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A HANDBOOK OF FOODS AND COOKERY



HOME ECONOMICS HALL AT IOWA STATE COLLEGE

FOODS AND COOKERY

A H A N D B O O K

for Homemakers and

Teachers of Home Economics

Compiled for

DEPARTMENT OF FOODS AND NUTRITION

DIVISION OF HOME ECONOMICS

IOWA STATE COLLEGE

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FOREWORD

THE Publication Board of the Iowa Homemaker, "A Magazine for Homemakers from a Homemakers' School," has for a number of years issued a first-class monthly magazine, which reaches the homes of Iowa with interesting, practical and helpful suggestions as to ways to meet many of the demands made upon the homemaker.

Today the Homemaker Board is offering another service thru "Foods and Cookery, a Handbook for Homemakers." This book fills a real need, for in this day of general interest in foods and nutrition and when the home must serve balanced meals, no homemaker can afford to be without a good up-to-date scientific book which will help her solve her food problems. We hope it will find a place on every kitchen shelf, for it is not only a compilation of the best of Iowa's recipes, but it has valuable dietetic information simply told, suggestions as to how to plan and serve meals, chapters on marketing, selection of foods and table service.

The book represents generous service on the part of the members of the Foods and Nutrition staff who have contributed material, tested recipes and compiled data. We are especially indebted to Miss Margaret H. Haggart, of this department, who is the editor and who has put much time and effort into the undertaking. She is largely responsible for the working out of the plan.

The staff of the Homemaker has well done its share and has assisted, particularly thru the Associate Editor, the Business and the Sales Managers.

The Division of Home Economics heartily endorses this undertaking of the Iowa Homemaker and we commend to you this book.

ANNA E. RICHARDSON,
Dean of Division of Home Economics.

ACKNOWLEDGMENTS

This book would not have been possible but for the cooperation of the Department of Food and Nutrition of Iowa State College. Its files provided much of the material and its staff members assisted in reading the manuscript and checking proofs, to insure accuracy. Acknowledgment is also due the Department of Applied Art for suggestions for the cover. The Gorham Silver Company generously furnished the plates illustrating appropriate table silver. The National Livestock and Meat Board kindly loaned the engravings illustrating various cuts of meats and permitted the reproduction of illustrations on carving. Other illustrations of meats were from the bulletins of the Animal Husbandry Section of the Iowa Agricultural Experiment station. To the Collegiate Press, Inc., credit is due both for publishing and arranging the finances for publishing.

—THE IOWA HOMEMAKER

CHAPTER I

What the Homemaker Needs to Know About Food.

THE homemaker of today has many food problems to solve which are quite different from those of a generation ago.

First, she has many more foodstuffs to use, which the ends of the earth contribute to her table at all seasons of the year, thru the development of modern transportation and refrigeration, whereas, in years gone by she has been limited mainly by the foods grown in the home garden and farms and orchards. But further, the changes in occupation and mode of living have been vast, and have made necessary corresponding changes in the dietary needs of the family.

Then, too, agriculture has developed better products which are now graded and classified, making buying a more complex task. With this has also come a development of a more critical taste, and often a preference for fewer foods which may be more pleasing to look at, but which after all may not hold life giving vitamins and valuable food nutrients needed for proper development of bone and muscle. The complexity of modern life, too, has introduced prepared food in many forms, of whose value to the body we know very little, since scientific investigation of their food value has only begun.

But of even greater significance to the homemaker is the fact that scientists and nutrition specialists have learned more about the real food needs of the body and what different foodstuffs contribute to its proper development. Many long established notions about foods have been upset and many new principles have been established. All the knowledge about carbohydrates, proteins, vitamins and calories that has come into use in foods and cookery has come into use in very recent years. Virtually, meal planning is a new art in many respects and today the home-

maker's problem is not a simple problem, but a complex one.

To aid her in the solution, this chapter sets forth some of the basic facts that the homemaker should know about foods.

WHAT THE BODY NEEDS:

Food to furnish heat to keep it warm.

Food to furnish power or energy to do work.

Food to furnish material from which to build and repair bone, muscle and other tissues.

Foods which regulate or keep all processes going at a normal rate of speed, i. e., circulation of the blood and digestion of food.

Foods Furnishing Power or Energy and Heat:

The body can use all kinds of food, but the best and cheapest for this purpose are the foods that contain starch, sugar and fat.

Foods Rich in Starch

Cereals, breakfast foods
Macaroni
Flour
Sweet potatoes
Bread
Potatoes
Dried beans and peas
Rice
Cornmeal
Hominy
Oatmeal
Spaghetti
Cornstarch
Bananas
Tapioca
Crackers

Foods Rich in Fat

Butter
Nuts
Salad oils
Cooking fats
Cream
Bacon
Salt pork
Fat parts of meat
Oleomargarine
Nut margarine

Foods Rich in Sugar

Cane, beet and corn sugar	
Molasses	Raisins
Honey	Prunes
Maple syrup	Figs
Corn syrup	
Dates	
Candy	
Many fresh fruits	

Foods Building Tissues and Repairing Waste

1. A substance called protein is necessary to build and to repair worn out muscles and tissues. The main protein foods are:

Milk	Meat	Nuts	Beans & peas
Eggs	Fish	Poultry	Cheese

2. Mineral matter is also an important constituent of bone, teeth and body fluids, as the blood. These foods aid in the regulation of body functions as well.

Foods Containing Lime:

Foods Very Rich	Rich	Medium
Cheese	Mustard greens	Currants
Almonds	Boston brown bread	Rutabagas
Cottage cheese	Buttermilk	Kohl-rabi
Molasses	Clams	Celery
Figs	Dandelion	Raisins
Egg yolk	Cauliflower	Parsnips
Milk	Cabbage greens	Leeks
Turnip tops	Dried beans	Oysters
Chard	Kidney beans	Oranges
	Pecans	Lima beans
	English walnuts	
	Shrimp	

Foods Containing Phosphorus:

Foods Very Rich	Rich	Medium
Wheat bran	Dried beans	Peas
Cheese	Dried peas	Buttermilk
Egg yolk	Rolled oats	Milk
Clams	Cornmeal	White bread
Almonds	Whole egg	Farina
Oysters	Graham bread	Sweet corn
Shrimp	Whole wheat bread	
Peanuts	Oysters	
English walnuts		
Pecans		
Cottage cheese		
Fish		
Meat		

Foods Containing Iron:

Foods Very Rich	Rich	Medium
Blood	Prunes	Peas
Egg yolk	Dates	String beans
Kale	Pecans	Water cress
Molasses	Raisins	Cabbage
Oysters	English walnuts	Whole wheat bread
Spinach	Peanuts	
Mustard greens	Chard	
Meat	Cabbage greens	
Lentils		
Dried beans		

Foods Containing Iodine:

Foods Very Rich	Foods Rich
Sea kelp	Leafy green vegetables
Agar-agar	Whole milk
Sea-moss farina	Some fruits
Foods grown in iodine rich soil rather than those grown in region in which iodine is deficient.	

Food furnishing vitamins or the body regulators

(1) *Vitamin A.* This vitamin is essential for growth and promotes health and vigor. It also acts as a preventative of respiratory and eye infections.

Foods Very Rich	Rich	Medium
Spinach	Carrots	Green beans
Egg yolk	Greens	Lettuce
Butter	Milk	Orange colored
Liver	Cheese	sweet potato
Green peas	Tomatoes	Orange colored
	Pineapples	squash
	Globe artichokes	

(2) *Vitamin B.* This vitamin is essential to normal nutrition at all ages and promotes growth. Its presence in food stimulates appetite and aids in preventing various nervous and skin diseases. This vitamin is destroyed by long heating.

Foods Very Rich	Rich	Medium
Yeast	Potatoes	Apples
Asparagus	Carrots	Lettuce
Prunes	Turnips	Milk
Egg yolk	Oranges	Celery
Cabbage	Lemons	Grapejuice
Tomatoes	Grapefruit	Lean muscle meat
Okra	Spinach	Graham bread
Avocado	Dandelion	Bread
Green peas	Beans	Fish
Wheat germ	Lentils	Beets
Liver		Cauliflower
		Nuts
		Bananas
		Pineapples

(3) *Vitamin C*. This vitamin prevents scurvy and is an aid in building up strong and healthy teeth. The absence of this vitamin more or less retards growth.

Foods Very Rich	Rich	Medium
Cabbage	Grapefruit	Baked potatoes
Tomatoes	Limes	Lettuce
Tomato juice	Young carrots	Onions, raw
Orange juice	Water cress	Peaches
Lemon juice	Sprouted bean	Pineapples
Raw rutabaga juice	(Mung)	

This vitamin is very easily destroyed in food by heat, unless acid is present, as in tomatoes. It is better to depend on raw foods for vitamin C, with the exception of canned tomatoes.

(4) *Vitamin D*. Antirachitic vitamin. This vitamin is the one which prevents rickets, thus aiding in proper bone formation in young children. Sunlight and violet rays seem to produce the same effect in young children or foods so treated have a protective power against rickets.

Cod-liver oil

Foods treated with ultra-violet ray.

(5) *Vitamin E or X*. Antisterility vitamin. This vitamin seems to be necessary to reproduction, but information regarding it is not so well-known as yet.

Green leafy tissues as lettuce

Germ of wheat

Oil from wheat embryo; yellow corn and hemp seed

Meat muscle.

THE PLANNING OF MEALS

Always plan to have—

1. A mixed diet which does not overtax organs of digestion as too much of one material does.
2. One pint of milk for an adult and a quart for each child under six in the diet.
3. Fruit or vegetables in every meal, but not necessarily both at the same time.
4. Food adapted to different members of the family; for example, milk for children and cheese for older members.
5. The same food prepared in different ways if it must be repeated often.
6. Seasonable foods. Do not use canned fruits and vegetables when fresh ones can be had in the garden.
7. Food served attractively so as to appeal to the eye.

What to avoid—

1. Improper combinations of food, as two building foods, meat and beans, in one meal, or two starchy foods, as macaroni and potatoes, in one meal.
2. All concentrated foods at one meal, as fats and sugar, or all bulky foods, as fruits and vegetables. Distribute such foods thru the menu for the day.

FORMATION OF PROPER FOOD HABITS

1. Learn to like the right foods—develop a habit. It may take time and courage. It is worth while. Begin early.
2. Regularity of eating is an essential. All machinery needs periods of rest. Don't eat all the time.

3. Eat a variety of foods. No one food can supply all needs, but a great variety is not necessary. Too much variety may be harmful.
4. Eat simple, plain food.
5. Eat slowly and masticate food thoroly.
6. Stop eating before you feel "stuffed."
7. Children should eat all that is placed on their plates. Repeated small servings teach a child not to waste food.
8. Do not eat under stress of great emotion, as anger, anxiety, faitgue; they prevent proper digestion of food.

HOW TO BUY

Select a market suited to the needs of the housewife's table, pocketbook and convenience, after investigation of conditions as to sanitation and care of food.

If it is more convenient to buy by telephone, the housewife needs to get acquainted with her grocer and he with her so as to insure perfect understanding of qualities of the food to be purchased.

The "cash and carry" plan of store can sell cheaper than the one which delivers, as the telephone and delivery add to cost of overhead in the grocery which must be met by adding to the price of the article purchased. "Cash and carry" stores usually carry only popular priced foods.

Set aside a sufficient amount of money to buy a quart of milk a day for each child and a pint for each adult. Divide the remainder of the food money into four parts, one for fruits and vegetables, one for bread stuffs and cereals, one part for meats, eggs, fish and poultry, and the fourth part for the miscellaneous foods as sugars, fats, etc.

Small containers cost from one-fourth to one-third more in proportion than the larger containers of the same article, since it costs as much to pack a small quantity as a large.

Study the brands and grades best suited to the needs and learn to buy them by name.

Buy in quantity only those commodities which store well, and after buying be sure each article is safely stored. Be sure not to over-buy.

In general, buy perishable commodities, such as milk, meat, fresh fruit and vegetables, only in quantities sufficient for the day's use, unless refrigeration is adequate.

Learn to know the cuts of meat and ask for the part by name. It is said the average housewife knows only two kinds of steak.

Liver, kidney and brains form an excellent source of minerals and vitamins, so these are meats, not only without waste, but containing valuable nutrients as well.

BUYING CANNED GOODS

Grades of Fruit:

Fancy—This grade includes the first quality of large, ripe fruit. The color is even and size uniform. The preparation of fruit as to peeling, pitting, etc., and packing in a heavy syrup is of the very best type.

Choice or extra standard—In this grade the fruit is not so large nor the syrup as heavy as in fancy. The color, too, may be less high.

Standard—A less sweet syrup is used for this grade, but the fruit has a good color, may be small in size, but carries no blemishes.

Seconds or sub-standards—A grade of second quality. It is known as the natural. It is packed in a light syrup usually, but sometimes in water.

Pie or water pack—Fruit too ripe to hold shape and fruit broken in process of preparation is packed in water with no sugar added. Such grades find their chief use for pie fillings.

Grades of Vegetables:

Fancy—This grade includes the tender young vegetables of uniform size and color. The small string beans and little peas come under this grade.

Standard—This grade is usually the field run, and shows a variation in color and size. Mature vegetables as beans, beets, etc., are cut in pieces before canning.

Sub-standard—This includes wholesome material, which may be over-ripe or broken or material not carefully graded before packing.

*Sizes of Cans:*No. 1 can holds $1\frac{1}{2}$ cupsNo. 2 can holds $2\frac{1}{2}$ cupsNo. $2\frac{1}{2}$ can holds $3\frac{1}{2}$ cups

No. 3 can holds 4 cups

No. 10 can holds 1 gallon or $14\frac{1}{2}$ cups*Sizes Used for Packing:*

No. 1 used for baked beans, meats, soups. Some vegetables are now being packed in that size.

No. 2 used for beans, peas and corn.

No. $2\frac{1}{2}$ used for fruits, as pineapples, apricots, pears, etc.

No. 3 used for tomatoes, spinach, beets and pumpkin.

No. 10 used for both fruits and vegetables for restaurants, hotels, cafeterias and institutions.

MEASURES FOR THE HOMEMAKER

	No. cups per lb.	No. servings
App es	1 lb= $2\frac{2}{3}$ - $4\frac{1}{2}$ c.	4 (big) ..
Apricots, dried, as purchased	1 lb=3 c.9
1 lb apricots soaked and cooked, $4\frac{1}{2}$ c. without juice		
1 lb apricots after soaking and cooking weighs $2\frac{1}{2}$ lb.		
Baking powder	1 lb= $2\frac{1}{8}$ -3 c.	
Bananas	1 lb=3 med. sized....	
Beans, dried lima	1 lb= 2 - $2\frac{1}{2}$ c.	12-13
soaked and cooked	1 lb= 6 - $6\frac{1}{2}$ c.	
Beans, kidney	1 lb= 2 - $2\frac{1}{2}$ c.	12-13
Soaked and cooked	1 lb= 6 -7 c.	
Beans, navy	1 lb= 2 - $2\frac{1}{2}$ c.	12-13
Soaked and cooked	1 lb= 6 - $6\frac{1}{3}$ c.	
Bread crumbs, stale, sifted	1 lb loaf= $3\frac{1}{3}$ -4 c....	
Butter	1 lb=2 c.	40
Cabbage, shredded	1 lb= $5\frac{1}{2}$ c.	11
Celery, $\frac{1}{4}$ in. pieces	1 lb=4 c.	8 creamed
Cheese, cottage	1 lb= $2\frac{2}{3}$ c.	4-5
Cheese, grated	1 lb=4 c.	
Chicken, cooked and cubed	1 lb=3 c.	6

	No. cups per lb.	No. servings
Chocolate, cut fine	1 lb=3½ c.	64
Cocoa	1 lb=4 c.	128
Cocoanut, grated	1 lb=4½-5 c.	
Coffee, medium ground...	1 lb=5½ c.	44-66
Corn, canned, No. 2.....	1 lb=1¾-2 c.	4
Cornmeal	1 lb=2⅔ c.	
Cornstarch	1 lb=3-3½ c.	
Crackers, soda, whole, 2x2 in.	1 lb=120 crackers ...	
Crackers, graham or oat- meal	1 lb=64 crackers	
Cranberries	1 lb=4 c.	8
Dates, stoned and cleaned	1 lb=2 c.	
Eggs, whole in shell	1 lb=8-9 eggs	
Eggs, whites	7-9=1 c.	
Eggs, yolks	14-16=1 c.	
Figs, whole, No. 2 canned	1 lb=2½-2⅔ c.	5-6
Flour, graham	1 lb=4½ c.	
Flour, wheat, unsifted ...	1 lb=4c.	
Gelatin, granulated	1 lb=3c. dry	
Grapes, cut and seeded...	1 lb=2¾ c.	
Hamburger steak	1 lb=2 c.	4
Hominy, pearl	1 lb=2½-3 c. uncooked...	5-6
Lard	1 lb=2 c.	
Lemons, 300 size	1 lb=4 lemons	
Lettuce, average head ...	1 lb=1 large firm head	
Macaroni, uncooked	1 lb=3-4 c.	
Cooked	1 lb=12 c.	
Milk, fresh, whole	1 lb=2 c.	
Fresh skim	1 lb=2 c.	
Condensed	1 lb=1⅓ c.	
Dried	1 lb=3 c. dry	
Evaporated	1 lb=1⅞ c.	
Molasses	1 lb=1⅞ c.	
Nutmeats, Eng. walnuts..	1 lb=4-4¼ c.	
Nuts, almonds	1 lb=3 c.	
Oats, rolled	1 lb=5⅓-6½ c.	24
Oils	1 lb=2-2⅓ c.	
Oleomargarine	1 lb=2 c.	40
Oranges, diced for salad..	1 lb=2⅓ c.	
Oranges, whole, 126 size..	=8-9 oz.	
Onions, chopped	1 lb=3 c.	6 cooked

	No. cups per lb.	No. servings
Peaches, dried	1 lb=3 c.	10
1 lb peaches soaked and cooked equals $4\frac{1}{4}$ c. without juice		
Peas, canned, drained ...	1 lb= $2\frac{2}{3}$ c.	4-5
Pickles, chopped	1 lb=3 c.	
Pineapple, canned, broken	1 lb=2 c.	4
Potatoes, unpeeled	1 lb=3-4 potatoes	
Potatoes, dried for cream- ing	1 lb= $2\frac{2}{3}$ c.	4-5
Potatoes, mashed	1 lb=2 c.	4
Potatoes, riced	1 lb= $2\frac{1}{2}$ c.	5
Prunes, as purchased	1 lb= $2\frac{1}{2}$ - $2\frac{2}{3}$ c.	5-6
Pumpkin, canned	1 lb= $1\frac{3}{4}$ c.	
Pumpkin, fresh	1 lb=1 c. cooked	
Raisins, seedless	1 lb=3 c.	
Raisins, seeded	1 lb= $2\frac{1}{2}$ c.	
Rice, whole	1 lb=2 c.	16
1 lb rice when cooked equals, 2 qts.		
Salmon	1 lb=2 c.	
Salt	1 lb= $2-2\frac{3}{8}$ c.	
Spinach	1 lb=2 c.	4
String beans, canned	1 lb=2 c.	4
Sugar, brown	1 lb= $2\frac{2}{3}$ c.	
Sugar, granulated	1 lb=2 c.	
Sugar, powdered	1 lb= $3-3\frac{1}{2}$ c.	
Tapioca, pearl	1 lb= $2\frac{3}{4}$ c.	
Tea	1 lb= $6\frac{1}{2}$ c.	300-600
Tomatoes	1 lb= $1\frac{3}{4}$ c.	4
Vanilla	1 lb=2 c.	

CHAPTER II

Methods of Cookery

THE beginnings of cookery mark a step in civilization. The uncivilized man learned that meat put on a forked stick and held over glowing coals was more appetizing than when raw. To place his raw fruits and vegetables in the hot ashes, too, gave them an odor more pleasing to his nostrils, and it was just a step further to learn that the cracked grains spread on hot stones provided a food both pleasing to his eyes and satisfying to his body.

With the development of spits, fireplaces and utensils, the preparation of food became more and more varied.

Today, with different fuels and utensils at our command, we may make many new combinations of old foods, but after all the food value of the ingredients remains the same. Our problem is what methods of cookery are best to retain the nutrients of the food, make it pleasing to the senses and usable by the body and at the same time conserve the time, strength and energy of the homemaker.

Some of the best methods of cooking have been practiced since its beginning, as broiling.

Broiling is cooking by exposing the food to the direct heat of red hot coals, a gas flame or red hot heating units in electricity. It is still the par excellent way to cook chops, steaks, etc.

Baking is now done in an oven, rather than by burying food in the hot ashes.

Roasting means the same process, tho originally it meant exposing food to live coals.

Boiling is cooking in water at 212° F. The temperature at which water boils depends on the altitude of the locality. Therefore, water boiling on a high mountain is neither as hot nor does the thermometer register as high.

Simmering is cooking in water at a temperature just below boiling. Usually we say at 180° F. Small bubbles ap-

pear in the bottom of the utensil and only once in a while one comes to the surface.

Steaming is cooking in the steam from boiling water.

Pan broiling is cooking in a hot skillet, which has been oiled to prevent the food from sticking.

Sauteing is frying in a little fat in the skillet. This is the common method of frying.

Frying means cooking food in a kettle of fat, heated to a temperature best suited to the nature of the food.

Braising is a combination of stewing and baking. Meats are often cooked by this method.

Fricasseeing is first sauteing a food, then continuing the cooking by stewing.

Fireless Cooker: The fireless cooker is a method of cooking without the use of fuel after the food is placed in it. The cooker is made so that its walls retain the heat and the utensils which it holds are made with covers which fit very tight. With such an arrangement, the food may be first heated thoroly over the fire and then transferred to the compartment in the fireless cooker to continue cooking. With such an arrangement, foods may be stewed.

If, however, the fireless cooker is fitted with iron or soap-stone discs, these may be heated and then it is possible to bake and boil food by placing one above and one below the food.

Foods, as cereals, that require long cooking are better for having been cooked in a fireless cooker. The amount of water must be reduced about $\frac{1}{4}$ as there is no loss by evaporation.

Meats and other protein food may be well cooked in a fireless cooker, if not allowed to remain too long, as the cooker is gradually cooling off and the meat may spoil if left too long.

It is not only a fuel saver, but a conservator of the homemaker's time and energy to use this modern device. All the fireless cookers carry specific directions, adapted to the use of the particular cooker, which should be carefully followed by the homemaker.

Pressure cookers are especially constructed utensils of strong metal. The cover is adjusted by clamps and con-

tains a safety device for controlling the imprisoned steam and a gauge which registers the pressure.

Increasing the pressure by confining the steam raises the temperature. A pressure of 10 to 15 pounds is usually used in most cooking processes.

The advantages of a pressure cooker are that it shortens the time and saves fuel; it is valuable in cooking tough cuts of meat and some vegetables, as beans; it enables the homemaker to can the non-acid vegetables and meat with less danger of spoilage.

MEASURING FOODS

In the recipes in this book it is very important that the homemaker measure the ingredients carefully. Too much or too little is one of the causes of the failures in cookery.

To measure accurately, each homemaker needs the following equipment:

1. Measuring cup, divided on one side into fourths and on the other side into thirds. The standard cup holds $\frac{1}{2}$ pint. It may be either glass or aluminum and have ridges showing accurate divisions.
2. A standard tablespoon, 16 of which make a standard cup.
3. A standard teaspoon, three of which make a standard tablespoon.
4. A cooking thermometer, if possible, with a range from 0° to 400° F.
5. An oven thermometer, with suitable range for baking.

How to Measure Accurately: Fill the cup or spoon full to overflowing and with the spatula or straight edge of a knife level the cup or spoon. To divide a spoonful of a dry ingredient, cut the contents thru the center for half and again across for fourths.

Fill the measures as full as they will hold in measuring liquids.

Abbreviations Used for Measurements:

c.—cup.
tbsp.—tablespoon.

g.—gill.
qt.—quart.

tsp.—teaspoon.
F.—Fahrenheit.
oz.—ounce.
lb.—pound.

pt.—pint.
gal.—gallon.
pk.—peck.
bu.—bushel.

3 teaspoons = 1 tablespoon.
16 tablespoons = 1 cup.
2 cups = 1 pint.
4 cups = 1 quart.
2 pints = 1 quart.
4 liquid quarts = 1 gallon.
16 oz. = 1 pound.
8 dry quarts = 1 peck.
4 pecks = 1 bushel.

Oven Temperatures

Slow—250° to 350° F.
Moderate or Medium—350° to 400° F.
Hot or Quick—400° to 450° F.
Very Hot—450° to 525° F.

Deep Fat Frying

A temperature of 340° to 375° F. is used for uncooked mixtures, such as doughnuts, or raw foods, such as oysters. At this temperature a cube of bread browns in 60 seconds.

A temperature of 375° to 400° is used for cooked mixtures, such as croquettes, or for potato chips. At this temperature the bread browns in 50 seconds.

Temperatures Used in Cookery

Blood heat	98.6° F.
Liquid in top of double boiler	185°-195° F.
Boiling	212° F.
Coagulation of egg—begins 130°, complete at	185° F.
Soft ball stage—fondant, icing, fudge.....	236°-240° F.
Firm ball for caramels	242°-250° F.
Hard ball for taffy	262°-270° F.
Soft crack for butterscotch	290° F.
Hard crack—brittles, caramel	300° F.

Terms Used in Preparing Foods

Creaming is manipulating a food with a spoon or hand until it is creamy in texture, such as butter.

Beating is lifting a mixture over and over by means of a spoon or fork to incorporate air, as in muffins.

Cutting is incorporating one ingredient into another by

cutting with a knife one into the other, as shortening into flour.

Folding is incorporating one ingredient into a mixture by lifting the mixture over the ingredient to be introduced, as egg white in cakes.

Crumbing means rolling a food in crumbs with some other ingredient, such as milk or egg, to cause crumbs to adhere.

Kneading is stretching and folding a mixture so as to thoroly mix all ingredients. It may also be used in adding an ingredient to a mixture.

Larding is running small strips of salt pork into meat or fish deficient in fat. This is done by means of a larding needle.

French Terms Used in Cookery

Au Gratin. This means that a cooked food is covered with a cream sauce and then with buttered crumbs before being placed in the oven to reheat and brown. Grated cheese may or may not be added.

Cafe noir. Means black coffee.

Canape. A highly seasoned sandwich, served as an appetizer. It is often toasted and is small in size.

Fondue. A dish made with cheese and eggs.

Glaze. Means glazed by being placed in hot syrup at the hard crack stage. Vegetables over which sugar and butter are placed, before baking, are sometimes called glazed.

Lyonnaise. A sauted dish seasoned with onions and parsley.

Meringue. Means a frosting made of beaten egg and sugar.

Mousse. Literally means froth.

Parfait. Literally means perfect.

Puree. The mashed pulp of a vegetable or fruit.

Ragout. A highly seasoned stew.

Souffle. Dish lightened by air. Contains whites of eggs or the whole egg.

Timbale. A dough mixture fried on cup shaped molds in deep fat or a mixture of meat or vegetable cooked in cup shaped molds.

CHAPTER III

Milk

As a source of body building material, protein and mineral matter, as well as vitamins, milk is the best food on the market for the money expended.

The minerals in milk, as well as in fruits and vegetables, help to counteract the acid condition caused by eating grain products, meat and eggs, as the residue which these leave is alkaline. It is thought now by our best scientists that the alkaline condition contributes to good health.

USES OF MILK

Beverage

Creamed meats, fish, eggs and vegetables

Cream soups

Puddings

Custards

Substitute for water in cooking, as cabbage boiled 5 minutes in milk

A quart of milk a day for a person furnishes the calcium or lime sufficient for the diet. To scrimp on the use of milk means that the diet of the family is lacking in this important constituent in bone, teeth, blood and other fluids of the body.

Each child in the family under five years of age should have a quart of milk a day and each one over six, a pint.

Skim milk may be used in all cookery; whey may be used as liquid in bread, quick breads and gravies; butter-milk may be used instead of sour milk.

PRESERVATION OF MILK

Milk may be preserved for shorter or longer periods:

By Keeping It Cool

In a cellar or refrigerator, or

By wrapping a wet cloth around the milk bottle and letting it stand in a draft.

By Pasteurization, which is a process of destroying by the application of heat certain bacteria which would otherwise sour or ferment the milk.

For household pasteurization the following simple equipment will do: A pail or deep kettle, a rack or perforated pie tin on which to set the milk bottles, and a thermometer. Place the rack or inverted perforated pie tin in the pail or kettle. Arrange the bottles of milk on the rack. Do not remove the caps from the bottles. With a towel wrung out of hot water cleanse the caps and mouths of the bottles. Pour cold water around the bottles, filling the pail or kettle sufficiently so that the water will entirely surround the milk. Place the pail or kettle containing the bottles over the fire and bring quickly to a temperature of 140°. Keep it at that temperature 20 minutes. Remove bottles, cool quickly and put in cold water.

Pasteurization should not take the place of the cleanly production and handling of milk.

All bacteria are not destroyed by this method so pasteurized milk will in time decompose. Milk should be pasteurized as soon as received if one finds it advisable to take this precaution.

By Sterilization, which may be accomplished by heating the milk to the boiling temperature. This destroys all germs, but alters the taste of the milk, coagulates the albumin and destroys the fine emulsion of fat.

By Condensing. In this process fresh cow's milk is evaporated to the desired concentration and cane sugar added. Fifty percent of condensed milk is cane sugar. This milk is not sterile, but the sugar acts as a preservative. The use of skimmed milk in condensing must be made known by the label, "Condensed Skim Milk."

By Evaporating or condensing without sweetening. Milk which is thus processed is evaporated milk, unsweetened, hermetically sealed in cans. It depends entirely on sterilization for its keeping qualities.

By Reduction to Milk Powders. Milk may be reduced to a powdered form and finds use to a great extent where fresh milk cannot be obtained. Both skimmed and whole milk are used in this form. The latter must be stored in a cool place, as the fat it contains may become rancid. Milk in this form is a valuable addition to any pantry, if only for emergency use.

By Making Into Cheese. This is the oldest form of preservation of milk.

MILK RECIPES

JUNKET

1 quart fresh milk $\frac{1}{4}$ c. cold water
1 junket tablet $\frac{1}{4}$ c. sugar

Heat milk until lukewarm; add the tablet, which has been dissolved in the cold water. Add the sugar. Pour into molds and keep in a warm place until set. Half a peach may be placed in mold before milk mixture is poured in. This is an excellent dessert for children.

COTTAGE CHEESE

Heat clabbered milk in the top of a double boiler or on the back of a range until the whey is separated from the curd. Care must be taken not to allow the milk to become warmer than blood heat or about 98° F. A higher temperature makes the curd hard and leathery.

Drain in a cheese cloth bag. Season with salt and pepper, adding enough melted butter or cream to moisten. A fork is better for mixing cottage cheese than a spoon.

CREAM SAUCE OR WHITE SAUCE

Milk	Flour	Butter or other fat	Salt	Uses
1. 1 c.	1 tbsp.	1 tbsp.	$\frac{1}{4}$ tsp.	Sauces and cream soups
2. 1 c.	2 tbsp.	1 tbsp.	$\frac{1}{4}$ tsp.	Sauces and cream soups
3. 1 c.	3 tbsp.	1 tbsp.	$\frac{1}{4}$ tsp.	Souffle mixtures
4. 1 c.	4 tbsp.	1 tbsp.	$\frac{1}{4}$ tsp.	Croquettes

Method of Combining

(a) Scald milk and stir in the flour, which has previously been rubbed smooth in a little of the cold milk. Boil two minutes and then add salt and butter.

(b) Melt butter in a saucepan, stir in the flour and when smooth, stir in slowly the milk, which may be scalded if desired. Boil two minutes and add salt.

If a large quantity of white sauce is to be made, it is better to have the milk scalded. Care must be taken to stir the sauce or it will be lumpy. More butter may be added if a richer sauce is desired.

Uses

White Sauce No. 1 is best used with starchy vegetables as potatoes, turnips and carrots.

White Sauce No. 2 is more suitable to use with the non-starchy vegetables, as onions, cauliflower, celery and cabbage.

White Sauce No. 3 is the one to use for creamed dishes served in timbale shells, croustades as well as in puffs, souffles, etc.

White Sauce No. 4 is the best for use in making croquettes, as it is thick enough to hold the chopped meats or vegetables together.

CREAM OF ASPARAGUS SOUP

2 c. milk	Speck pepper
2 c. asparagus water	1 tsp. grated onion
4 tbsp. flour	Dash paprika
4 tbsp. butter	1 c. asparagus pulp or asparagus tips
1½ tsp. salt	

Melt butter; add flour and seasonings while stirring. Add cold milk. When thickened, add asparagus water and asparagus pulp. Reheat and serve.

CREAM OF CARROT SOUP

2 c. milk	Speck pepper
2 c. carrot water	Dash paprika
4 tbsp. flour	1 tsp. grated onion
4 tbsp. butter	1 c. cooked carrot pulp or diced cooked carrots
1¼ tsp. salt	

Melt butter, add flour and seasonings while stirring. Add cold milk. When thickened, add carrot water and carrot pulp. Reheat and serve.

CREAM OF CAULIFLOWER SOUP

2 c. milk	Dash paprika
2 c. cauliflower water	Speck pepper
4 tbsp. flour	1 tsp. grated onion
4 tbsp. butter	1 c. cooked cauliflower pulp
1½ tsp. salt	

Melt butter, add flour and seasonings while stirring. Add cold milk. When thickened, add cauliflower water and cauliflower pulp. Reheat and serve.

CREAM OF CELERY SOUP

2 c. milk	Speck paprika
2 c. celery water	Speck pepper
4 tbsp. flour	1 tsp. onion
4 tbsp. butter	1 c. cooked celery pulp or diced celery
1 tsp. salt	

Melt the butter, add flour and seasonings while stirring, then the cold milk. When this comes to a boil add celery water and celery pulp. Reheat and serve.

CREAM OF CORN SOUP

2c. milk	Speck pepper
2 c. corn water	Dash paprika
4 tbsp. flour	1 tsp. grated onion
4 tbsp. butter	1 c. scraped, cooked corn
1½ tsp. salt	

Melt butter, add flour and seasonings while stirring. Add cold milk. When thickened, add corn water and scraped corn. Re-heat and serve. With canned corn, use 1 c. which has been strained and 4 c. milk.

CREAM OF SPINACH SOUP

2 c. milk	1½ tsp. salt
2 c. spinach water	Speck pepper
4 tbsp. flour	Dash paprika
4 tbsp. butter	1 c. strained spinach
	¼ tsp. celery salt

Melt butter, add flour and other seasonings. Add cold milk. When thickened, add spinach water and strained spinach. Re-heat and serve.

CREAM OF TOMATO SOUP

2 c. canned tomatoes	½ bay leaf
2 c. cold milk	1 tbsp. minced onion
4 tbsp. flour	1 clove
4 tbsp. butter	¼ tsp. celery seed
1½ tsp. salt	⅛ tsp. soda
⅓ tsp. pepper	

Melt butter. Add flour and salt. Add cold milk. Meanwhile combine tomatoes, salt, pepper, bay leaf, onion, clove and celery seed. Thicken the tomato mixture with 2 tbsp. of butter and 2 tbsp. flour blended together. Strain, add the soda, and combine with white sauce.

CREAM OF POTATO SOUP

3 potatoes	2 c. white sauce No. 1
½ onion	Stalk of celery or celery seed

Cook potatoes, onions and celery in three cups of boiling water. When tender, drain, saving two cups of water. Press vegetables through the sieve and combine with white sauce and vegetable liquid in top of a double boiler. Reheat, season to taste. In serving, sprinkle chopped parsley over the top of each soup plate.

CREAM OF PEA SOUP

Cook either fresh or canned peas with a slice of onion and rub thru sieve. To each cup of this puree, add one cup of white sauce No. 1 and reheat before serving. Season to taste.

CUSTARDS

Custards are divided into two classes, the firm custards, which are steamed or baked, and the soft custards, which are made in the top of the double boiler. As custards contain a large proportion of egg, the need of cooking at a temperature lower than boiling is to be emphasized.

Custards form excellent desserts for children.

BAKED OR STEAMED CUSTARDS

1 c. milk	$\frac{1}{4}$ tsp. salt
1 or 2 eggs or 1 egg and 1 yolk	$\frac{1}{4}$ tsp. flavoring
2 tbsps. sugar	

Scald milk in double boiler. Beat eggs slightly, adding sugar and salt. Add milk and flavoring. Wet individual molds and fill two-thirds full of custard mixture. Set molds in a pan of hot water and bake in a moderate (350° F.) oven until firm. Test by inserting the point of a knife. It should come out clean if custard is done.

These molds may be placed in the top of a steamer to cook. In the latter case the molds should be covered to keep out the moisture.

SOFT CUSTARD

1 c. milk	$\frac{1}{4}$ tsp. salt
1 egg or 2 egg yolks	$\frac{1}{4}$ to $\frac{1}{2}$ tsp. flavoring
2 tbsps. sugar	

Scald milk in the top of the double boiler. Beat eggs slightly, adding sugar and salt. Pour the milk over the egg mixture gradually. Return to the double boiler and cook until it thickens. A soft custard is done when it coats a spoon and at the same time becomes thicker.

VARIATIONS FOR BAKED CUSTARDS

Caramel Custard. Use the recipe for baked custard and caramelize the sugar in a sauce pan, adding the milk when syrup is golden brown. Then pour over the beaten egg gradually.

Chocolate Custard. Use the foundation recipe for baked custard, first melting $\frac{1}{2}$ ounce of chocolate in the double boiler before putting in the milk. Proceed as for the above recipe.

Cocoanut Custard. To the foundation recipe for baked custard add $\frac{1}{2}$ c. of shredded cocoanut.

VARIATIONS FOR SOFT CUSTARDS

Cake Custard. Pour soft custard over slices of sponge cake or lady fingers just before serving. Garnish with whipped cream and a bit of jelly.

Fruit Custard. Pour soft custard over sliced peaches, bananas, oranges or other fruits. Serve very cold. This kind of custard is more attractive if arranged in individual dishes for serving.

Floating Island. Use the yolks of eggs to make a soft custard. Make a meringue of whites of egg. Cook the meringue by dropping spoonfuls of it on a pan of hot water until it is set. Another method is to drop spoonfuls on a pan of ice water and place under a slow gas broiler or on the top shelf of the oven until it browns. Pour soft custard into serving dish and dot with cooked meringue.

BUTTERMILK GRUEL

Scald one quart of buttermilk in the top of a double boiler and add to it one tablespoon of cornmeal mixed with $\frac{1}{4}$ tsp. of salt. Cook slowly two hours, stirring often to keep it smooth. Add a tablespoon of butter before serving.

WHEY LEMONADE

Juice of two lemons 1 quart whey
Sugar to taste
Mix together and serve cold.

WHEY BAVARIAN CREAM

2. tbsp. gelatine	1 c. fruit cut in small pieces
$1\frac{1}{2}$ c. whey	1 c. sour or sweet cream
$\frac{2}{3}$ c. sugar	whipped
1 tbsp. lemon juice	

Soak the gelatine in the whey and after it is swelled, dissolve it by setting dish containing whey in hot water. Add the sugar, lemon juice and fruit. Allow to cool until it begins to thicken. Then fold in the whipped cream and turn into a mold. Serve very cold, garnished with whipped cream.

CHAPTER IV

Cheese

CHEESE is made out of the solid ingredients of milk. It is a very cheap source of protein for our diet as well as furnishing lime, phosphorus and vitamins. It is a very concentrated food and is best used with cereals and vegetables in made dishes. Grated cheese is easier to digest. The flavor of cheese depends on the manner of ripening and this process helps to make the harder cheeses more digestible. Care should be taken to read the label on packages and jars of cheese to determine whether they are of American or foreign manufacture. Imported cheeses have to sell for a higher price than those of the same name manufactured in the United States, even tho the food value is the same.

Kinds of Cheese: Cheese is made from whole milk, skimmed milk and whole milk to which cream is added. Skim milk cheese must be so labeled.

American or Cheddar cheese is sold under a variety of names, as "Long Horn," "Daisy," etc.

Imported cheeses include Edam, Parmesan, Roquefort, Stilton, Camembert, Brie and many others. Many of these cheeses are now being manufactured in the United States, as the Swiss, Roquefort, etc.

Among the soft cheeses American Neufchatel and Philadelphia cream are of American manufacture.

USES OF CHEESE

Main or "staying" dish in a meal.

Toasted on bread or crackers.

Combined with milk and eggs as souffles and rarebits.

Combined with some starchy food as rice, potatoes, spaghetti, macaroni, vermicelli and dry bread.

Cottage cheese may be used as a salad, the main dish, or in sandwiches.

Storage of Cheese: Cheese should be kept in a cool, dry place. Soft cheeses should be kept covered.

Using Cheese Left-overs:

Small pieces of cheese may be dried and grated for use as flavoring in many scalloped dishes, as cauliflower and potatoes.

Hard cheeses may be softened by adding cream to them after grating.

Seasonings, as pimento, may also be added, making the cost much less than seasoned cheeses bought in jars and packages.

CHEESE RECIPES**CHEESE FONDUE**

1½ c. hot milk	4 eggs
1½ c. soft stale bread crumbs	⅓ lb. grated cheese
1 tbsp butter or other fat	½ tsp. salt

Mix hot milk, bread crumbs, salt and cheese; add the yolks thoroly beaten; into this mixture cut and fold the whites of the eggs beaten until stiff. Pour into a buttered baking dish and cook 30 minutes in a moderate oven (350° F.).

