something exceedingly hot from the oven which cannot be cooled in a minute is all right, but there are people who will tuck a piece of parsley on to almost anything and feel they have accomplished a great duty. It is not eaten once in a dog's age.

But if the parsley is fried it is something else again, exquisitely spicy and edible, and pretty, too, if the work is done right. And when one has been frying bacon, for instance, all that is necessary is to cant up the pan, drop the parsley into the collection of hot fat, and take it out as soon as crisped—quickly.

ENGLISH SANDWICH
Grate 1 stick of fine fresh horseradish, or use 1/2 cup of bottled horseradish that has been drained. Pound in mortar with a gill of cream, adding 1/2 teaspoonful ground ginger. Work this to paste, using a little whipped cream if necessary.

TUTTI FRUITTI SANDWICHES

Chop fine dates, cherries, figs and blanched almonds in equal proportions, moisten with pineapple juice.

Potted Veal.

Take a shank of veal, one pig's hawk and *foot* cover with hot water. Let simmer until meat comes easily from the bones. Take meat from the liquor. Cut up rather coarsely, add salt and pepper to taste. After the meat is cut up, add enough liquor to cover meat, allow it to boil for a minute or two, then take it off the stove. Add one package of Knox Gelatine, which has been soaked in a little cold water. If desired you can line moulds with sliced hard boiled eggs. *Mother*

Hair Lotion
2 dr. Lig. Epispasticus 3"
1/2 oz. Oil Rosemarie 3"
2 " " Amygdals Duc 3"
2 " Spts Cassia 3"
1 " Glycerin in Borolis 3"
1 " Lique Laborandi 3"
5 dr. Otto de Rose 10"
Mother Lotion

For Cough
Lined oil, rum, honey
equal parts. Mrs. Hunt

EGG SALAD SANDWICH

Allow one hard boiled egg for each two sandwiches. Chop and season, adding a little lettuce and celery (if you have it). Stir in one tablespoonful salad dressing for each sandwich. Spread on a crisp lettuce leaf between bread.

CHEESE AND EGG SANDWICH FILLING

- 1 tbsp. flour
- 1 tbsp. sugar
- 2 tbsp. vinegar
- 1/2 cup milk
- 1 egg
- 1 cream cheese
- 3 pimentos
- 1 tsp. grated onion
- 2 hard cooked eggs
- 1/2 tsp. salt.

Cook in double boiler flour, sugar, vinegar, salt, milk and slightly beaten egg until thick. Stir constantly. Remove from fire and when cool add cheese, onion and finely chopped egg and pimentos.

GREEN PEPPER AND CHEESE SANDWICH

- 1 cream cheese
- 2 hard boiled eggs
- 1 green pepper (sweet)
- 1 tbsp. chopped onion
- Salt and pepper
- Salad Dressing.

Chop eggs, pepper, onion and cheese and mix with salad dressing until quite thin.

CREAM CHEESE, OLIVE AND NUT SANDWICH

1 cream cheese, 1 small bottle stuffed olives, 1/2 cup chopped walnuts.

Mix and spread on thin slices of white bread.

For a variation of this sandwich, add 2 hard cooked eggs and moisten with mayonnaise.

- 2 cups boiled ham
- 1/2 lb. Young American cheese
- Small bottle stuffed olives
- 1 sweet pepper.

Put through the food chopper and moisten with salad dressing to spread easily.

Handy Measures

A Table Compiled at the Institute, Convenient in Every Kitchen.

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| Granulated sugar | 1 cup equals | 1/2 pound |
| Butter | 1 " | 1/2 " |
| Lard | 1 " | 1/2 " |
| Flour | 1 " | 1/4 " |
| Rice | 1 " | 1/2 " |
| Stemmed raisins | 1 " | 6 ounces |
| Cleaned currants | 1 " | 6 " |
| Stale bread crusts | 1 " | 2 " |
| Chopped meat (pkg.) | 1 " | 1/2 pound |