EGGS WITH CHEESE

4 eggs	Salt, pepper and paprika to taste
½ c. cream	½ c. grated cheese
1 tbsp. butter	

Melt the butter and add the unbeaten eggs one by one; add cream, seasonings and cheese. Heat and stir until cheese is melted and serve on buttered toast.

CHEESE PUDDING

8 slices bread	1½ c. grated cheese
4 eggs	Salt and pepper
1 qt. milk	

Butter thin slices of bread and place flat in baking dish. Between slices put salt, pepper and grated cheese. Beat eggs in milk, pour over bread, sprinkle cheese on top and bake in moderate oven (350° F.) for half an hour. Serve immediately.

CHEESE DREAMS

Butter lightly thin slices of bread from which crust has been removed and sprinkle with grated cheese. Arrange as a sandwich, then dip into a mixture of one beaten egg and ¼ c. of milk, seasoned with salt and pepper. Fry in deep fat to a golden brown, or saute in butter in the skillet until it is a golden brown on each side.

MACARONI AND CHEESE

- | | |
|---------------------------|---------------------------------|
| 1 c. macaroni broken into | 2 tbsp. flour |
| 1 inch pieces | $\frac{1}{2}$ lb. grated cheese |
| 1 c. milk | Salt, pepper, paprika to taste |
| 2 tbsp. butter | |

Cook macaroni in a large amount of boiling salted water until tender, turn into a colander and rinse with cold water to prevent pieces from sticking together. Make sauce as follows: melt butter, add flour and seasonings, then milk, and cook thoroly, add part of the cheese and stir until melted. Arrange alternate layers of macaroni and cheese in a buttered baking dish. Pour sauce over and cover with soft bread crumbs which have been buttered. Reheat in oven before serving or until crumbs are browned.

WELSH RABBIT

- | | |
|---------------------------------|---|
| 1 tbsp. butter | $\frac{1}{2}$ tsp. each salt, mustard and |
| 1 tbsp. flour | paprika |
| 1 c. milk | Few grains cayenne pepper |
| $\frac{1}{2}$ lb. grated cheese | |

Melt butter, add flour and milk gradually, cook, stirring, until thick and smooth. Add cheese and stir until it is melted. Season, and serve at once on crackers or toasted slices of bread.

PIMENTO CHEESE ROAST

- | | |
|---------------------------------|---------------------|
| 2 c. cooked lima beans | 3 c. bread crumbs |
| $\frac{1}{2}$ lb. grated cheese | Butter |
| 1 egg | Seasonings to taste |
| 2 pimentos | |

Drain liquid from beans and run thru a meat chopper; mix with cheese, cut the pimentos very fine and add to the cheese mixture. Add seasonings, egg slightly beaten, and enough bread crumbs to make the mixture stiff enough to shape into a roll. Roll in bread crumbs and bake in a moderate oven (350° F.) until brown, basting with melted butter and water. Serve very hot with tomato sauce.

TO ACCOMPANY SALAD

Grated cheese may be moistened with cream until of such a consistency it can be molded. Strawberries may be shaped out of it and rolled in red sugar to give right color. Also carrots may be shaped from it. Either may have a sprig of parsley at the top. These are attractive additions to a salad plate.

CHEESE STRAWS

Roll pie paste one-fourth inch thick, sprinkle with grated cheese, salt and paprika. Fold over several times, roll again

and sprinkle with cheese, salt and paprika. Repeat the process three or four times, then roll again and cut into strips about one-third inch wide. Bake in a hot oven (400° F.) and serve with salad, soup or chocolate.

CHEESE SAUCE

1 c. white sauce No. 1

4 tbsp. grated cheese

Place white sauce in the top of a double boiler, add grated cheese and allow to heat until cheese is melted. Season with salt and paprika. Cheese sauce may be served with rice, macaroni, stewed celery and cauliflower.

CHAPTER V

Eggs

Eggs comprise one of the building foods. These foods must be included in every day's meal plan if the body is to be properly nourished. They are also used as a leavening agent, as in popovers and sponge cake, as well as a thickening agent, as in custards.

The yolk of the egg is rich in iron, phosphorus and vitamins, so it is a valuable food for children. It is sometimes better to use the egg yolks alone for children rather than whole eggs because of the greater food value found in that part.

In selecting eggs for use, clean ones should always be chosen, as the shell is porous, and if dirty, allows bacteria to enter the egg, thus making them of poor quality and unfit for use. Fresh eggs sink to the bottom when placed in a pan of water, while older eggs from which the water has evaporated will float. This loss of water comes thru the porosity of the shell. A better way to determine freshness of an egg is by candling. A covered box in which a light is placed, and with a hole in one side or end, may be used for this purpose. The hole in the box should be about the size of an egg. The egg is "candled" or tested by placing it over the hole so that the light shines thru it and the housewife may inspect the contents.

An egg is not fit for use if blood is formed around the germ, as this shows that incubation is pronounced. The white of the egg becomes watery with age, and for this reason the yolk often runs into the white on breaking.

The color of the shell in no way affects the food value of the egg, altho the market in certain localities may get a greater price for one than the other.

The quality of cold storage eggs depends more on the condition of the egg when put into storage than the length of time kept in cold storage. By federal law, the length of time eggs may be kept in cold storage is eight months.

All eggs should be washed just before using, as they are not washed before marketing because washing is detrimental to the keeping qualities of the egg.

EGG COOKERY:

Eggs are protein foods, all of which are better cooked below the boiling point. The white of egg begins to coagulate below the point of simmering, or about 160° F. If cooked at boiling temperature, 212°, it becomes tough and leathery. All food dishes containing eggs should be cooked at as low a temperature as possible.

Uses of Eggs: Some of the ways in which eggs may be served as a main dish are as follows:

1. Eggs combined with small amounts of meat, fish or vegetables—
 - a. Omelets
 - b. Souffles
 - c. Scrambled
2. Eggs combined with milk—
 - a. Scalloped eggs
 - b. Creamed on toast
 - c. Souffles
 - d. Scrambled
 - e. Custard
3. Eggs served alone—
 - a. Fried
 - b. Poached
 - c. Hard cooked and soft cooked
 - d. Deviled

Eggs are better cold when beaten. The whip egg beater produces a larger volume than the Dover egg beater, but with the latter the texture is finer. Egg white should not be beaten until ready for use as there is a tendency for the white to separate and this condition cannot be wholly overcome with additional beating. White of egg should be beaten so as to hold its shape, but not so dry that small pieces fly out of the bowl.

One teaspoon of baking powder is equal, as a leavening agent, to one whole egg or to two egg whites. This substitution may be made after a few experiments. Do not use

baking powder entirely to replace eggs, but choose those recipes which do not call for many eggs.

One tablespoon of flour or three-fourths of a tablespoon of cornstarch or four tablespoons finely crumbed bread are equal to one egg as a thickening agent. This substitution can be made in steamed custards.

PRESERVATION OF EGGS

Cover left-over egg yolk with cold water to prevent crust forming.

Cover egg whites closely and keep in refrigerator.

Water Glass: Select clean, fresh eggs and pack them in crocks, kegs or jars which have been thoroly scalded, or better, sterilized. Over these carefully packed eggs pour the following solution, which has been well mixed: 1 part water glass to 10 parts boiled soft water, which has been cooled. Store in cool place.

One gallon of water glass will make sufficient solution to cover 50 dozen eggs. It is not wise to use this mixture a second time.

Limewater: Limewater is used and may be made as follows: Three pounds of unslacked lime are placed in five gallons of water and allowed to stand until clear. The eggs, which have been packed in crocks or jars, as above, are then covered with the clear lime water. Eggs preserved in this way are sometimes apt to crack in boiling. This can be prevented by sticking a pin thru the shell into the air space at the end of the egg. It must be understood that eggs which have been packed in this manner must not be marketed as fresh eggs.

EGG RECIPES

SOFT COOKED EGGS

To one egg allow 1 pt. boiling water, and for four eggs, 1 quart. Pour the water over the eggs and allow them to stand in a warm place from 5 to 10 minutes, according to the consistency desired. The water should completely cover the eggs and the pan in which they are cooking should be covered.

HARD COOKED EGGS

Prepare the same as soft cooked, but allow them to stand 30 to 45 minutes, according to consistency desired.

FLUFFY OMELET

Separate carefully the yolks and whites of the chosen number of eggs and beat the yolks until very light. Add as many table-spoons of milk as you have eggs and enough salt and pepper for seasoning. Mix thoroly but lightly. Beat whites until light, but not dry. Fold lightly into yolk mixture until blended, but be careful not to release the air beaten into the eggs. Many cooks prefer to use water instead of milk.

Choose an iron or aluminum frying pan of such size that the mixture will cover it about one inch deep. Melt enough butter to coat the bottom. Cook at moderate temperature so that the air can expand before the egg becomes firm. If using a small oil burner, move the pan so that the omelet will cook around the edge at the same rate it does in the center. Cook until a spatula can be slipped under and the whole mixture loosened. Put in a hot baking oven for a few minutes until the top sets. Crease across the center with a spatula and fold omelet over in pan. Turn onto a hot platter and serve at once. If the omelet stands for any length of time after it is served it will shrink and be much less appetizing.

FRENCH OMELET

Allow an egg to each person and one additional. Break eggs into bowl and beat lightly. Add 1 tbsp. of milk or water for each egg used with salt and pepper to season. Have ready a hot iron skillet, which has been oiled with fat or butter. Be sure the sides are well oiled. Pour into this the egg mixture and allow to cook slowly by placing on a cooler part of the range or by reducing the flame of the gas or oil burner. With a spatula, lift the edge of the omelet and allow the liquid to run under. Continue this until the omelet becomes set. Place on top shelf of a hot oven or under a broiler for a few minutes. This will cause the omelet to rise greatly and brown. Have ready a hot platter. By means of a spatula, fold the omelet, slip on the hot platter and serve at once.

VARIATION IN SERVING OMELET

Before folding, spread with any of the following:

Meat omelet—Use chopped meat, such as ham.

Fish omelet—This may be substituted for meat.

Cheese omelet—Sprinkle with grated cheese before putting in the oven.

Tomato or Spanish omelet—Serve the omelet with a highly seasoned tomato sauce.

Jelly omelet—Spread the omelet with soft jelly before folding.

CODDLED EGGS

Drop the broken eggs into a vessel of water just under the boiling point. Cover and remove immediately from the heat.

Allow the eggs to cook slowly for about 8 minutes. These eggs have tender, jelly-like white and soft but sufficiently cooked yolk.

EGGS A LA SUISSE ON TOAST

In a flat pan set over hot water, melt 1 tbsp. butter. Add $\frac{1}{2}$ c. cream (or rich whole milk). Break 4 eggs, one at a time, on a wet saucer, and slip carefully into the hot cream. Sprinkle with salt and paprika. When partially set sprinkle with 2 tbsp. grated cheese. Cover and let stand until set. Serve each egg on a round of toast and pour surplus cream around them.

BAKED EGGS

Butter inside of earthen ramikins or custard cups. Into each slip an egg. Season with salt and pepper and set in warm oven until whites are firm.

EGGS IN NESTS

Materials needed: Eggs, custard cups or dry toast.

Separate very carefully the yolks and whites of the desired number of eggs. Beat whites stiff, but not dry, adding salt for seasoning.

(1) Place beaten whites in greased shallow ramikins or custard cups and in the center of each place the yolk of an egg. Set in a pan of water and bake slowly until firm, but tender. Serve at once.

(2) The beaten yolks may be arranged on slightly browned dry toast with a yolk in the center and browned slightly in oven. Use dry toast, because egg slips off buttered toast.

CHAPTER VI

Buying and Use of Meats

Beef, Veal, Pork, Mutton, Poultry, Game and Fish—
Sauces for Meats.

MEATS, including fish, constitute one of the great sources of protein or building foods in the diet. Meats also contain the phosphorus and iron so necessary to the body, as well as vitamins. A meat diet is appetizing and easily digested, provided it is properly cooked, for its flavor stimulates the flow of the digestive juices. As a building food it is completely used by the body and so even in small quantities it furnishes valuable food nutrients, since there is no loss in digestion.

The high cost of meat is largely due to the homemaker's lack of knowledge of the equal food value of other cuts than choice steaks, provided these cuts are properly prepared. Choosing only choice parts of the carcass makes them cost more, because they must be priced higher in order to meet the loss from the tougher cuts, which find no sale. The waste of meat is due largely to bone, which is not used in the steaks, but forms a valuable source of gelatin, fat, flavoring and minerals if stewed or pot roasted. Fat in meat shows that an animal has been well nourished and improves the flavor of the meat. The housewife should remember that fat replaces water in the well nourished animal.

COOKERY OF MEATS

The same principle for the cookery of eggs is applicable to the cookery of meats—that is, the cooking process should take place below the boiling point. In good cookery, intense heat is at first applied to the surface of the meat to seal it up and not let its juices escape. Then a low heat is used until the meat is cooked to the degree desired, if broiled or roasted.

The cheaper parts of the beef are tougher, owing to the greater development of the connective tissue and sinews,

due to exercise of that part of the animal's body. This same exercise also brings an added supply of blood to those parts. Long, slow cooking of these cheaper cuts changes the tough connective tissue to gelatin, while hard boiling, as well as long boiling, causes this gelatin to dissolve and the meat falls apart. Grinding or chopping such tough cuts makes them more palatable and easier to cook tender, also.

Another very important factor in meat cookery with such cuts as stews, pot roasts, etc., is choosing heavy utensils, such as cast aluminum or iron, in order to hold the heat without the use of much fire. One reason why the cheaper cuts are so unpopular is that it takes so long a time to make them tender. If only a very low fire is used and the cooking is done in a heavy utensil, a large part of this objection is removed.

Meat is cooked to improve its appearance, develop pleasing flavors, and to change the connective tissue into gelatin, as well as to render the meat sterile. Meat may be cooked so as to retain juices, as when it is seared first or put into boiling water and the heat reduced afterward. The juice may be extracted by putting it in cold water and cooking it a long time.

METHODS OF COOKERY

Broiling means exposing the surface of the meat to red hot coals, or direct flame, as of gas, or to a very hot utensil of heavy iron or aluminum. The latter is usually called *pan broiling*. After the surface is well seared, the heat is reduced. This method is only good for tender steaks or chops.

Roasting is the name applied to baking in a pan in the oven. At first the oven is made very hot in order to sear the meat quickly. After this, the heat is reduced and the pan may be covered. Basting improves the flavor of roasted meat.

Pot roasting is a method applied to searing meat on the top of the stove and then adding a small quantity of water so as to permit it to cook very slowly until tender. It is adapted for use with the tougher cuts of meat.

Braising is similar to pot roasting.

Simmering is the method used for soups and stews. It means cooking below the boiling point or at about 180° F.

Saute means frying with a small amount of fat.

TIME TABLE FOR MEAT COOKERY

Beef:

Steaks and chops, broiled	8 to 12 minutes
Roasts, prime rib, per pound	15 to 25 minutes
Chuck or plate, per pound	30 to 40 minutes
Brisket, neck, per pound	30 to 40 minutes

Veal:

Steaks, broiled	20 to 30 minutes
Roasts, per pound	25 minutes
Cutlets	45 minutes

Pork:

Chops, broiled	15 minutes
Roasts, per pound	25 minutes
Hams, per pound	20 to 25 minutes
	for 12 pound ham
	15 to 18 minutes
	for 18 pound ham

Mutton and Lamb:

Chops	10 to 15 minutes
Roasts	20 minutes
Stews	20 minutes

PRESERVATION OF MEAT IN THE HOME

To insure its good condition, meat must be properly cared for after it is purchased. Remove the outside paper wrapping and place on plate in the coolest part of the refrigerator or other cool place. If necessary to buy meat for several days in advance, the surface may be well seared and the meat cooled before returning to the refrigerator.

Salting is a common means of preserving meat. Detailed directions may be obtained by writing to the Department of Animal Husbandry, Iowa State College.

Freezing is a practical method of preserving meat in very cold weather.

Canning may be used, provided the homemaker uses a pressure cooker, since high temperatures are necessary to insure thoro sterilization.

USES OF LEFT-OVER MEATS

1. *Croquettes*—Any kind of meat, ground, one part mashed potatoes or rice and egg and gravy or stock or white sauce.

2. *Hash*—Any kind of ground meat and one part potato, mashed or chopped and seasoned. May be in ratio of one part to two parts potato.

3. *Stew*—Cold steak or roast, cut in cubes. Heat in gravy, season with vegetables.

4. *Meat Pie*—With stew as a basis, put in a baking dish, with baking powder biscuit dough and bake in hot oven.

5. *Minced Meat on Toast*—Cut meat in fine cubes, warm in gravy, serve on toast.

6. *Escalloped Meat*—Cut meat in cubes, add to gravy, place in baking dish with alternate layers of rice or dressing. Cover with bread crumbs and brown.

7. *Shepherd's Pie*—Same as meat pie, except that cover is of cold mashed potatoes.

8. *Jellied Meat*—Cold roast veal cut in cubes, and add to a highly flavored gelatin stock. Mold, cool and slice.

9. *Meat Fritters*—Add ground meat to fritter batter and fry in deep fat.

10. *Meat Sandwiches*—Shredded cold roast or fowl.

BEEF

Good beef is of a bright red color. It should be well marbled with fat, which is white in color. The outside fat may have a yellowish tinge. Fat in meat improves the flavor. The texture of the fibers of the meat should be fine and soft. The cut surface of a piece of meat should be juicy.

The bones of the younger animals should be reddish in color and soft, rather than hard and white as in older animals.

COMPARISON OF COSTS OF DIFFERENT CUTS

Neck	at 10c a pound makes the edible portion cost 14c
Plate	at 12c a pound makes the edible portion cost 15c
Shoulder	at 15c a pound makes the edible portion cost 18c
Loin	at 30c a pound makes the edible portion cost 34c
Round	at 28c a pound makes the edible portion cost 28c
Rump	at 17c a pound makes the edible portion cost 21c

COOKERY OF BEEF

Beef should be seared at 525° F. or plunged into boiling water to seal up the surface and prevent the juices from escaping. The heat then should be reduced to 250° to 300° F. if roasted, or if boiled, to a simmering temperature. In broiling the heat should be reduced after meat is browned.

Beef properly cooked should be tender and yet not fall apart in strings. The connective tissue surrounding each



A round of beef; (S) the inside of leg or top of round; (T) outside of leg or bottom of round

fiber should be changed to gelatin by the cooking at the proper temperature. Too high a temperature and too long boiling destroys the gelatin, which is formed from the connective tissue, and the fibers fall apart, making a much less attractive dish.

USES OF THE VARIOUS BEEF CUTS

Beef Cuts	Use
Flank	Stuffed, rolled and braised, or corned and boiled
Round	Cheap roast, beef stew or braised, steaks, hamburger steaks
Rump	Roasts (good and inferior), stews, steaks
Loin	Choice steaks and roasts
Tenderloin	Larded and roasted, or broiled
Hind-shin	Cheap stew or soup stock
Five prime ribs	Good roast
Five chuck ribs	Small steaks and stews
Neck	Hamburg steak, mincemeat and stews
Brisket	Stew, good for corning
Fore-shin	Soup stock and stew

OTHER PARTS OF BEEF CREATURE USED FOR FOOD

Brains	Stewed, scalloped dishes or croquettes
Tongue	Boiled or braised, fresh or corned
Heart	Stuffed and braised
Liver	Broiled or fried
Kidneys	Stewed or sauted
Tail	Soup
Suet	(Kidney suet is best)
Tripe	Lyonnaise, broiled or fried in batter

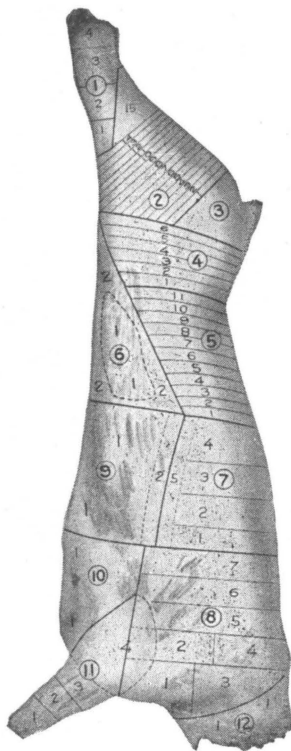
BEEF RECIPES

PAN BROILED STEAK

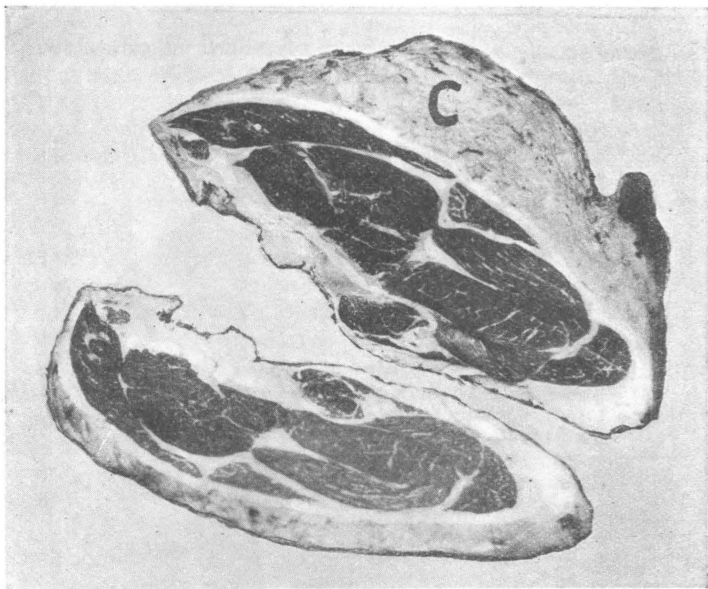
Have skillet very hot. (Heavy iron one is best.) Wipe steak with a damp cloth. Remove flank end for stewing or hamburger. Place steak in a smoking hot skillet which has been greased with fat from the meat. Turn from side to side until well seared and browned, being careful not to prick meat with fork so as to release the juices. Move to cooler part of the stove or lower the heat and cook until pink inside. A steak 1 in. thick requires 8 to 10 minutes to cook. Add seasoning just before removing from the skillet. Remove to a hot platter and dot with butter, also adding the fat from the skillet.

(Chart and Explanation from U. S. Department of Agriculture,
Bureau of Agricultural Economics, Division of
Live Stock, Meats, and Wool.)

- (1)—Hind Shank
1, 2, 3, Soup Bone
4, Knuckle
- (2)—Round
1 to 4, Round Steaks
15, Heel of Round
- (3)—Rump
Steaks and Roasts
- (4)—Loin End
1 to 6, Sirloin Steaks
- (5)—Short Loin
1 to 3, Club or Delmon-
ico Steaks
4 to 11, Porterhouse
Steaks
- (6)—Flank
1, Flank Steak
2, Stew or Hamburger
- (7)—Rib
1, 2, 3, 4, Rib Roasts
5, Short Ribs
- (8)—Chuck
1, 2, Bottom Chuck
Roasts
3, 4, Top Chuck Roasts
5 to 7, Chuck Rib
Roasts
- (9) and (10)—Plate
(9)—Navel End
1, Stew, Boned and
Rolled Roasts, Corned
Beef
2, Short Ribs
(10)—Brisket
1, Stew, Boned and
Rolled Roasts, Corned
Beef
- (11)—Fore Shank
1 to 3, Soup Bones
4, Shoulder Clod
- (12)—Neck
1, Boneless Roast,
Stews or Hamburger



Numerals in circles on drawing and in parentheses () in ex-
planation refer to wholesale cuts; other numerals to retail cuts.



Loin end (C), showing sirloin steak. Note the small tenderloin muscle just beneath the bone in the lower center of the cut.

RIB ROAST OF BEEF

Wipe meat with damp cloth. Rub well with seasoning and dredge with flour. Sear and brown with very high oven temperature, 525° F. Reduce the heat after 15 minutes to slow or moderate oven, 250° to 300° F. Roast 15 to 25 minutes per pound. If a less tender cut is to be roasted, cover, add water and cook slowly until done.

SWISS STEAK

1½ lbs. round or flank steak	½ c. hot water
(1½ in. thick)	2 tbsp. chopped onion
1 tsp. salt	2 c. stewed tomato
¼ c. fat	1 c. flour

Pound as much flour into the meat as possible with the edge of a saucer. Place ¼ c. of fat in a heavy iron skillet. Brown meat well in the hot fat. Add 2 c. of tomato and seasonings. Cover and simmer until tender, adding water if necessary.

ROAST BEEF

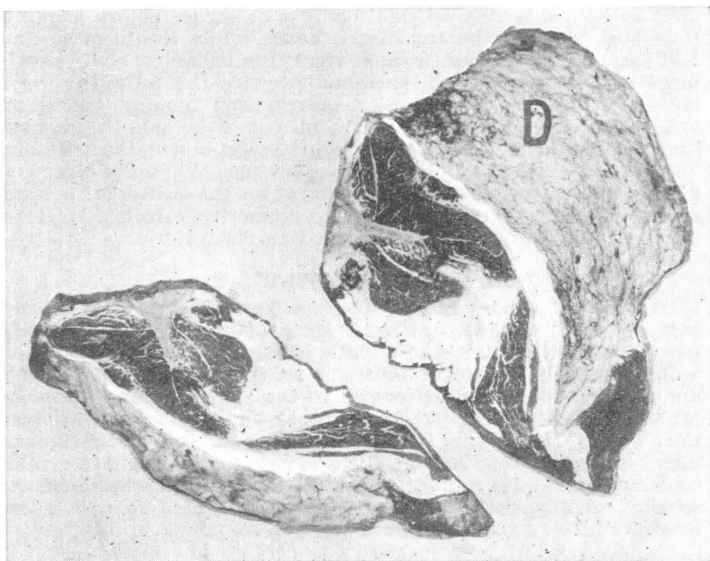
Select a piece of beef (2 to 3 lbs.) known as the "heel," cut from the back of the rump; wipe with a damp cloth and set, skin side down, on a rack in a double roaster; rub over with salt and flour. Set in a hot oven to sear over the surface; reduce the heat after 20 minutes and let cook $1\frac{1}{2}$ hours. Turn the meat when half cooked. Serve with

YORKSHIRE PUDDING

Sift together $1\frac{1}{2}$ c. of pastry flour and a scant $\frac{1}{2}$ tsp. of salt; add $1\frac{1}{2}$ c. of milk, gradually, to form a smooth batter, then add three eggs, beaten until thick and light. Turn into a hot dripping pan, the inside of which has been brushed over with hot roast beef dripping; when well risen, baste with the beef dripping. Bake about 20 minutes. Cut into squares.

BEEF JUICE

Have ready $\frac{1}{2}$ lb of chopped beef, make it into a flat mass, quite compact. Broil in hot broiler until slightly browned. In



Short loin (D) showing porterhouse steak. Note large tenderloin muscle just beneath the "T" bone. This steak is sometimes called a "T" bone steak, but the true "T" bone has practically no tenderloin muscle.

using a meat press or vegetable ricer, press out all the juice possible. For very strong broth, season with salt and without dilution. For weaker broth, serve with an equal measure of barley water or plain boiling water.

POT ROAST

Select a 3 or 4 lb roast from the chuck or shoulder. Wipe the meat with a damp cloth, add salt and pepper, tie or skewer it into attractive shape for serving, dredge with flour or not, as desired. Sear all sides in drippings of fat pork, add enough water to cover about one-third of the meat, cover closely and let simmer for the required length of time. Add more water during cooking if necessary. Allow at least $\frac{1}{2}$ hour to each pound of meat, or longer if cooking slowly. Long, slow cooking makes the meat tender, without allowing it to fall apart.

NEW ENGLAND BOILED DINNER

Select 2 or 3 pounds of corned beef taken from the brisket, rump or round. Wash with cold water, place in large kettle, cover with cold water and bring slowly to a boil. To hold the meat in shape, it may be tied firmly with string before cooking. It is best to skim the top of the kettle while the meat is first boiling. Cover the kettle and allow the meat to cook slowly for 4 to 5 hours. Wash, peel and prepare the following vegetables: white turnips, rutabaga, carrots and turnips, quartered, and cabbage. One hour before the meat is done, add the carrots, the turnips, quartered. Twenty minutes later add the potatoes. Add cabbage last 15 minutes before serving. When the meat and vegetables are cooked, serve the meat in the center of a large platter with the vegetables arranged attractively around it. Beets may be cooked separately and served on platter, too.

BRISKET STEW

Use brisket of desired amount with potatoes, 1 small cabbage, small carrots, turnips, onions, a sprig of parsley, salt and pepper. Wipe meat with a damp cloth. Place brisket in a kettle of boiling water and simmer until the meat is tender. Let it cool and remove the fat which comes to the top. Prepare the vegetables and add all except the potatoes and cabbage at least an hour before the cooking is finished. Add potatoes about 30 minutes before serving. Add cabbage 15 minutes later. After vegetables and meat are removed from the liquid, it may be thickened with a small quantity of flour, allowed to come to a boil and served with or around the meat.

CREAMED CHIPPED BEEF

Shred $\frac{1}{4}$ lb dried beef and put it into a frying pan containing melted butter or bacon fat. Turn over the meat until the edges of the beef are curled. Remove the beef from the pan and add 2 tbsp. of flour to the fat in the pan, stir to form a paste, allow

it to brown, if desired, and pour in 1 c. of milk. Again stir continuously until the sauce is smooth. Then add the chipped beef, season with pepper and serve on toast.

MEAT PIES

Left over pieces of meat may be cut into attractive pieces. A gravy may be made from the stock the meat was cooked in or left over gravy may be substituted. White Sauce No. 2 may also be used. Heat meat in gravy and cover with crust. (See index.)

ROAST TENDERLOIN OR FILLET OF BEEF

With a larding needle, run small strips of salt pork thru the tenderloin in order to overcome the lack of fat in the meat itself. Brown in a hot oven. Season with salt and pepper and continue roasting in a self-basting pan in a moderate oven (350° F.). Basting the tenderloin is an important factor in having a juicy, tender roast.

BROILED FILLET

Cut slices an inch thick from the tenderloin and flatten slightly by pounding with a cleaver. Either broil over very hot coals or saute in a hot iron skillet. Serve with mushroom sauce.

STUFFED FLANK STEAK

After wiping a flank steak with a damp cloth, lay out flat. Cover with a dressing, such as is used for poultry, or one more highly seasoned with onion, peppers or celery. Roll the steak with the grain of the meat, and tie securely into shape. Place in a roasting pan, with a little water, and cook slowly until tender. Diced potatoes and carrots may be added to the pan and allowed to cook along with the meat.

BEEF LOAF

Choose a piece of lean meat and then have it ground together with a small quantity of kidney suet. To every 2 pounds of beef allow $\frac{1}{4}$ lb of kidney suet. Season with salt and pepper and mix with an egg. Shape into a loaf and bake in a moderate oven 1 hour. Serve with tomato sauce. If preferred, salt pork may be used instead of suet.

HUNGARIAN GOULASH

Choose a piece of beef suitable for stewing and cut into small pieces. Have skillet hot and rubbed over with a little fat. Sear the pieces of meat, stirring often to prevent burning. Cover with water and simmer 2 hours, after seasoning with salt and pepper. Add to the simmering meat, potatoes cut in cubes, small onions and slices of carrots and turnips. Cook until vegetables are tender. Thicken the stock with a little flour rubbed smooth in cold water before serving.

Two cups of tomato may be added to stock if desired. This dish is easily prepared in a casserole.

MOCK DUCK

Choose a large round steak and trim to remove surplus fat. Make a bread stuffing such as used for poultry and the steak is rolled around the stuffing. It may be held in place by tying or sewing with string. Brown in a hot oven, then reduce heat and allow to cook slowly until meat is tender. The duck should be basted often to insure moist, tender meat. The trimmings of fat may be laid across it to assist in the basting and to make a richer gravy to serve with it.

IRISH STEW

Select a piece of meat for stewing and cut into 1 inch cubes. Brown the meat in a hot, greased skillet. Cover with cold water and season with salt and pepper. Cook slowly for several hours. Then add onions cut in slices and potatoes cut in cubes. Simmer gently for an hour or more. By this time the potatoes will have thickened the stock. Removing the cover will also cause the water to evaporate so that the stew will be thick and well seasoned by long cooking before serving.

CHILI CON CARNE

1 lb round steak	1 tbsp. butter
1 tbsp. olive oil	4 tbsp. chopped onion
1 small can kidney beans	1 tbsp. chili powder
2 tsp. salt	1 qt. tomatoes
1 tbsp. flour	1 tbsp. Worcestershire sauce

Grind steak, heat butter and oil in a frying pan, add onion and fry to a light brown. Add Worcestershire sauce and chili powder, stirring well. Add meat and almost cover with hot water. Cook slowly until tender and add the remaining ingredients, blending the flour with a little of the tomato juice. Simmer until the tomato pulp is thoroly blended and almost disappears. Serve with rice.

Contributed by Mrs. Frank Kerekes.

VEAL

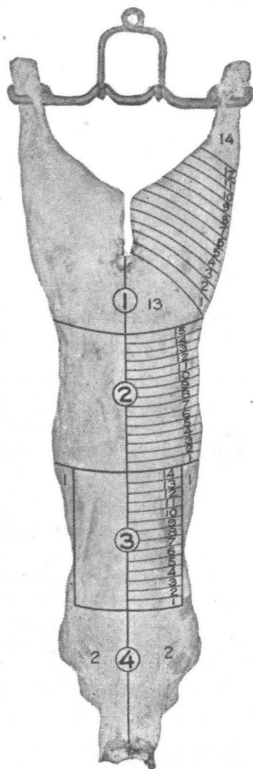
Veal should be a pale pink color with little or no fat at the edges. It should not feel soft to the touch. Flecks of fat, slightly pink in color, may be seen in the meat.

Comparison of Cost of Cuts—As veal is immature beef, the percentages of waste run about the same as in the latter.

COOKERY OF VEAL

Veal, being immature, is more gelatinous than beef. It has little fat and none of the extractives which give the flavor to beef. Veal should be cooked longer and more slow-

(Chart and Explanation from U. S. Department of Agriculture,
Bureau of Agricultural Economics, Division of
Live Stock, Meats, and Wool.)



VEAL CUTS

(1)—Legs

2 to 12, Cutlets
13, Roasts
14, Shank (Stew)

(2)—Loin

1 to 6, Rib Chops
7 to 15, Loin and Kidney
Chops

(3)—Hotel Rack

1 to 14, Rib Chops

(4)—Chucks or Stews

(includes Shoulders,
Neck and Breasts)
1, Stews
2, Roasts

Numerals in circles on drawing and parentheses () in explanation refer to wholesale cuts; other numerals to retail cuts.

ly than beef, and some fat must be added. Basting veal frequently improves the flavor as it has a tendency to dry out.

VEAL CUTS AND THEIR USES

Veal Cuts	Use
Leg	Cutlets, broiled or baked
Loin	Roast
Knuckle	
Shoulder	Stew and veal loaf
Neck	Stew and veal loaf
Breast	Stew and veal loaf
Sweet breads	Broiled, creamed
Kidney	Stewed or broiled
Liver	Sauted or creamed

BREADED VEAL CUTLETS—BAKED

Cut a large veal cutlet into pieces suitable for serving. Wipe the meat with a clean cloth and sprinkle with salt and pepper. Dip each piece into beaten egg, which has been diluted with 1 or 2 tbsp. of cold water, and then into fine bread crumbs. Lay the meat in a well greased basting pan or shallow roasting pan. Set the pan in the hot oven and allow the meat to brown. Add a cup of stock or water. Cover, reduce the heat and bake for 50 minutes. Add a little more liquid if necessary. Serve with or without gravy.

VEAL POTPIE

Select a piece of lean meat and cut into pieces suitable for serving. Cover with cold water and bring to a boil. Cook slowly for 1½ to 2 hours or until the meat is tender. One-half hour before the meat is done, add salt and pepper to taste. When done, thicken the liquid with 2 tbsp. of flour. Pour the meat and gravy into a deep baking dish. Cover the top of the pan with a rich biscuit dough and bake in a quick oven for 25 minutes. Serve immediately. Vegetables, as peas, carrots or potatoes, may be added to the veal while it is cooking.

VEAL BREAST, STUFFED AND ROLLED

Make a stuffing of 1 c. of bread crumbs and mix with ¼ pound of finely chopped salt pork. Season with 1 tbsp. of chopped onion, salt and pepper, 1 tbsp. minced parsley and 2 tbsp. melted butter or bacon fat. Fill the cavity under the thick part of the breast of veal and roll and skewer into shape. Place in a roasting pan, sear in a hot oven (500° F.) for 20 minutes; reduce the heat (375° to 400° F.) and allow the meat to roast for about 25 minutes to each pound.

LEG OF VEAL ROASTED

Select a small leg of veal and have the bone removed if desired. Wipe the meat and sprinkle it with salt and pepper. If bone is removed, fill cavity with bread stuffing. Skewer the meat into shape and place in a roasting pan well greased with pork fat or drippings. Sear the surface in a hot oven, reduce the heat and roast from 20 to 25 minutes for each pound of meat. If an uncovered roaster is used, baste the meat every 10 minutes.

JELLIED VEAL

Select a knuckle of veal or pieces from the breast. Cut into pieces and break bone. Wipe the meat and place it in a stewing kettle and cover with 2 quarts of water. Tie the following seasonings in a piece of cheesecloth: 1 tbsp. chopped parsley, 6 cloves, 4 peppercorns. Add the seasonings to the kettle and cook slowly for 4 hours. When the meat is thoroly done, remove the pieces of meat from the bone and set aside to cool. Strain the liquid and add to it $\frac{1}{2}$ tsp. pepper, 1 tbsp. salt or more to taste. Reheat for 10 minutes. Cut the meat into small, attractive pieces and place in mold. Pour over it enough of the liquid to cover and set in a cold place to stiffen. Jellied veal loaf may be made without cooking down the veal stock by thickening a thin stock with gelatin in the proportion of 1 tbsp. of gelatin to 1 pint of liquid. Bits of parsley, slices of hard cooked eggs and pimentoes may be arranged first in mold. Pour over the stock and allow to set before putting in meat and remainder of stock.

VEAL BIRDS

$1\frac{1}{2}$ lb veal steak, cut $\frac{1}{4}$ in. thick. Cut in pieces 2x4 in. Roll around small strips of salt pork, a sausage, or moistened and seasoned bread crumbs (dressing) and tie securely. Sprinkle with flour and salt and brown in hot fat. Add boiling water, cover and bake or simmer on top of the range or in the fireless cooker until tender.

VEAL TIMBALES

2 tbsp. butter	2 tbsp. chopped parsley
1 c. stale bread crumbs	8 eggs
$2\frac{1}{2}$ c. milk	Salt
4 c. chopped veal	Pepper

Melt butter, add bread crumbs and milk, and cook 5 minutes, stirring constantly. Add veal, parsley and eggs slightly beaten. Season with salt and pepper. Turn into buttered individual molds two-thirds full, set in pan of hot water, cover with buttered paper and bake 20 minutes. Serve with sauce if desired.

VEAL LOAF

2 lb veal	1 egg
$\frac{1}{4}$ lb salt pork	1 c. bread crumbs
1 tsp. salt	$\frac{1}{8}$ tsp. pepper
2 tbsp. melted butter	

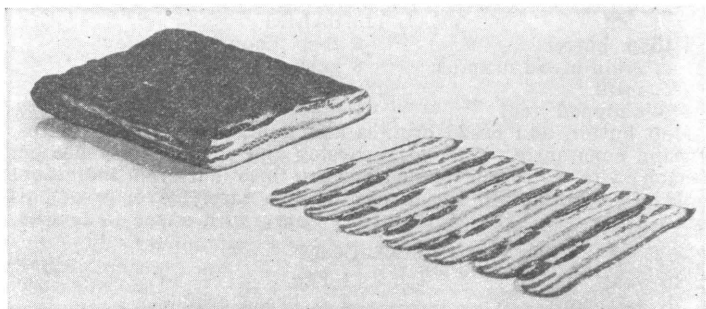
Put the veal and salt pork thru a meat chopper and then add the other ingredients, mixing well. A little minced onion or sage may be added for seasoning if desired. If the bread crumbs are very dry, moisten with a half cup of water. Shape into a loaf and bake in a moderate oven 2 hours, basting often either with stock or water and a little melted butter.

PORK

Choose pork having a fine grain and firm to the touch. The flesh of a young animal is nearly white in color, while that of the older animal has a pinkish cast. The fat should be white and firm and evenly distributed.

Comparison of Costs of Cuts—In the loin of pork there is about 20 percent of refuse due to bone. As the loin of pork is usually broiled or roasted, the bone, which is the refuse, is not made use of for flavoring other foods as in stews, etc. In the shoulder about 12 percent is lost thru bone, tho these cuts are more often boiled, thus obtaining the flavoring and fat from them. In ham the loss is only about 10 percent.

Cookery of Pork—Pork needs to be thoroly cooked, as rare or partially cooked pork is unappetizing. The high percentage of fat which pork contains calls for a moderate heat thruout the process of cooking, rather than searing the



Good bacon, well streaked with lean and fat.

surface to prevent the escape of fat. Too high a heat brings about chemical changes in the fat which make it very indigestible.

PORK CUTS AND THEIR USES

Pork Cuts	Use
Hams	Broiled or roasted
Shoulders	Inferior roasts, salted or corned
Pig's feet	Pickled
Head	Pickled
Flank	Bacon
Belly	Fat salt pork
Loin	Chops, roast
Brains	Broiled
Ears	Most of these parts may be stewed, giving flavor to vegetables
Heart	
Jowl	
Kidney	
Liver	
Snout	
Tail	
Tongue	

BROILED PORK CHOPS

Wipe the chops with a damp cloth. Have a skillet very hot. Rub with a bit of the pork fat to oil thoroly. Put in chops and sear quickly, on both sides. Reduce the heat and cook slowly until well done, but not dry. Season with salt and pepper after searing. If chops are thick, skillet may be covered to insure cooking thru without drying.

BAKED PORK CHOPS WITH DRESSING

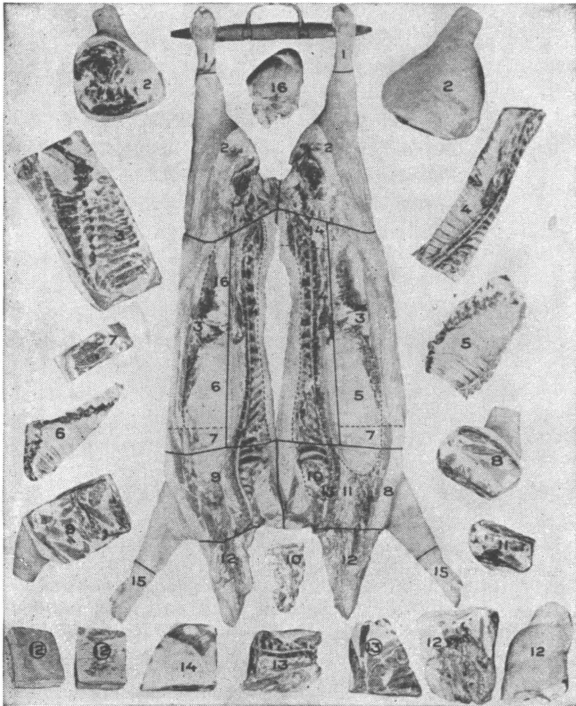
Select pork chops and wipe with a damp cloth. On each pork chop, after it is placed in the baking pan, arrange a mound of dressing such as is used for poultry. Season chops with salt and pepper. Put into a hot oven and sear quickly. Then reduce the heat and add enough water to cover the pan. Put the cover on the baking pan and allow to cook slowly about an hour. If pan is not self-basting, the chops will need to be basted frequently. Brown after removing cover during last ten minutes.

ROAST PORK

If loin is selected have the back bone sawed free from chops, as then roast is easier to carve. Sprinkle with salt and pepper

PORK CUTS

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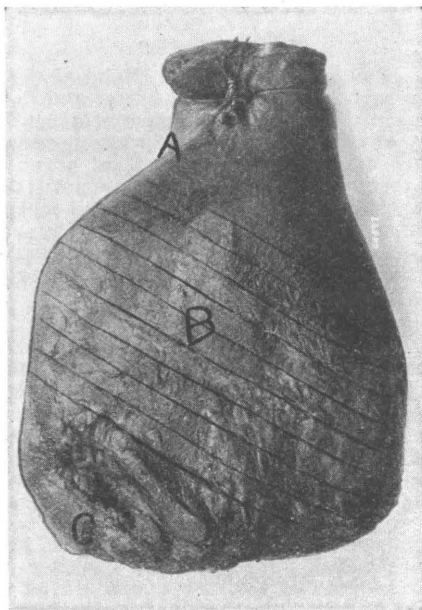


- | | |
|--------------------------|---------------------------|
| 1—Hind Feet | 10—Neck Bones |
| 2—Hams | 11—Picnic Butt |
| 3—Clear Bellies | 12—Jowl Butts (Untrimmed) |
| 4—Pork Loins | (12)—Jowl Butts (Trimmed) |
| 5—Spareribs (Full Sheet) | (13)—Boneless Butts |
| 6—Spareribs (Half Sheet) | 13—Boston Butts |
| 7—Brisket | 14—Lion Butts |
| 8—Picnic | 15—Fore Feet |
| 9—N. Y. Style Shoulder | 16—Leaf Fat (Cone Shape) |

and a little sage, if desired. Roast until done, allowing about 25 to 30 minutes to a pound. Baste every 10 minutes if an open pan is used. Remove from the pan, skim off most of the fat from the bottom of the pan and make gravy of the liquid and fat left, using 2 tbsps. of flour. Season with salt and pepper. Serve the roast on a large platter and garnish with slices of fried apples.

BAKED SPARE RIBS

Rub the surface of 3 pounds of fresh spare ribs with salt. Place in a shallow baking or roasting pan. Roast in a moderate oven. Cover part of the time or baste every 15 minutes. Spare ribs may be arranged over sauerkraut to bake. Basting improves flavor of kraut.



Best method of cutting a ham. (A) shank; (B) center slices; (C) butt. Bake the butt; fry the center, and boil the shank.

BAKED VIRGINIA HAM (According to Thomas Nelson Page)

After soaking the ham in cold water an hour, scrub and scrape thoroly. Then soak in cold water for at least 12 hours

before cooking. Cook in a large kettle of water, adding to it an onion, a stalk of celery, parsley, a blade or two of mace and a few cloves. When the ham is done, it will have a tendency to turn over because the fat has absorbed so much moisture. Let it cool in its own liquid. When cool enough to handle, pull off the skin. Sprinkle the exposed fat with white pepper, liberally. Then stud it with cloves pushed down in the fat about an inch apart. Cover about an inch thick with brown sugar. It may be difficult to make the sugar stick, but press it down closely. Place the ham in a roasting pan, pour around it cider and bake in a slow oven. Care must be taken to have a slow oven, as this allows the sugar to melt and sink into the interior of the ham. Toward the end, the ham may be basted with the cider. This baking should take at least two hours to insure the thoro seasoning of the ham with sugar and spices.

HAM MOUSSE

Prepare 1 pt. of chopped lean ham. Make also a white sauce by cooking to a paste 3 tbsp. each of butter and flour, then adding 2 c. of rich milk gradually, and simmering until thick. Season with $\frac{1}{2}$ tsp. of salt, $\frac{1}{8}$ tsp. each of white pepper and paprika and just a trace of mace. Add 1 tbsp. of granulated gelatin, softened in 2 tbsp. of cold milk; simmer until the gelatin is dissolved. Now add the ham and set aside to cool. Just before it begins to stiffen, fold in a cupful of cream whipped until stiff, and pour into a wet mold. When thoroly set, turn out and garnish. Any of the more delicate meats, chicken or fish, may be prepared in the same manner.

BOILED HAM

Scrub the ham thoroly. Cover with cold water and heat to the boiling point; let boil 5 minutes, then simmer, very gently, 20 to 25 minutes per lb for 12 to 13 lb ham, 15 to 18 minutes per lb for 18 lb ham; be careful not to boil hard. Set ham aside for 12 hours to cool in liquid; remove and wipe dry; slice carefully and serve with cider jelly made as follows:

CIDER JELLY

Soften $\frac{1}{2}$ package of gelatin in $\frac{1}{2}$ c. of cold water and dissolve by setting the dish into hot water; add $\frac{3}{4}$ c. of sugar and when dissolved and cooled somewhat, add 3 c. of sweet cider; let stand for 24 hours. Arrange in tablespoonsful on platter around ham. Garnish with stuffed mangoes, pickled onions and olives.

SAUSAGE ROLLS

These are delightful, savory cakes made from rich pastry. The pastry is cut in squares about 3 inches across, then a spoonful of sausage meat is placed on one half of the pastry, the edges are moistened, and the other is folded over gently. Take care not to pinch the edges too hard or the pastry will not puff. Press

just inside the edge and very gently. Brush with beaten egg and bake in a quick oven.

BAKED HAM WITH ESCALLOPED POTATOES

2 tbsp. butter	2 c. milk
$\frac{1}{3}$ c. flour	4 c. raw potatoes ($\frac{1}{8}$ in. thick)
2 tsp. salt	1 slice ham (1 in. thick)

Blend the butter, flour, salt and milk as for white sauce. Cook. Arrange the potatoes in an oiled baking dish, pour over the white sauce, which should be a little thinner than medium. Lay the ham, which has the rind and some of the fat removed, on top. The food should not come to within more than an inch of the top of the dish in order to avoid cooking over in the oven. Cover and bake in a moderately slow oven for 1 hour. A hot oven causes the milk to have a curdled appearance. Remove cover to brown and finish cooking.

VARIATIONS

$\frac{1}{2}$ lb of sliced bacon, which is delicately browned, can be used in the center and on top of this dish instead of the ham. Stuffed pork chops or tenderloin, browned slightly, or left-over chops or roast meat can be utilized in this dish.

PIGS IN BLANKETS

Select large sized oysters. Drain the oysters, wrap a thin slice of bacon around each and fasten in place with a toothpick. Put in a broiler and place the broiler over a dripping pan. Cook until the bacon is brown. Turn and cook the other side. It may be baked in a hot oven or cooked in an iron frying pan. Drain on brown paper and serve on toast with potato chips or French fried potatoes.

PORK TENDERLOIN

Tenderloin may be cut crosswise into one inch slices, which may be flattened out with a cleaver. The slices may be rolled in flour or egg and crumbs and sauted or baked in the oven.

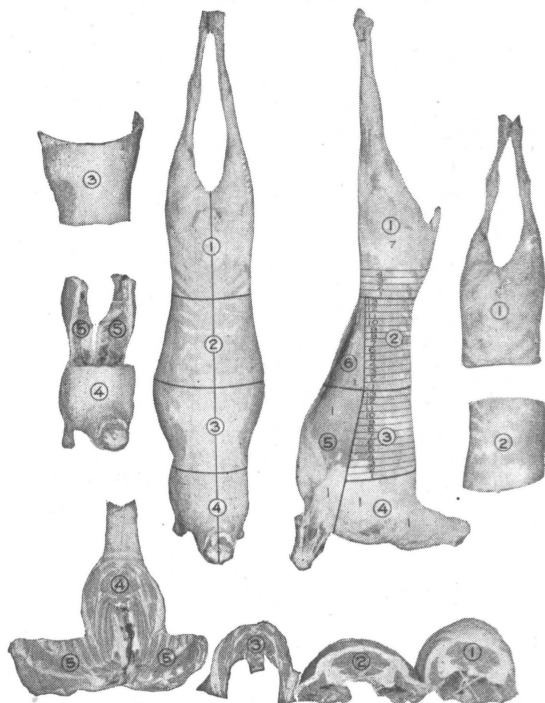
Tenderloin may also be cut lengthwise into strips and poultry dressing spread over each. The strips are then rolled and fastened with a toothpick. Sprinkle with salt and pepper and bake in the oven, basting frequently.

MUTTON

The flesh of mutton is dull red in color and the fat is white and very firm. In lamb the flesh is a light pink, darkening as the animal grows older. Lamb is more tender and juicy than mutton. Mutton and lamb do not find the use in the diet that their food value makes practical to the home-

LAMB CUTS

(Chart and Explanation from U. S. Department of Agriculture,
Bureau of Agricultural Economics, Division of
Live Stock, Meats, and Wool.)



- | | |
|--|---|
| (1)—Leg
1 to 4, Chops
7, Roasts | (4)—Chuck
1, Roasts and Stews |
| (2)—Loin
1 to 13, Loin and Kidney
Chops or Roast | (5)—Breasts
1, Stews or Boned and
Rolled Roasts |
| (3)—Hotel Rack
1 to 13, Rib Chops and
French Chops | (6)—Flank
1, Stews |

Numerals in circles on drawing and in parentheses () in explanation refer to wholesale cuts; other numerals to retail cuts.

maker. This is largely due to the "wooly" taste which people find in these meats. This taste is due largely to failure to remove the "fell," which is the tough, oily outside skin. This may easily be removed by the homemaker and the meat no longer retains the undesirable flavor.

Comparison of Cost of Cuts—The shoulder has about 20 percent of refuse in it, due to bone. This bone, however, is valuable for seasoning stews, etc. The leg contains about 14 percent and the loin 15 percent.

COOKERY OF MUTTON AND LAMB

Mutton, containing more fat than lamb, takes longer to cook in order to be most palatable. Mutton is sometimes served rare, but lamb is always eaten well done. Both mutton and lamb should be served on very hot dishes as the fat hardens on slight cooling and is not so appetizing.

LAMB AND MUTTON CUTS AND THEIR USES

Choice Cuts	Uses
Leg and loin	Chops and roasts
Inferior Cuts	
Shoulder	Used as stews
Flank	Used as stews
Neck	Used as stews
Brains	Broiled

CASSEROLE OF MUTTON

3 lb neck of mutton	1 c. cooked tomato
4 carrots, cut lengthwise	2 c. water or stock
2 turnips	Salt
2 small onions	Celery salt

Wipe the meat with a damp cloth. Trim off the outer skin and surplus fat. Cut in pieces and brown. Put in casserole and add water or stock. Cover and bake or simmer for 1½ hours. Add sliced vegetables and tomatoes, and cook until all are tender.

Note: Canned or left-over meat of any kind may be used in this combination. Potatoes can be added, if desired.

LEG OF LAMB OR MUTTON ROAST

Select a leg of mutton weighing at least 7 or 8 pounds. Rub salt and pepper over the surface of the meat. Place the meat on a rack in a large roasting pan and dredge with flour. Bake in a hot oven until the surface is seared (525° F.), then reduce the heat (250° to 300° F.). Baste often, unless a covered roaster is

used. Roast about 20 minutes per pound. Serve on a platter. Prepare gravy from the juice in the pan or serve with mint sauce.

BOILED LEG OF MUTTON

Wipe meat with damp cloth and put in kettle of boiling water to which salt has been added. Simmer gradually until tender. It takes 30 minutes to the pound. Remove from liquid and serve at once with caper sauce.

LAMB CHOPS

Chops of lamb or mutton are broiled or sauted in hot skillet. Sear until browned, then reduce heat, cooking until chop is tender. Arrange chops around a mound of buttered peas on a platter.

ROAST SADDLE OF LAMB

Choose a saddle from a lamb under the yearling age, to weigh not more than 12 pounds. Then brush over the surface of the meat with melted butter and dredge thickly with flour, seasoned with salt and pepper. Place on the rack of a large baking pan, and set into a hot oven until the paste of flour and butter, covering the meat, is brown. Baste with stock, sweet cider or white grape juice, and reduce temperature to moderate. Keep basting every 15 minutes for 2 hours or until meat is cooked. Add $\frac{1}{2}$ c. of currant jelly to liquid in pan, with seasoning of salt and pepper, and thicken slightly with flour. Serve with a garnish of bacon curls.

LAMB STEW (EN CASSEROLE)

Cut in pieces 2 in. square, 3 pounds of breast of lamb, sprinkle with salt and pepper and brown in a hot frying pan; add 1 c. of canned tomatoes and enough hot water to cover meat; let boil 3 minutes. Cut in small cubes 3 carrots and 1 turnip; add 12 small onions and let boil 10 minutes in salted water; drain, add to meat, and turn all the ingredients into a large casserole; cover and cook in a slow oven 2 hours. Boil 12 small potatoes 10 minutes and add to stew $\frac{1}{2}$ hour before serving. At the last moment, add 1 c. of hot peas and 2 tbsp. of finely chopped parsley.

CROWN ROAST OF LAMB

This roast is made from the two loins, the chops, which are not cut apart. The flesh is scraped from the ends of the chop bones and the backbone trimmed so as to permit the two loins to be skewered together in the shape of a crown, the bones being on the outside. Salt and pepper is sprinkled over it and then it is placed in an oven roaster.

The lamb is then roasted and before serving the ends of the bones are decorated with small frilled paper caps. To prevent the ends of the bones charring during the roasting, small cubes of salt pork may be placed over each.

The center of the crown roast may be filled with buttered peas.

LAMB PATTIES

Put meat from the shoulder of veal thru a meat chopper and make into cakes after seasoning with salt and pepper. Skewer a piece of bacon around each cake by means of a toothpick and fry in a hot skillet until well browned. Reduce the heat, adding a little water, and let cook slowly on back of the stove until done. Serve with gravy.

CURRY OF MUTTON

2 lb mutton for stew	1 tsp. curry powder
1 onion	1 tsp. salt

Cut the mutton into small pieces and brown in a hot skillet. Add the onion, minced, and enough water to completely cover. Season with curry and salt and cook slowly until tender. Before serving thicken the stock with a little flour. Serve on a platter, in the center of which is a mound of rice. Pour the curried mutton around it.

SUNDRY PARTS OF MEAT

Many of the internal organs of animals furnish a cheap source of meat and very valuable body regulators, such as minerals and vitamins.

Liver is very rich in iron as well as vitamins A and B. For these reasons liver should be used more in a diet where economy must be practiced for there is no waste and the cost is usually low. Calf's liver is the most desirable, tho other livers have the same food value, but are stronger in flavor.

Hearts of beef, sheep and pork may be an economical source of meat. The hearts of calf and lamb are tender and do not require the long cooking necessary for the older animals.

Kidneys of calf are the best, tho lamb is quite as good if the animal is young.

Sweetbreads from young calves and lambs are used. There are two sweetbreads, those in the throat and those near the heart. Sweetbreads should be parboiled in acidulated water (1 tbsp. vinegar to 1 qt. water) before using. This also helps to preserve them as they are very perishable.

Tongues from calves and lambs are more tender than those of older animals.

Brains from calves are a delicacy, but those of pigs and sheep are also used.

Tripe is made usually out of the stomach of the beef.

Many other parts, as oxtail, feet, jowls and head, furnish flavoring for dishes.

SAUTED LIVER

Cut liver into $\frac{1}{2}$ inch slices. Pour boiling water over it and allow to stand a few minutes. Dry the meat with a cloth, sprinkle with salt and pepper and dredge with flour. Have a skillet with hot bacon fat in it. Brown the slices of liver in it, turning often and reducing heat after the first few minutes. Serve each piece on the platter with a slice of crisp bacon.

LIVER LOAF

Cut a small liver in slices and cover with boiling water for a few minutes. Dry and run thru a meat chopper. Add 2 c. of bread crumbs, 2 tsp. salt, $\frac{1}{4}$ tsp. celery salt, $\frac{1}{2}$ tsp. pepper and 2 eggs. Mix well and pour into an oiled mold. Set mold in a pan of water and bake in the oven for one hour. Serve hot with sauce or slice cold.

STUFFED HEART

Wash heart thoroly and cut out veins and arteries, being sure heart is freed of blood. Fill the heart with poultry stuffing and sew up. The stuffing needs to be richer than usual as the heart is without fat. Onion, parsley and other savory herbs may be used as well as sage. Brown the heart in a little fat and then add a little water to the kettle or pan. Cover and allow to simmer either in the oven or on top of the stove to become tender (3 to 4 hours).

KIDNEY EN CASSEROLE

Split the kidneys after removing the skin. Cut out fat and white substance from the center and soak in cold water three or four hours, changing water several times. Take out veins and cords. Kidneys may be parboiled 10 minutes before browning in hot skillet. Remove to casserole and add 2 carrots, sliced, 1 onion, minced, and 4 potatoes, cubed, and $\frac{1}{2}$ c. of cooked tomato. Season with salt and pepper and bake in a moderate oven $2\frac{1}{2}$ hours.

BROILED KIDNEY

Prepare calf's kidney as above and dry before brushing with fat. Saute in a hot skillet until brown. Then cover and allow to cook until tender. Serve on toast garnished with lemon and parsley.

BROILED SWEETBREADS

Split the parboiled sweetbreads crosswise and sprinkle with salt and pepper. Broil under gas flame or saute in hot greased skillet about 5 minutes. Brush with butter and garnish with slices of lemon and parsley.

CREAMED SWEETBREADS

Break the parboiled sweetbreads into small pieces and add to White Sauce No. 2. Season well, adding more butter. Serve on toast points.

PICKLED TONGUE

Boil a fresh tongue until tender in salted water. Skin and trim as soon as cool enough to handle. Boil 2 c. of weak vinegar with a piece of bay leaf, 1 tsp. prepared mustard, 4 peppercorns, 4 whole cloves and a slice of onion. Pour over tongue and allow to stand 12 hours before using.

BRAISED TONGUE

Put a fresh tongue in a kettle, cover with boiling water and cook slowly 2 hours. Remove skin and roots. Place in a deep pan and surround with 1 can tomato, 1 can peas, 2 c. carrots, diced, $\frac{1}{3}$ c. onion, chopped fine, a sprig of parsley and salt and pepper. Cover closely and bake 2 hours, turning after the first hour. The juice of the tomatoes and peas may be drained off and some of the stock in which the tongue was cooked added. Serve, surrounded by the vegetables.

Contributed by Mrs. Frank Kerekes.

BRAINS WITH SCRAMBLED EGGS

Soak sheep's brains in cold water for a half hour and then cook in boiling salted water 10 minutes. Cool and break meat into small pieces.

Prepare eggs for scrambling and add brains to mixture. Cook in hot buttered skillet until egg is set, but not hard.

FRIED CALVES' BRAINS

Soak brains in cold water a half hour and remove the thick membrane. Wash out any blood left. Parboil in salted water 10 minutes and put in cold water at once. Dry and divide into portions for serving. Dip in egg and crumbs and fry in hot fat for 2 or 3 minutes. May be served with white sauce.

TRIPE

Clean tripe by washing in boiling water several times and then soak in cold water over night. Simmer for $\frac{1}{2}$ hour and use in any of the following ways.

FRIED TRIPE

Strips of parboiled tripe may be dipped in egg and crumbs and fried.

PICKLED TRIPE

Boiled tripe may be placed in seasoned vinegar such as used with pickled tongue.

CREAMED TRIPE

Cut tripe in small cubes and cook until tender. Drain and cover with White Sauce No. 2.

PICKLED PIG'S FEET

Clean and scrape pig's feet and soak in cold water for several hours. Split the feet and cook in boiling salted water until tender. Cool and place in earthen or glass jars. Cover with a spiced vinegar, such as used for pickled tongue.

HEAD CHEESE

The heads of pigs may be cooked after cleaning and removing eyes and brain. It is then cooked very tender in salted water and drained. The flesh is picked from the bones and cut in small pieces, seasoned with sage, marjoram and salt and pepper. Pack in jars, cover with a weight. After a few days it may be sliced for serving.

SCRAPPLE

To make scrapple, proceed as above, but allow stock to cool so that all fat may be removed. Add chopped meat and herbs to the stock. Stir in cornmeal until it has the consistency of mush. Cook slowly an hour, then pour out in pans. When cold, slice, dip in egg and crumbs and fry.

POULTRY AND GAME

Choose poultry with short wings and legs, as there is a tendency for such fowls to have a more thickly meated carcass. Examine the breast bone as to its hardness as this gives a clue to the age of the bird. In young birds it is flexible. Old fowls have long hairs over the body and rough skin, which is often in folds around neck and abdomen. If the feet are on, the older fowls will show blunt toe-nails from their activities in the chicken yard.

"Broilers" are the youngest chickens on sale and weigh from $\frac{3}{4}$ to $1\frac{1}{2}$ pounds. They are usually 10 to 12 weeks of age.

"Fryers" weigh from $2\frac{1}{2}$ to $3\frac{1}{2}$ pounds, but fowls over 3 pounds as usually classed as "roasters;" roasters are under one year old. Fowls classed as "hens" are over one year old. Older fowls and roosters are given a separate classification by poultry dealers.

In ducks and geese the age is best determined by feeling the wind pipe, which can be indented in a young bird, while in the old bird its shape is rigid.

Turkey hens weighing 8 to 12 pounds are considered the best.

Allow $\frac{1}{2}$ pound of uncooked fowl for a serving.

Dressing of Fowl

Since the fowl, remove the pin feathers and oil sac. Then wash the bird in lukewarm water in which is dissolved a tablespoonful of baking soda. If feet are still on, insert an iron skewer or ice pick below the knee joint and twist carefully to loosen the tendons. If tendons are removed the meat on the lower leg will be much more tender. There are seven tendons in each leg. Cut the neck at the back and remove crop and wind pipe. Below the breast bone make a slit large enough to permit cleaning. Remove entrails, gizzard, heart and lungs, working the hand in close to the breast bone. Care must be taken not to break the gall bladder, which is attached to the liver. The kidneys and lungs are so embedded in the body cavity that care must be taken to remove them. Wash out the inside of the fowl with cold water.

The gizzard should be cut open and the tough inner lining removed. The gall bladder is removed from the liver and the upper part of the heart cut away and blood squeezed out. The giblets are then washed in cold water.

Trussing Fowl

After the fowl has been rubbed on the inside with a little salt, the poultry stuffing may be put in, filling all the cavities. Fold the neck skin over the back and fasten down either with the wings, whose ends are turned backward over the back, or with a skewer. Press the legs up and close to the body. These, too, may be fastened in place or tied with the cord used to sew up the slit in the body, tying the ends of the legs down to the tail.

Cutting Up Fowl

Broiling chickens are split down the back, if small, and divided into two parts. The breast bone may be removed then to make the division easy. Larger broilers may be split into four parts. For stewing, the legs are removed and cut apart at joint. If the thigh is large, it may be cut into two parts. The wings are removed and tips cut off.

Cut the body down both sides below the ribs and unjoint breast. The back is usually split into two parts. The breast may be cut into four pieces by dividing into three parts and cutting part containing wishbone in two.

Cookery of Poultry

As for every other type of meat, poultry needs to be put in a hot oven, uncovered, until it is well seared. Then the heat is reduced, the pan covered and bird cooked until tender. In stews, the importance of using the simmering temperature is imperative, if poultry is to be tender and at the same time not fall to pieces.

In broiling and frying chicken, the heat ought to be reduced after the parts are browned.

Uses of Left-Over Fowl

Bones of large fowls may be taken apart and simmered in a kettle with enough water to cover. Seasonings of celery, onion, salt and pepper may be added. After simmering for several hours, the stock may be drained off and boiled down if necessary, then added to an equal amount of white sauce for soup. Serve with croutons.

When one wishes to serve only choice pieces of chicken, the other parts may be cooked, the meat picked from the bones, cut into attractive pieces and served in any of the following ways:

- | | |
|---------------------------------------|-----------------------|
| 1. Creamed. | 5. Chicken a la King. |
| 2. Jellied. | 6. Sandwich filling. |
| 3. Salad. | 7. Pressed chicken. |
| 4. Croquettes with mushroom or alone. | |

POULTRY RECIPES

ROAST TURKEY OR CHICKEN

Dress and clean the fowl, following the general directions. Prepare one of the poultry stuffings given below and fill the cavity after rubbing the inside with a little salt. Sew up the openings and truss.

Place in a baking pan, breast downward at first, and brown in a hot oven. As soon as browned, cover the pan, reduce the heat and cook until tender. Put a little water in the bottom of the basting pan. Pieces of salt pork, bacon or the chicken fat itself may be placed over the breast to insure a juicy meat. A little salt, pepper and flour, mixed together, may be sprinkled over

the fowl at the beginning if one desires. Fowls may be roasted without stuffing. Serve with giblet gravy.

PLAIN STUFFING FOR POULTRY, MEATS, FISH, ETC.

2 c. bread crumbs	2 tbsp. cream or stock
4 tbsp. butter	1 tsp. salt
$\frac{1}{2}$ tsp. powdered sage	$\frac{1}{4}$ tsp. pepper
$\frac{1}{2}$ tsp. powdered thyme	

Use rather stale bread. Cut in $\frac{1}{2}$ in. squares, rather than make into crumbs, as that forms too compact a mass. Add melted butter, seasonings and stock. Mix well with a fork.

CHESTNUT STUFFING

1 qt. chestnuts	1 tsp. onion, minced
$\frac{1}{3}$ c. bread crumbs	1 tsp. celery, minced
2 tbsp. butter	1 tsp. salt
2 tbsp. cream	$\frac{1}{4}$ tsp. pepper

Shell and blanch chestnuts, then cook in boiling water until tender. Mash and rub thru a colander and mix well with the other ingredients. Use as stuffing for turkey. Thyme may be used as seasoning instead of onion.

OYSTER STUFFING

In plain stuffing, omit sage, thyme and liquid. Add 1 pt. of oysters, which have been looked over to remove bits of shell. This dressing is particularly good with turkey.

STEWED CHICKEN AND DUMPLINGS

Cut a chicken up as directed for stewing. Place the undesirable parts, as back and neck, in a kettle with cold water to cover and simmer gently 1 hour. Now put in the rest of the chicken, adding more hot water if necessary. Season with 1 tsp. of salt, 2 whole cloves, a sprig of parsley, $\frac{1}{4}$ tsp. white pepper and a few leaves of celery. The seasonings may be placed in a cheese-cloth bag so as to be removed easily. Simmer gently until chicken is tender, but does not fall apart.

(a) Prepare biscuit dumplings and place over the cooking fowl. Cover closely for 20 minutes and cook until dumplings are done. Arrange chicken and dumplings on the platter and pour around the stock thickened with a little flour.

(b) Prepare biscuits as above, but place in greased baking pan. Cover with the hot stock, season well with salt and pepper and bake in a quick oven (375° F.) until biscuits are done. In the meantime, remove chicken from stock and make a gravy by adding $\frac{1}{2}$ c. of flour smoothed in cold water to 1 qt. of stock. Boil up well and season. Arrange browned biscuits around platter, place chicken in the center. Pour over the chicken the gravy and sprinkle with chopped parsley.

BROILED CHICKEN

Prepare a fowl for broiling. Brush with melted butter and place over hot coals on a broiler or under the gas flame. Brown on both sides. Reduce the heat, sprinkle with salt and pepper. Cook until tender. Garnish with parsley and serve.

FRIED CHICKEN

Cut a chicken in parts for frying. Roll in flour, to which salt and pepper have been added. Have ready a hot skillet in which $\frac{1}{4}$ c. of diced salt pork has been fried out or in which are equal parts of lard and butter. Brown the chicken in this, turning often. Then cover tightly, reduce the heat and cook until tender. Make a gravy by stirring in $\frac{1}{4}$ c. of flour in the skillet and allowing to brown. Stir in 1 pt. of milk gradually and bring to a boil. Season well and serve with the fried chicken.

CHICKEN A LA MARYLAND

Clean and split a young chicken down the back. Wash well, wipe dry and cut into joints. Season with salt and pepper, dip into beaten egg, then into well-dried, fine bread crumbs; lay in a well-buttered baking pan, pour over a little melted butter and bake in the oven for 25 or 30 minutes. Serve with a cream gravy made of the drippings; garnish with crisp bacon slices and alternate around platter with potato roses and corn oysters.

CHICKEN BRUNSWICK STEW

Prepare a large chicken, or two small ones, as for frying. In a shallow pot, iron if you have it, graniteware the next best, place a layer of fine-cut salt pork; over that mince one small onion. Over the onion a layer of diced Irish potatoes, then a layer of tender green corn cut from the cob, then a layer of lima beans, a layer of peeled, sliced tomatoes. Then comes the chicken, each piece wiped dry and rolled in flour. When this is all arranged in the pot, begin the layers as before, until all the chicken is used, then pour over all 2 qts. of boiling water, cover the pot close and let the contents simmer, not boil, for 3 hours. Remove the cover and season the stew with salt, pepper, 1 tbsp. of sugar, and 1 tbsp. of tomato catsup or Worcestershire sauce. Cover the pot and again cook for 1 hour; it should be overdone rather than underdone; then just before serving rub 3 tbsp. of butter with 2 tbsp. of flour; add this thickening to the stew, cook gently for a few minutes longer, then dish the stew into soup plates, being sure to give each person a piece of chicken, some gravy and some of the vegetables.

CHICKEN LOAF

Use the proportions for any meat or fish loaf, substituting chopped chicken. The general rule for a meat, fish, nut or bean loaf calls for 1 pt. of chopped meat, either raw or cooked, or a mixture of the two; 1 pt. of stale bread, soaked in hot water or

stock, and the superfluous liquid pressed out, or 1 c. of bread and 1 c. of mashed potatoes; seasoning of 1 tsp. of salt and $\frac{1}{2}$ tsp. of pepper, and one or two beaten eggs to bind the mixture. Shape into a loaf and bake, or pack into a well greased pan and bake. When the meat is very lean, such as veal, chopped bacon fat may be added.

CREOLE CHICKEN OR TURKEY

Mince 1 medium sized onion and 2 green peppers. Fry until brown in 1 tbsp. of chicken fat in a hot skillet. Add 1 can of tomato soup and thicken with 1 tbsp. of flour. Season with salt and pepper and add 6 small mushrooms cut in thin slices. Arrange slices of chicken or turkey in a baking dish and dot with butter. Set covered dish in pan of hot water in oven until heated thru. Use with creole sauce, which should be served separately.

CHICKEN A LA KING

4 tbsp. chicken fat or butter	1 egg
4 tbsp. flour	1 tbsp. chopped green pepper
1 tsp. salt	1 tbsp. chopped pimentoes
$\frac{1}{4}$ tsp. paprika	$\frac{1}{2}$ c. mushrooms
2 c. milk (or milk and stock)	2 c. chicken
	1 tbsp. lemon juice

Make a white sauce of the first five ingredients. Add the chopped peppers, pimentos, mushrooms and chicken. Heat to the boiling point. Add the egg well beaten and cook just 1 minute; add 1 tbsp. of lemon juice. Serve at once on squares of toast or in timbales if for a special occasion.

CHICKEN AND SWEETBREAD CROQUETTES

2 c. finely chopped chicken	$1\frac{1}{2}$ c. milk
2 sweetbreads, cooked and chopped	1 c. chicken stock
2 c. mushrooms	1 tsp. salt
$\frac{1}{2}$ c. butter or butter substitute	$\frac{1}{4}$ tsp. pepper
2 eggs	$\frac{1}{4}$ tsp. paprika
	$\frac{1}{4}$ tsp. mace
	$\frac{3}{4}$ c. flour

Melt the butter, stir in flour, and add gradually the milk and stock. Bring to a boil. Add the seasonings and chopped chicken and sweetbreads. Beat egg slightly and add to mixture. Turn out on greased baking pan to cool, being careful to spread it evenly. When cold, cut into $1\frac{1}{2}$ x3 in. cubes. Roll in fine crumbs, then egg and crumbs again. Allow to stand a while, then fry in deep fat (375° F.) until delicate brown. The fat should brown a cube of bread in 40 counts. This recipe makes about 40 croquettes. Very suitable for luncheon parties.

CHICKEN SALAD

2 c. cold chicken	1 c. diced celery
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Mix the chicken and celery together. Marinate with 2 tbsp. of French dressing and allow to stand 1 hour. Before serving,

mix $\frac{1}{2}$ c. of either cooked salad dressing or mayonnaise with it. Arrange on lettuce leaves and garnish with slices of hard cooked egg and salad dressing.

CHICKEN OR TURKEY SALAD

Cut into attractive small cubes the meat from 2 hens or 1 turkey. Allow 1 pint of celery and from 1 to 2 c. of cabbage to each quart of meat. Dice the celery and allow to stand for crisping in cold water to which the juice of $\frac{1}{2}$ a lemon has been added. Shred very fine the cabbage, which should be white and tender. Mix the chicken and cabbage and add the celery, which should be drained dry. To this, add the whites of 12 hard cooked eggs, chopped fine, 1 c. of capers and 12 green olives cut in pieces. Rub the yolks of eggs thru a sieve and add to 1 qt. of salad dressing. Beat smooth with a Dover egg beater and mix with the other ingredients. Season with salt if necessary.

Arrange individual servings on lettuce leaves. Garnish with pimento and top with a small amount of salad dressing put on with a pastry tube.

ROAST GOOSE

To be satisfactory, a goose should be not over six months old. No stuffing is required. Scrub thoroly, rinse outside and in. Rub the inside with an onion, cut in halves, then season with powdered sage, salt and pepper. Turn the wings in, so the three joints of each will form triangles on the back of the goose, the tips being pushed over the first joint on the skin of the neck, where it was turned over on the back. Tie the wings down very firmly, and also tie legs together and close to the goose. Sprinkle with flour and salt; roast 2 hours, reducing heat after the first 15 minutes. Serve garnished with baked apples.

RABBIT SOUTHERN STYLE

For rabbit baked in milk, dress and clean one rabbit and disjoint in pieces for serving. Mix $\frac{1}{3}$ c. of flour, 1 tsp. of salt and 1 tsp. of sage in a bowl. Thoroly coat the rabbit with this mixture; then saute in 3 tbsp. of fat until brown on all sides. Place the rabbit in the casserole and lay 3 strips of bacon over the surface. Pour 4 c. of thin white sauce over and around the rabbit. Bake in a moderate oven (375° F.) for 2 hours or until the meat is tender.

RABBIT SALAD

Steamed or boiled rabbit is better for rabbit salad than roast rabbit, because it is not so dry. Remove the meat from the bones in as large pieces as possible. Remove the skin and fat and cut into even cubes of $\frac{1}{4}$ inch. To each cupful of diced rabbit add $\frac{1}{2}$ c. of diced celery, $\frac{1}{4}$ c. of chopped green pepper and 3 stuffed olives, sliced. Mix with $\frac{1}{4}$ c. of salad dressing and serve on lettuce leaves, garnished with pimento and salad dressing. If rabbit is first marinated with French dressing it is greatly improved.

FISH

The use of fish as one of our important sources of protein needs to be emphasized, since people who live in inland countries must depend on sea fish to furnish a large quantity of the iodine in the diet. The canned, dried and salted fish are the best sources in Iowa. Fresh water fish give a pleasing variety to our food.

The flesh of fish is easily digested because of the short muscle fibers, which aid in mastication, and its low fat content.

Fresh fish frozen and packed in cold storage, permit the use of many deep sea varieties as well as fresh water fish in inland countries, but the cost is greater, making such food impractical if economy must be practiced.

SELECTION OF FISH

Choose fish with full and bulging eyes, firm, elastic flesh and fresh odor. The gills should be red. Fish spoils most quickly along the back bone. Frozen fish should be kept frozen until time for cooking. Thaw by soaking in cold water just before using. Allow one-third to one-half pound of fish for each serving.

PREPARATION FOR COOKING

Unless freshly caught, fish is usually cleaned and dressed at market. If not, remove scales with dull knife. Cut off head and tail unless fish is to be served whole. Make a slit on under side. Remove entrails and wash thoroly.

All fish bought in market should be carefully gone over and washed before using. It is sometimes desirable to skin the fish.

COOKERY OF FISH

The same principle in cooking meats applies to fish. Sometimes fish is boiled in acidulated water in order to coagulate the protein and keep the flesh intact. Slow cooking and wrapping fish in a cloth also aids in helping to hold its shape. Broiling over hot coals is one of the best ways of cooking fresh fish.

FISH RECEIPES**BAKED FISH, STUFFED**

Mix together $1\frac{1}{2}$ c. of soft bread crumbs, 1 tbsp. of chopped parsley, 1 tsp. of poultry seasoning, 1 tsp. of onion juice, $\frac{1}{4}$ tsp. each of salt and pepper, and $\frac{1}{4}$ c. of melted butter. Use to stuff fish. Sew up opening; place fish on a well-buttered fish sheet in a dripping pan. Lay strips of salt pork in four gashes cut in the sides of the fish; sprinkle with salt and pepper and bake one hour in a moderate oven. Serve garnished with olives, radishes and sliced cucumbers.

BOILED FISH

Salmon, cod and halibut are suitable for boiling. Put on to cook in hot water, but not boiling, as it breaks the skin, to which 2 tbsp. of vinegar has been added. Season with salt and peppercorns. Bring to a boil and then reduce heat. Cook until tender, allowing 15 minutes to a pound. Remove from liquid carefully and serve with drawn butter sauce.

FRIED FISH

Use fish whole or cut in suitable pieces for serving. Roll in cornmeal and fry in a hot skillet containing fat from salt pork or butter. Serve on a hot platter, garnished with parsley..

BAKED MACKEREL

Select the medium sized salt mackerel and freshen in cold water for 24 hours. Change water several times. Lay in a baking pan, dot with butter and cover with milk. Bake 30 minutes in a moderate oven.

CREAMED CODFISH

Pick the dry codfish into small bits and bring to a boil in cold water. Drain and add to White Sauce No. 2. Reheat and just before serving stir in an egg slightly beaten.

FISH BALLS

$\frac{1}{2}$ lb shredded codfish	$\frac{1}{2}$ tsp. pepper
6 medium sized potatoes	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ tbsp. butter	1 egg

Freshen the codfish. Cook the potatoes in unsalted water until almost done. Add the fish and boil until potatoes are soft. Drain, shake over the fire until dry, then mash and add butter, pepper, baking powder and beaten egg. The baking powder may be omitted, but it makes the ball lighter. When cool, mold into balls and roll in flour. Fry in deep fat or saute in a small amount of fat, browning first on one side and then the other.

***SALMON SOUFFLE**

1 $15\frac{1}{2}$ oz. can of salmon	1 c. bread crumbs
$\frac{1}{2}$ tsp. salt	1 c. milk
Paprika	6 eggs
4 tsp. lemon juice	

Drain and rinse salmon, remove the skin and bones, flake with a fork and add seasonings. Soften bread crumbs in scalded milk about 5 minutes, add salmon and well beaten egg yolks. Fold in stiffly beaten whites. Pour into an oiled baking dish, set in a pan of hot water and bake in a moderate oven until firm.

*ESCALLOPED SALMON

One can of salmon; remove all bones and bits of skin; mince fine. Roll 12 crackers fine. Put in a buttered baking dish in alternate layers, adding bits of butter and a sprinkling of salt and pepper to taste. Have the top layer of crackers and add sufficient milk to moisten the whole mass (about 1 pint). Bake 30 minutes and serve hot.

*SALMON CAKES

To 1 small can of salmon add 1 pint of mashed potatoes, prepared as for table use; add 1 beaten egg, 1 tbsp. of melted butter, salt and pepper to taste (if too dry add a little milk); make into flat cakes; place in buttered pan. Brown in hot oven.

*SALMON LOAF

One small can of salmon; 1 c. of cracker crumbs; 1 egg; 2 tbsp. of sweet milk; small amounts of nutmeg, paprika, salt; remove bones from salmon, break into small pieces, add well-beaten eggs, seasoning and cracker crumbs; bake in a well-buttered dish for 15 minutes; serve hot for lunch.

*SALMON LOAF WITH RICE

One can of salmon; 2 c. of hot boiled rice ($\frac{1}{2}$ c. before being cooked); 2 eggs, beaten; 2 tbsp melted butter; juice of $\frac{1}{2}$ small lemon; salt and pepper to taste; add liquor from salmon can and mix ingredients lightly with a fork; bake in a covered pan set in water 1 hour in a moderate oven; serve with tomato sauce made by straining and slightly thickening 1 c. of canned tomatoes, well seasoned. Peas, either fresh or canned, may be used instead of rice, in which case serve with a cream sauce.

* Reprinted from Economics Circular No. 48, Bureau of Fisheries, Department of Commerce.

TUNA FISH

Tuna fish may be substituted in any of the above recipes for salmon.

OYSTERS

FRIED OYSTERS

Dip the well-dried oysters in the yolk of an egg, to which seasoning has been added. Then roll in cornmeal, to which a pinch of baking powder has been added. Place in frying basket and fry in deep fat. Drain and serve, piping hot.

DEVILED OYSTERS

Wipe oysters dry, as for frying. Lay in a flat dish and cover with a mixture of melted butter, pepper sauce, lemon juice and salt. Let them lie for 10 minutes, turning several times. Remove from mixture, roll in cracker crumbs, then in beaten egg, then in the crumbs again. Fry in deep fat, as for fried oysters.

OYSTER STEW

Pick over a pint of oysters to remove bits of shell. Drain off juice and put oysters in top of a double boiler and allow them to plump and edges to curl. Heat the oyster liquor and skim. Have ready a pint of hot milk. Combine oysters, oyster liquor and milk in the top of a double boiler. Season with 2 tbsp. butter, salt and pepper, and serve at once.

SCALLOPED OYSTERS

Pick over the oysters to remove bits of shell and drain off liquor. Put a layer of cracker crumbs in a baking dish, then a layer of oysters. Dot with butter and sprinkle with salt and pepper. Continue until baking dish is full, having the crumbs on top, and dotting again with bits of butter. Heat oyster liquor and skim. Pour over the dish and add enough milk to cover. Bake in a moderate oven about an hour.

CLAM CHOWDER

1 qt. clams	3 potatoes, cubed
1 tbsp. minced onion	2 in. cube salt pork
1 qt. milk	4 tbsp. butter

Salt and pepper

Clean and pick over clams. Drain off the liquor, bring to a boil and strain. Cut the pork into small pieces and brown in the skillet. Add the onion and fry to a light brown. Put the contents of the skillet into a saucepan and add the clams, the hard part of which has been chopped into small pieces. Parboil the potatoes 5 minutes and add to the saucepan. Cover with the hot milk. Simmer gently until potatoes are done. Now add the clam liquor, into which has been creamed 1 tbsp. of flour. Bring to a boil and add butter just before serving and season well.

FISH CHOWDER

Substitute 2 pounds of fresh or salt fish for the clams in the recipe for clam chowder. Salt fish will need to be freshened before use.

SAUCES FOR MEAT AND FISH**MAITRE D'HOTEL SAUCE**

Cream 3 tbsp. of butter and add gradually to it 1 tbsp. of lemon juice, $\frac{1}{4}$ tsp. of paprika, and 1 tbsp. finely chopped parsley. Spread over broiled steak just before serving.

MINT SAUCE

$\frac{1}{2}$ c. mint leaves, chopped $\frac{1}{2}$ c. weak vinegar
1 tbsp. sugar

Chop the mint leaves very fine. Pour hot vinegar over them and allow to steep in warm place $\frac{1}{2}$ hour. Add sugar, reheat and serve. Serve with lamb and mutton.

MUSHROOM SAUCE

1 c. mushrooms $\frac{1}{4}$ c. flour
 $\frac{1}{4}$ c. butter 2 c. meat stock
 $\frac{1}{2}$ tbsp. lemon juice Salt and pepper

If mushrooms are fresh, prepare as given under mushrooms as a vegetable, and if canned, drain. Chop into small pieces and cook 5 minutes in the butter and lemon juice. Drain the mushrooms and brown the flour in the butter. Add gradually the stock and boil 3 minutes. Season with salt and pepper and add mushrooms. Serve with meats.

N. B. Mushrooms may also be browned in fat left after pan-broiling a steak. The flour may then be added and either stock or milk used for the liquid.

TOMATO SAUCE

2 c. stewed or canned tomatoes Piece bay leaf
1 tbsp. chopped onion Celery leaves or
1 tbsp. chopped green pepper $\frac{1}{4}$ tsp. celery salt
or dash of red pepper 3 cloves
3 peppercorns

Cook the above ingredients together for 10 minutes, then rub thru sieve. Make a sauce by melting 2 tbsp. of fat in a saucepan. Rub into this 3 tbsp. of flour. Then add the hot strained tomato. Allow to boil 3 minutes and season with salt and a little sugar if necessary.

DRAWN BUTTER SAUCE

1 tbsp. butter 1 tbsp. flour
1 c. water or stock from meat 1 tbsp. butter
or fish

Melt 1 tbsp. butter, stir in flour and add boiling liquid. Allow to boil 3 minutes. Remove from fire, add remaining tablespoonful of butter bit by bit.

HOLLANDAISE SAUCE

Beat $\frac{1}{2}$ c. of butter to a cream; add 4 egg yolks, one after another, and beat each in thoroly; add $\frac{1}{2}$ tsp. each paprika and salt and $\frac{2}{3}$ c. boiling water; let cook over hot water, stirring constantly until thickened slightly; add the juice of a lemon and serve at once. Too long cooking will cause the sauce to curdle. Use with fish or vegetables.

HORSERADISH SAUCE

Beat $\frac{1}{2}$ c. of heavy cream until stiff; fold in 4 tbsp. of grated horseradish and $\frac{1}{2}$ tsp. of salt; sprinkle with paprika. Use with pork.

SAUCE TARTARE

To 1 c. of mayonnaise dressing beat in 2 tbsp. each of fine chopped capers, olives, gherkins and onions and 1 tbsp. of fine chopped parsley. Use with fish.

HORSERADISH-AND-APPLE SAUCE

Make a smooth sauce of 6 green apples, simmered in as little water as possible, and seasoned with $\frac{1}{2}$ tsp. of white pepper. Add, when cooked, $\frac{1}{2}$ c. of grated horseradish and $\frac{1}{2}$ c. (or more) of sugar. Let cool and serve.

ONION SAUCE

Chop a medium sized onion into small pieces and brown in 2 tbsp. of hot fat. Stir in 2 tbsp. of flour and add gradually 1 c. of weak vinegar. Add 1 tbsp. of sugar and salt to season. Serve with boiled beef.

GIBLET GRAVY

Cook the giblets in a small quantity of water, simmering gently until tender. Run giblets thru a meat chopper and return to stock. Either brown the flour in the roasting pan in which fowl was cooked or combine $\frac{1}{4}$ c. of chicken fat with $\frac{1}{4}$ c. of flour. Add the stock containing ground giblets and bring to a boil and season. If the gravy is too thick, dilute with a little milk.

BROWN GRAVY

Brown the flour by stirring it into the fat left in the skillet or roasting pan. Add gradually water, stock or milk and let come to a boil. Season and serve.

CHAPTER VII

Soups Made With Stock

Not only special cuts of low priced meats may be used for soups, but also the trimmings and bones of steaks, roasts and cooked meats.

Meat for soup stock should be cut in small pieces so as to expose as much surface as possible. Bones should be cracked or sawed in small pieces. The marrow of the bone adds to the richness of the soup.

In soup making, some of the meat may be browned before being put in the stock pot. This brings out the high flavor of the extractives of meat and makes it richer. Both meat and bones should be allowed to soak in cold water an hour before salt is added. Soup stock needs only to simmer a long time in order to bring out all the meat juices. Boiling the bones makes the liquid cloudy by dissolving out some of the lime.

Meat stock finds uses, not only in making soup, but in gravies and in adding moisture to dressings and meat loaves. The water in which vegetables are cooked may be added to the stock pot, thus enriching the vitamin and mineral content.

Stock made from bones of cooked fowls may have added an equal portion of thin white sauce for soup. Stock from meat should be prepared before needed for use, so as to allow fat to cool and be removed. There is no food so unappetizing as a greasy soup. In an emergency, the fat may be removed by putting a piece of ice in cheesecloth and passing it over the surface. The fat will congeal on the cold cheesecloth.

Bouillon is made from beef alone, while consommé may include several kinds of meat, poultry, etc.

BROWN STOCK

Remove all the meat from a shin of beef and cut it into small pieces. Brown one-half of the meat in a hot skillet. Crack the

bone in several places and place meat and bone in a kettle. Cover with cold water (1 qt. to a pound) and allow to stand 1 hour. Add 2 tsp. of salt and simmer gently from 4 to 6 hours. At the end of 3 hours, add to the stock pot a chopped onion, $\frac{1}{2}$ tsp. of pepper, 3 whole cloves, a few sprigs of parsley, thyme and marjoram. Strain and set aside to cool at end of cooking. The remaining meat and vegetables may be made into a hash after removing the bone.

CONSOMME

Brown stock may be used for consomme. Remove all the fat and reheat. Wash and break an egg. Crush the shell and mix white with it, together with $\frac{1}{4}$ c. of cold water. Stir into the stock and bring to a boil. Allow to stand on back of stove for 5 minutes, then strain thru cheesecloth. The liquid should be clear and brown and with an excellent flavor. Serve very hot in cups or soup plates as a first course.

VARIATIONS IN CONSOMME

Rice, noodles or spaghetti may be cooked separately and added to the consomme just before serving.

Vegetables cut in small, attractive pieces may also be added. They should also be cooked separately as anything cooked in the consomme makes it cloudy in appearance.

VEGETABLE SOUP

To each quart of meat stock, from which the fat has been removed, add 2 tbsp. each of carrots, turnips, cabbage and onion; put thru a meat chopper; add $\frac{1}{4}$ c. of stewed tomato and $\frac{1}{4}$ c. of diced potatoes. Simmer gently an hour. Season and serve.

BARLEY SOUP

Cook $\frac{1}{4}$ c. of pearl barley in 1 qt. of meat stock to which 1 tsp. of minced onion has been added.

CREOLE SOUP

Fry 3 tbsp. of chopped green peppers and 3 tbsp. chopped onions in 1 tbsp. of fat. Add 1 pt. of stewed tomatoes and 1 qt. of stock and let simmer an hour. Rub thru a sieve. Melt 2 tbsp. of butter and stir in 2 tbsp. of flour. Gradually add the hot stock and bring to a boil. Before serving, add 2 tbsp. grated horse radish and 1 tsp. of vinegar.

SPLIT PEA SOUP WITH STOCK

Cook $\frac{1}{2}$ c. of split peas, which have been cleaned and soaked over night, in 3 qts. of stock. Add a chopped onion to it. When peas are cooked, rub thru a sieve. Bind the soup by stirring in 1 tbsp. of flour, mixed with water. Bring to a boil and serve.

OXTAIL SOUP

Separate an oxtail into pieces at the joints. Have a small piece (2x2 in.) of salt pork cut into cubes. Put in a frying pan and brown, adding part of the pieces of oxtail to sear. Remove

all to a kettle and add 3 qts. of water. After standing an hour, season with 2 tsp. of salt and simmer gently from 4 to 6 hours. Two or three whole cloves, a minced onion and carrot, a stalk of celery, diced, and parsley sprigs may be cooked with the oxtail if desired. When ready to serve, season well with salt and pepper and 1 tsp. of catsup or Worcestershire sauce. In each serving, place a joint of oxtail.

SCOTCH BROTH

Select 2 pounds of mutton for stewing and cut in small pieces. Put the bones and meat into the kettle, cover with 2 qts. of cold water and let simmer until meat is done. Remove bones and cool until fat can be removed. Then return to the fire, adding 4 tbsp. of pearl barley, and cook cereal until tender. Carrots, onions and celery cut in small pieces may also be added. Season well and serve as main dish for luncheon.

CHAPTER VIII

Buying and Use of Fruits

FRUITS as a source of vitamins, minerals and roughage in the diet are invaluable for health's sake. The addition of bulk to the diet is a very desirable factor in a balanced meal.

The use of nearly all fruits in the diet counteracts the acid condition of the body caused by eating a diet of cereals, meats and eggs. Plums, prunes and cranberries are an exception, as they give an acid reaction in the body.

The use of fresh, canned or dried fruit ought to form a part of each day's meal plan.

USES OF FRUITS

Raw.

Cooked.

Made into sauces.

Made into puddings, combined with tapioca, cereals, batters and doughs.

Fillings for pastries.

Baked—apples, pears, peaches, bananas, dried fruits, etc.

Vinegar is always in demand and may be made from apples, raspberries, etc., or from skins of fruits.

Dried peels of citrus fruits are valuable for flavoring foods. Pectin may be extracted from fresh or dried peel to be later used in jelly making.

Left-over bits of fruit may be combined. Fruit flavors blend well usually and may be used for flavoring puddings, pastry fillings, etc.

Fruits such as persimmons, paw-paws, etc., may be used as fillers when combined with some flavor fruit and made into jams and marmalade, thus conserving the supply of the more desirable fruit.

PREPARATION OF FRUITS

In preparing fruits, care should be taken to make the parings as thin as possible or to scald the fruits and peel them.

In many kinds of fruit the skin may be left on, which improves the flavor of the fruit as well as eliminates waste.

APPLES

Selection—Early, fall and winter varieties under many names.

Choose only firm, unbruised ones with crisp pulp.

Sold—By pound, dozen, box, bushel or barrel. About four medium apples to pound. Fifty pounds in a bushel, one bushel in a standard box. Two and three-fourths bushels in a barrel.

Storage—32° F. Keep dry and cool, little short of freezing. Remove all bruised or decayed fruit at once. Stand up much better if wrapped in paper. May be packed in dry sand.

Preparation—Paring apples and removing the core decreases the weight about one-fourth. In baking apples only the core needs to be removed. Fried apples need not be pared.

Serving—Cooked as sauce.

Baked with center filled with nuts, raisins or marshmallows.

Fried.

FRIED APPLES

4 cooking apples	$\frac{1}{2}$ c. brown sugar
2 tbsp. fat or butter	1 tsp. salt

Wash apples and remove core. Slice without paring. Melt fat in iron skillet, put in apples, sprinkle with salt and sugar. Cover tightly and cook with a very slow fire 15 to 20 minutes. At the end of that time, remove cover and brown, stirring carefully to avoid breaking apples.

RED APPLES

6 medium sized apples	1 c. sugar
Red coloring, or	3 c. water
Red cinnamon drops	

Choose apples which keep their shape in cooking. Pare and core. Make syrup of other ingredients and when boiling, drop in apples. Allow to simmer, turning apples often to insure an even color. When apples are tender enough to pierce with a toothpick, allow to stand in the syrup until wanted for use, then drain.

For desserts, centers may be filled with nuts, nuts and figs or dates cut in small pieces. Serve with whipped cream.

For salads, place on lettuce leaf and garnish with the salad dressing.

To accompany pork, fill centers with chopped pickle and arrange around platter or serve one on each plate if service is from the kitchen.

APRICOTS

Selection—California only important kind. Choose well colored, unbruised fruit.

Sold—Fresh by dozen, basket or bushel. Dried apricots sold by pound. Select fruit free from black spots. The unpeeled dried fruit is smaller and cheaper than the large sized, which is peeled.

Storage—Fresh do not store well. Keep in cool, dry place. Dried apricots should be kept in tight containers.

Preparation—Fresh apricots require looking over and washing. Dried apricots need to be washed and soaked 12 hours before using.

Consult index for serving.

BANANAS

Selection—Yellow common variety. Lady Finger a small, thin-skinned yellow variety. Red variety. For immediate use, select the full, plump, deep yellow ones. For storage select those bunches whose stems are still greenish and whose fruit is full and plump, but not well ripened.

Sold—Retailled by the dozen or pound. A pound contains about 3 bananas. Sold in bunches which contain 120-270 bananas.

Storage—To ripen keep in moderately warm room about 70 degrees. When ripened they are especially sensitive to low temperature, and readily deteriorate in any place where thermometer registers below 50° F. A refrigerator or cold slab turns them black and spoils their flavor.

Preparation—There is a loss in weight of from 35-44 percent after skin is removed.

BAKED BANANAS

Use ripe bananas, skin and scrape off any stringy fibers. Split the banana lengthwise and place in a baking dish or casserole.

For two bananas sprinkle over them two tablespoons of sugar and the juice of one lemon. Dot with bits from a tablespoon of butter and add $\frac{1}{4}$ cup cold water. Bake in moderate oven twenty minutes, or until the fruit is delicately browned. Serve hot with whipped cream.

BERRIES

BLACKBERRIES, BLUEBERRIES, RASPBERRIES, STRAWBERRIES

Selection—Berries should be clean, whole and juicy.

Sold—By measure.

Storage—Very perishable. Put in a cool, dry place.

Preparation—Wash and pick over to remove bruised fruit and foreign materials.

Consult index for serving.

CHERRIES

Selection—Sour, common cherries. Sweet (black or white) grow largely in California. Select those which are firm and round, with stems left on.

Sold—By measure or by pound.

Storage—If they are not overripe and free from bruises, and have stems on, will keep fairly well for several days.

Preparation—Wash, remove stones and stems of the sour variety before cooking. The large, sweet ones may be washed and served with stems on for dessert.

Consult index for serving.

CRANBERRIES

Selection—Select medium sized, solid, crisp berries free from blemishes. There are two varieties, the large red ones and the small dark ones.

Sold—By the measure or the pound.

Storage—If all soft berries are picked out, the remainder can be kept sound for months by putting them in jars, covering them with water, setting in a cool place and occasionally replenishing the water.

Preparation—Wash and pick over.

CRANBERRY SAUCE

3 c. cranberries

2 c. sugar

2 c. water

Wash and pick over cranberries and put them to cook in a covered kettle. When thoroly broken, rub thru a sieve, add the sugar and return to fire until the mixture boils. Then turn out to cool.

CURRANTS

Selection—Berries should be firm and dry and on their stems.

Dried currants should be free from stems and foreign matter.

Sold—By measure if fresh. Dried currants sold by the pound.

Storage—Will not deteriorate if left on bushes for a week or more after ripening. Store in tight containers if dried.

Preparation—Fresh currants should be washed and picked from the stem. Dried currants need to be carefully looked over, washed and moisture absorbed if they are to be used in cookery.

Consult index for serving.

DATES

Selection—The bulk dates have a light brown skin and are very sweet. These come from around the Persian Gulf and are known as Halawi. These may be also sold in packages, though a part of package dates are the Fard, a darker, stronger variety of finer texture.

Sold—By the pound or package. Care should be taken to note weight on the package.

Preparation—All dates are packed without washing, as they do not keep well if washed. Wash and seed before using.

Consult index for serving.

FIGS

Selection—Whole dried figs are cheap and wholesome. Pressed figs are usually used in confectionery. Pulled figs are expensive and sold mostly in glass jars.

Sold—Whole dried figs and some pressed ones sold by the pound. Pressed and pulled figs also sold in packages and jars.

Storage—Keep as other dried fruits.

Preparation—Remove stem ends and wash.

Consult index for serving.

LAXATIVE FIG PASTE

1 pound prunes

1 cup senna leaves

1 pound figs

Cup water

Wash the prunes and figs and tie the senna leaves in cheesecloth. Barely cover with cold water and soak over night. In the morning simmer in the same water until the prunes are tender. and then remove the senna. Take the stones out of prunes and chop both prunes and figs finely. Add the liquid in which they were cooked and simmer in the upper vessel of the double boiler until thick, then store in jars. A teaspoon of this mixture forms a mild, pleasant laxative.

GOOSEBERRIES

Selection—Very little ripe fruit is used. Berries should be hard, plump and fairly good size.

Sold—By measure.

Storage—Can be kept for some time in the house if berries are put in a pan covered with clean water and stored in a cool cellar.

Preparation—Remove blossom end and wash before cooking.

Consult index for serving.

GRAPES

Selection—Soft or slip grapes. Choose whole, unbruised fruit which is in bunches and still has the stem. Concord and Catawba purple grapes raised in Eastern states. Hand grapes —Malaga—large white skinned grapes. Tokay—firm fleshed. oval shape with reddish skin. Select grapes whose bunches do not scatter when picked up.

Sold—By pound, basket or measure.

Storage—The slip grapes do not stem well, but may be kept for a short time if they are not crowded together and are placed in a cool, dark place away from the air. The hand grapes keep well in storage if packed in cork or red-wood sawdust and stored in a temperature of about 35° F. Fancy bunches can be kept in good condition for several weeks by wrapping each bunch in oil or tissue paper, encasing with cotton wool and tying each end, and keeping in a cool place.

Preparation—Wash and serve in bunches. For cooking, remove

from stem, unless the whole is to be strained as in jelly making.

Consult index for serving.

GRAPEFRUIT

Selection—The thin, smooth skinned ones which feel heavy or solid are the best.

Graded as large—24-36 in box

Graded as medium—54-64 in box

Graded as small—72-80 in box

Sold—By the fruit or by the dozen.

Storage—Keep well, if wrapped in paper and kept in a dry place at a temperature of about 34° F.

Preparation—Fruit may be cut in halves and the core removed. The sections may be separated by removing the white skin, and cutting around the rind. Sections may be removed after peeling if fruit is to be served in salads or cocktails.

Serving—An appetizer at breakfast, luncheons and dinners.

In fruit cocktails.

In salads.

Rind may be candied and used as a confection.

KUMQUAT

Selection—Fine, thin skin and one that feels heavy for its size.

Sold—By the basket with fruit attached to twigs.

Storage—Keep in cool, dry place, temperature 40° F.

Preparation—Wash. Serve whole or sliced.

Serving—Use as a salad with French dressing, or as a fresh fruit.

LEMONS

Selection—Best grade is "Fancy." Have good color, fine texture, juicy and heavy. Standard grade includes fruit which may be irregular in shape, scarred and discolored, but is still fair fruit value. Select the medium sized ones, 300-360 in a box.

Sold—By dozen or box. 180-540 in a box. About 5 average ones make a pound.

Storage—Do not buy in quantities as they ripen and so lose the sourness. Lemons may be kept in glass jars, covered with water, for a week.

Preparation—Slice or quarter for garnish. Rind may be removed from slice if color is objectionable for garnish. May be sprinkled with paprika.

Consult index for serving.

LIMES

Selection—Skin should be thin and fruit heavy and juicy, as well as green in color.

Sold—By dozen. Two limes are equal in flavoring to one lemon.

Storage—Very perishable. Keep in cool, dry place. If cannot be kept in refrigerator, cover them with dry sand.

Preparation and Serving—Use instead of lemons.

MELONS**MUSKMELONS**

Selection—A perfect one should be about 4½ inches long, and almost round. "Green meats." Show gray netting on outside, which should stand out like thick lace. Ground work of olive green turning yellow as it ripens. Flesh should be thick, firm and smooth, with seeds of a saturn color. "Pink meats" do not have such a heavy netting except on the stem end. When fruit is thoroly ripe, stem separates sharply from the fruit.

Sold—By fruit or dozen.

Storage—Very perishable. Should be kept as near freezing as possible.

Preparation—Wash, cut in halves and remove seeds.

Serving—Fill with chipped ice and serve as first course at breakfast. Also used to hold ices and frozen creams for desserts.

WATERMELON

Selection—When ripe gives a hollow sound when thumped. Outside bright green. Flesh should be bright, brittle, with firm fibers and thin rind.

Sold—By the melon.

Storage—If not thoroly ripened, place in sun for short time. Then keep near freezing point if possible.

Preparation—Wash and slice for serving.

Serving—As dessert. As an appetizer. Balls cut out with vegetable cutter may be served in glasses as cocktail for first course.

OTHER MELONS

Honey dew

Casaba

Spanish

Persian

Christmas

These melons are usually shipped in and if wrapped need to be examined for mold.

ORANGES

Selection—Select medium sized oranges which are firm, ripe, with thin, fine grained skin and feel heavy for their size. California oranges keep better than Florida, tho they are less sweet. Small oranges give better value for money spent if the juice only is desired.

Sold—By the dozen or box, 80-360 in a box. 178-276 best size. Three medium oranges to a pound. The number of oranges in a box is stamped on the end.

Storage—Keep in a dry, cool place.

Preparation—May be cut in half for serving at breakfast. Peeled and sliced or quartered. White skin removed from sections for salads and cocktails.

Consult index for serving.

PEACHES

Selection—White, either cling or free stone; yellow, cling or free stone.

Select the firm, bright colored ones. Clings usually have better flavor.

Dried peaches are usually peeled and form a cheap addition of fruit for the family table.

Sold—By the dozen, basket or bushel. Dried peaches by the pound.

Storage—Deteriorate very quickly. Keep best and longest if carefully selected and crated. Keep better if wrapped well in paper and placed in well ventilated boxes. Store dried fruit in tight containers.

Preparation—Washed and served whole. Peeled and stoned. Dried fruit washed and soaked for 12 hours before cooking. Consult index for serving.

PEARS

Selection—Select firm, unbruised ones. Soft pears, as the Bartlett, are best for dessert fruit. The hard varieties may be used for canning and pickling.

Sold—By dozen or bushel. Three medium sized pears to the pound.

Storage—Picked before fully matured. Put in cold storage at the earliest possible time. After picking, wrap separately, put in a dry, well ventilated crate or box and keep at temperature of 32 degrees. Avoid crowding.

Preparation—Wash, serve whole. Peel and cook after cutting in halves or quarters.

Serving—Canned. As salad with soft cheese.

BAKED PEARS

6 pears	$\frac{1}{2}$ c. sugar
2 tbsp. preserved ginger	1 c. water

Pare and cut fruit in halves, removing core. Make a syrup of sugar and water. Place pears in baking dish, sprinkle with the preserved ginger cut in bits and cover with syrup. Bake in moderate oven (350° F.) until tender.

PINEAPPLES

Selection—In buying for immediate consumption select those which look yellowish and the surface smooth. Spikes pull out easily when fruit is ripe. The ripe fruit is also more fragrant.

Sold—By the fruit.

Storage—Wrap each fruit in thick paper when setting to ripen and have a temperature at 65-70 degrees.

Preparation—Wash fruit, peel, core and remove eyes. Fruit may be diced or sliced. Fruit may also be cut into convenient chunks for serving with peeling on. It is then eaten after

dipping in powdered sugar. It has much better flavor if it is prepared, covered with sugar and set in ice box for at least 24 hours before serving. If fresh pineapple is used with gelatin, it should be cooked, as the fresh fruit contains an enzyme which digests gelatin and then it will not set.

Consult index for serving.

PLUMS

Selection—Fruit should be firm, unbruised, sweet and juicy. For canning the fruit should be a trifle green.

Sold—By the dozen, box or bushel.

Storage—The ripe fruit does not store well. Put in a cool place, 35 or 40 degrees F.

Preparation—Plums are usually seeded before canning or preserving, tho the large ones as Green Gage may be peeled and cooked whole.

Consult index for serving.

PRUNES

Selection—Prunes are graded by the number in a pound. They are known as—

Large—20-30; 30-40.

Medium—40-50; 50-60; 60-70.

Small—70-80; 80-90.

In selecting prunes for economy and flavor the size 70-80 are the cheapest to buy. To stuff or serve as salad, the larger varieties are better.

Storage—The same as all dried fruits.

Preparation—Wash and soak in water for at least 12 hours. Cook in same water.

Consult index for serving.

QUINCES

Selection—Large, smooth fruits generally considered choicest.

Sold—By the fruit or by the pound.

Storage—Require very careful handling as bruises soon become dark. If kept stored in a cool, dry place and occasionally wiped off with dry cloth they can be kept fresh and good for a considerable length of time.

Preparation—Pare and remove core.

Serving—Used chiefly for jelly making and preserves.

RHUBARB

Selection—Green stalk, red stalk. Select fresh, thick stalks with bright color.

Sold—By the pound.

Storage—Can be kept for a while in a cool place or it may be dried and kept for a long time. When soaked over night the dry is almost as good as the fresh.

Preparation—Remove skin unless the stalks are very tender. Cut in lengths for cooking.

Consult index for serving.

CHAPTER IX

Buying and Use of Vegetables

VEGETABLES, together with fruits, form a part of the "protective" foods which must be in each day's diet if adequate vitamins and minerals are to be used. Vegetables also add bulk and roughage to the diet, qualities which give a certain satisfaction to a meal. Vegetables also contribute to the food nutrients as well as minerals and vitamins, for some, such as potatoes, are rich in starch, and others, such as legumes, are rich in protein. The use of fresh vegetables is recommended at all times of the year, relying on those that store well for winter use, as cabbage, turnips, carrots and parsnips.

Vegetables are a valuable source of minerals, which counteract the acids formed in the body by cereals, meats and eggs in the diet. The highly colored vegetables are better sources of vitamins than the white.

THE COOKING OF VEGETABLES

The best methods of cooking vegetables to retain food value and mineral matter are suggested in the following tabulation (from Hygeia):

Bake	Steam	Boil
Irish potatoes	Sweet potatoes	(In open kettle)
Sweet potatoes	Carrots	Spinach
Squash	Squash	Green peas
	Parsnips	Green beans
	Yellow wax beans	Cabbage
	Beets	Brussel sprouts
	Spinach*	Cauliflower
	Green peas*	White turnips
	Green beans*	Yellow turnips
		(Rutabagas)
		Onions
		Red cabbage**

* May be steamed. They will retain more food value, but will lose a little color.

** Add 1 tablespoon vinegar to each cup of cooking water.

Vegetables may be cooked in either cold or hot water, provided only a small quantity is used. This water should be boiled down as much as possible to save the minerals and vitamins it contains. It is best to cook vegetables in as little water as possible at first.

Green color: Acids and heat destroy green color in vegetables, but alkalis, such as soda, help to keep the color. However, the use of soda is not recommended, as soda helps to destroy the vitamins. Ordinary hard water will retain green color in vegetables if they are cooked uncovered.

Red color: Red color in vegetables is destroyed by cooking in hard water or alkali. If a little vinegar is added to hard water the color may be preserved. Soft water is best for cooking red vegetables. White vegetables become yellow on long boiling in hard water.

Over cooking: If vegetables are cooked a long time or cut into small pieces and covered a great deal of their delicate flavor is lost. By such cooking some of the vitamins are also destroyed. Strong juiced vegetables should be cooked in an uncovered kettle. All vegetables are better boiled uncovered, as some of the odors developed by the process escape with the steam. There is danger of overcooking cabbage, spinach and asparagus.

SERVING VEGETABLES

The most desirable method of serving all fresh green vegetables is with a seasoning with butter or some other fat, as the drippings from roast beef.

Vegetables may be served with different sauces for variety. Sauces increase the number of servings one may obtain from a given quantity of vegetables. Tougher and older vegetables may be made more appetizing if served with sauce. Sauce increases the food value of vegetables.

Water in which vegetables have been cooked may be used in soups, gravies and sauces, thus saving valuable substances dissolved in the water thru the cooking of the vegetables.

GENERAL DIRECTIONS

Raw—It is important that the homemaker realize the value of raw vegetables, since we have learned the difference in the mineral and vitamin content of raw and

cooked foods. Vitamin C, or antiscorbutic vitamin, is destroyed by heat and vitamin B is more or less impaired in its potency by cooking. Such raw vegetables as lettuce, tomatoes, onions, radishes and carrots are of special value in the diet.

Scalloped dishes may be made from vegetables by combining the cooked ones with cream sauce, covering with dried bread crumbs moistened with fat.

Souffles or Puffs—To 1 c. thick white sauce add left-over drained chopped vegetables (about a cup). Beat in yolks of 3 eggs, and fold in the stiffly beaten whites. Bake in buttered baking dish 20 minutes in moderate oven. These may be used as main dish for supper or lunch.

Soups—Use equal amounts of thin sauce with stock and pulp of cooked vegetables which is obtained by pressing thru a sieve. Combine and reheat. Scalding a slice of onion with the milk improves the flavor.

Stuffed—A part of large vegetables may be removed, mixed with bread crumbs, green peppers and onions and the shells refilled and baked in the oven.

Salads—Salad herbs and plants should be clean, cold and crisp. They should be cut in neat, symmetrical shapes. The ingredients composing salad should not be combined until just before serving.

Mashed vegetables—After thoroly draining off the water, allow to dry off over the fire before mashing. Butter alone or with hot milk, as for potatoes, may be added with salt and pepper to season. All mashed vegetables need to be beaten fluffy and light. Cover with a clean cloth to absorb steam, if serving must be delayed.

Use left-over vegetables in:

Souffles

Salads

Soups

Loaf

Combine with left-over cereals. Mold, slice and brown in fat.

RECIPES FOR VEGETABLES

BEANS

Selection—Choose string beans, wax or green, which are free from rust spots and blemishes. The bean should snap when broken. Stringless beans are to be preferred. The older, the tougher the pods and the larger the beans.

Sold—By the pound, which serves four.

Storage—Use as fresh as possible because of better flavor.

Preparation—Take off ends and strings after washing. Mature string beans may be cut in pieces.

Serving—Buttered, creamed, cooked with pork, ham or bacon, pickled, salad.

LIMA BEANS

Selection—Choose the greenish colored beans if fresh; if dry, choose the beans that are not so dry that skin is cracked, as they take too long to soak and cook.

Sold—By the pound, which is a pint by measure. Serves 6.

Storage—Fresh lima beans are very perishable and should be kept on ice.

Preparation—If fresh, wash and pick over. If dried, soak for 12 hours before cooking after washing them thoroly.

Serving—Buttered, cooked with meat either boiled or roasted, salad, soup, loaf.

DRIED BEANS—NAVY, RED KIDNEY BEAN AND FRIJOLI

Selection—Choose beans of current crop free from wrinkles, graded for size, clean and unbroken.

Sold—By the pound, which serves six to eight.

Storage—Store in covered dry receptacle.

Preparation—Wash and pick over.

NAVY BEANS

BOSTON BAKED BEANS

Wash and pick over one pound of beans. Soak over night. In the morning parboil until skin just begins to break. If water is very hard, $\frac{1}{2}$ teaspoon of soda may be added. Drain and rinse, put one-half of the beans into a bean pot. Add to beans, 2 tbsp. of dark molasses or brown sugar, 1 tsp. of salt and 1 tsp. of mustard, then enough hot water to cover and mix thoroly. Scald $\frac{1}{2}$ pound of salt pork, or bacon if preferred, and score it so it will not curl in baking. Add to the beans and fill pot with beans, adding enough hot water to cover them. Cover bean pot and bake 8 hours in a slow oven, adding water if needed. Toward the last, draw meat to the top and brown for serving.

BAKED BEAN SOUP

Rub 2 c. of baked beans thru a sieve after cooking with 4 c. of tomato and 1 slice of onion. Melt 2 tbsp. of butter and stir into it 2 tbsp. of flour. Pour hot bean puree over this and boil 1 minute. Season with salt and pepper. Garnish with slices of lemon and hard cooked egg in each serving.

RED KIDNEY BEANS

BEAN CHOWDER

Parboil 1 c. of red kidney beans 5 min. Drain and rinse. Put on again in plenty of water and simmer until very tender. Add

an equal quantity of canned corn, half the quantity of tomato puree and 4 slices of bacon cut in tiny squares and browned in skillet. Season with a few drops of onion juice, pepper and salt. Serve very hot.

BEETS

Selection—Choose red beets of medium size. If tops are on, select those having fresh leaves.

Sold—By the bunch if young; by pound if old. Serves 6.

Storage—Store in cool place if old. It is better to use at once if young.

Preparation—Wash and boil either in soft water or water to which a tablespoon of vinegar is added. Let cool in water before peeling. May be sliced, cubed or diced.

Serving—Buttered, pickled, salad.

HARVARD BEETS

Wash 6 small beets, cook in boiling water until soft. Remove skins and cut beets in thin slices, small cubes or fancy shapes, using French vegetable cutter.

Mix $\frac{3}{4}$ c. sugar and $\frac{1}{2}$ tbsp. corn starch. Add $\frac{1}{2}$ c. vinegar and let boil 5 minutes. Pour over beets and let stand on back of range $\frac{1}{2}$ hour. Just before serving add 2 tbsp. butter.

BRUSSELS SPROUTS

Selection—Select the fresh, firm head with outside leaves of good color. Heads should be about 1-1 $\frac{1}{2}$ in. in diameter.

Sold—By measure; 1 qt. serves 6 people.

Storage—If kept for considerable time the whole plant is taken up and placed in a cellar, cold frame or pit. To keep temporarily put in temperature near freezing.

Preparation—Pick over, remove wilted leaves and soak in cold salted water for a half hour. Rinse before cooking.

Serving—Boiled and served with butter, creamed, scalloped, au gratin.

CABBAGE

Selection—Choose only those that are crisp, free from rust and spots and have bright color. Select heavy cabbage.

Sold—By the head or pound; 1 pound serves 4.

Storage—If kept for considerable length of time they require a temperature near freezing. If stored in barrels the roots should be placed uppermost.

Preparation—Remove outside leaves. For some dishes, as salads, the cabbage should be finely shredded, but for others it may be cut in thick slices and the core removed.

Serving—Boiled and served with butter; boiled with fat meat, either pork or beef; boiled in milk; creamed; scalloped; soufflé; combined with carrots or potatoes, pimento, tomatoes, cheese, etc.; salad, alone or combined with nuts, pimentos, fruits, gelatin, etc.

CARROTS

Selection—Select those that are firm to the touch, crisp when broken and of medium size.

Sold—When fresh, in bunches; cold storage or old carrots are sold by the pound. 1 pound serves 4.

Storage—Keep well in cold storage. May be stored on flat platform and covered lightly with sand. Good ventilation is absolutely necessary.

Preparation—Wash and scrape carrots. Young carrots may be used whole. Old ones may be sliced across, cut in slices lengthwise or diced. For salads, carrots may be shredded or diced.

Serving—Boiled and served with butter; boiled with fat meat, either pork or beef; creamed; scalloped; soufflé; soup; combined with peas, potatoes, etc. Grated raw carrots are mixed with Malaga raisins and French dressing for salad. May also be mixed with pickles and a cooked dressing.

CAULIFLOWER

Selection—Choose white, full, compact heads that are free from mildew and dirt. Outside leaves should be crisp and fresh.

Sold—By the head or pound; 1 pound serves 4.

Storage—Does not store well, but if necessary, keep in cool place a little above freezing temperature.

Preparation—Remove green and wilted leaves. Turn head down into cold salted water to remove dust, etc. Break into flower-lets or cook whole as desired.

Serving—Boiled and served with butter; boiled and served with Hollandaise sauce; creamed; scalloped; salad; pickled.

CELERY

Selection—Select firm, compact bunches with white, crisp stalks and fresh leaves. Celery hearts may be purchased separately, known as Pascal Celery.

Sold—By bunch; a medium bunch serves 6.

Storage—Can be kept in refrigerator rooms from one to two months if wrapped in paper and given proper ventilation. Can be kept thru the winter if stored in trenches filled with moist sand and given proper ventilation. Must not be allowed to freeze.

Preparation—Cut off roots and leaves. Wash and scrape stalks and place in ice water. For cooked dishes and salads, celery is diced.

Serving—Relish; boiled and served with butter; boiled and served with Hollandaise sauce; creamed; scalloped; soup; salad alone or with other vegetables; chicken or other meat; apples, grapes or other fruit. Seasoning.

CELERIAC (Turnip Rooted Celery)

Selection—Firm, compact, fresh roots.

Sold—By the root or pound; 1 pound serves 6.

Storage—Keeps fairly well in cold storage. Cannot stand freezing.

Preparation—Trim off tops, wash and pare the roots. May be cooked whole or sliced.

Serving—Roots boiled and served with cream sauce or Hollandaise sauce; scalloped with cheese; boiled and served as salad.

CHARD

Selection—Swiss chard large leaf variety, but term “chard” applied to blanched stalks and mid-rib of artichoke. Select young, fresh leaves with crisp stalks.

Sold—By measure; 1 peck serves 6.

Storage—Should not be stored, but used immediately.

Preparation—Remove dry and wilted leaves. Cut off roots. Unless the stalk or mid-rib is used separately, cook leaves whole. Stalks may be removed and cooked separately.

Serving—Use leaves as greens; stalks as asparagus or celery.

CHIVES

Selection—Choose fresh, crisp leaves.

Sold—By the bunch.

Storage—Cannot be stored after harvesting. Can be planted in pots and kept in the kitchen.

Preparation—Wash leaves thoroly before using. Chop in small pieces.

Serving—Used as a substitute for onions for seasoning of sauce.

CORN

Selection—Choose those with bright, fresh husks and full milky kernels, which dent easily when pressed.

Sold—By the dozen; 1 or 2 ears to a person.

Preparation—Remove leaves and the silk just before cooking by means of a brush. Cook in boiling water, salted, 10 to 15 minutes. Corn may also be cut from the cob, using a sharp knife.

Serving—Corn on cob boiled and laid on platter covered with napkin; served with butter; “cut off”, boiled, buttered and seasoned; creamed; scalloped; souffle; soup; combined with peas, beans, peppers, onions, etc.

CORN CUSTARD

To 1 c. chopped corn add 1 egg slightly beaten, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper, $1\frac{1}{2}$ tbsp. melted butter and 1 c. scalded milk; turn into a buttered pudding dish and bake in a slow oven until firm.

CORN CHOWDER

Cut 1 slice of fat salt pork in small pieces and fry out; add small onion, chopped, and cook 5 minutes, stirring often that onion may not burn; strain fat into a stewpan. Parboil 4 c. of cubed potatoes 5 minutes in boiling water to cover; drain and add potatoes to fat; then add 2 c. boiling water; cook until potatoes are soft, add 1 can of corn and 1 qt. of milk, then heat to boiling point. Season with salt and pepper; add 2 tbsp. butter. Turn chowder into a tureen and serve very hot with croutons or crackers.

SUCCOTASH

Combine equal proportions of corn and beans if left-overs are to be used. If fresh, cook beans first and add corn when beans are nearly tender. Season with salt, pepper and butter or a little cream. Either string beans or green lima beans may be used.

CORN FRITTERS

To a stiff batter made of 1 tbsp. of butter, 1 beaten egg, $\frac{1}{4}$ c. of flour, sifted with $\frac{1}{2}$ tsp. of baking powder, 1 tsp. of salt, add 2 c. of corn cut from the cob. A little sugar may also be added. The batter will be stiff. Drop tablespoons of it in hot skillet, well oiled with some fat. Brown rather slowly to allow corn to cook, turning often. Serve at once.

CRESS

Water cress, upland cress.

Selection—Leaves should be bright and fresh with stems not too coarse.

Sold—By the bunch; 1 bunch serves 4.

Storage—Should be kept in fresh water until needed.

Preparation—Remove bruised and wilted leaves and roots. Wash carefully thru several waters and allow to stand in ice water until ready to use. Dry in towels or lettuce dryer before use.

Break into two-inch lengths for salads.

Serving—Salad; garnish; sandwich filling.

CUCUMBERS

Selection—The small cucumber is to be preferred, for the larger ones have tougher seeds and are apt to be more pithy.

Sold—By individual or by dozen; 1 medium size serves 3.

Storage—May be kept in cold storage near freezing point, but are preferably eaten fresh.

Preparation—Wash thoroly and cut off a thick paring from sides and a thicker one from the end. Have cucumber cold and slice just before serving.

Serving—**Green:** pickled, sliced raw with vinegar; used alone or with tomatoes, onions, etc., in salad; **ripe:** creamed or scalloped with onions; dipped in batter and fried.

EGG PLANT

Selection—Choose heavy, solid fruit which has a glossy, unbroken skin.

Sold—By the fruit; 1 fruit serves 6.

Storage—Should not be stored for any length of time; keep in a cool, dry place.

Preparation—For frying, pare the egg plant and cut in slices.

For escalloped dish, cut in cubes and boil in salted water.

For stuffed, cut egg plant in two, take out the center pulp and chop fine. Proceed as under general directions.

Serving—Scalloped; baked; dipped in flour or batter and fried.

ENDIVE

Curly endive or chicory; broad leaved endive or escarole.

Selection—To use raw, select the white, crisp leaves, as they are not bitter. For greens it need not be blanched.

Sold—By the pound; 3 stalks per person.

Storage—If necessary to store for a short time, put in a cool place where it is moist.

Preparation—Wash the endive, discarding the green leaves. The green leaves may be cooked as greens, but the blanched leaves are usually served raw.

Serving—Boiled and served as greens; used for salad, alone or in combination with lettuce or celery.

GREENS

Selection—Wild: dandelion, dock, purslane, wild mustard, pokeberry, pigweed, wild lettuce, lamb's quarter, sorrel and water cress, also dry land cress; cultivated: spinach, beet tops, chard, kale, turnip tops, kohlrabi, mustard, horse radish, lettuce, collard. Select fresh, crisp leaves with tender stems, not too old.

Storage—Should be consumed as soon as possible after picking.

Preparation—Pick over to remove foreign matter and wilted leaves; wash in running water to remove dirt; allow to stand in cold water until ready to cook, then drain and cook in water that clings to the leaves.

Serving—Boiled and served with butter; steamed and served with butter; boiled with salt pork or bacon; boiled, chopped and added to white sauce; served with white sauce and hard boiled eggs.

KALE

Selection—A variety of vegetable belonging to the cabbage family. Choose those leaves which are young and tender.

Sold—By the measure; $\frac{1}{2}$ to 1 peck serves 6.

Storage—Should be used as soon after picking as possible.

Preparation—Wash thoroly and cook in boiling salted water.

Serving—Use for greens during the winter and as a substitute for cabbage; boiled and served with butter; boiled with salt pork or canned beef; salad with eggs.

KOHLRABI.

Selection—Select medium sized, firm tubers.

Sold—By the pound; 1 pound serves 4.

Storage—Store in a cool, well ventilated place and cover with moist sand to prevent shriveling.

Preparation—Wash and pare the kohlrabi; cut in cubes, drop in boiling water and cook until tender.

Serving—Boiled; creamed; scalloped; served with Hollandaise sauce; sliced raw and served as radishes.

LETTUCE

Selection—Cabbage or head lettuce; leaf lettuce, curly or straight leaves; head lettuce, select heads with crisp, fresh, bright colored outer leaves, with bleached heart leaves; for leaf lettuce, select crisp, fresh, bright colored leaves, either curly or straight; curly leaves are more attractive.

Sold—By head or pound; 1 head serves 4 to 6; 1 pound leaf lettuce serves 12.

Storage—Keeps better when roots are left on plant; keep in a cool place away from the air; a tightly closed can serves the purpose; can be put in cold storage.

Preparation—Leaf lettuce needs to be washed thoroly and then either placed in cold water or on ice until needed for use; head lettuce needs to have outer leaves removed; the head may be cut in quarters and core removed or slices may be cut across it for serving.

Serving—With vinegar or any form of salad dressing; salad, with eggs, fruit or meat combinations; wilted, used as greens; cream soup.

MUSHROOMS

Selection—Select firm ones free from worms and of good color.

Sold—By the pound; 1 pound serves 4 to 6.

Storage—Cannot be stored; should be used when perfectly fresh.

Preparation—Wash carefully; the stems are removed and the caps peeled; the stems may also be used if they are tender; allow mushrooms to stand in cold water to which the juice of half a lemon or a tablespoon of vinegar is added to prevent darkening; drain thoroly and cook from 5 to 7 minutes if to be creamed; saute in fat if served with steak.

Serving—Stewed and buttered; creamed; broiled; baked in cream; served in cream sauce with chicken.

OKRA

Selection—Pods should be young and tender enough to be cut with a dull case knife. Should be fresh and of good color.

Sold—By the measure; 1 quart serves 6.

Storage—Must be used when fresh because they wither and become tough on standing.

Preparation—Wash pods carefully and remove the stems. Cook in boiling water until tender.

Serving—Soup; served with butter and vinegar, tomato sauce, corn or rice.

ONIONS

Selection—White, yellow, red; white preferable; choose firm, perfect bulbs with thin skin.

Sold—By pound or measure; 1 pound serves 6.

Storage—Onions require a dry, airy place and should be stored in wooden crates; if piled in heaps they are liable to sweat, grow and rot; a temperature of 30° to 40° F. best; keep better if tops are left on.

Preparation—Small, green onions should be washed thoroly and roots removed; keep in ice water until time for serving; dry onions should be peeled and cooked in boiling salted water until tender; very large onions may be sliced, especially for frying.

Serving—Relish; boiled and served with butter; creamed, scalloped; soup in combination with other vegetables; seasoning in meat loaf and other meat mixtures; stuffed and steamed or baked; served raw with salt; cut fine in salads and salad dressing.

OYSTER PLANT OR SALSIFY

Selection—White, black; roots should be firm, crisp and fresh.

Sold—By the bunch; 1 bunch serves 4.

Storage—Keep in cool, moist place; leave in ground as parsnips; roots used as vegetables; young flower stalks may be used like asparagus; leaves make excellent salad if they are well blanched.

Preparation—Wash and scrape roots; cut in slices or cubes. To keep from darkening place in water to which a small amount of vinegar has been added. Cook in boiling salted water until tender.

Serving—Boiled and served with butter; creamed; scalloped; soup.

PARSNIPS

Selection—Choose medium sized, tender roots which are not withered or shrivelled.

Sold—When first put on the market are sold by the bunch, later by weight; 1 pound serves 4.

Storage—Fresh parsnips should not be stored. Can be left in the ground all winter—freezing seems to improve the flavor—or they may be kept in a cool place protected from light and air currents; they may be buried in moss or sand.

Preparation—Wash and scrape the roots; parsnips are cut lengthwise in halves or quarters according to size; cook in boiling salted water until tender; parboil parsnips for 10 minutes and drain before putting in the oven with roast to complete the cooking.

Serving—Roasted with beef; boiled with fat meat, either pork or beef; creamed; scalloped; soup; combined with carrots, potatoes, etc.; boiled and browned, mashed and made into cakes.

PEAS

Selection—Pods should be fresh, crisp and of bright color; peas should fill pod, be of medium size and good color.

Sold—By weight; 1 pound serves 4.

Storage—Keep in dry, cool place; much better if used when fresh.

Preparation—Shell peas after washing pods in running water; peas should not be shelled until time to cook, but if it seems necessary they can be covered with water until then; cook in

small amount of boiling salted water until tender; dried peas need to be picked over and washed thoroly.

Serving—Boiled and served with butter; creamed; scalloped; souffles; soup; combined with carrots, potatoes, etc.; timbales, salad.

Peas, dried, 1 pound serves 6.

Serving—Boiled and served with butter; boiled with fat meat, either pork or beef; creamed; scalloped; combined with beans, corn, onions, etc.

SPLIT-PEA SOUP

2 c. of yellow split peas	2 tbsp. flour
1 red pepper	1 tbsp. butter
1 onion	1½ tsp. salt
2 stalks of celery	Pepper
2 tbsp. fat	

Slice the vegetables and fry in the fat, in a covered saucepan. Add the peas, which have been soaked and parboiled as usual, with water—which should be replenished from time to time—to make two quarts. Simmer for 2 hours or more, then put thru a vegetable press and add the flour, which has been browned with the butter and seasonings; boil up well and serve with croutons. This soup may be thinned with hot milk, cream or meat stock if desired.

PEA SOUFFLE

4 tbsp. butter	½ tsp. salt
4 tbsp. flour	⅓ tsp. pepper
1 c. milk	1 c. split green peas, cooked
A few drops of onion juice	2 tbsp. grated cheese
3 eggs	

Make a white sauce of the butter, flour and milk; add the peas, rubbed thru a sieve, beaten yolks and seasonings. Fold in the beaten whites, heap in a glass baking dish, sprinkle the cheese over it, and bake until firm in a medium oven (375° F.) for 25 minutes.

Cowpeas (dried); 1 pound serves 6.

Serving—Boiled with fat, either pork or beef; baked; soup; cowpea loaf.

Cowpeas require a longer time for cooking than ordinary peas.

HOPPING JOHN

Boil half a pound of red cowpeas, well washed, one-quarter pound of bacon and one pod of hot red pepper in two quarts of water until the peas are tender. Then add salt, the exact amount of which will depend on the saltiness of the bacon, and 2 c. of whole rice, which has been carefully washed. It may be necessary to add another cupful or so of water. Boil about 20 minutes longer, then set at the back of the stove. Let this steam a while longer, when each grain of rice should stand apart firmly but be perfectly done.

Lentils (dried); 1 pound serves 6.

Serving—Boiled and served with butter; boiled with fat meat, either pork or beef; soup and stew; lentil loaf with catsup or tomato sauce.

LENTIL SAVORY

1 c. lentils	2 tbsp. flour
$\frac{1}{4}$ lb fat ham	1 tsp. salt
1 onion	$\frac{1}{8}$ tsp. pepper
2 tbsp. vinegar or lemon juice	

After parboiling the lentils, continue cooking for two hours or more, until perfectly tender. Fry the ham with the onion, then put thru the food chopper, and add this, with the seasonings. When the lentils are done, the liquid should be reduced to about one cupful. Thicken with the flour, just moistened with a little cold water, simmer for 10 minutes and serve.

PEPPERS

Selection—Choose perfect, crisp, shiny pods.

Sold—By the dozen; 1 medium sized pod to a person.

Storage—Soon wither and become tough and spoiled; keep in cool place.

Preparation—Wash and cut a slice from the stem end of each to remove seeds. For stuffing, peppers are better parboiled 10 minutes in salted water. For salads and seasonings, they are chopped in small pieces or cut in rings for garnishings.

Serving—Seasoning; salad; cases for holding baked mixture.

POTATOES—IRISH OR WHITE

Selection—Choose potatoes of medium size, having a smooth skin with eyes which are not too deeply imbedded, as this causes waste in peeling. Very large potatoes usually have hollow places inside.

Sold—By the pound; 3 to 4 in a pound; 60 pounds in a bushel; a sack usually holds two bushels.

Preparation—Wash and boil with the jackets on, as there is less loss of food value if potatoes are cooked in this way. If potatoes are peeled, make a thin paring, as the greater part of the food value lies near the skin.

Serving—Boiled; mashed; scalloped; soup; fried; creamed.

BAKED POTATOES

Usually a criss-cross cut is made on the top of each potato, and the triangles of skin, thus formed, are lifted with the knife, and a ball of butter inserted in such a way that it will not run over when it melts. Or merely a pinch of paprika may be sprinkled in the same place, for garnish.

STUFFED BAKED POTATOES

Cut a slice off the top of a baked potato. Scoop out the inside. Mash, seasoning with butter and hot milk. Refill shells,

leaving a fluffy appearance at the top. Brown in the oven. Care must be taken not to let the mashed potato get cold, as it is hard to reheat them without drying them out. Grated cheese may also be sprinkled over the top.

POTATO CHIPS

Pare and cut potato in very thin slices. Allow to crisp in ice water. Dry a few at a time. Have a kettle of hot fat (350° F.), which will brown a cube of bread in 60 seconds, and put in a few slices at a time. Fry to a delicate brown and drain on soft paper. Sprinkle with salt.

FRENCH FRIED POTATOES

Cut potatoes into strips $\frac{1}{2}$ in. thick and soak in ice water. Dry and cook in same way as potato chips.

LYONNAISE POTATOES

Use left-over potatoes for this dish. Allow 1 tbsp. of butter and one of minced onion to each large potato. Cook these together for five minutes, but do not allow them to fry. Slice the potatoes thin, season with salt and pepper, and put in the pan with the butter and onion. Cover tightly and cook very slowly until potato is brown underneath, then fold and turn onto a hot platter. Garnish with chopped parsley.

SWEET POTATOES

There are two types of sweet potato, the moist, deep yellow or yam, and the ordinary light colored, mealy variety. Nancy Hall is a good variety for baking.

Sold—By the pound; 3 medium sized in a pound; serves 3 or 4, according to method of preparation.

Storage—Must be stored in a warm, dry place. Cover with dry sand if to be kept some time.

Preparation—Wash and cook unpeeled; pare after first boiling. Serving—Boiled; baked.

GLAZED SWEET POTATOES

Boil the potatoes until done, but not soft. Remove skins and cut potatoes into strips; moisten with cream, sprinkle with sugar, dot over with butter and bake in a shallow pan.

CANDIED SWEET POTATOES

Select medium sized sweet potatoes and cook until just tender; cool and peel; slice and put in layers in a baking dish, not packing too closely. Make a thin syrup of 1 c. of brown sugar, 1 c. of hot water, 1 tbsp. of lemon juice or vinegar, 1 tsp. each of cinnamon and salt, and 3 tbsp. of butter. Pour over the potatoes, put in a moderate oven and bake until the potatoes are clear and somewhat gummy. Raisins may be added while baking, or marshmallows just a few minutes before taking from the oven.

PUMPKIN

Selection—Sugar pumpkin best for cooking. Medium sized, firm, fine grained, heavy fruits.

Sold—By the fruit; 1 medium pumpkin will make 4 or 5 pies.

Storage—Stand in dark, dry place about 45° F. Best to keep them in tiers of one layer each.

Preparation—Wash, cut in two and bake in shell. Then remove pulp with a spoon. It may also be peeled and cut in pieces for cooking.

Serving—Cut in pieces, steamed, mashed and buttered; baked in shell, mashed and buttered; fried; pie or pudding.

SQUASH

Selection—Summer: Crooked Necks, Scallop, Pineapple; Winter: Crook Necks, Hubbard, Marrow. Select fine grained, firm, heavy fruits. A dry squash is best.

Sold—Summer ones sold by the fruit; winter ones sold by the pound; 1 pound serves 3 to 5.

Storage—Summer ones may be kept for a short time in a cool, dry place. Winter ones stored in a warm, dry place, well separated.

Preparation—Wash and peel and cut in small pieces for cooking. Steaming is a good method for squash. Hubbard squash may be washed and cooked in the shell or cut into convenient pieces for serving before cooking.

Serving—Cut in pieces and steamed; mashed, buttered and seasoned, or baked in shell. Used for pie or pudding; croquettes. Fried, especially summer squash.

RADISHES

Selection—Round, olive shaped and long; red, white, yellow, purplish and black colors; select small, crisp ones with fresh leaves.

Sold—By the bunch.

Storage—The summer radishes keep for a short time in a cool, moist place; the winter radishes are pulled late in the fall and kept thru the winter by storing in dry cellars.

Preparation—Wash and cut the tops off, leaving about an inch; cut off the root and chill in ice water before serving.

Serving—Cooked; creamed; chopped and cooked with vinegar and sugar; fresh: with salt; in salads with other vegetables; relish.

ROMAINE

Selection—The leaves should be long, upright, with thick, crisp mid-ribs.

Sold—By the head; 1 head serves 4 to 5.

Storage—Keep in a cool place away from the air; can be put in tightly closed cans like lettuce.

Preparation—Wash and remove outer coarse leaves. Roll in cloth, then lay on ice until time for serving.

Serving—Salads.

RUTABAGA OR SWEDISH TURNIP

Selection—Variety, yellow fleshed turnip. Select firm, fine grained roots which are not pithy or wilted.

Sold—By the pound; 1 pound serves 6.

Storage—Are easily kept if put in a cool, dark place and covered with a little sand or dry dirt.

Preparation—Wash and peel; cut in cubes or slices; cook in boiling salted water until tender.

Serving—Boiled; mashed and buttered; creamed; cooked, combined with sweet potatoes and baked.

SPINACH

Selection—Only young, fresh leaves should be used.

Sold—By the measure; $\frac{1}{2}$ to 1 peck to 6 people.

Storage—Should be used as soon after gathering as possible; keep in cool, damp place.

Preparation—Pick over carefully to remove foreign matter and wilted leaves; wash in running water; place in cold water until ready to cook; drain and put on to cook as enough water will cling to leaves to afford sufficient moisture; cook from 10 to 15 minutes in covered kettle or bake in closed dish in oven 20 minutes.

Serving—Boiled and served with butter; boiled and served with eggs; served on toast; salad.

TOMATOES

Selection—The round, medium sized ones are best; should be firm, not too ripe, and feel heavy for the size; seed space small and flesh thick.

Sold—By the pound or measure; 1 pound serves 3 to 5.

Storage—The ripe ones do not store well; keep in a cool, dark, dry place. Well grown, firm green ones can be ripened in a dry cellar for winter use. They should be wiped dry and placed on a straw covered rack.

Preparation—Wash and pour boiling water over them. Quickly remove to cold water and peel. If for stuffed, remove centers with a spoon. Chill if to be used for salad.

Serving—Boiled and seasoned with butter; stuffed and baked; creamed; scalloped; soup; combined with rice or macaroni, beans, fresh cucumbers, meats, etc.; salad; broiled.

TURNIPS

Selection—Roots should be firm, fine grained and fresh; should not be pithy; medium sized best.

Sold—Young turnips sold by the bunch; winter ones by the pound; 1 pound serves 4 to 6.

Storage—Young turnips soon wither if stored; winter turnips will keep well in any ordinary cellar. Cover with a little sand or dirt to prevent shrivelling.

Preparation—Wash and peel. Turnips may either be sliced or cubed for cooking in boiling salted water until tender.

Serving—Boiled, mashed and buttered; creamed; stews and soup; cooked with potatoes; croquettes.

CHAPTER X

Salads

THE value of salads in the diet cannot be over emphasized, as they provide the best method of serving raw fruits and vegetables. There is no better way of using many raw fruits and vegetables than to serve them in salads, as *vitamin C*, found in nearly all, is so easily destroyed by heat. The importance of this vitamin for growing children can hardly be stressed too much.

There is a tendency to think of salads only as complicated, highly decorated foods. In the true sense, a salad is some fresh green vegetable, as lettuce, endive, watercress, chicory, or celery, served with French dressing. Such a salad is usually served with a dinner. Salads have now come to mean combinations of many kinds of both raw and cooked foods arranged in a decorative manner and served with one of the many salad dressings.

The simple raw salads are in much better taste to serve with dinners than the complicated dishes, which should be reserved to serve at luncheons and parties.

PREPARATION OF SALADS

1. All salad greens, as lettuce, etc., should be washed, cleaned in running water, and placed in a clean cloth or cheesecloth bag in the refrigerator to crisp before using.

2. All vegetables, fruits and meats should be thoroly chilled before using.

3. To insure an attractive salad, the importance of cutting the ingredients into thin slices or dainty cubes or finely shredding cannot be too much emphasized. A salad appeals to the eye and may be spoiled in appearance if ingredients are mushy. Tender parts may be cut in larger pieces than the tougher ones.

4. Fruits, such as bananas and apples, darken on standing and should either be prepared at the last moment or sprinkled with lemon juice if they have to stand.

5. Combine ingredients for salad at the last moment before serving, unless you are making a potato, chicken or

meat salad. In that case, the salad is better if marinated before and allowed to stand an hour.

6. To marinate a salad, moisten first with French dressing. With a fork carefully stir the ingredients to allow the dressing to cover all the pieces. Allow to stand an hour before serving in the coldest part of the refrigerator.

7. Salads are either served by the hostess on individual plates at the table or prepared beforehand individually. All salads are more attractive if served on a lettuce leaf or other green. The stem end of lettuce should be removed. It is not in good taste to shred lettuce leaves as a foundation for salads, unless the supply of green is limited or the lettuce is not of the best quality. The serving of salad ought not to be too large. It ought not to be garnished so as to mask its real nature.

8. Salad dressings are usually mixed with ingredients at the last moment, or added as part of the garnish, or passed in a separate dish.

9. Salad may either be served as a separate course, or with the main course. In some parts of the country, salad is served as an appetizer. Salads as a separate course may be accompanied by crisp crackers, cheese straws, bread sticks, dainty sandwiches and a bit of cheese.

10. In seasoning salads with onion, mince into very small pieces. Garlic may be rubbed over dish in which salad is prepared. Discretion in using seasonings is very important. They should add to the flavoring of the salad itself rather than be the most important ingredient.

SALAD DRESSINGS

True salad dressing is made with oil, either combined as French dressing or mayonnaise. Cooked salad dressings, or those combinations of sour or sweet cream, are not a mayonnaise.

The best oil to use for flavor is virgin olive oil or the first extraction of oil from the olive. Other oils have the same food value but lack its particular flavor. The other oils are olive, cottonseed oil, corn oil, sesame oil, peanut oil and the various mineral oils on the market. The use of mineral oils in salad dressings is desirable if one must "count the calories" or there is difficulty with constipa-

tion as these oils are not absorbed by the body and only act as a lubricant to the digestive tract. The acid used in salad dressings is either vinegar or lemon juice. For fruit salads, the latter is preferred. Vinegar containing spices or tarragon vinegar add a piquancy to many salads.

Salt and pepper together with mustard form the principal seasonings in all dressings. The addition to plain dressings of various sauces, chopped onions, peppers, etc., make a variety of dressings under many names.

LETTUCE SALAD

Leaves of curly leaf lettuce make the most attractive salad.

Head lettuce may be quartered and core removed. Slices may also be cut across the head.

At dinner, the lettuce may be arranged in a salad bowl to be dressed at the table with French dressing by the hostess. The dressing in this case is usually made at the table. The oil is first poured over the lettuce as it is lifted by means of a salad fork; then the seasonings are sprinkled over it. The vinegar is then added. The leaves are tossed in the bowl until each leaf glistens with the dressing. The salad is then served on individual plates to be eaten with crackers and a bit of some cheese, as Roquefort.

The use of lettuce as salad may be varied by using any of the fancy dressings. Chicory, endive, watercress, shredded cabbage, and celery may all be used the same as lettuce.

ASPARAGUS SALAD

Asparagus may be served alone with any of the salad dressings suited. Either place the stalks on leaf of lettuce or place stalks in ring of green or red pepper or lemon rind before placing on lettuce leaf. Asparagus tips may be placed on a slice of tomato.

STRING BEAN SALAD

String beans, cooked in boiling salted water and cooled, to which a little minced onion has been added, may be used as a salad.

KIDNEY BEAN SALAD

1 c. canned kidney beans	1 tbsp. chopped pickle
½ c. diced celery	¼ tsp. salt

Wash kidney beans and allow to drain. Add celery, pickles and salt. Marinate with French dressing and arrange on lettuce leaves. Garnish either with mayonnaise or cooked salad dressing.

BEET SALAD

Beets cut in attractive cubes may be used as salad. A garnish of hard cooked eggs is attractive. Mixing beets with other

ingredients is not pleasing to the eye as the beet color runs thru the rest of the ingredients. If beets are combined with other vegetables it is best to use in the form of a garnish.

CAULIFLOWER SALAD

Cooked cauliflower makes an attractive salad, if garnished with pieces of pimento.

CARROT SALAD

Raw carrots are especially desirable as a salad. Grate rather coarsely and mix with Malaga raisins and French dressing. Carrots may also be cubed, mixed with diced celery and pickle and served with any plain dressing.

CUCUMBER SALAD

Cucumbers ought to be thinly sliced and marinated with French dressing before serving. By carefully removing the pulp from green cucumbers, the shell may be used to hold the salad. Mix the diced pulp with cubed tomatoes, celery, a bit of minced onion and marinate with French dressing. Return to cucumber shell and place on ice an hour before serving.

CABBAGE SALAD

All cabbage should be finely shredded for use in salads. Combinations for cabbage salad:

Cabbage, green peppers and celery.

Cabbage and pineapple.

Cabbage, pineapple and marshmallows.

Cabbage and nuts.

The inner part of the cabbage may be removed and finely shredded. Mix with a little pimento, cut in small pieces and add salad dressing. Return to cabbage shell and garnish with strips of pimento.

ONION SALAD

Oranges and minced Bermuda onions make a good combination as a salad. Oranges should be diced.

POTATO SALAD

3 c. cubed cold potato	$\frac{3}{4}$ c. diced celery
1 tbsp. minced onion	or
1 tbsp. chopped parsley	$\frac{1}{4}$ c. capers
French dressing	or
3 hard cooked eggs, chopped	$\frac{3}{4}$ c. diced cucumber
or	

Cube potato, onion, and any one of the other ingredients desired. Marinate with French dressing. Allow to stand an hour and serve on a leaf of lettuce with a little salad dressing as a garnish after having sprinkled the chopped parsley over it.

If eggs are the additional ingredient, then slices may be used as a garnish. Pimento and green peppers cut in strips may also be used. The slices of stuffed olives are also attractive..

TOMATO SALAD

1. Slice tomatoes in thin slices and arrange on lettuce leaf with salad dressing.

2. Cut a medium sized tomato, so as to have eight sections, like an orange. Do not cut apart. Arrange spread open on a lettuce leaf and put salad dressing in center as a garnish.

3. Remove the pulp from tomato with a spoon, after cutting off a slice. Mix pulp with diced cucumbers, celery a little onion and salt, together with a salad dressing. Fill shells and place on ice for an hour before serving. Arrange on leaf of lettuce and garnish with salad dressing.

COMBINATION VEGETABLE

The success of this salad depends on the appearance.. Care should be taken not to allow the salad to look mushy. Almost any combination may be made, as long as it is well seasoned with onion and garnished attractively.

FRUIT SALADS

WALDORF SALAD

Dice the apples and sprinkle with lemon juice to preserve color. Add an equal amount of diced celery and one half as much chopped nuts. Serve with plain salad dressing. This salad is attractive served in red apples which have been hollowed out.

DATE SALAD

Wash and stone dates after drying. Fill dates with either cream or cottage cheese and serve on a bed of lettuce with a cooked salad dressing.

PEAR SALAD

Halves of canned pears may be used or raw ones peeled, cored and sprinkled with lemon juice to prevent darkening. Fill centers with cream cheese; put it in with a pastry tube. Cream cheese may have salt paprika and a little salad dressing added to it. Garnish with half a nut after arranging on lettuce leaf, and pass the salad dressing separately.

Halves of pears may be sprinkled with nuts for a salad or served alone with French dressing.

PINEAPPLE SALAD

Slices of pineapple may be arranged on a lettuce leaf. Small balls made of cream cheese may be arranged on top and a garnish of salad dressing added. Pineapple, cut in small pieces, and an equal amount of diced celery may be used.

BANANA SALAD

Cut a banana in halves lengthwise. Arrange on lettuce leaf, sprinkle with nuts and garnish with cooked salad dressing.

COMBINATION FRUIT SALAD

Combinations of fruits may be used in a salad. Care must be taken not to allow them to look mushy. The arrangement adds much to the salad. Such salads are especially good with the whipped cream salad dressings.

PRUNE SALAD

Use the same as dates.

SALADS MADE WITH GELATINE

PERFECTION SALAD

- | | |
|-----------------------------|------------------------|
| 2 tbsp. granulated gelatin. | 1½ tsp. salt |
| ⅓ c. cold water | 1½ c. shredded cabbage |
| ¼ c. sugar | ½ c. chopped celery |
| ⅓ c. vinegar | ¼ c. chopped pimento |
| 1¼ c. boiling water | Stuffed olives |

Soak the gelatin in the cold water for five minutes. Add the sugar. Have the vinegar and water boiling and pour over the soaked gelatin. Stir until the gelatin has dissolved. Chill. Mix the rest of the ingredients. Add to the gelatin mixture and pour into a shallow mold which has been moistened with cold water.

Set in a cold place to stiffen. Cut with a heart shaped mold and serve on lettuce leaves. Top with salad dressing and serve very cold.

GINGER ALE FRUIT SALAD

- | | |
|------------------------|-----------------------------------|
| 2½ tbsp. gelatin | ½ c. white grapes, cut and seeded |
| 3 tbsp. cold water | |
| ⅓ c. boiling water | ½ c. pineapple, diced |
| ¼ c. lemon juice | ½ c. apples, diced |
| 2 tbsp. sugar | 1 c. gingerale |
| 1 tbsp. candied ginger | |

Soak the gelatin in cold water and add boiling water, being sure it is dissolved. Add the gingerale, lemon juice and sugar. When the mixture begins to thicken, add the other ingredients. Turn into a mold dipped in cold water. Serve on a bed of lettuce, garnish with whipped cream dressing.

TOMATO ASPIC JELLY

This is a useful salad in winter if a color scheme is to be carried out. Cook one quart of tomato with three whole cloves, 2 peppercorns, a small bay leaf, 1 teaspoon salt, and a generous slice of onion. When tender, rub thru a fine sieve. To each cup of this puree, allow 1½ teaspoons gelatin. Soak the gelatin in as little cold water as possible. Add the hot puree and mix well. If color is dull, add a few drops of red coloring, season and pour into small molds. When set, serve on lettuce leaves and garnish with a bit of dressing.

General Rule for Molded Gelatin Salad

Meats, fruits or vegetables may be molded for salads either by adding 2 teaspoons of gelatin to the cup of stock, fruit or

vegetable juice (usually tomato). The diced ingredients are added after the gelatin begins to stiffen. Then the salad is put in a mold. Such salads are usually served at the table.

MEAT SALADS

Any cold meat, cut in cubes, may be combined with an equal amount of diced celery and salad dressing. Chopped pickles, capers and hard cooked eggs may also be added.

CHICKEN AND TURKEY SALADS

Consult the index for chicken and turkey salad.

TUNA FISH SALAD

2 c. flaked tuna fish	2 tbsp. chopped pimento
1 c. diced celery	Salt
4 tbsp. capers	Paprika

Combine all the above ingredients by mixing with a fork. Marinate with French dressing and allow to stand an hour. Arrange on a bed of lettuce leaves in a bowl and garnish with slices of hard cooked eggs and chopped parsley.

EGGS

Hard cooked eggs may be sliced or quartered and arranged on lettuce. The yolks of hard cooked eggs may be rubbed thru a sieve and added to salad dressings, while the whites may be chopped and added to salad itself. By this plan the addition of eggs to various salads is more attractive. .

DEVEILED EGGS

Hard cook eggs, and as soon as done put into cold water until cool. Cut in halves across and remove yolks. Add salad dressing, salt and pepper until the consistency is soft enough to spread. Fill centers of whites of eggs. Arrange on a platter, garnish with parsley.

CHEESE SALADS

GREEN PEPPER SALAD

Remove a slice from the top of a green pepper and take out seeds. Soak in salt water a half hour. Fill the pepper with well seasoned cream cheese and allow to stand on ice an hour. Then slice into thin slices and serve with French dressing on lettuce.

CREAM CHEESE SALAD

1 c. French dressing	2 small cream cheeses
1 tbsp. gelatin	Salt and paprika
3 tbsp. cold water	$\frac{1}{2}$ c. whipped cream

Soak gelatin in cold water and add French dressing. Put over boiling water until gelatin is melted. Allow to cool, then add gradually to the cream cheese, mixing until a uniform consistency is made. Season with salt and paprika. Add the whipped cream after it begins to set. Mold in a fancy wet mold. When stiff serve in a mound of lettuce leaves and garnish with strips of pimento.

SALAD DRESSINGS

The salad dressing most prized by epicures is French dressing. It is one made use of the most in the best cookery.

FRENCH DRESSING

1 tsp. salt	$\frac{1}{2}$ c. oil
$\frac{1}{8}$ tsp. pepper or	$\frac{1}{4}$ c. vinegar
Few drops Tabasco Sauce	Pepper

Gradually add the salt to the oil, stirring until it is dissolved. Then add the vinegar, drop by drop, stirring constantly so as to make a smooth, well emulsified dressing. Add the pepper last. The Tabasco sauce gives a better flavor, however.

VARIATIONS FOR FRENCH DRESSING**FRENCH DRESSING WITH LEMON JUICE**

Make French dressing according to the above recipe, substituting lemon juice for vinegar and paprika for pepper.

FRUIT FRENCH DRESSING

Make French dressing with lemon juice instead of vinegar and add $\frac{1}{4}$ c. orange juice and 1 tsp. powdered sugar.

SAVORY FRENCH DRESSING

Make French dressing and add $\frac{2}{3}$ tsp. mustard, 2 tsp. Worcestershire sauce and $\frac{1}{3}$ tsp. onion juice, secured by scraping the cut edge of an onion with a silver teaspoon.

ROQUEFORT CHEESE DRESSING

Substitute 1 tbsp. water for 1 tbsp. vinegar in French dressing. Add $\frac{1}{2}$ tsp. Worcestershire sauce and 2 tbsp. Roquefort cheese, mixed until smooth with 3 tbsp. heavy cream.

RUSSIAN FRENCH DRESSING

Make French dressing, using only 1 tbsp. vinegar, and add 2 tbsp. chili sauce, 1 tsp. chopped olives, and a few grains cayenne.

MAYONNAISE

1 tsp. salt	$\frac{1}{2}$ tsp. mustard
2 egg yolks	About 3 tbsp. vinegar or
$\frac{1}{4}$ tsp. pepper	Juice of 1 lemon
$\frac{1}{4}$ tsp. paprika	2 cups oil

Choose a round bottom bowl, which is thoroly chilled. It may be placed in a pan of ice water as having all ingredients cold prevents curdling. A spoon, fork, egg beater or patent mayonnaise mixer may be used for beating.

Add the seasonings to the egg yolks and beat thoroly. A few drops of vinegar or lemon juice may now be added. Begin adding, drop by drop, the oil beating thoroly. If mayonnaise begins to curdle, take another egg yolk and add this mixture little by little to it, before continuing. After the first half cupful of oil is added, the oil may be put in by teaspoons and the beating continued vigorously. If the mixture becomes too thick, thin with a little vinegar and continue. The mixture should

be thick enough to stand alone when finished. Place in a jar in the refrigerator.

VINAIGRETTE SAUCE

Make French dressing, using $\frac{2}{3}$ tbsp. tarragon vinegar instead of 1 tbsp. vinegar, and then add $\frac{3}{8}$ tbsp. chopped pickle, $\frac{2}{8}$ tbsp. chopped green pepper, $\frac{1}{2}$ tsp. finely chopped parsley and $\frac{1}{2}$ tsp. finely chopped olives. This is especially good on chilled cooked asparagus.

VARIATIONS TO MAYONNAISE DRESSING

CREAM MAYONNAISE

To mayonnaise dressing add 3 tablespoons or more of heavy cream beaten stiff.

THOUSAND ISLAND DRESSING WITH MAYONNAISE

To mayonnaise dressing add slowly $\frac{1}{2}$ c. salad oil, 1 tbsp. tarragon vinegar, $\frac{1}{4}$ tsp. paprika, 1 tbsp. chopped olives or onion, 1 tbsp. chopped parsley, 1 tbsp. chopped green pepper and $\frac{1}{3}$ c. chili sauce.

OTHER SALAD DRESSINGS

WHIPPED CREAM SALAD DRESSING

1 tsp. mustard	Yolks of 2 eggs
1 tsp. salt	Paprika
2 tsp. flour	$\frac{1}{2}$ c. vinegar
1 tsp. sugar	$\frac{1}{2}$ c. thick cream
1 tbsp. butter	

Melt butter in saucepan and stir in dry ingredients, mixed together. Add the vinegar gradually and boil 3 minutes. Stir in the beaten egg yolks and remove from the fire. When cool, fold in the whipped cream.

BOILED SALAD DRESSING

1 tsp. salt	2 egg yolks or 1 egg
1 tsp. mustard	$\frac{3}{4}$ c. milk
2 tbsp. flour	$\frac{1}{4}$ c. mild vinegar
2 tbsp. sugar	2 tbsp. butter
$\frac{1}{4}$ tsp. paprika	

Melt the butter and stir in the dry ingredients which have been mixed together. Add gradually the scalded milk; bring to a boil. Add the egg yolks and lastly the vinegar. Cook over hot water after egg yolks are added.

UNCOOKED SALAD DRESSINGS

CREAM DRESSING

Beat $\frac{1}{2}$ c. heavy cream until stiff, add $\frac{1}{4}$ tsp. salt, a few grains pepper and 3 tbsp. vinegar very slowly, beating constantly.

MUSTARD CREAM DRESSING

Mix $\frac{1}{2}$ tbsp. mustard, $\frac{1}{2}$ tsp. salt and 1 tbsp. lemon juice; then add $\frac{1}{2}$ c. heavy cream slowly, beating until the dressing is stiff enough to hold its shape.

CHAPTER XI

Cereals

CEREALS are of much importance as a food since they furnish about two-fifths of the fuel value of our diet, and about one-third of the protein. The cereal carbohydrate and fat are very valuable, but the cereal protein is not as valuable as is an equal weight of animal protein. Neither do grains contain sufficient protein material, so that it is well to cook or serve cereal products with whole or skimmed milk in order to make up their lack of protein.

Cereals may be purchased in the form of whole grains, flaked, puffed or shredded. Whole grain cereals are the most valuable as sources of minerals and vitamins. The following may be taken as types of these forms:

Whole—rice, barley, whole wheat, cracked wheat, cracked hominy.

Flaked—rolled oats, flaked wheat, flaked barley, flaked hominy.

Ground—cream of wheat, oat meal, corn meal, grits.

Puffed—puffed wheat, puffed rice, puffed corn.

Shredded—shredded wheat biscuit.

USES OF CEREALS

Cereals have many uses other than for breakfast foods.

Cereals may be used as:

Breakfast foods.

Luncheon dishes—cracked hominy with cheese sauce.

Drop cakes—using flaked cereal for part of flour.

Puddings—rice, Indian, fruit.

Coffee—substitutes.

Gruels—in invalid cookery.

Made over dishes—

- a. Mush, hominy, farina, wheat cereals and rolled oats, moulded, sliced, dredged in flour or ground cereal, sauted and served with or without syrup.

- b. Left over cereals may be added to soups as a thick-

ening agent. A thick cereal batter may be dropped into soup for small dumplings.

- c. Muffins can be prepared by substituting cooked cereals for a part of the liquid and flour.
- d. Cereal griddle cakes can be made by substituting cereals for a part or all of the flour.
- e. Left over cereals may have left over chopped meats or vegetables stirred with it. Season well and pour out in a flat pan. When cold shape in croquettes, roll in egg and crumbs and fry in deep fat.

STORAGE OF CEREALS

While cereals in bulk are much more economical than cereals in package form, yet it would be poor economy to buy them in bulk form and leave them exposed to dust and insects. Unfortunately, all cereals are very quickly infested with weevils and other insects, and for that reason should be carefully stored in both shop and home. Bulk cereals should be purchased from dealers who keep such products in sanitary containers, and as soon as they are brought into the home they should be labeled and kept tightly covered in a dry place.

GENERAL RULES FOR COOKING CEREALS

All cereal food should be thoroly cooked to render the starch palatable and more easily digested. Long cooking also softens the outside cellulose of the whole grains. Cereals steam cooked in the process of manufacture require at least 20-30 minutes cooking to be easily digested.

The best method is to use a fireless cooker or a double boiler. All cereals should be cooked from two to three hours at least. Have water boiling, add 1 tsp. of salt. Milk may be used instead of water for liquid and such fruit as raisins, figs and dates may be cooked with cereal or added just before serving.

	Cereal	Liquid	Salt	Time
Whole grain	1 cup	8 cups	1 tsp.	5-6 hours
Cracked grains	1 cup	6 cups	1 tsp.	2-3 hours
Flaked	1 cup	2 cups	1 tsp.	1-2 hours
Steam cooked	1 cup	1½ cups	1 tsp.	20-30 minutes

*CEREAL RECIPES***OATMEAL GRUEL**

- | | |
|--------------------|-----------------------------|
| 4 tbsp. oatmeal | 1 c. hot milk or part cream |
| 2 c. boiling water | Salt and sugar |

Cover the oatmeal with the boiling water, place in a double boiler and cook gently two hours, adding salt to taste toward the end of the cooking. Remove from the fire and strain thru a very fine sieve or a piece of coarse cheesecloth. Add the hot milk or cream and serve at once, with toasted crackers or triangles of freshly toasted bread. If sugar is desired, add it, to the patient's taste. For a change add a few raisins, which have been washed, seeded and cooked for ten minutes in hot water, to the gruel just before serving.

RICE

Rice will absorb about three and one-half times its bulk of liquid. Put the water, rice and salt in a double boiler and let it cook until tender. It will take about 40 to 50 minutes. It should not be stirred after the grains have become softened as that will make it mushy looking. Rice may be steamed in custard cups for individual portions. Properly cooked rice should be thoroly tender, but each grain should be separate. Boiling rice is a quicker process. Use for this method about two quarts of water to each cupful of rice and three teaspoonfuls of salt. Have the water boiling rapidly when the rice is put in and keep it boiling rapidly thruout the cooking. This will keep the grains in motion so they will not stick together. Drain off the water, pour fresh boiling water over and drain again. The water which is drained off contains enough starch and mineral matter which has cooked out of the rice to make it of material food value. It makes a good basis for soups.

TURKISH PILAF

Put 1 c. of rice over a quick fire in about a quart of cold water and stir with a fork occasionally until the water boils; let boil rapidly 3 minutes, drain thru a fine sieve and let cold water run thru the rice. Have two cups and a half of broth and one cup of stewed and strained tomatoes boiling over the fire; add the blanched rice and half a teaspoonful or more of salt and let cook until the liquid is absorbed and the rice is tender. Add more liquid if needed. Cook directly over the fire or in a double boiler. Add $\frac{1}{2}$ c. of butter or clarified chicken fat and mix lightly with a fork.

MACARONI A LA FLORENCE

- | | |
|-----------------------|------------------------------------|
| 1 c. dry macaroni | 2 tbsp. chopped peppers |
| 4 strips bacon | 4 c. cooked tomato |
| 2 tbsp. chopped onion | Salt, pepper, sugar, grated cheese |

Cut four strips of bacon into small squares with a scissors. Brown the bacon carefully and remove from the fat. Into this

fat stir 2 tbsp. of chopped onion and cook slightly. Add 4 c. of cooked tomato, 2 tbsp. of chopped green peppers and the cooked bacon. Have ready a baking dish with the dry macaroni in it. Pour the tomato mixture over this and season with salt, pepper and enough sugar to remove the sour taste. Mix thoroly and bake in a slow oven (300° F.) for an hour. Before serving, sprinkle with grated cheese and return to oven until cheese is melted.

MACARONI

Boil macaroni in boiling salted water until raw taste is gone. Rinse with running cold water. Reheat in double boiler with cheese sauce, or gravy from meat or chicken. This is a good substitute for potatoes.

Spaghetti may be substituted for macaroni.

Vermicelli is used mostly in soups.

CHAPTER XII

Bread Mixtures, Including Yeast and Quick Breads

BREAD as the staff of life includes not only the dough leavened by the growth of the yeast plant, but all the various combinations of batters and doughs, leavened by chemical agents, as baking powder, soda and sour milk or molasses, or those in which air alone is the leavening agent.

Breads made from coarser flours, contain more of the mineral and vitamin content of the grain than those which are highly milled. There is also a difference in the effect of coarser wheat flours in its stimulating action on intestinal digestion which may be desirable in some persons and undesirable in others. This stimulating effect is due to the germ and the phosphorus rich bran as well as the fibrous particles from the grain coverings.

The use of milk in making any bread increases its food value by adding to the flour, food nutrients, minerals and vitamins.

Flour. There are two kinds of flour—bread flour and pastry flour, the former made from hard wheat and the latter from soft.

Hard wheat flour feels dry and crumbly to the touch and when pressed tightly in the hand it will not show the imprint of the fingers. Soft wheat flours are soft and velvety to the touch and hold their shape when pressed. Hard wheat flours are to be preferred for bread making.

Liquid. The liquid used in bread making may be water, whole milk, skim milk, whey, potato water or mixtures of these. When milk is used it should always be scalded, to prevent it from souring, and then cooled until lukewarm before mixing with the yeast. Milk makes the bread richer and more tender than water alone, and adds greatly to its nutritive value. Addition of potato or of potato water quickens the action of the yeast and helps to keep the bread moist longer.

Temperature. For growth the yeast plant requires warmth, air, moisture and food. For bread making a temperature of from 70° to 95° F. may be used, the ideal temperature for development of best flavor and other desirable qualities in bread being 82° F.

Baking Bread. The loaves of bread, when doubled in bulk by rising, should be put in a hot oven (450° F.) for ten minutes. Then reduce the heat of the oven by turning down the burner, or removing a lid from the top of the range over the oven. Continue this moderate heat (350° F.) until bread is done. If the oven is not hot enough, the bread will continue to rise after being placed in the oven and so run over. If too hot, a hard crust will form, or the dough will crack on the sides. Loaves should be brushed with fat about 15 minutes before taking from the oven. To test whether a loaf of bread is done, press on the side with finger. If it springs back into shape it is sufficiently baked. Another test is to tap on the bottom of the loaf and judge by the sound, which should be hollow.

How to Keep Bread. Bread becomes stale, not thru loss of moisture, but due to its being kept at a lowered temperature. If kept at a temperature about 122° F. bread will be very fresh after standing 48 hours. While there may be no practical method in the household of keeping bread at this temperature, a baker can prevent quantities of bread from becoming stale by putting it, when taken from the oven, into an inclosure whose walls will not transmit heat.

USES OF STALE BREAD

Stale bread can be freshened by cutting the loaf in slices and steaming over hot water until softened. In removing the cover of the steamer, care should be taken that water does not drip on the bread. Bread which is only slightly stale can be freshened by placing the loaf in a covered pan and heating in a moderate oven for 15 minutes, or until heated thru.

All pieces of bread should be saved and utilized. A very convenient way of keeping stale bread is to have three jars, one for large pieces, another for stale bread from which the crust has been removed, and a third for crusty pieces of

bread which has been dried in the oven, ground in a meat chopper and sifted.

The larger pieces can be utilized in—

1. Toast, as water toast, cream toast, and if the bread is not too dry, in making French toast and buttered toast.
2. Croutons, which can be served with soup.

The soft pieces of bread can be used in the preparation of—

1. Scalloped dishes, as corn, tomatoes, potatoes and apples. The bread may be soaked in the liquid used and serve as a thickening material, and small buttered cubes may be browned on top.
2. Dressings for meats and for vegetables, such as baked stuffed peppers, Spanish onions and egg plant.
3. Omelets in which the bread crumbs are soaked in an equal quantity of milk before adding the egg.
4. Puddings, such as bread pudding, Brown Betty, English plum pudding.
5. Griddle cakes, stale bread muffins, and steamed brown bread in which the bread crumbs are soaked in liquid and substituted for a part of the flour.
6. Brewis—A dish especially healthful for children, prepared by adding two-thirds as much white bread as brown bread to enough milk and water to cover, cooking until soft and then season.

Thickening as in gravies. The crusts, which have been dried, ground and sifted, are useful for crumbing croquettes, fish, cutlets and other meats.

BREAD RECIPES

SOFT YEAST

4 medium sized potatoes	1 qt. boiling water
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. cold water
1 cake yeast	Hops if desired

Wash and pare potatoes. Cut into small pieces and put into boiling water. Cook until tender and rub the whole mixture thru the sieve. If less than a quart, add cold water to make up the quantity. Add sugar and when lukewarm, add the yeast cake previously soaked in the cold water. Allow to ferment 24 hours. Pour into sterile fruit jar and keep in a cool place. Use 1 c. of this liquid yeast instead of a yeast cake.

N. B. Hops may be added to boiling potatoes as they help to keep the yeast by preventing growth of bacteria.

WHITE BREAD—SPONGE METHOD

- | | |
|----------------------|---------------------------|
| 1 pt. lukewarm water | 1 qt. (1 lb) sifted flour |
| 1 cake yeast | |

In the evening soak yeast 20 minutes in lukewarm water. Mix with flour to medium sponge. Cover. Let rise in warm place over night. Make the stiff dough by adding to the sponge

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|------------------------------|-------------------------------|
| 1 pt. lukewarm water or milk | 4 tbsp. sugar |
| scalded and cooled | 4 tbsp. shortening |
| 4 tsp. salt | 2 qts. (or more) sifted flour |

Knead about 10 minutes. Let rise until doubled in bulk. Knead down. Let rise until double again. Mold in 4 or 5 loaves. Let rise to double size, bake 45 to 60 minutes in moderate oven (400° F.). In cool weather warm flour before mixing. Avoid materials being chilled. Rolls and coffee cake may be made by adding sugar and shortening to part of the bread dough.

WHITE BREAD—STRAIGHT DOUGH PROCESS

- | | |
|---------------------|--------------------------------|
| 1 cake yeast | 4 tbsp. shortening |
| ½ c. lukewarm water | 1 qt. lukewarm water |
| 4 tsp. salt | 3½ qts. (or more) sifted flour |
| 4 tbsp. sugar | |

In the evening soak the yeast cake 20 minutes in ½ c. lukewarm water. Mix well in a bowl to a medium dough the salt, sugar, shortening, lukewarm water, flour and dissolved yeast. Knead about 10 minutes. Cover. Let rise in moderately warm place over night or until it has doubled its bulk. Knead down. Let rise until doubled again. Make into 4 or 5 loaves. Let rise to double size. Bake 45 to 60 minutes. The same precautions about warming flour and other ingredients need to be taken in this process also.

WHOLE WHEAT OR GRAHAM BREAD

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|-----------------------|---------------|
| 1 medium large potato | 1 tbsp. sugar |
| 1 qt. water | 1 tsp. salt |
| | 1 cake yeast |

Soak yeast cake 20 minutes in ½ c. water. Wash, pare and boil the potato. Drain, mash and return to the water. Add sugar and salt. Cool mixture to lukewarm temperature. Add soaked yeast. If necessary add lukewarm water to make a total of 1 qt. Let stand in warm place (80° F.) about 12 hours. Next morning add:

- | | |
|-------------------------------|--|
| 1 c. milk, scalded and cooled | 4 tbsp shortening |
| 6 tbsp. molasses | About 3 qts. whole wheat or graham flour |
| 3 tsp. salt | |

Scald milk and pour into mixing bowl with salt, shortening and molasses. When mixture is lukewarm add yeast ferment and enough whole wheat flour to make moderately soft dough. Knead smooth. Cover. Let rise in moderately warm place until doubled. Divide into 3 loaves. Roll gently into shape, place in oiled pans. Let increase one-half in size. Place in hot oven 15 minutes, then reduce heat and bake a full hour.

VARIATIONS IN GRAHAM BREAD

Two cupfuls of raisins added while kneading the dough makes delicious raisin bread. Rolls may be made by dividing a part of the dough, when ready to be shaped for the pans, into pieces the size of an egg. Shape each piece into a smooth ball and place, not too closely together, in an oiled baking tin. Let rise until doubled in bulk. Bake in a moderately hot oven about 25 minutes.

SWEET ROLLS

- | | |
|---|-------------------------------|
| 1 cake yeast softened in $\frac{1}{4}$ c. | 2 tbsp. melted butter |
| lukewarm water | 2 eggs |
| 1 c. milk, scalded and cooled | About $3\frac{1}{2}$ c. flour |
| 1 tsp. salt | Flavoring to taste |
| 2 tbsp. sugar | |

Soak the yeast in lukewarm water 20 minutes and add to the lukewarm milk, together with enough flour to make a smooth batter. Cover and let rise in warm place until light. To this sponge add the salt, sugar, butter, flavoring and well-beaten eggs, with enough more flour to make a soft dough. Knead well and set to rise again until doubled in bulk.

CINNAMON ROLLS

Take 4 c. bread dough when ready to shape for the pans. Roll into long sheet $\frac{1}{2}$ in. in thickness. Brush with melted butter, sprinkle with sugar and cinnamon. Roll as for jelly roll. Cut into pieces and set close together, cut side down, in a buttered pan. Let rise until fully trebled. Butter tops, sprinkle with sugar and cinnamon and bake in quick oven about 20 minutes.

For richer rolls cream together 2 tbsp. sugar, 2 tbsp. shortening, one egg, and add to bread dough when ready to knead down the first time, together with 1 c. raisins and enough flour to make a medium dough. Let rise, then shape as described above. Let rise in pans and bake.

VARIATIONS IN ROLLS

PARKER HOUSE ROLLS

Roll out dough for rolls, $\frac{1}{2}$ in. thick, and cut into shapes with a biscuit cutter 2 in. in diameter. With the back of a knife, crease a line thru the middle of each. Brush lightly with fat and fold over. Allow to rise three times their bulk and bake in a quick oven (425° F.). If rolls are brushed with milk before being placed in the oven, a better brown color is obtained.

SHAMROCK ROLLS

Shape small balls of dough and arrange three in each cup of the muffin pans. Allow to treble their bulk. Brush with melted butter or milk and bake in a quick oven (425° F.).

NUT ROLLS

Proceed as for cinnamon rolls, only when dough is rolled out, sprinkle with sugar, salt and chopped nuts. Roll as a jelly roll.

Slice in $\frac{1}{2}$ in. rounds. Place in baking pan and when risen three times their bulk, bake in quick oven (425° F.).

APPLE CRESCENT

Cook a cupful of diced apples in boiling water for 3 min.; drain. Pat the dough to make a strip half as wide as long with ends rounded. Spread with 3 tbsp. of softened butter. Sprinkle the apples thru the center and scatter over them $\frac{1}{8}$ c. of currants or seedless raisins. Dust with 2 tbsp. of sugar and grate a little nutmeg over all. Fold one side over the filling lengthwise and then bring the other side over, sealing the filling inside. Slide this roll onto a greased baking pan and shape into a half moon. Let rise for a half hour, then bake in moderate oven (350° F.). Ice or simply dust with confectioner's sugar.

BREAD STICKS

Roll bread dough to thickness of a half inch. Cut in $\frac{1}{2}$ in. strips of equal length (6 or 8 in.). Roll slightly to shape round. Place in greased pan, allow to treble their bulk and bake in a quick oven (425° F.).

Bread sticks may be served with soup, or be used to accompany salad course.

COFFEE CAKE

1 c. milk, scalded and cooled	2 c. flour
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cake yeast dissolved in $\frac{1}{4}$
2 tsp. sugar	c. lukewarm water

In the evening break yeast and soak 20 minutes in lukewarm water. To the lukewarm milk add the sugar, salt and softened yeast and mix with flour to medium sponge. Cover and let rise in warm place over night. In the morning add

$\frac{1}{2}$ c. milk, scalded and cooled	$\frac{1}{2}$ c. sugar
1 tsp. salt	2 eggs
$\frac{1}{4}$ c. butter	3 to 4 c. sifted flour

Mix sponge with the lukewarm milk, salt, butter and sugar creamed together, and well-beaten eggs. Add enough flour to make soft dough and knead. Let rise until fully doubled. If desired, knead down and let rise until doubled again. When light, turn onto floured molding board. Roll lightly to $\frac{1}{2}$ in. thickness. Place in buttered pans. Brush tops with melted butter, sprinkle with sugar and cinnamon. Let rise until doubled. Bake about 20 minutes.

ICING FOR COFFEE CAKES

Brush the cake while hot with an icing made of $\frac{3}{4}$ c. of confectioner's sugar rubbed smooth with 1 to 2 tbsp. of hot water. Strew $\frac{1}{4}$ c. of chopped nuts over all and return to the oven with the heat turned off until it becomes crinkly, but not brown. Remove to a rack and cool.

RYE BREAD—SPONGE METHOD

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|----------------------|----------------|
| 1 pt. lukewarm water | 1 lb rye flour |
| 1 cake yeast | |

In the evening break and soak yeast 20 minutes in the lukewarm water. Mix with rye flour to medium sponge. Beat until smooth. Cover. Let rise in a moderately warm place over night. In the morning add:

- | | |
|----------------------|---|
| 1 pt. lukewarm water | 2 qts. wheat flour or $\frac{1}{2}$ quart |
| 4 tsp. salt | rye flour and $1\frac{1}{2}$ quarts wheat |
| 2 tbsp. sugar | flour |
| 2 tbsp. shortening | |

Mix and knead until a smooth medium dough is formed. Let rise until double in bulk, then knead lightly and shape into 4 loaves. Let the loaves rise until double in bulk and then bake in a moderately hot oven (425° F.).

BRAN BREAD

- | | |
|----------------------|-------------------------|
| 1 pt. lukewarm water | 1 qt. whole wheat flour |
| 1 cake yeast | |

In the evening break and soak yeast 20 minutes in lukewarm water. Mix with flour to medium sponge. Cover. Let rise in moderately warm place over night. To the above add:

- | | |
|------------------------------|---|
| 1 pt. lukewarm water or milk | 4 tbsp. shortening |
| scalded and cooled | 6 c. clean bran |
| 4 tsp. salt | About $1\frac{1}{2}$ qts. whole wheat flour |
| $\frac{1}{2}$ c. molasses | |

Mix sponge with lukewarm water or milk, salt, molasses, shortening, bran and enough flour to make dough considerably softer than for white bread. Knead thoroly about 10 minutes. Cover. Let rise until doubled in bulk. Mold into 3 loaves. Cover and let rise in pans until about $\frac{3}{4}$ size of white loaves. Bake in moderately hot oven about 1 hour.

BUCKWHEAT CAKES

- | | |
|--|--|
| 2 qts. warm water | 1 tbsp. salt |
| 1 cake yeast dissolved in 1c. warm water | $\frac{1}{2}$ tsp. soda dissolved in $\frac{1}{4}$ c. warm water |
- Buckwheat flour—enough to make thick batter

At night take 2 qts. warm water and 1 cake yeast dissolved in 1 c. warm water, add enough buckwheat flour to make thick batter, add 1 tbsp. of salt, beat all together thoroly. In the morning add $\frac{1}{2}$ tsp. of soda dissolved in $\frac{1}{4}$ c. of warm water. Add cold water to thin batter to suit. If very brown cakes are desired, add 2 tbsp of molasses.

DOUGHNUTS—DOUGH METHOD

- | | |
|---------------------------------------|----------------------------------|
| 1 cake yeast | 1 c. sugar |
| 1 c. lukewarm water | $\frac{3}{4}$ tsp. salt |
| 1 c. lukewarm milk | 2 eggs |
| $\frac{1}{2}$ c. butter or substitute | $\frac{1}{2}$ tsp. ground nutmeg |
- Flour, about 2 qts.

In the evening break and soak yeast in lukewarm water. Scald milk and cool until lukewarm. Cream together butter, sugar and salt. Add well-beaten eggs, spice or other flavoring, and cooled milk. Blend with this the soaked yeast. Work in flour enough to make medium soft dough. Knead until smooth. Cover and let rise over night in moderately warm place, about 78° F.

In the morning turn dough onto floured board, roll lightly until $\frac{1}{2}$ in. thick, cut into shape, and let rise until doubled in size. Fry in deep, hot fat. Test fat with square of dry bread. This should become golden brown in exactly 1 minute.

TOAST

Cut bread $\frac{1}{2}$ or $\frac{3}{4}$ inch thick. Toast to a golden brown over bright coals, or on an electric toaster, or in the broiler of a gas oven. Turn often to prevent warping. Toast should be dried thru, not just brown on the surface.

CINNAMON TOAST

Toast the slices of bread as usual, butter them while hot, and then spread over the buttered surface a mixture of 1 part of cinnamon to 4 of sugar, and place the slices in the oven or under a gas flame until the butter sizzles up thru the sugar. Another way to make it is to toast only one side of the bread, then butter the other side rather thickly and dust the sugar and cinnamon mixture over the buttered surface, smoothing it into the butter with pressure of the knife-blade. Then set the slices, buttered side up, in the oven or under the gas flame, until the butter first boils up and later turns a pretty brown.

FRENCH TOAST

2 eggs

Slices of bread

1 c. milk

1 tsp. salt

Beat eggs slightly and add milk and salt. Dip the bread into this mixture and saute a golden brown in beef drippings or butter.

MILK OR CREAM TOAST

Cover toast with hot milk or cream to which 1 tbsp. of butter has been added.

CROUTONS

Cut bread $\frac{1}{4}$ to $\frac{1}{2}$ in. thick, according to size of cube you wish for croutons. Remove crusts and cut bread in strips the same width as thickness and then again in cubes. Bread may or may not be lightly buttered before cutting. Spread in a baking pan and brown in oven or under broiler. Stir frequently to brown evenly.

SANDWICHES

Bread for sandwiches should be at least 24 hours old, as it slices more evenly. The slices should be cut very thin

for teas, or those served with salads. A little thicker slice may be cut for those sandwiches which are to be carried in lunches or are to be served as the main dish of the meal. Sandwiches may be cut in fancy shapes with a cooky cutter. Crusts are always removed from the thin, dainty sandwiches served for tea. For others, the crust may or may not be removed. Butter for sandwiches should always be creamed before spreading it on the bread.

All filling should be either very hot or very cold. Chopped fillings present a daintier appearance if diced by hand than if run thru a food chopper. A good-sized cutting board with a long-bladed, sharp knife shortens the process of dicing, as the knife blade covers a large surface if directed by both hands.

Cream, prepared mustard, mayonnaise or cooked salad dressing may be used to form the chopped ingredients into a paste in order to spread easily. Sandwiches ought to present a trim, dainty appearance after being cut into suitable shape.

After sandwiches are made, they may be kept in good condition by covering with a dry cloth and then the whole covered with a wet one. Sandwiches to be carried any distance need to be wrapped in waxed paper individually.

Fillings for Sandwiches

Meats: Thin slices of roast or boiled meat of any kind may be placed between slices of bread. Chopped meats may be mixed to a pasty consistency with cream, salad dressings, French mustard or horseradish before spreading thinly on the bread. Chopped pickles may also be added.

Nuts: Chopped nuts may be mixed with thin cream or salad dressings. Chopped nuts and raisins or dates, moistened with lemon juice, make a good filling.

Cheese: Any soft cheese or hard cheese grated and seasoned with cream, salt, pepper and a little chopped pimento.

Egg: Sliced egg; egg chopped and seasoned; chopped egg and water cress.

Lettuce: Leaves of lettuce spread with a little salad dressing.

Tomato: Sliced tomato, spread with salad dressing, may be used with a lettuce leaf.

Combination Vegetable: Chopped vegetables may be added to salad dressing for a filling.

Dried Fruits: Make an excellent filling. May be put thru a

meat chopper and seasoned with lemon juice and made moist enough to spread with a few tablespoons of hot water.

Olives: May be sliced or chopped for a filling.

Sandwiches with meat, fish, cheese and vegetable fillings may serve as a complete meal for lunch. Such sandwiches are a well balanced meal in themselves.

These may be cut either diagonally or in strips to facilitate ease in handling, and to be more attractive in appearance.

Mixed Chicken Sandwich: Allow 1 c. of mixed chicken to $\frac{1}{2}$ c. of white sauce. Heat well together and season. Pour over toast and garnish with chopped parsley.

Roast Beef Sandwich: Arrange two slices of bread on a platter. On each lay a medium slice of roast beef. Cover with gravy and garnish with parsley.

Roast Pork Sandwich: Substitute pork for beef in above and garnish with slices of pickled crabapple.

Tongue and Horseradish Sandwich: Use proportion of 1 c. of tongue with 2 tbsp. each of ham and corned beef. Chop tongue very fine and add chopped ham and beef. Mix with 1 tbsp. grated horseradish and Thousand Island dressing to make a thick paste. Place filling on bread and cut diagonally across. Leave the crusts on.

Chicken Salad Sandwich: Chop chicken meat ($\frac{3}{4}$ dark to $\frac{1}{4}$ light) and mix with equal amounts of chopped celery. To each cupful of chicken allow 1 tbsp. of capers and 1 tbsp. of lemon juice. Season well and add enough mayonnaise to spread easily. Butter slices of bread, cover with lettuce leaf. Place a liberal amount of chicken mixture between and cut in three rectangular portions, after removing crusts. Garnish with olives and pimento.

Egg Sandwich: Slice a cold, hard-cooked egg. Place on well-buttered slice of bread, spread with salad dressing and cover with another well-buttered slice. Serve on lettuce leaves after removing crust and cutting thru center.

Egg and Pimento Sandwich: Chop hard-cooked eggs, add salt, pepper and $\frac{1}{3}$ as much chopped pimento. Mix well with mayonnaise and spread on slices of buttered bread. Remove crust and cut down center. Garnish with slices of stuffed olives.

Salmon Sandwich: Remove bones and skin from 1 can of salmon. Drain and mince. To salmon add $\frac{1}{2}$ c. of capers and 1 tbsp. lemon juice. Add enough mayonnaise to spread smoothly on thin slices of bread. Remove crust, cut down center and garnish with slices of lemon and parsley.

Vegetable Salad Sandwich: Chop equal parts of celery, tomato and cucumber with $\frac{1}{2}$ as much each of pimentos, onions and green pepper. Mix thoroly and drain to remove excess juice. Add enough mayonnaise dressing to spread well. Place fill-

ing on well-buttered bread. Remove crusts and cut into squares.

New England Sandwich: Butter 2 slices of graham bread. Spread one with minced ham and the other with baked beans. Combine, cut in three strips and serve in form of H with garnish of pickle.

Club-House Sandwich: Remove crust from 2 thick slices of toast and, after buttering slightly, cover with mayonnaise dressing. Place lettuce leaf on each and cover with mayonnaise. On one slice place two pieces of crisply fried bacon and on the other cold sliced chicken. Combine sandwich and butter top of it. Cut diagonally and garnish with pickle and pimento or stuffed olive.

Sardine Club Sandwich: Prepare as a Club-house Sandwich, substituting sardines for chicken. Garnish with lemon, olives and pimento, cutting diagonally.

Southern Club Sandwich: Butter two slices of graham bread. Cover with lettuce which has been spread with mayonnaise. Arrange crisply fried bacon on one slice and cover with the other. Remove crust and cut diagonally across. Garnish with olives and strips of pimento.

Colonial Club Sandwich: Butter three pieces of toast. Spread two of them with mayonnaise and cover with thinly sliced cold chicken. Combine these and butter top side. Brown finely diced salt pork and spread on top side. Lay slice of tomato on next and finally third piece of toast. Remove crust and one inch from corners cut diagonally across and arrange with outside edges together. Cover with mayonnaise dressing and sprinkle with finely chopped celery. Garnish with strips of pimento.

QUICK BREADS

Quick breads are made in various consistencies, as that of a batter which will pour as for waffles or griddle cakes; a drop batter, which is thick enough to drop from the tip of a spoon, and soft dough, which must be handled lightly.

In using sour milk or buttermilk for the liquid in quick breads, only enough soda to neutralize the acid should be used, for if more than that is added, it is left unchanged and gives a bitter taste. One-half teaspoon of soda will neutralize one cupful of thick sour milk or one cupful of the dark molasses. This amount will leaven one cup of flour, so if the recipe calls for 2 cups of flour, the additional cup will need 2 level teaspoons of baking powder. For whole wheat, rye and bran muffins, $2\frac{1}{2}$ teaspoons of baking powder are necessary for each cup.

GRIDDLE CAKES

2½ c. flour	3 tsp. baking powder
2 c. milk	1 tbsp. melted fat
1 tbsp. sugar	1 egg
1 tsp. salt	

Sift together dry ingredients. Add milk and beaten eggs and melted fat. Beat all together until smooth. Fry on griddle heated to 350° F. For sour milk griddle cakes, substitute a like quantity of sour milk for the sweet milk and 1 tsp. soda for the baking powder. 1 c. graham flour or cornmeal may be substituted for 1 c. white flour.

WAFFLES

2 c. pastry flour	2 eggs
1¼ c. milk	4 tsp. baking powder
6 tbsp. melted fat	¼ tsp. salt

Sift together dry ingredients. Add milk, beaten egg yolks and fat. Fold in stiffly beaten egg whites. Bake on hot waffle iron.

POPOVERS

2 c. flour	2 tsp. melted fat
2 c. milk	½ tsp. salt
	4 eggs

Beat eggs slightly. Sift flour and salt and add alternately with milk. Add melted fat. Beat with egg-beater until smooth. Fill hot greased muffin pans two-thirds full. Bake 30 minutes at 450° F. and 15 minutes at 350° F.

PLAIN MUFFINS

2 c. flour	1 egg
1 c. milk	4 tsp. baking powder
2 tbsp. sugar	½ tsp. salt
2-3 tbsp. melted fat	

Sift together dry ingredients. Add gradually milk, beaten egg and fat. Bake in hot greased muffin pans for 25 minutes at 400° F.

BRAN MUFFINS

1½ c. flour	3-4 tbsp. melted fat
¾ c. bran	1 egg
1 c. milk	½ tsp. salt
4 tbsp. molasses	5 tsp. baking powder

Mix together dry ingredients. Add molasses, milk, beaten egg and melted fat. Bake in hot greased muffin pans for 25 minutes at 400° F.

CEREAL MUFFINS

2 c. flour	1 egg
1 c. milk	5 tsp. baking powder
2 tbsp. sugar	1 tsp. salt
2-4 tbsp. melted fat	1 c. cooked cereal

Make same as plain muffins, mixing cereal with half of milk and adding to other ingredients.

FRUIT MUFFINS

2 c. flour	4 tsp. baking powder
2-4 tbsp. sugar	$\frac{1}{2}$ tsp. salt
2-3 tbsp. melted fat	$\frac{1}{2}$ -1 c. nuts or fruit
1 egg	

Make same as plain muffins, adding chopped nuts or chopped fruit. Dredge the fruit with 2 tbsp. of the flour. Raisins, chopped dates, figs, apples, cooked prunes or apricots or blueberries may be used.

WHOLE WHEAT MUFFINS

1 c. flour	3-4 tbsp. melted fat
1 c. whole wheat flour	1 egg
1 c. milk	5 tsp. baking powder
2 tbsp. sugar	1 tsp. salt

Make same as plain muffins. The sugar may be increased to 4 tbsp. if desired. Brown sugar may be used. 1 c. rye meal may be substituted for the whole wheat flour.

QUICK WHOLE WHEAT RAISIN OR DATE BREAD

2 $\frac{1}{2}$ c. whole wheat flour	$\frac{3}{4}$ c. sugar
1 $\frac{1}{2}$ c. bread flour	1 egg
5 tsp. baking powder	1 c. seeded raisins or stoned dates
2 c. milk	
1 tsp. salt	

Measure and sift together the whole wheat flour, bread flour, baking powder, salt and sugar. Beat egg well and add milk. Combine with the flour mixture while beating constantly. Last add 1 c. of seeded raisins or dates, dusted with flour. Pour into one large greased pan or two small ones and bake at 375° F. for about one hour. Nuts may be substituted for the raisins, if desired.

STANDARD BISCUITS

2 c. flour	2 tbsp. shortening
4 tsp. baking powder	$\frac{3}{4}$ c. milk
1 tsp. salt	

Sift together flour, baking powder and salt. Add shortening and mix in thoroly with a fork or the tips of the fingers. Add liquid slowly to make a soft dough. Roll or put on floured board to $\frac{1}{2}$ in. thickness. Cut with biscuit cutter first dipped in flour. Place on floured or greased tin and bake in hot oven (450° F.) for about 10 minutes. Biscuit dough ought to be as soft as can be handled.

BEATEN BISCUITS

4 c. flour	$\frac{1}{2}$ tsp. salt
2 tbsp. shortening	2 c. milk

Sift together the flour and salt and work in the shortening with the tips of the fingers. Mix to a stiff dough with the liquid.

Knead until soft and pliable, then pound or beat with a rolling pin until elastic and soft to the touch. Fold the dough over and over on itself, as this helps to incorporate the air and so makes them lighter. Roll out on a floured board $\frac{1}{2}$ in. thick, cut into small biscuits. Prick the tops of each with a fork and bake in a moderate oven (350° F.).

CORN STICKS

1 c. cornmeal	1 tsp. salt
1 c. flour	$\frac{2}{3}$ c. cream
	milk

Sift the dry ingredients, add cream and enough milk (about $\frac{1}{3}$ c.) to make a stiff dough. Chill thoroly, then divide into 20 equal parts and roll with the hand until 5 or 6 inches long. Bake in greased bread stick pans in a hot oven (400° F.).

CORNBREAD

2 c. cornmeal	2 eggs
2 c. sour milk	1 tsp. soda
2 tbs. melted fat	$1\frac{1}{2}$ tsp. salt

Make same as plain muffins. Pour into hot greased baking pan or muffin pans and bake at 400° F. for 20-25 minutes. Sweet milk may be substituted for the sour milk, omitting the soda and using 4 tsp. of baking powder. 1 c. flour may be used in place of 1 c. cornmeal.

HOE CAKE

1 pt. sifted cornmeal	1 tsp. salt
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Mix meal and salt. Add enough scalding water to make a mush. Allow to cook until it can be handled, then put it in a hot, greased griddle and pat it out until your cake is one inch thick. Invert a pan over it, lower the gas and cook one hour. Fifteen minutes before it is done, remove the cover and turn the cake over. Do not replace the cover.

BOSTON BROWN BREAD

1 c. cornmeal	1 tsp. salt
1 c. rye meal	$\frac{3}{4}$ c. molasses
1 c. graham flour	2 c. sour milk or
1 tsp. soda	$1\frac{3}{4}$ c. sweet milk
4 tsp. baking powder	

Mix and sift dry ingredients. If sweet milk is used, reduce the soda to $\frac{1}{4}$ tsp. or omit if the molasses does not have a strong flavor. Add molasses and milk. Mix thoroly and steam three hours in oiled covered baking powder or coffee cans. The covers of the cans may be removed and bread allowed to dry off in the oven.

A cup of raisins or prunes, cut in small pieces, or dried currants may be added to the batter for variation. This batter may also be baked in a moderate oven, in which case, the bread is improved by adding a tablespoon of melted fat to the batter.

SPOON BREAD

1 pt. buttermilk	2 eggs
1 tsp. soda	1 tsp. salt
1 tbsp. lard	Meal to mix

Beat the eggs slightly. Dissolve the soda in the buttermilk and mix with the eggs; add the salt and melted lard. Sift in enough meal—about a pint—to make a stiff batter. Pour into a greased pudding dish and bake in a moderate oven. Send to table in the same dish and serve with a spoon. Eat hot with plenty of butter.

CRUSTS AND CASES FOR MEAT PIES AND CREAMED MEATS

ORDINARY CRUST

1 pt. pastry flour	4 tsp. baking powder
1 tsp. salt	$\frac{3}{4}$ c. milk
$\frac{1}{2}$ c. shortening	

Mix, as when making baking powder biscuits, into a soft dough. Part butter and part lard may be used or a combination of chicken fat and vegetable shortening. Roll a half inch thick, a little thinner at the sides, and use this for the top, omitting an undercrust. Cut a deep cross in the center and turn corners back for the steam to escape.

BATTER CRUST

2 c. pastry flour	1 tsp. salt
2 tsp. baking powder	2 tbsp. shortening
1 egg, well beaten	1 c. milk

Cut the shortening into the dry ingredients, first sifted together. Add the egg and milk and mix to a smooth batter, spread over the pie and bake to a light brown.

POTATO CRUST

1 c. mashed potato	1 tbsp. butter
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ c. flour
$\frac{1}{8}$ tsp. white pepper	1 tsp. baking powder

Combine the salt and pepper with the potatoes as they are being mashed, together with a little milk to make the creamy consistency, and the butter. Sift the baking powder with the flour and add. Mix thoroly and roll out lightly. Cut holes in the crust so that steam may escape.

N. B. Any of the above crusts may be used for meat or chicken pie.

Variations: Cream puff cases may be used for creamed veal or chicken. Timbale cases and bread boxes are also used.

SWEDISH TIMBALE CASES

Beat the yolks of 2 eggs, add $\frac{1}{2}$ c. of milk and stir, little by little, into $\frac{3}{4}$ c. of flour, sifted with $\frac{1}{2}$ tsp. of salt. Set aside for at least an hour before using. Dip a timbale iron into hot

fat, let stand two or three minutes, then drain and dip into the batter (held in a small cup) to within half an inch of the top of the iron; return at once to the fat and hold there until the batter is crisp and lightly colored.

CREAM PUFF CASES

1 c. water	6 eggs
$\frac{1}{2}$ c. lard and butter	$1\frac{1}{2}$ tsp. ammonium carbonate
$1\frac{1}{2}$ c. flour	$\frac{1}{4}$ c. milk

Bring water, lard and butter to a good boil. Add flour while boiling and stir well until mass comes loose from kettle readily. Withdraw from fire and add milk. Stir in eggs two at a time and when cold add ammonium carbonate. Drop on pans dusted with flour and bake in good heat.

Open these shells by making a tiny slit and add creamed meat to the shell, being careful not to break the shell clear open. These same cases may be filled with whipped cream or cream filling for desserts.

CHAPTER XIII

Cakes and Cookies; Icings and Fillings

IN CAKE making all the ingredients are measured level. Sugar and flour are always measured after one sifting. The success of cake making depends chiefly upon practice after selecting a correctly proportioned recipe, such as the following, suited to the season of the year, for it is not customary to choose a recipe containing many eggs when eggs are scarce. Choose a recipe and make variations in fillings and icings to give variety.

In cakes where only a small quantity of fat is used, it may be melted with good results.

In general, any rich cake containing a large amount of sugar and fat can be beaten longer than a plain cake. In fact, a certain amount of beating improves the cake. Any cake containing baking powder in which one of the ingredients is an aluminum compound can be beaten a long time without detriment. It is safe to beat a rich cake two minutes, while a plain cake should not have more than one minute of beating.

USES OF CAKES

Sponge cake batter may be baked as lady fingers, sponge drops or jelly roll. The standard cake may be steamed for pudding, having been placed in individual moulds. Such puddings may be served with strawberry sauce, caramel, lemon sauce or hard sauce. It may also serve as the foundation of Washington pie and shortcakes.

CAKE RECIPES

ANGEL FOOD

1 c. egg whites	$\frac{1}{4}$ tsp. salt
1 c. pastry flour	1 tsp. cream of tartar
1 c. sugar	$\frac{1}{2}$ tsp. flavoring

Beat ~~eggs~~ whites frothy with salt, add cream of tartar, beat until stiff. Gradually fold in sugar and flavoring. Lastly fold in pastry flour. Bake in ungreased tube pan at 325° F. for one hour.

SPONGE CAKE

6 egg yolks	1 c. sugar
6 egg whites	1 tbsp. lemon juice
1 c. pastry flour	$\frac{1}{4}$ tsp. salt

Beat yolks until thick; add sugar gradually. Add lemon juice and flour sifted with salt. Fold in stiffly beaten egg whites and bake at 325° F. for one hour.

HOT WATER SPONGE CAKE

4 eggs	$\frac{1}{2}$ tsp. salt
2 c. sugar	1 scant c. boiling water
2 c. flour	2 tsp. baking powder
	1 tsp. flavoring

Separate eggs and add salt. Beat yellows until thick and lemon colored and add to this one cup of sugar, beating all the time. Beat whites until stiff and gradually beat into them the remaining sugar. Fold the egg whites into the yolks and stir in carefully the sifted flour, into the last half cupful of which the baking powder has been sifted. Then stir in the boiling water, adding the flavoring last. The cake mixture will be very thin. Pour into a well oiled cake pan. Cover the cake pan with a lid or pie pan during baking, only removing it to brown at the last. Use a moderate oven (350° F.).

This sponge cake makes excellent small cakes and layer cake as well.

STANDARD WHITE CAKE

1 c. milk	5 egg whites
2 $\frac{1}{2}$ c. pastry flour	2 tsp. baking powder
$\frac{1}{2}$ c. butter or substitute	1 tsp. vanilla
1 $\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. salt

Make same as standard cake, folding in stiffly beaten whites last. Bake in layers in moderate oven (350° F.).

ONE-EGG CAKE

$\frac{1}{2}$ c. milk	1 egg
1 $\frac{1}{2}$ c. pastry flour	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. butter or substitute	2 $\frac{1}{2}$ tsp. baking powder
$\frac{3}{4}$ c. sugar	$\frac{1}{2}$ tsp. vanilla

Make the same as standard cake. For a one-egg yolk cake decrease sugar to one-half cup and increase baking powder to three teaspoons to make up for the smaller amount of egg. Bake in a moderate oven (350° F.).

STANDARD CAKE

$\frac{1}{2}$ c. milk	2 eggs
1 $\frac{1}{2}$ c. pastry flour	2 $\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ c. butter or substitute	$\frac{1}{2}$ tsp. salt
1 c. sugar	$\frac{1}{2}$ tsp. vanilla

Cream fat and sugar. Add beaten egg. Sift dry ingredients together and add alternately with milk. Add flavoring. Eggs may be separated, beaten yolks added to butter and sugar mixture and stiffly beaten whites folded in last. Bake in layers or in a loaf in a moderate oven (350° F.).

VARIATIONS FOR STANDARD CAKES

APPLE SAUCE CAKE

In standard cake recipe use $\frac{3}{4}$ c. unsweetened apple sauce in place of $\frac{1}{2}$ c. milk. Add $\frac{1}{4}$ tsp. soda and decrease baking powder to $1\frac{1}{2}$ tsp. $\frac{1}{2}$ c. of raisins may be added.

CARAMEL CAKE

Add 3 tbsp. caramel sirup to any plain cake.

CHOCOLATE CAKE

Add 2-4 squares melted chocolate to standard cake. Add it to the butter and sugar mixture or at the last. Omit $\frac{1}{2}$ c. of flour as mixture will be too thick.

MARBLE CAKE

Part of batter may be colored with chocolate or vegetable coloring. The mixtures are put in pan alternately and in irregular amounts to obtain a variegated effect in the cake.

NUT CAKE

1 c. nut meats may be added to any of these cake recipes.

ORANGE CAKE

Substitute orange juice for milk. Add 2 tbsp. grated orange rind.

SPANISH CAKE

Add 1 tbsp. cinnamon to standard cake.

SPICE CAKE

Add $\frac{3}{4}$ tsp. to $1\frac{1}{2}$ tsp. mixed spices to any simple cake.

SANTA CLARA PRUNE CAKE

$\frac{3}{4}$ c. butter	2 c. pastry flour
1 c. brown sugar	1 tsp. cinnamon
3 eggs	1 tsp. nutmeg
3 tbsp. sour cream	1 tsp. soda
2 tbsp. hot water	1 tsp. vanilla
1 c. cooked prunes, stoned and chopped	

Cream the butter and sugar together and add the eggs, well beaten. Add sour cream and pastry flour, with which the seasonings have been sifted. Dissolve the soda in the hot water and stir into the cake mixture. Add vanilla and the prunes last. Bake in two layers in a moderate oven (350° F.).

For icing, mix together 1 tbsp. of melted butter, $\frac{1}{2}$ c. of prune

juice, the juice of half a lemon and enough powdered sugar to make it of the right consistency to spread. The cake may be decorated with lengthwise strips of prunes, five each, in flower-like figures, and a walnut half pressed in the center of each flower and more walnuts around the edge.

GINGER BREAD

$\frac{1}{2}$ c. shortening	$\frac{1}{2}$ tsp. soda
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. sour milk
$\frac{2}{3}$ c. molasses	2 c. flour
$\frac{1}{2}$ tsp. salt	2 tsp. ginger
1 egg	1 tsp. baking powder

Bring shortening and molasses to a boil and stir in soda. Cool slightly and add sour milk and then the dry ingredients, which have been sifted together; add beaten egg last. Pour into a well greased pan and bake in slow oven (325° F.).

DEVIL'S FOOD CAKE

2 oz. grated chocolate	$\frac{1}{2}$ c. butter
$\frac{1}{2}$ tsp. cinnamon	1 c. milk
4 tsp. baking powder	4 eggs
1 tsp. vanilla extract	$2\frac{1}{3}$ c. flour
2 c. sugar	

Cream the butter with 1 c. of the sugar; add the other cup of sugar to the beaten yolks and combine the two; add the milk alternately with the flour, sifted with the cinnamon and baking powder, then the vanilla, the whites of the eggs beaten dry, and lastly the melted chocolate. Bake in a tube pan or in layers.

ENGLISH FRUIT CAKE

2 c. granulated sugar	1 lb shelled almonds
2 c. butter or substitute	1 c. sour milk
8 eggs	$\frac{1}{4}$ c. molasses
$\frac{1}{2}$ lb raisins	1 c. grape juice
$\frac{1}{2}$ lb currants	1 tsp. soda
$\frac{1}{2}$ lb citron	2 tsp. baking powder
$\frac{1}{2}$ lb figs	2 tsp. cinnamon, nutmeg
$\frac{1}{2}$ lb dried apricots	1 tsp. cloves
Juice of one lemon	6 c. flour

Cream butter and add sugar. Add beaten egg yolks and molasses. Sift dry ingredients together and combine alternately, first with sour milk, then with fruit juices. Have chopped nuts and fruits thoroly floured and add gradually to the mixture. Last, fold in the egg whites beaten stiff. Bake in well buttered loaf pans.

Better results in cooking fruit cakes are obtained by steaming the cakes 3 hours and topping off in a slow oven (325° F.) for 1 hour. If no steamer is available, the loaf pans may be set in a larger baking pan containing water in the oven. Part of the almonds and candied cherries may be arranged for decorations over the cake after the dough is placed in the pan.

WASHINGTON PIE

Bake standard cake in two layers and put the cream filling between the layers. On the top sprinkle powdered sugar.

COOKIE RECIPES

HERMITS

$\frac{1}{2}$ c. butter	2 tsp. baking powder
1 c. sugar	About 2 c. flour
2 eggs	$\frac{1}{2}$ c. chopped stoned raisins
1 tbsp. milk	

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° F. to 400° F.

SUGAR COOKIES

$\frac{1}{2}$ c. butter	3 c. flour (about)
$1\frac{1}{3}$ c. sugar	3 tsp. baking powder
2 eggs, beaten light	$\frac{1}{4}$ tsp. nutmeg, or any flavoring
1 tbsp. milk	

Cream the butter, add the sugar, and mix it thoroly with the butter; add the beaten egg, milk, flour and baking powder and enough more flour to make a dough stiff enough to roll.

Roll dough out thin on a floured board, cut with a floured cookie cutter. Bake in a hot oven from five to eight minutes (400° F.).

OATMEAL DATE COOKIES

1 c. brown sugar	1 c. shortening
2 c. oatmeal	2 c. flour
1 egg	2 tsp. sweet milk
1 tsp. soda	1 lb. dates
$\frac{1}{2}$ c. sugar	

Cream the shortening, adding the sugar gradually. Beat the egg and stir in well. Mix the oatmeal and flour together, having sifted the flour and soda together. Add to the rest of the cooky mixture with the 2 tsp. of milk. Allow to stand a few minutes. In the meantimes stone the dates and cut in small pieces. Put on to cook with the $\frac{1}{2}$ c. of sugar and a little water. Cook until a paste is formed, being careful that it does not burn. Roll out part of the dough to the thickness of $\frac{1}{4}$ inch. Cut out cookies, and, having put 1 tsp. of the date paste on each, fold over, pressing the edges together. Bake in a moderate oven.

OATMEAL DROP CAKES

$\frac{2}{3}$ c. butter or substitute	2 c. flour
1 c. sugar	1 tsp. baking powder
2 eggs	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. milk	1 tsp. cinnamon
2 c. rolled oats	1 tsp. nutmeg
	1 c. chopped seeded raisins

Cream shortening. Add sugar gradually. Add eggs well beaten. Then milk and rolled oats. Add flour, salt, baking powder, cinnamon and nutmeg, which have been sifted together. Add raisins. Drop by spoonful on a greased baking sheet and bake in a hot oven (400° F.).

DATE BARS

5 eggs	1 tsp. baking powder
1 c. sugar	1 lb. dates
1 c. flour	1½ c. English walnuts

Beat yolks until light and add sugar. Sift flour and baking powder together and mix the chopped dates and nuts into this mixture. Add this to the egg mixture and fold in the whites of eggs beaten stiff. Pour into a well greased baking pan to the depth of one inch and bake in a slow oven (325° F.). When cool, cut in bars and sprinkle with powdered sugar.

BRAN COOKIES

½ c. shortening	½ c. milk
½ c. molasses	½ c. sugar
½ tsp. soda	1 tsp. ginger
1 tsp. cinnamon	½ tsp. cloves
3 c. bran	1 egg

Mix the dry ingredients together. Add the liquid and the melted shortening and the beaten egg. Drop from a spoon on a buttered baking pan. Bake about 15 minutes in a moderate oven (350° F.).

CHOCOLATE COOKIES

1 c. sugar	1½ c. flour, sifted
½ c. butter	1 tsp. baking powder
1 to 2 eggs	2 to 3 squares chocolate, melted
½ c. milk	1 c. chopped nuts

Mix in order given. Drop from teaspoon onto floured pans and bake in hot oven 10 to 15 minutes. Have a pan of water on bottom of oven to prevent cookies burning. Frost with chocolate frosting if so desired.

POTATO DOUGHNUTS

4½ c. flour	½ tsp. soda
4 tsp. baking powder	½ tsp. nutmeg
3 eggs	1 c. sugar
1 c. mashed potato	¾ c. sour milk

Sift and mix together the dry ingredients, add beaten eggs and sugar. After mixing thoroly, add mashed potato and the sour milk. Roll out dough to a thickness of ½ an inch, cut out doughnuts and fry in deep fat, turning often as they cook.

DOUGHNUTS

1½ c. sugar	1 c. sour milk
1 tbsp. fat	¾ tsp. soda
2 egg yolks	¾ tsp. grated nutmeg
1 whole egg	1 tsp. salt
	flour to roll

Beat eggs. Add sugar and melted shortening. Sift dry ingredients together and add flour alternately with the sour milk. Roll out to ½ inch thickness, cut and fry in deep fat.

Care must be taken not to get the dough too thick. It should be as soft as it is possible to handle.

ICINGS AND FILLINGS

BOILED ICING

2 c. sugar	Whites of 2 eggs
½ c. corn syrup	1 tsp. vanilla
1 c. water	

Boil sugar, water and corn syrup until it forms a soft ball (238° F.) in water. Have the whites of eggs beaten stiff and add to them ½ c. or 8 tbsp. of the boiling syrup. Beat thoroly. Return the syrup to fire and boil until it forms hard threads, which crack in the cold water, or 254° F. Now pour this on the egg mixture and beat. Add flavoring. This icing will harden on the outside but be soft inside. Will keep some time in a closed fruit jar for later use.

N. B. ½ tsp. of cream of tartar may be substituted for corn syrup, as either prevents graining.

CHOCOLATE ICING

Melt two squares of chocolate over hot water and add to the finished boiled icing.

MARSHMALLOW ICING

Cut marshmallows into small bits and stir into boiled icing. Use halves to decorate top of cake.

CONFECTIONER'S ICING

Mix about 1¼ c. of sifted powdered sugar with ¼ c. of any of the following: coffee, fruit juice or cream. With fruit juice add ½ tsp. of lemon juice and with the others vanilla or other extract. Spread on cake when consistency of icing will hold its shape.

BUTTER ICING

Cream 2 tbsp. of butter and add gradually to it enough powdered sugar to spread. Use any desired flavoring.

FRUIT FILLING FOR CAKES

Chopped dried fruits as figs may be added to boiled icing for filling between layers.

Sliced bananas may be arranged on the layers of cake and boiled icing poured over them.

ORANGE FROSTING

- | | |
|-----------------------------------|--|
| $\frac{1}{2}$ c. granulated sugar | 4 tbsp. orange juice |
| $\frac{3}{4}$ c. water | 1 tbsp. lemon juice |
| 1 egg white | $3\frac{1}{4}$ c. confectioner's sugar |

Make a syrup of the granulated sugar and water. Cook until it begins to thread, then stir gradually into the stiffly beaten egg white. Add the fruit juices and work in the confectioner's sugar. Frost the cake with it while warm.

LADY BALTIMORE FILLING

- | | |
|------------------------------------|-----------------------------------|
| $1\frac{1}{2}$ c. granulated sugar | $\frac{3}{4}$ c. boiling water |
| Whites of 2 eggs | Vanilla |
| $\frac{1}{2}$ c. chopped raisins | $\frac{1}{4}$ c. shredded figs |
| $\frac{1}{4}$ c. chopped dates | $\frac{1}{4}$ c. chopped nuts |
| | $\frac{1}{4}$ c. chopped cherries |

Cook the sugar and water until it spins a thread. Pour the syrup on the stiffly beaten egg whites and beat until light and fluffy. Divide the mixture in two parts and flavor one part with vanilla, and to the other add the raisins, figs, dates, nuts and cherries.

Spread this mixture between the layers and cover the top with the remaining part of the white icing.

CARAMEL ICING

- | | |
|------------------------|----------------|
| 2 c. light brown sugar | 1 c. milk |
| 1 tsp. butter | 1 tsp. vanilla |

Boil together all except vanilla until it forms a soft ball when tried in cold water. Add butter and remove from fire. When cold, add vanilla and beat until creamy. Spread quickly on cake.

N. B. If milk curdles, add a pinch of soda to it.

CHOCOLATE FUDGE ICING

- | | |
|-----------------------|-----------------|
| 1 c. granulated sugar | 2 sq. chocolate |
| 1 c. brown sugar | 1 tbsp. butter |
| 1 c. milk | 1 tsp. vanilla |

Boil sugar, milk and chocolate together until it forms a soft ball (238° F.). Remove from fire and let it get cold. Then beat until creamy, adding vanilla toward the end of the process. Spread quickly on cake.

CHAPTER XIV

Pastry

IDEAL pastry is not only tender, but flaky, for each particle of fat is surrounded by tiny grains of flour and when baked the melting fat leaves these grains in layers or flakes.

GENERAL DIRECTIONS

To insure flaky pastry, cut in the fat to the size of peas with a fork or knife. The hard fats take a little longer to cut in, while oils are easier, tho a flaky pastry is difficult to obtain with these.

Pastry or cake flour is better to use instead of bread flour.

Much handling of the dough and the addition of even a little too much cold water makes the pastry tough. The water is better ice cold. If pastry is allowed to stand a few moments after water is added, it is easier to handle. Keep on ice if possible.

When little fat is used, a small amount of water (carefully measured) must be used to insure a tender crust.

In rolling out, allow larger piece for bottom crust. Roll 1-8 inch thick. The upper crust must have vents to allow steam to escape.

Pastry should all be baked in a hot oven (450° F.) unless raw fruit is used for filling, then heat ought to be reduced after the first 10 minutes to allow fruit to cook.

PLAIN PASTRY I

1½ c. flour

⅔ tsp. salt

⅓ c. shortening

2⅔ tbsp. or one-sixth c. water

Makes a 2 crust pie.

PLAIN PASTRY II

1 c. flour

⅔ tsp. salt

⅓ c. fat

¼ c. water

Makes a large one crust pie.

1½ c. flour
½ c. lard (scant)
2/3 tsp. salt
¼ c. boiling water
Makes 2 crust pie.

1 lb cooked lean beef	2 c. sugar
1 c. suet	1 tsp. cinnamon, mace, nutmeg
8 tart apples	$\frac{1}{2}$ tsp. cloves
1 lb raisins cut in halves	1 tsp. salt
1 lb currants	Liquid from meat, fruit juices or
Juice of 1 lemon	cider

Put beef, suet and apples thru meat chopper. Add the other ingredients and mix thoroly, being sure liquid is sufficient to moisten well. Cook slowly until apples are tender. Seal in sterilized jars and keep in a cold place.

MINCE MEAT PIES

Line a pan with pastry, fill with mince meat. If mince meat is dry, add a little water or fruit juice. Cover with upper crust and bake in quick oven (450° F.).

VIENNESE TARTS

Take equal weights of butter, cottage cheese and flour as $\frac{1}{4}$ pound of butter ($\frac{1}{2}$ cup), $\frac{1}{4}$ pound of cottage cheese and $\frac{1}{4}$ pound of flour (1 c.). Add to the flour 1 tsp. of salt and cut in the butter. When butter is cut in, mix thoroly with the cottage cheese. Roll out as pie crust and cut in 3 inch squares. Place on each square a teaspoon of jam, fold so as to be three-cornered and bake in a quick oven.

PIES WITH MADE FILLINGS

Some pies, as custard and pumpkin, are cooked in pastry shell. Rub the lower crust with white of egg before baking, to prevent its getting soggy.

Many fillings are added after crust is baked. The crust may be baked on the outside of pie pan as well as inside. In either case, prick with fork to allow air to escape as it expands.

CUSTARD PIE WITH MERINGUE

$\frac{1}{2}$ c. sugar	3 egg yolks or 1 egg and 1 egg
$\frac{1}{4}$ tsp. salt	yolk
$\frac{1}{2}$ tsp. vanilla	$1\frac{1}{2}$ c. milk

Mix in the order given and bake in one crust. When custard is firm, top with a meringue made from 2 egg whites, beaten with 2 tbsp. of sugar, and return to the oven to brown very slowly.

LEMON FILLING

$\frac{3}{4}$ c. sugar	1 c. water
3 tbsp. flour	1 tbsp. butter
4 tbsp. lemon juice	$\frac{1}{2}$ tsp. salt
2 eggs	

Mix sugar and flour. Add hot water and cook until thick. Beat yolks of eggs and stir in. Then add lemon juice, butter and salt. Reserve whites for meringue. A little grated yellow of lemon rind improves the flavor. Fill pastry shell and cover with meringue. Brown in oven very slowly.

CREAM FILLING

1 c. sugar	1 pt. thin cream (or top milk)
3 tbsp. flour	$\frac{1}{2}$ tsp. salt
2 eggs	Flavoring

Mix sugar, flour and salt. Add scalded milk or cream and cook until thick. Then stir in beaten yolks of eggs, reserving whites for meringue. Add flavoring. Fill pastry shell, cover with meringue and brown in oven very slowly.

COCOANUT FILLING

$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. cocoanut
2 tbsp. cornstarch	1 tsp. butter
1 egg	Pinch of salt
$1\frac{1}{2}$ c. milk	Flavoring

Scald the milk and add the cocoanut. Mix sugar, cornstarch and salt. Turn the mixture into the milk and stir until it begins to thicken. Add the butter and beaten egg. Flavor with vanilla. Fill a baked pastry shell with the mixture. Sprinkle with cocoanut and brown in oven or cover with meringue and then sprinkle with cocoanut.

BUTTERSCOTCH FILLING

Cream 4 tbsp. of butter and add, gradually, 6 tbsp. of flour; then add $\frac{3}{4}$ c. of brown sugar, mixed with 2 eggs, slightly beaten, and $\frac{1}{2}$ tsp. of salt. Scald 2 c. of milk; add 3 tsp. of caramel syrup and pour over mixture. Return this mixture to double boiler and cook 15 minutes, stirring constantly until it thickens, and afterward occasionally. Caramel syrup is made by caramelizing $\frac{1}{2}$ c. of sugar, adding $\frac{1}{3}$ c. of boiling water and letting boil until a thick syrup is formed.

CHOCOLATE FILLING

To the cream filling allow 2 sq. of unsweetened chocolate. Decrease flour to 2 tbsp. as chocolate thickens the filling, also.

FRUIT CREAM PIES

1 c. of chopped dates, bananas or cooked prunes may be added to cream filling.

PUMPKIN PIE

1 c. cooked pumpkin	$\frac{1}{2}$ tsp. salt
2 egg yolks or 1 egg	$\frac{1}{2}$ tsp. ginger
$\frac{1}{3}$ c. sugar	$\frac{1}{4}$ tsp. cinnamon
1 c. milk	

Mix in order given and pour into unbaked crust. Bake in hot oven (450° F.) for 10 minutes, then in moderate oven (350° F.) until custard is done. Serve with ~~or without~~ whipped cream.

MERINGUE

Beat whites of 2 eggs until stiff after adding pinch of salt and then add gradually 1 tbsp. of sugar to each egg. Flavor if desired and spread over filled pies. Return to a slow oven (250° F.) to set. If necessary, it may be either put in broiler or the heat of the oven increased during the last 3 minutes to

brown. Meringues must be cooked slowly in order to set evenly and not separate in cooking. The meringue ought to dry out in baking. Too hot an oven toughens it. More sugar makes a drier meringue.

MERINGUE AS KISSES

Make meringue as above, using 3 tbsp. sugar to each egg, and drop on an oiled pan or wax paper in uniform size (2 in.). Bake in very slow oven (250° F.) about 1 hour. Serve on a lace paper doiley. Hollow out top slightly. Put in ball of ice cream and garnish with whipped cream.

CHAPTER XV

Desserts

Cold, Hot and Frozen—Dessert Sauces

THE use of some sweet food at the end of a meal gives a certain satisfaction to the appetite which seems to be lacking if desserts are omitted.

Desserts are many and varied, ranging from fresh raw fruits in season to the elaborate puddings. In planning menus it is always important to choose a dessert suited to the type of meal served. If the main part of the meal is very rich, a plainer dessert is advisable. If the meal is not heavy, a richer dessert may be used.

There is no place in the diet where one needs to "count the calories" more than in desserts. Some puddings, pies, and frozen dishes are equal to a whole meal, though rather one sided, since desserts are rich in sugars, and sometimes fats, as whipped cream.

For family service, simple desserts as fresh or stewed fruits, plain puddings and some plain pastries are more suitable, as the greater part of the diet ought to come from the other part of the meal.

SHORT CAKES AND FRUIT ROLLS

Bake biscuit dough in two layers or in one, which may be split after baking. Butter and put crushed fruit, as strawberries, raspberries or peaches, between. Serve with whipped cream.

The baking powder dough may also be made into individual thin biscuits, baked one on top of the other, for short cakes.

The biscuit dough may be rolled out, then covered with such fresh fruits as cherries, raspberries, blackberries or peaches, sprinkled with sugar and dotted with a little butter. Roll as a jelly roll, moistening the outer edge so as to secure firmly. Bake in a quick oven (400° F.) 30 to 40 minutes. A fruit sauce made of the juice of the fruit may be served with it, or cream.

CAKE PUDDINGS

Individual cakes may be steamed in molds and served as desserts. The cake mixture may be the standard cake or an angel food. Steaming develops a different flavor from baking, tho

cakes baked in oven may be used as well. Serve with any of the following sauces: lemon sauce, butterscotch sauce, caramel sauce, hard sauce, strawberry sauce, foamy sauce.

RICE PUDDING

$\frac{1}{2}$ c. rice	$\frac{1}{2}$ tsp. salt
4 c. milk	Grated rind of $\frac{1}{2}$ lemon or
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. seeded raisins

Wash rice, mix with milk, sugar, salt, lemon or raisins in a pudding dish. Bake in a very slow oven (250° F.) for 3 hours. Stir occasionally with a fork during the first hour of baking.

INDIAN PUDDING

$\frac{1}{2}$ c. cornmeal	$\frac{1}{2}$ tsp. salt
5 c. milk	2 tbsp. sugar
$\frac{1}{3}$ c. dark molasses	$\frac{1}{4}$ tsp. ginger
	1 tbsp. butter

Scald milk and stir in the cornmeal very gradually to avoid lumping. Add the remaining ingredients after milk has thickened. Pour into a buttered baking dish and bake two hours in moderate oven (300° F.). Serve with cream.

TAPIOCA CREAM

3 c. scalded milk	1 egg
$\frac{1}{8}$ tsp. salt	$\frac{1}{3}$ c. sugar
$\frac{1}{4}$ c. quick cooking tapioca	$\frac{1}{2}$ tsp. flavoring

Scald the milk in the double boiler, add the salt, shake the tapioca in gently and cook for 15 minutes, stirring occasionally. Separate the white from the yolk of the egg and beat the yolk and sugar well together. Add to the mixture in the sauce pan and cook for 3 minutes. Remove from the fire and fold in carefully the stiffly beaten egg white and the flavoring. Serve hot or cold, plain or with cream.

PINEAPPLE TAPIOCA

1 c. grated pineapple	$\frac{1}{2}$ c. granulated tapioca
1 tbsp. lemon juice	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. sugar	1 c. water

Cook all together in top of double boiler until tapioca is clear. Cool and serve with whipped cream.

APPLE TAPIOCA

5 large apples	2 $\frac{1}{2}$ c. boiling water
$\frac{1}{2}$ c. granulated tapioca	$\frac{1}{2}$ c. orange marmalade
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. salt

Cook tapioca in a double boiler with the boiling water, sugar and salt until the tapioca is transparent and clear, stirring often. Pare and core the apples. Place in a baking dish, pour $\frac{1}{2}$ c. of water over them and bake for 15 minutes in a hot oven (400° F.), then pour off the water, fill the centers with marmalade,

pour over the tapioca and bake in the oven until the apples are tender. When cold garnish with whipped cream.

CORNSTARCH PUDDING

3 c. milk ½ tsp. salt
6 tbsp. cornstarch ½ c. sugar

Flavoring

Scald 2½ c. of the milk in the double boiler. Mix in a bowl the cornstarch, salt and sugar, then moisten with the remaining ½ c. of milk. Pour the scalding milk over this, stirring all the time to prevent lumping. Pour it carefully back into the double boiler and cook for 15 minutes. Cool slightly, add the flavoring and turn into cups or small molds. Serve with cream or caramel sauce.

BROWN BETTY

Put a layer of pieces of dry bread cut in small pieces in a pudding dish. Over this a layer of tart apples sliced. Dot with butter or butter substitute and sprinkle with brown sugar and a little cinnamon. Repeat until dish is full. If bread is very dry, a little water may be added. Cover tightly and bake in a moderate oven (350° F.) one hour. Serve with caramel or lemon sauce.

RICE AND APPLE PUDDING

2 c. cooked rice, or ⅓ c. sugar
½ c. uncooked rice ⅛ tsp. nutmeg
3 eggs 2 apples
½ c. milk

Cook the rice in plenty of boiling salted water until tender. Drain and rinse with cold water. Add the well-beaten yolks of the eggs, sugar and nutmeg. Meanwhile, steam the pared, cored and quartered apples in a double boiler until they are tender. Add them and the milk and fold in the egg whites beaten stiff. Bake about 20 minutes in a buttered baking dish at a slow oven heat (300° F.). Serve with cream. Left over rice may be used.

GENERAL DIRECTIONS FOR FRUIT GELATINS

To each 1 c. of any fruit juice or water to which sufficient fruit juice is added to flavor, allow 1½ tsp. of granulated gelatin soaked in 1 tbsp. of cold water and 1 tbsp. lemon juice. Heat the fruit juice and pour over the soaked gelatin. Sweeten to taste and pour into wet molds to allow to set.

Variations:

As gelatin begins to set, the stiffly beaten white of egg may be folded in, before it is molded. Unless the gelatin is quite stiff, the white of egg will separate out.

Fruit gelatin. Any kind of fruit in small pieces may be incorporated into the gelatin after it begins to set. However, 2 tsp. of gelatin must be allowed for each cup of fruit juice.

Gelatins may be colored with vegetable coloring matter, care being taken to use color sparingly. Gelatin desserts may be served with whipped cream or soft custard.

ORANGE CREAM

- | | |
|-----------------------------------|------------------------|
| 1 tbsp. gelatin | $\frac{1}{2}$ c. sugar |
| 2 tbsp cold water | 2 tbsp. lemon juice |
| $\frac{2}{3}$ c. orange juice | 2 egg whites |
| $\frac{1}{2}$ c. of boiling water | 1 c. whipping cream |

Soak the gelatin in the cold water. Make a syrup of the boiling water and sugar. Add the orange and lemon juice and bring to the boiling point. Stir in the soaked gelatin, remove from the fire and when it begins to cool fold in the egg whites beaten stiff, and the cream, whipped. Pour into a wet mold to stiffen.

PINEAPPLE BAVARIAN CREAM

- | | |
|------------------------------|------------------------|
| $\frac{1}{2}$ box gelatin or | $\frac{1}{2}$ c. sugar |
| 2 tbsp granulated gelatin | 1 tbsp. lemon juice |
| 1 c. cold water | 1 pt. cream, whipped |
| 1 can grated pineapple | |

Soak gelatin in cold water. Heat pineapple, add sugar and lemon juice and soaked gelatin; chill in pan of ice water, stirring constantly. When it begins to thicken, fold in whipped cream. Mold and chill.

STRAWBERRY BAVARIAN CREAM

- | | |
|--------------------------------|---|
| 2 tbsp. gelatin soaked in | $1\frac{1}{2}$ c. crushed strawberries |
| $\frac{1}{2}$ c. cold water | $1\frac{1}{2}$ c. whipped cream or more |
| $\frac{1}{4}$ c. boiling water | if desired |
| $\frac{3}{4}$ c. sugar | |

Make as under general directions, using the crushed fruit as cold liquid. When it begins to stiffen, beat until light, then fold in the whipped cream. Pile lightly into a serving dish or mold. Serve garnished with whipped cream and whole strawberries.

SPANISH CREAM

- | | |
|--------------------------------|----------------|
| 1 oz. gelatin or 4 level tbsp. | 5 eggs |
| $\frac{1}{2}$ c. cold water | 1 tsp. vanilla |
| $\frac{1}{2}$ c. sugar | 1 qt. milk |
| $\frac{1}{2}$ tsp. salt | |

Put the gelatin to soak in the cold water. Add the sugar and salt to the milk and heat in a double boiler. Beat the 5 egg yolks and add gradually the hot milk to them. Mix well and pour back into the double boiler. Cook until the mixture thickens like a soft custard. Add the softened gelatin to this hot mixture

and mix thoroly before cooling. Beat the whites of the eggs until light and fold into the custard after it has begun to set. Add 1 tsp. of vanilla and pour into individual molds or large mold previously wet with cold water and set away to become firm. Serve with whipped cream.

ORANGE-BANANA CHARLOTTE

1 tbsp. gelatin	2 tbsp. lemon juice
1 c. granulated sugar	2 c. whipped cream, or 3 egg whites
$\frac{1}{2}$ c. boiling water	
1 c. orange juice and pulp	Lady fingers
Tiny pinch salt	Bananas
	Powdered sugar

Soak gelatin in cold water to cover for 5 minutes, then dissolve in the boiling water. Stir in the granulated sugar, and when it has dissolved add the lemon juice. Strain, let cool, but not stiffen, then add the orange juice and pulp, reserving 2 or 3 tbsp. of the juice. Beat the mixture with egg beater until light, then beat in either the whipped cream or the whipped egg whites. Line a dish or mold with lady fingers. Cover bottom with the fingers, put browned side downward. Put in a little of the gelatin mixture, then a deep layer of sliced bananas, sprinkled with the remainder of the orange juice and powdered sugar. Pile high with the gelatin whip and serve very cold. The orange cream may be used without the bananas. Or a cup of well-sweetened strawberries or raspberries may be used instead of the orange, later in the year, and the bananas omitted.

DATE PUDDING NO. 1

$\frac{1}{3}$ c. butter	$\frac{1}{2}$ tsp. baking powder
1 c. granulated sugar	1 c. milk
3 eggs	1 c. dates
3 tbsp. flour	1 c. walnuts

Cream butter, add sugar slowly, then add eggs well beaten, flour mixed with baking powder, milk, dates cut in pieces and walnuts, finely cut. Bake slowly for 1 hour. Serve with whipped cream.

DATE PUDDING NO. 2

4 egg whites	2 c. chopped dates
1 c. sugar	1 c. chopped nuts
4 tsp. baking powder	1 tsp. vanilla

Beat whites until stiff, then add sugar gradually, beating all the time. Fold in the dates and nuts over which the baking powder has been sprinkled. Add vanilla. Pour into well oiled pan to depth of 1 inch. Bake as meringue in a very moderate oven (250° F.) for one hour. Cut in squares and serve with whipped cream.

APRICOT SOUFFLE

Soak $\frac{1}{2}$ lb of apricots over night after they have been washed. Cook in this liquid and sweeten. Drain from syrup, reserving this

to use as sauce in serving. Arrange apricots in a pudding dish. Over this pour the souffle mixture, made as follows: Melt 3 tbsp. of butter in a sauce pan and stir in $\frac{1}{4}$ c. of flour mixed with $\frac{1}{3}$ c. of sugar. Add gradually 1 c. scalded milk and allow to come to a boil. Remove from fire and stir in well beaten yolks of 4 eggs. Allow to cool slightly, then fold in the stiffly beaten whites of the eggs. Pour over the apricots in the baking dish and bake in a moderate oven (350° F.) for 40 minutes. This needs to be eaten at once, for the mixture falls on standing. Serve with whipped cream.

DATE TAPICOA

1½ tbsp. minute tapioca	1 c. milk
3 tbsp. sugar	1 egg
$\frac{1}{8}$ tsp. salt	$\frac{1}{4}$ c. dates

Mix tapioca, salt and sugar. Scald the milk and cook with tapioca, salt and sugar in a double boiler 15 minutes. Add the egg yolk beaten, cook three minutes and add dates. Make meringue of the white of egg and brown delicately in the oven.

Serve cold with cream. Serves 3 persons. Use $\frac{1}{4}$ tbsp. sugar to white of 1 egg.

ICE-BOX CAKE

In the upper part of a double boiler put 1½ c. of grated sweet chocolate, 3 tbsp. of sugar and 5 tbsp. of water. Mix these ingredients, then add, one at a time, the yolks of 5 eggs, beating the mixture well after each yolk is added. Cook until the mixture is smooth, then add 5 egg whites, beaten dry. Line the sides and bottom of a 7 or 8 inch spring cake mold with lady fingers. Cover the bottom layer of lady fingers with the chocolate filling; then place a layer of lady fingers above the filling and alternate filling and cakes until the pan is full. Place in the ice-box and let stand over night. Serve with whipped cream, sweetened and flavored with vanilla.

PINEAPPLE DELIGHT

8 whites of eggs	1 c. shredded pineapple
1½ c. sugar	$\frac{1}{4}$ c. candied cherries, diced
$\frac{1}{4}$ tsp. cream of tartar	$\frac{1}{2}$ c. shredded almonds
$\frac{1}{2}$ tsp. salt	Whipping cream
1 tsp. vanilla	

Add the salt to the whites of the eggs and beat until foamy, then add cream of tartar and continue beating until stiff. Add gradually the sugar and lastly vanilla. Spread in a well oiled baking pan or in two square cake pans. Bake in a slow oven (250° F.) for 1 hr. Remove meringues from pan and just before serving put together the layers with whipped cream to which has been added the cup of shredded pineapple, which has been thoroly drained, the almonds and the cherries. Cut in squares for serving and top with whipped cream and a cherry. The

cream may also have a few drops of red coloring added to it for the garnish.

CHERRY PUDDING

2 c. cherries	2 eggs
$\frac{1}{2}$ c. butter	$2\frac{1}{2}$ c. flour
1 c. sugar	4 tsp. baking powder
1 c. milk	

Cream butter and sugar and add the beaten eggs. Sift together flour and baking powder and add to mixture alternately with the milk. Stone cherries and drain off juice. Stir the cherries into the dough, turn into individual molds and steam 1 hour. Serve with cherry sauce.

NORWEGIAN PRUNE PUDDING

Soak $\frac{1}{2}$ lb. prunes in two cupfuls of cold water and cook until soft. Remove the stones and add 1 c. of sugar, a small piece of stick cinnamon, and $1\frac{1}{2}$ c. of boiling water. Cook together 10 minutes. Remove the cinnamon and add 1 tbsp. of lemon juice. Mix $\frac{1}{3}$ c. of cornstarch with a little cold water, and stir into the prunes, pour in a mold to chill. Serve with cream. The prune pits may be cracked and the meats added to the pudding for flavor.

PRUNE PUDDING

Soak $\frac{3}{4}$ lb. prunes in cold water to cover, cook until soft, then remove stones and cut into small pieces. Beat the whites of 4 eggs until stiff and add gradually the prunes over which $\frac{1}{2}$ c. of sugar has been sprinkled.

Pour into a buttered baking dish and bake in a moderate oven 25 minutes. Serve cold with whipped cream or with soft custard made from the egg yolks.

CHRISTMAS PLUM PUDDING

$\frac{1}{2}$ c. flour	$\frac{1}{4}$ lb chopped figs
$\frac{1}{2}$ lb soft bread crumbs—	2 tsp. salt
about 4 c. lightly packed	1 grated nutmeg
$\frac{1}{2}$ lb beef suet	$\frac{1}{2}$ tsp. cinnamon
1 pt. milk	$\frac{1}{2}$ tsp. cloves
$1\frac{1}{4}$ c. brown sugar	2 tsp. baking powder
$\frac{1}{2}$ lb seeded and chopped	Juice of 1 lemon
raisins	1 c. cider, grape juice, orange
$\frac{1}{2}$ lb cleaned currants or	juice or juice from canned
seedless raisins	fruit
$\frac{1}{4}$ lb citron, shaved fine	8 eggs
$\frac{1}{4}$ lb blanched and chopped al-	
monds	

Pour the scalded milk over the bread crumbs and let it cool. Add sugar, seasonings and the suet chopped fine (suet may be put thru meat grinder). Mix thoroly. Allow to stand over night to season thoroly. Have fruit and nuts prepared and floured,

using the $\frac{1}{2}$ c. of flour for this purpose. In the morning, add beaten egg yolks to the mixture which has stood over night, the fruit juices and the floured fruits and nuts. Finally fold in the stiffly beaten whites of eggs and baking powder. Have ready covered baking powder cans or coffee cans. Fill $\frac{2}{3}$ full of the pudding mixture and arrange in steamer. If small cans are used, 3 or 4 hours is long enough to steam. Large ones require 6 to 8 hours.

This pudding keeps for a long time during cold weather and makes excellent gifts at holiday time as tins may be sent thru the mail.

If two or three times the recipe is made, cans may be steamed in wash boiler by stacking on a rack, such as used in canning. Water may be only 3 or 4 inches deep and may be replaced as it boils away. Long steaming improves the flavor.

Before serving, boil can for 1 hour or longer to insure heating all thru. Serve with hard sauce.

STEAMED FIG PUDDING

1 c. beef suet	$1\frac{1}{2}$ tsp. baking powder
2 c. bread crumbs	2 eggs
2 c. figs, chopped	$\frac{2}{3}$ c. sugar
$\frac{1}{2}$ c. flour	$\frac{2}{3}$ c. milk
$\frac{1}{4}$ tsp. salt	

Chop the suet finely, add to it the bread crumbs, figs and flour, salt and baking powder sifted together. Beat the eggs and sugar together, add the milk and use these to moisten the dry ingredients. Turn into a well-greased mold and steam 3 hours. Serve with hard sauce or lemon sauce, or both.

FROZEN DESSERTS

Ice cream, water ices, sherbets and frappe are stirred as they are frozen. Parfait and mousse are packed in ice without stirring.

Ice cream may be cream alone frozen, after adding flavoring and sugar or a custard frozen or a combination of the two. Sherbets are water ices to which either the white of egg or a small quantity of gelatin is added, to help them retain their shape. Water ices and sherbets often accompany the meat course at dinner as well as serving for desserts. Frappe is a water ice frozen to a mushy consistency. This may be eaten with a spoon or drunk as a punch. Parfaits are made with a cooked foundation containing eggs and whipped cream added, while mousse is made of whipped cream alone. All frozen dishes seem less sweet and less highly flavored after freezing.

General Directions for Freezing.

Ice Cream, Water Ices and Sherbets. Be sure the freezer is freshly scalded and cool and all parts adjusted so that there will be no loss of time after freezer is packed. Pack freezer can only two-thirds full, as frozen dishes expand on freezing.

Ice is better broken in very small pieces as that condition insures more uniform and faster freezing. Coarse salt should be mixed with the ice in the proportion of one part of salt to eight parts of ice. A larger proportion of salt takes the mixture less time to freeze, but produces a product of coarser texture.

After the dasher becomes difficult to turn, the chopped fruits or nuts are added and the freezing continued until it is too stiff to turn. The dasher is then removed from the can, the contents packed down with a heavy spoon and the can covered first with wax paper then with cover, being sure the dasher hole is stopped by a cork.

Drain the tub, and repack with fresh salt and ice mixture, using 1 part salt to 5 parts ice. Ice creams, etc., are better packed several hours before using as ripening improves the flavor.

Mousse and Parfait. Mousse and parfait are packed in tight containers as molds, or tin cans with tight covers. Always put wax paper over the can before putting on cover.

Pack in salt and ice mixture in the proportion of 1 part salt to 5 parts ice. It takes from 4 to 6 hours to freeze these dishes.

PLAIN ICE CREAM

1 qt. thin cream	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ tbsp. vanilla	$\frac{3}{4}$ c. sugar

Mix ingredients, making sure sugar is dissolved. The cream may be scalded first and sugar added. Let this get cold, before adding flavoring. Turn into a freezer, pack with salt and ice and proceed as under general directions.

CUSTARD ICE CREAM

2 c. milk	2 c. thin cream
2 egg yolks	$\frac{1}{2}$ tbsp vanilla
$\frac{1}{4}$ tsp. salt	$\frac{3}{4}$ c. sugar

Scald milk in double boiler and pour over egg yolks, mixed with sugar and salt. Return to double boiler and cook until it coats the spoon. Let this get cold, add the cream and flavoring and freeze.

VARIATIONS IN ICE CREAM

Fruits—To either of the above, fresh fruits either thoroly crushed or pressed thru a sieve may be added in proportion of 2 c. of fruits to 1 qt. ice cream. 1 c. of sugar is added to the fruit before it is mixed with ice cream.

Canned fruits, as apricots, peaches, etc., may be used. In this case, juice may or may not be used and the additional sugar need not be added. Dried fruits, as candied pineapple and cherries, make pleasing additions.

Nuts—Chopped nuts in the proportion of 1 c. of nuts to 1 qt. cream may be added, either alone or with the dried fruits.

Grape Nuts—Use 1 c. grape nuts, soaked in $\frac{1}{2}$ c. of cream, before adding to frozen mixture.

Macaroons—Use the crushed macaroons instead of grape nuts.

FOUNDATION RECIPE FOR WATER ICE OR SHERBET

Use any fruit juice alone or with part of the chopped pulp. Add the juice of 1 lemon to 1 qt. of fruit juice, as nothing brings out flavor so much as lemon juice. Sweeten and freeze. Water ices should be about the strength of strong punch before freezing and a little sweeter.

For sherbets add the stiffly beaten white of egg when mixture begins to turn hard. 1 tsp. gelatin may be substituted for white of eggs. Soak gelatin in $\frac{1}{4}$ c. of cold water, then melt thoroly over hot water before adding to fruit mixture. Gelatin is added before freezing.

CHERRY SHERBET

Run the canned cherries thru the food chopper and return to the juice you had drained off. Allow 2 tbsp. of lemon juice to each quart of cherries. Sweeten if necessary and freeze. Just before repacking, stir in the white of 1 egg. Mix thoroly before repacking.

RHUBARB FRAPPE

Boil 3 c. of water and 2 c. of sugar 10 minutes; add the juice of 1 lemon and 1 qt. of cooked rhubarb, strained thru a colander; cool and freeze. Pour 1 c. of boiling water over $\frac{1}{2}$ c. of seedless raisins; let stand 30 minutes; strain, cool and pour over the frappe just before serving. Rhubarb frappe is delicious served with shad or other fried fish.

MILK SHERBET

To 1 qt. of milk add $1\frac{1}{2}$ c. of sugar and the strained juice of 3 lemons or 1 c. of shredded pineapple and 1 tbsp. lemon juice. Freeze as other sherbets or ices.

PINEAPPLE ICE CREAM

Mix a can of grated pineapple, $\frac{3}{4}$ c. of sugar and the juice of a lemon and turn into the can of the freezer, packed for freezing; add 3 c. of thin cream and freeze as usual. Some prefer

to boil the pineapple with 2 c. of water for 15 minutes, add the sugar and let cook 5 minutes, then cool; add the lemon juice and freeze. Also, if preferred, strain the whole thru a cheese cloth just before freezing.

CHOCOLATE ICE CREAM

Scald 1 qt. of milk over boiling water; beat the yolks of 6 eggs; add $2\frac{1}{2}$ c. of sugar and 1 tsp. of salt and beat again; then gradually pour on the hot milk and return the whole to the double boiler with two or more squares of melted chocolate as is desired. Beat until smooth, then when cold add 2 tsp. vanilla and 1 qt. of cream and freeze. In hot weather add the cream with the chocolate and let stand over boiling water until hot thruout.

CARAMEL PARFAIT

$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ c. sugar
$\frac{1}{2}$ c. boiling water	$\frac{1}{4}$ tsp. salt
2 or 3 egg yolks	2 c. whipping cream

Cook the $\frac{1}{2}$ c. of sugar to caramel; add the boiling water and stir, and let cook until the caramel is dissolved and thickened slightly. Beat the egg yolks (three are better than two); add the sugar and salt and beat again, then gradually pour on the caramel syrup while stirring in a double boiler. Cook until the mixture thickens, then let chill. Beat the cream until it is quite firm thruout. Have a quart mold lined with paper thruout and thoroly chilled in salt and ice. Fold the whipped cream and the caramel syrup together, and turn into the prepared mold to fill it to overflowing. Cover the cream with paraffin paper and press the tin cover down over it on all sides. Pack in equal measures of salt and crushed ice. Let stand about 3 hours. When unmolded sprinkle with blanched almonds, sliced and browned in the oven.

PINEAPPLE PARFAIT

Cook 1 c. of grated pineapple with 1 c. of sugar 5 or 6 minutes; add the juice of half a lemon and let cool. Fold together $1\frac{1}{2}$ c. of double cream, beaten very light, and the chilled pineapple. Turn into a chilled quart mold, filling it to overflowing. Let stand packed about 3 hours.

MOUSSE

1 pt. whipping cream	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ c. sugar	1 tsp. vanilla

Beat cream until thick, adding sugar, salt and flavoring. Turn into chilled mold. Pack in ice and salt and freeze for 4 hours. 1 c. of any fruit juice or crushed fruit may be added to the cream if gelatin is also used. Soak 1 tbsp. gelatin in 1 tbsp. cold water. Add fruit juice and melt gelatin over hot water. Cool and add to cream after whipping. The tartness of the fruit may necessitate using more sugar.

SAUCES FOR PUDDINGS AND ICE CREAM

LEMON SAUCE

2 tbsp. cornstarch	Juice and grated rind 1 lemon
1 c. water	$\frac{1}{4}$ c. sugar
$\frac{1}{4}$ tsp. salt	2 tbsp. butter

Mix sugar, salt and cornstarch and add gradually the boiling water. Boil 3 minutes and remove from fire, add lemon juice grated rind and butter bit by bit.

CARAMEL SAUCE

1 c. sugar	2 tbsp. cornstarch
$1\frac{1}{2}$ c. water	2 tbsp. butter
$\frac{1}{4}$ tsp. salt	1 tsp. vanilla

Put the sugar in a sauce pan and let it brown slowly, as it is stirred. When it melts and turns a good brown, add 1 c. boiling water. Allow to boil up until caramel is melted. Melt butter, stir in cornstarch and salt and gradually add the caramel liquid. Allow to boil 3 minutes. Remove from fire and add vanilla.

HARD SAUCE

$\frac{1}{2}$ c. butter	1 white of egg
2 c. powdered sugar	1 tsp. vanilla

Cream butter and add the powdered sugar gradually. When well creamed, stir in the white of an egg and vanilla, being sure to incorporate it thoroly. Chill before serving. Hard sauce may be molded into fancy shapes to serve with puddings.

STRAWBERRY SAUCE

To the recipe for hard sauce, add 1 c. of crushed strawberries. Mix well and serve on steamed cake mixtures.

RASPBERRY SAUCE

Use red raspberries instead of strawberries.

BUTTERSCOTCH SAUCE 1

Put in top of double boiler, 1 lb brown sugar, $\frac{1}{4}$ lb butter and $\frac{1}{2}$ pt. heavy cream. Place over hot water over slow heat and cook 1 hour, stirring occasionally. This sauce is equally good on vanilla ice cream or pudding.

BUTTERSCOTCH SAUCE 2

Turn 1 c. of cream, 1 c. of brown sugar and 1 c. of dark corn syrup into a double boiler. Mix thoroly and let cook over boiling water 1 hour; then beat in 1 dessertspoonful of butter and $\frac{1}{2}$ tsp. vanilla extract.

SABAYON SAUCE

2 eggs	$\frac{1}{2}$ lemon
$\frac{1}{3}$ c. sugar	Flavoring

Put egg yolks in a small saucepan with sugar and grated rind and juice of $\frac{1}{2}$ lemon and stir vigorously over fire until it thick-

ens, using a wire whisk or wooden spoon. Remove as soon as it reaches the boiling point, add flavoring and pour onto egg whites beaten until stiff. Mix gently and serve cold. For flavoring, $\frac{1}{2}$ tsp. vanilla may be used.

RAISIN SAUCE

$1\frac{1}{2}$ c canned pineapple juice $\frac{2}{3}$ c. sugar
Grated rind 1 orange $\frac{2}{3}$ c. seedless raisins

Boil together the pineapple juice, orange rind and sugar until quite thick, add the raisins and allow them to stand in the hot syrup for 5 minutes to plump. Pour a spoonful over ice cream or use as a sauce for gingerbread, cottage pudding or other plain puddings.

CHOCOLATE SAUCE

4 squares chocolate $\frac{1}{2}$ tsp. vanilla
 $\frac{1}{2}$ c. sugar $\frac{1}{4}$ tsp. salt
 $1\frac{1}{2}$ c. water

Boil sugar, salt and water together until syrup is slightly thick. Melt chocolate over hot water and stir into syrup. Add vanilla and keep over hot water until ready to serve.

CHAPTER XVI

The Value and Use of Fats

ASIDE from their natural occurrence in foods, fats are added to foods for shortening and for giving a richer flavor in sauces and other dishes. They are also used as a medium of cookery in frying and sauteing. Pure fat gives twice as much heat or energy as an equal weight of starch, sugar or protein. All pure fats are equally valuable as food. Those most prized for flavor are most expensive, such as butter and olive oil.

The fat soluble vitamins are present particularly in animal fats, hence there is a necessity of such fats being included in the diet.

The principal fats are cream and butter; the substitutes, oleomargarines, made from both animal and vegetable fat; lard and mixed fats sold as shortening; the oils, such as olive, cottonseed, corn, sesame and peanut, as well as cod liver oil, which is the valuable source of vitamin D.

PRESERVATION OF FATS

When stored, fats must be protected from heat, light and air. To keep well, fats should be stored in a clean cellar or other cool place. Stone crocks or tin buckets fitted with tight covers are the best containers. Dark bottles are better than uncolored ones for keeping oils. All animal fats keep better than the tissue in which they occur, hence they should be rendered.

The common method of heating chopped fatty tissue over a direct flame impairs the keeping qualities. It is better to heat the fat in an improvised double boiler till the tissue is fully shrunk. Then strain thru a heavy cloth. This lower temperature will not decompose the fat.

Butter becomes rancid more quickly than most fats, If it must be kept long it should be heated slowly until the sound of cooking ceases and then the pure fat may be poured off from the sediment or foamy scum. Its flavor will be slightly impaired, but it will keep much longer.

THE USE OF FAT IN THE DIET

Fats having a low melting point, as cream or butter, are more easily digested than the harder ones. Fried foods take longer to digest than foods prepared in other ways, as the digestion of fat takes place in the intestines and not in the stomach.

ECONOMIES IN THE USE OF FAT

1. *To utilize small quantities* of fatty tissue, which are found on good steaks and roast, it is a good plan to render it by adding it to the stock fat. After stock is cooled the fat may be removed for use.

2. *For sauteing and frying*, any scraps of fat having pleasing flavor or one not too pronounced to blend well with the food are suitable.

3. *For flavoring*, bacon and ham drippings are used because of their flavors in sauces for starchy foods such as rice and potatoes, dressings for meat and vegetables, salads, and as basting liquor for mild meats such as veal.

4. *Fatty meats* may be cooked with vegetables, the broth being used with the food.

5. *For shortening.*

(a) Fats rendered from fatty tissue of fowls have a pleasing yellow color and a mild flavor. They are especially good in biscuits.

(b) Rendered fat or finely chopped fatty tissue from beef or pork may be used in cakes, suet puddings, crusts of meat pies and similar dishes.

6. *For butter substitutes*, since butter is much prized for its flavor, any substitute must be a fat having a pleasing flavor and of consistency similar to butter.

(a) Beef fat may be finely chopped and rendered in a double boiler with sweet or sour milk. Much of the milk solids will be taken up by the fat, improving its flavor and making it less hard on cooling.

(b) Mutton fat has a high melting point and solidifies in the mouth, giving a furry feeling. It is much improved if used with a small quantity of some softer fat or oil. The strong flavor may be

masked by the addition of savory herbs, as an apple or onion, in rendering, allowing the vegetables to remain in the fat till well browned.

- (c) Fresh pork may be heated with savory herbs to improve the flavor.

THE COOKERY OF FAT

When fats are heated to a high temperature, giving a dark smoke, a change in the composition of fats takes place and there is developed a sharp, penetrating odor due to this change. When fat has thus been changed, it is very irritating to the digestive tract.

In selecting fats for use in deep frying, choose those that impart good flavor to the food fried and take up no flavors from the food. A fat which may be heated to a high temperature without smoking or scorching is desirable, as such fat may be used over and over.

The following is the smoking temperatures of fats as determined in experimental cookery:

Cottonseed (Wessen)	437°—452° F.
Snowdrift	433°—449° F.
Crisco	412°—448° F.
Chicken Fat	410° F.
Corn Oil (Mazola)	406° F.
Lard	347°—404° F.
Bacon fat	293° F.
Suet	242° F.
Olive Oil	347° F.

The smoking temperature varies with the shape of the utensil in which the fat is heated.

PREPARATION OF FOOD FOR FRYING

Cooked foods are rolled in egg or crumbs in order to prevent fats from soaking into them. Crumbs from dried bread may be sifted and the finer ones used for crumbing. Beat an egg slightly, add 2 tbsp. of milk or water to it. Dip food to be crumbed in crumbs first, then in egg mixture, and then in crumbs again. Allow to stand a while before frying in order to dry.

Raw food should be dried as thoroly as possible before frying. Raw foods are sometimes dipped in a batter and fried. Summer squash and some meats are better for being fried in batter. The batter is usually one such as is made into popovers.

DEEP FAT FRYING

Deep fat frying is used for croquettes, fritters, doughs, and some meats. Food to be fried in deep fat is protected with a coating of eggs and crumbs. The fat must be heated to a temperature suited to the food to be fried.

If cooked food is fried, the fat should be hot enough to brown an inch cube of bread in 40 to 50 seconds or a temperature ranging from 360° to 400° F.

For uncooked foods, the bread should brown in from 60-75 seconds. The larger the portion of uncooked food to be fried, the longer the time in browning the cube. This temperature runs from 335° to 360° F.

If fat is too hot, the food is browned without cooking thru or it scorches the food and spoils the fat. If fat is not hot enough food is liable to become soaked with the fat.

Utensils to Use: A heavy iron or aluminum kettle with a round bottom is best for deep fat frying. A Scotch bowl is a type of kettle much used. In addition, the following utensils are desirable: a wire basket in which the food is placed, making it easy to handle; a pie pan large enough to hold the basket when taken out of fat; another pan, lined with soft paper, to drain the food in; a long handled fork for turning food.

Care of Fat After Frying: Allow the fat to cool thoroly, strain thru a cheesecloth to remove any particles of food. Particles of food left in will cause fat to deteriorate. Fats should be clarified after every time or two by one of the following methods:

..To Clarify Fat

(a) Pour boiling water over the cool fat. Boil the mixture thoroly and allow to cool, after straining thru cheesecloth. Scrape impurities off the bottom of the fat after it is cold.

(b) If fat has acquired a flavor, before cooling cut up a raw potato into slices and cook slowly. When potatoes are brown, allow to cool and strain thru cheesecloth. The sediment may be scraped off the bottom of the cake when cold.

(c) To renovate slightly rancid fat, heat the fat with several pieces of charcoal. Allow it to remain warm for several hours, then strain very carefully. Melt rancid butter with $\frac{1}{4}$ to 1 tsp. of soda to the pound. Heat till noisy cooking ceases and pour off the clear fat.

WHIPPED CREAM

Cream containing 20 percent of butter fat to be whipped ought to be 24 hours old, but if a higher percent, 25 percent to 40 percent, is in the cream it is more easily done. All cream whips more easily if cold and the utensils used are cold. Fresh cream does not whip easily.

SOAP MAKING

Fats no longer fit for frying may be used for soap making. It is a good plan to keep a jar in which to add bits of melted fats to await use in soap. Mutton fat and sausage fat may be used. Bacon and ham fat may also be used. It is very important that such fats should be freed from salt by clarifying with boiling water several times.

1 lb can of lye	5½ lb of fat, melted, but not
2 pts. cold water	hot

Put the cold water in a wooden bucket or granite pan. Add lye very carefully as it spatters easily. Stir until well dissolved and allow to get cold. Then gradually add the melted fat, stirring all the time. Continue stirring until the mixture begins to fall in two drops from the stick or as the jelly test reads, it begins to sheet from the spoon. Pour into pasteboard boxes lined with oiled paper and cover. Set away in a warm place for several days to thoroly harden. Remove from boxes and cut by means of a wire into convenient pieces.

Beating improves the texture of the soap.

CHAPTER XVII

The Value and Use of Sugar, Including Confections

CANE and beet sugar are the principal sugars on the market. In the early times maple sugar was a commodity of more general use. Today the use of sugar made from corn, as well as the syrups, is filling a need in our homes. As corn is of so much value to this state, a special chapter is devoted to corn and its products with recipes for their use.

USE OF SUGARS

Principally as a flavoring.

In syrups as accompaniments to various foods.

As confections and bonbons.

PRESERVATION

Sugar needs no special care in storage since bacteria will not grow in dry sugar nor in strong sugar solutions. Honey is perhaps the only sugar needing special care. It absorbs moisture and hence should be stored in a warm, dry place.

Molasses ought to be stored in a cool place to prevent fermentation.

ECONOMIES IN THE USE OF SUGARS

1. Fancy table syrups are always expensive. Two or three cobs boiled in water which is later used in making a sugar syrup will impart a flavor similar to maple. Whey from sour milk boiled with sugar will give an agreeable flavor.

2. Sweet fruits will often satisfy a child's craving for sweets as easily as candies.

3. Where honey is available it may well be used in cookies and cakes. Honey absorbs moisture on standing and hence cakes containing it remain moist longer than those made with sugar. Honey contains some moisture and cannot be substituted cup for cup in recipes calling for sugar.

4. Domestic sorghums make very good syrups. Sugar is usually most expensive during the canning season. Most fruits may be canned without sugar, being sweetened as needed during the winter.

TEMPERATURES USED IN CANDY MAKING

Soft ball stage for fondant, icing and fudge..	236°-240° F.
Firm ball for caramels	242°-250° F.
Hard ball for taffy	262°-270° F.
Soft crack for butterscotch	290° F.
Hard crack for brittles and caramels.....	300° F.

CARAMEL SYRUP

Sugar is caramelized at a temperature of 300° F. Have a smooth, clean saucepan or frying pan hot. Put into it a cup of sugar. With a spatula stir the sugar, which first hardens, then melts to a brown color. Do not allow the syrup to become too dark brown or it will have a burnt taste. When it reaches the right stage, add 1 c. boiling water and cook until the caramel melts and thickens slightly.

FONDANT

2 c. sugar	½ tsp. cream of tartar or
1 c. water	2 tbsp. corn syrup

Put the ingredients in a sauce pan, mix and put on to cook. As the mixture boils, wash down the sides of the pan with a fork around whose tines a bit of wet cloth has been securely fastened. Cook until the mixture forms a soft ball in cold water (238° F.), remove from fire and pour out on a well oiled platter. Cool until easy to handle and with a wooden spoon or spatula work the fondant on the platter until creamy. Toward the end it may be kneaded as bread. Allow to ripen 24 hours before using by placing in a covered jar.

USES OF FONDANT

Cream candies: After 24 hours, warm slightly and mold in balls or fancy shapes which may be dipped in sweet chocolate later. Dipping chocolate may be melted in a pan over water, and creams, lifted on a fork, may be dipped into it. Allow to dry on waxed paper.

Peppermints: Melt fondant over hot water, add coloring and peppermint flavoring, ½ tsp. to 1 c. fondant. By means of a spoon pour wafers of fondant on oiled paper and allow to cool before removing. Melted fondant may be used for dipping individual cakes, fresh fruits as cherries, or nuts. Dates and prunes may be stuffed with it.

CHOCOLATE FUDGE

2 c. sugar	1 tbsp. butter
$\frac{1}{2}$ c. milk	1 tsp. vanilla
2 sq. chocolate	$\frac{1}{4}$ tsp. salt
2 tbsp. corn syrup	

Mix all the ingredients except butter and vanilla. Cook until it forms a soft ball in water (238° F.). Remove from fire and add butter. Allow to cool to lukewarm. Add vanilla and beat until creamy and it begins to hold its shape. Pour into oiled pans $\frac{3}{4}$ thick and cut into squares when cold.

DIVINITY

5 c. sugar	1 c. water
$\frac{1}{2}$ c. corn syrup	5 egg whites
1 c. chopped nuts	Fruits if desired

Mix sugar, corn syrup and water and cook until it forms a soft ball in cold water (238° F.). Have ready the eggs beaten stiff in a large bowl. Pour over them, beating all the time, $\frac{1}{2}$ c. of syrup. Put the remaining syrup on the fire and cook until it forms a hard ball in cold water (250° F.). Pour the syrup over the egg mixture, beating continually. As the divinity begins to stiffen, add 1 c. of chopped nut meats and turn into well oiled pan or pasteboard box lined with wax paper. Chopped dates, figs, raisins, candied pineapple and cherries may also be added, if desired.

PENOCHE

2 c. brown sugar	$\frac{1}{2}$ tsp. vanilla
2 tbsp. corn syrup	$\frac{1}{2}$ c. chopped pecan meats or
2 tbsp. butter	marshmallows
1 c. milk	

Boil together all the ingredients, except the vanilla and nuts, to the soft-ball stage (238° F.), stirring occasionally to prevent burning. Remove from the fire, let cool for a few moments, then beat rapidly until the mixture begins to stiffen. Pour into a buttered pan and cut into squares.

BROWN SUGAR TAFFY

2 c. brown sugar	1 tbsp. butter
Tiny pinch of soda	1 c. boiling water
$\frac{1}{4}$ tsp. salt	$\frac{1}{4}$ tsp. vanilla
1 tbsp. vinegar	

Cook the above ingredients to 250° F. or until a little of it in cold water forms a hard, rather brittle ball. Add the vanilla and pour on a buttered marble slab. When it is cool enough to handle, pull until it is a light golden color. Twist into a long rope and snip off small pieces of the taffy with scissors. Dust them with powdered sugar and wrap in waxed paper.

PECAN OR PEANUT BRITTLE

Put 2 c. of light brown sugar (granulated sugar may be used) into an iron or heavy aluminum skillet. Place directly over the heat and stir constantly (a wooden spoon is best to use) until it melts and browns to caramel. Then add 1 tbsp. of butter and 1 c. of broken pecan meats or peanuts. If you do use peanuts, raw ones are preferable since they brown and roast right in the hot sugar. Stir and boil a few moments longer, then pour on a wet marble slab and with two forks spread thin. Break into pieces when cold.

NUT CARAMELS

Boil to the hard-ball stage, or 250° F., 2 c. of granulated sugar, ½ c. of corn syrup, 2 tbsp. of grated chocolate, ½ c. of milk and ½ c. of butter. Chocolate caramels may be made by tripling the amount of chocolate. Stir lightly with a wooden spoon to keep from burning as the last stage of boiling is reached. Add ½ tsp. vanilla and ½ c. of chopped nut meats when the cooking is finished. Pour into a buttered pan of a size to make the candies an inch thick. An easy way to get the right thickness is to use small pans and pour into each until the mixture is an inch high. When cool, cut in squares and wrap in waxed paper.

HONEY KISSES

2 tbsp. strained honey	½ c. cream or condensed milk
1 c. granulated sugar	¾ tsp. vanilla
2 tbsp hot water	Pecan or walnut meat halves
1 c. brown sugar	

Mix all except nuts and flavoring in saucepan and stir until sugar dissolves. Cook without stirring to hard ball (250° F.). Take from fire, add vanilla, turn into buttered tin, and while warm mark into squares and press a nut half onto each square.

POPCORN FUDGE

1 c granulated sugar	1 tsp. butter
1 c. brown sugar	2 qts. freshly popped corn
1 c. thin cream	1 tsp. lemon or vanilla

Boil sugars, cream and butter to soft ball. Take from fire, beat until syrup begins to thicken, add flavoring and pour over corn, stirring so that each kernel is coated.

SALTED ALMONDS

Cover the almonds with boiling water, let boil vigorously, drain, cover with cold water, drain again and slip the skins from the nuts, one at a time, between the thumb and forefinger. Dry the nuts on a cloth. Beat the white of an egg until well broken, but not in the least light. Dip the tips of the fingers into the egg and repeatedly take up and drop a few nuts at a time until they are well coated with egg. Dredge with salt. Let brown delicately in the oven.

The blanched almonds may also be browned by deep frying in oil at 375° F. Drain on a cloth and salt afterward.

The almonds may have a little butter and salt put over them and then browned in the oven. Stir frequently to have color even.

NUT GLACE

Cook 2 tbsp. of granulated sugar, 1 tbsp. of glucose, and 1 c. of water until the mixture begins to tinge with yellow (310° F.). Remove saucepan containing mixture to a larger saucepan containing boiling water; drop in the nut meats, one by one; cover with the syrup and lift out, with a long pin, to oiled paper.

CANDIED GRAPEFRUIT PEEL

Remove peel from grapefruit in quarters and cover with cold water. Boil until tender. Drain and with a scissors cut in strips.

Make a syrup of 1 c. of sugar and $\frac{1}{2}$ c. of water. Add the grapefruit peel and cook until all the syrup is absorbed, stirring carefully with a fork. Remove peel from syrup. Roll in granulated sugar and dry on wax paper. Orange and lemon peel may be prepared the same way.

CHAPTER XVIII

Appetizers

APPETIZERS are foods served at the beginning of meals in order to whet the appetite. For this reason they must have some distinct and pleasing flavor.

Soups were formerly used altogether for this purpose, but an appetizer today may mean any of the following: raw oysters and clams; such fruits as grapefruit, melons or a combination of fruits in a cocktail; salads, or canapes of various kinds. Highly seasoned foods are used in the preparation of canapes, the foundation of which is bread, either fried or toasted.

The appetizer is on the table when the meal is announced. The portions are small and served in such a way as to attract the eye as well as stimulate the palate.

OYSTERS AND CLAMS

Raw oysters and clams are served in the half shell. They are arranged on a rather deep plate or special oyster plate in a bed of ice. The garnish is usually about a fourth of a lemon. Special sauces, as tabasco or tomato catsup, may be passed with them or served in a small glass in the center of the oyster plate. Thin sandwiches may be passed also.

OYSTER COCKTAIL

Clean and drain the oysters and chill. Arrange about five in a stemmed sherbet glass. Pour over the oysters just before serving the following sauce, which is enough for six servings:

1 tsp. salt	1 tbsp. horseradish
3 tbsp. tomato catsup	6 tbsp. lemon juice
$\frac{1}{4}$ tsp. tabasco sauce	Paprika

Mix thoroly before using.

TOMATO COCKTAIL

Scald and peel medium sized tomatoes. Put on ice and chill thoroly. Cut the tomatoes in eight sections like an orange. Place small pieces of lettuce hearts around a stemmed glass sherbet dish. Arrange the sections of tomato on the hearts of lettuce and pour over the following sauce: Rub bowl in which sauce is mixed with a clove of garlic first, then add 2 tbsp. tomato catsup, 1 tbsp. lemon juice, 1 tbsp. mushroom catsup, $\frac{1}{2}$ tsp. Worcestershire sauce, and $\frac{1}{4}$ tsp. paprika.

The lettuce and tomato are eaten with an oyster fork.

CANAPES

The foundation of a canape is a thin slice of brown or white bread, which should be old enough to hold its shape. It is usually about 2 inches square. They also may be cut round.

They are first spread with butter and then with a covering of paste made of fish or combinations of eggs, capers or ham. They must be highly seasoned.

SARDINE CANAPES

Remove skin and bones from six large sardines. Pound the ingredients to a paste with the yolks of two hard cooked eggs, 1 tbsp. of lemon juice and a few drops of Worcestershire sauce. Spread on buttered canapes and garnish for serving with a thin slice of lemon, sprinkled with paprika or a stuffed olive cut in two. These may be placed in the center of the canape. Tiny sprigs of watercress or a small leaf of lettuce may be placed under the canape.

FRUITS

Arrange large strawberries, having the hulls and stems on, around a mound of powdered sugar.

Balls may be cut out of iced watermelon by means of a vegetable cutter. These may be served chilled in cocktail glasses.

Halves of grapefruit or of cantaloupe are often used as appetizers at luncheons.

MIXED FRUIT COCKTAIL

- | | |
|-----------------------------|------------------------------------|
| 1 banana | 1 c. dates, pitted and quartered |
| 1 orange | $\frac{1}{2}$ c. shredded cocoanut |
| 2 whole canned pears | 2 tbsp. lemon juice |
| $\frac{1}{2}$ can pineapple | |

Peel, scrape and slice the banana; peel, seed and dice the orange and dice the pears. Mix all these with the dates, moistening with the fruit juices. Chill and serve in cocktail glasses, sprinkling well with cocoanut before serving. If the cocoanut is toasted before it is sprinkled, the result will be even more delicious. To toast cocoanut, spread thin in a baking tin and brown in the oven.

MINT GRAPEFRUIT COCKTAIL

Sections of grapefruit (allow 4 sections per serving)

Syrup— $\frac{1}{2}$ as much sugar as water

Essence of mint—4 drops

Section grapefruit, removing all white tissue, arrange in glasses and cover with syrup. Chill thoroly before serving. Garnish with a sprig of mint.

BANANA COCKTAIL

Peel fully ripe bananas and scrape off the coarse threads. With a small potato scoop cut out balls from the prepared bananas and roll each ball in lemon or grapefruit juice to keep it from discoloring. Add small pieces of grapefruit pulp or canned pineapple with some of the juice or syrup. Set into cocktail glasses and finish with a cherry at the top. Serve as a first course at luncheon or dinner.

CHAPTER XIX

Beverages

THE addition of water to the diet is valuable, provided the liquid is not used to wash the food down without proper mastication. The liquids may be either hot or cold.

The hot liquids are usually coffee, tea and cocoa, while the cold ones are fruit juices or flavored cold syrups.

Tea, coffee and cocoa possess a stimulating effect on the nervous and digestive systems, which may or may not be beneficial to the individual. All fruit juices are valuable adjuncts to the diet.

COFFEE

The principal kinds of coffee on the market today are Mocha, Java, Rio and Santos. The Rio and Santos are in most common use. Coffee ground just before using has a better flavor and odor than that which has been ground for some time. If ground when purchased, it should be kept in a tightly closed receptacle.

TEA

The principal varieties of tea on the market are the green and black or a mixture of these. These are sold under a variety of trade names. The green teas are those whose leaves are unfermented in the process of preparation, while the black ones are fermented. The latter method of preparation improves the flavor and lessens the amount of tannin, both of which are desirable.

COCOA

Cocoa is made from the bean of that name. It is ground and the greater part of the fat extracted. In chocolate the fat is not taken out. Cocoa nibs and shells are made from the covering of the bean. As both cocoa and chocolate contain starch, it is better to boil both with water first for a few minutes in order to cook the starch before adding milk. They serve as an excellent medium for introducing milk in the diet. With children, only enough cocoa to give a slight coloring and flavor is necessary on account of the stimulating effect which should be avoided.

*Hot Beverages***COFFEE** $\frac{1}{2}$ c. coffee

4 c. boiling water

 $\frac{1}{2}$ c. cold water

Mix coffee and cold water together in coffee pot. Add the boiling water and boil three minutes. Let it settle for 5 minutes and add $\frac{1}{2}$ c. cold water. Strain and serve.

White of egg alone or with eggshell may be mixed with the coffee before boiling water is added. This makes the coffee clearer as the fine grounds cling to the egg.

PERCOLATED COFFEE

Allow 2 tbsp. of coffee to each cup. Put coffee in the top of the percolator. Fill coffee pot, using the amount of water the coffee calls for. Allow to percolate until color shows the desired strength.

COFFEE WITH CREAM

(For church and farm bureau dinners)

Place 2 c. coffee in cheesecloth bag, add $3\frac{1}{2}$ qts. cold water and $\frac{1}{4}$ tsp. salt. Bring gradually to boiling point, remove from fire, let stand 10 minutes and remove the coffee bag. Add 1 qt. milk, reheat, add $\frac{1}{2}$ pt. cream and pass sugar separately.

TEA

Tea is best brewed in an earthenware pot, which should be scalded out before using. Freshly boiling water is essential to good tea. The preference for green or black tea and the amount to be used for strength desired is always a matter of personal consideration.

1 tsp. tea

1 c. boiling water

Pour the boiling water over the tea in the hot teapot. Strain and serve at once. Tea may be served with cream and sugar, thin slices of orange or lemon, lemon slices stuck with cloves, or candied fruit peel.

COCOA AND CHOCOLATE**BREAKFAST COCOA**

2 tsp. cocoa

 $\frac{1}{3}$ c. boiling water

2 tsp. sugar

 $\frac{2}{3}$ c. scalded milk

Mix sugar and cocoa, add boiling water and let boil 3 minutes. Add scalded milk and beat with Dover egg beater before serving.

HOT CHOCOLATE WITH WHIPPED CREAM

Scald 3 pts. of milk in double boiler. Melt 6 squares or ounces of chocolate over hot water, add $\frac{3}{4}$ c. sugar, $\frac{1}{4}$ tsp. salt and very slowly 1 qt. boiling water. Stir and boil 3 minutes, add the milk, beat until frothy, add 1 tsp. vanilla and serve with whipped cream. This makes 20 servings.

COLD BEVERAGES

CHOCOLATE SYRUP

- | | |
|-------------------------------|------------------------|
| 1 c. sugar | 1 stick cinnamon |
| $\frac{1}{2}$ c. cocoa powder | 2 tbsp. strong coffee |
| $\frac{3}{4}$ c. warm water | 1 tsp. vanilla extract |

Place sugar and cocoa in a saucepan, add cinnamon stick and pour on water. Mix well, heat slowly and boil 2 minutes. Cool, add strong coffee and vanilla, and strain.

ICED CHOCOLATE

Place 3 tbsp. of chocolate syrup in the bottom of a drinking glass and add 2 tbsp. of fresh or evaporated cream, two of cracked ice, and fill the glass with rich milk. Mix thoroly in a shaker, or by pouring rapidly from one glass to another, until it is foamy.

CHOCOLATE GINGER CREAM

Place 2 tbsp. of chocolate syrup and one of cream in a glass. Stir, add 1 tbsp. of cracked ice, and fill the glass with gingerale.

COFFEE GINGER CREAM

Place in a glass 2 tbsp. of strong cold coffee, one of sugar syrup and one of cream. Stir well, add 1 tbsp. of cracked ice and fill the glass with gingerale.

SUGAR SYRUP

Syrups for sweetening lemonade or fruit punches are more economical than using sugar. Boil sugar with equal amount of water and cool before using.

LEMONADE

To the juice of each lemon, allow 3 tbsp. of sugar syrup or 1 to 2 tbsp. of sugar and one cup of cold water. Mix well and serve very cold.

GRAPE PUNCH

- | | |
|--------------------|-------------------|
| 1 part grape juice | Sliced lemon |
| 1 part water | Fresh mint leaves |

Mix grape juice and water, serve from punch bowl, placing a large cube of ice in the center of bowl. Serve lemon and fresh mint with each cup of punch.

FRUIT PUNCH

Grate 1 pineapple or take 1 can grated pineapple and let boil with 4 c. of water 15 minutes; strain and cool. Boil 4 c. of sugar with 2 c. of water 5 minutes; let cool and add this syrup to the pineapple water; add the juice of 6 lemons, 10 oranges, 2 grapefruit, 1 qt. of grape juice, 1 box of strawberries (hulled and cut in halves), 2 bananas (sliced), 1 cucumber (sliced; do not remove rind), 4 qts. of water, 2 sprigs of mint, 1 c. of fresh made tea. Pour over a block of ice in the punch bowl.

CHERRY PUNCH

1 qt. pitted cherries	1 chopped banana
Juice of 2 lemons, 2 oranges	1 c. granulated sugar
2 tbsp. shredded pineapple	

Combine and leave standing until juice is extracted, then press thru a strainer. At serving time add to this liquor 2 qts. of ice water and a pint of cherries, pitted and quartered.

RASPBERRY VINEGAR

4 qts. raspberries	3 qts. mild vinegar
Sugar	

Crush 2 qts. of raspberries, pour over the vinegar; cover and stand 2 days. Strain, pour the same vinegar over the remaining raspberries, crushed, stand 2 days longer. Strain and measure. To each pint add 1 lb. sugar, bring slowly to boiling point, boil 5 minutes, skim, turn into jars or bottles, and seal.

Use 1 to 2 tbsp. to a glass of fresh or charged water.

CHAPTER XX

Corn and Its Products, Including Corn Sugar*

CORN HAS MANY FOOD USES

There are many varieties of corn, but they all have practically the same composition, that is, 73.4 percent carbohydrate, 10 percent protein, and 4.3 percent fat. Both the yellow and white varieties of corn contain vitamins, but the yellow are somewhat richer in vitamin A, the fat-soluble, growth-promoting vitamin.

Like other cereals, corn is valuable in the diet because of the energy which it furnishes. This is about 1,690 calories per pound of whole ripe grain. Due to their low cost and high carbohydrate content, cereals, and especially corn, are an economical source of energy. They are also one of the cheapest sources of protein. As corn differs but little from the other cereals in composition, and is an abundant local crop, it is the most economical of the cereals, especially in the corn belt.

Ripe corn is prepared in many ways for use as a human food. The grain is parched and eaten whole; it is ground to varying degrees of fineness to make hominy, grits, corn meal, corn flour, etc.; it is treated with alkali to remove the skin and germ to make lye hominy or hulled corn; and it is converted by special processes into a variety of prepared breakfast foods. The starch from the corn is separated out and sold as corn starch or converted into corn sugar or syrups. The fat expressed from the germ is used both as a table oil and in cooking. The half-ripe corn, especially of certain sweet varieties, is eaten as a vegetable, either fresh, dried, canned or brined, while the ripe kernels of some other varieties are used for popcorn.

Corn, like other cereals, needs to be supplemented with such foods as milk, eggs, meat, cheese, fruits and vegetables, in order to supply a diet entirely adequate.

* Reprinted from Home Economics Bulletins No. 92 and 94, Iowa State College.

Cornmeal is of two kinds, (1) The usual granular cornmeal has the hull and germ almost entirely removed in the manufacture. The protein content is thus decreased to 9.2 percent, the fat to 1.9 percent and the carbohydrate increased to 75.4 percent. These changes decrease the energy value to 1,615 calories per pound. (2) The "Old Process" cornmeal is manufactured from the whole grain without the removal of the germ and hull, and has the same composition and energy value as whole corn. It is also much richer in flavor than the granular meal, but because of the higher fat content it does not keep as well and should be secured in relatively small quantities. It is usually obtainable only from the local miller. Either kind of cornmeal is used as mush, for breakfast cereal, and to fry. It is used in quick breads, steamed breads, puddings, and in various combinations with meats, cheese and vegetables.

Hominy, grits, samp, and pearl hominy are some of the names given to corn products prepared by the removal of the hull and germ and more or less grinding of the remainder of the grain. In percentage composition and energy value these products resemble the granular cornmeal. They are used like cornmeal in a mush or can be used as vegetables like rice. Lye hominy or hulled corn is a special preparation made by soaking the whole grain in water that contains lye to loosen the hull and germ, removing these and the lye by washing, and then boiling till tender. The lye hominy is used as any coarse hominy.

Cornstarch is manufactured from the corn, and is simply the purified starch from the grain. It is used for thickening puddings, gravies, etc., or combined with flour in some cakes.

Corn oil, which is nearly pure fat is expressed from the germ. In composition and energy value it is like other liquid fats. It is used as a table oil in salad dressings, for shortening, seasoning, and for deep-fat frying.

Corn sugar and corn syrups are the sugar and sugar containing products manufactured from corn starch. The corn sugar is used successfully in cakes, candies, ice creams, breads and other cooked mixtures, and with fruits cereals, etc., for sweetening. The corn syrups are used as syrup

for griddle cakes and waffles, in candies and many other cooked foods.

CORN MEAL RECIPES

CORNMEAL MUSH

- | | |
|---------------------------|-------------|
| $\frac{1}{2}$ c. cornmeal | 1 tsp. salt |
| $1\frac{1}{2}$ c. water | |

Moisten meal with a little water. Heat remainder of water to boiling, add salt, stir in cornmeal. This avoids lumping of mush. Cook in double boiler 1 hour or longer.

USES OF CORNMEAL MUSH

1. Serve hot with milk, butter or syrup.
 2. Cool, cut in slices and fry.
 3. Add $\frac{1}{2}$ c. ground cooked meat to 2 c. cornmeal mush.
 4. Add $\frac{1}{2}$ c. grated cheese to 2 c. cornmeal mush.
 5. Add $\frac{1}{2}$ c. tomato sauce and 1 chopped sweet green pepper.
- Note—Grits may be added instead of cornmeal.

SCALLOPED CORNMEAL MUSH

- | | |
|------------------|----------------------|
| Cornmeal mush | 1 c. grated cheese |
| 2 c. white sauce | Toasted bread crumbs |

Pour hot mush into a mold wet in cold water. When set, cut into 1-inch cubes. Oil a baking dish, put in a layer of cubes, cover with grated cheese; repeat until all is used, having cheese on top. Cover with white sauce and bread crumbs and brown in a moderate oven.

WHITE SAUCE

- | | |
|--------------------------|-------------------------|
| 5 tbsp. butter | 2 c. milk |
| 5 tbsp. flour or 4 scant | $\frac{1}{2}$ tsp. salt |
| tbsp. cornstarch | Few grains of pepper |

Melt the butter in a sauce pan, add flour and seasonings, and stir until well blended. Then pour in gradually while stirring constantly the milk. Bring to the boiling point and boil for 2 minutes.

CORNMEAL SOUFFLE

- | | |
|---------------------------|-------------|
| 1 c. water | 1 tsp. salt |
| $\frac{1}{3}$ c. cornmeal | 3 eggs |
| $\frac{1}{2}$ c. milk | 2 tbsp. fat |

Cook cornmeal in double boiler. Add milk, salt, fat and egg yolks beaten thick. Add the whites of eggs beaten stiff, and fold mixture together. Bake in a moderate oven.

POLENTA

- | | |
|---------------|--------------------------------|
| 1 c. cornmeal | 3 tbsp. chopped onion |
| 3 c. water | 1 tsp. salt |
| 1 c. tomatoes | $\frac{1}{8}$ tsp. pepper |
| 2 tbsp. fat | $\frac{1}{4}$ c. grated cheese |

Cook the cornmeal in boiling water for 45 minutes. Cook the tomatoes, fat, onion, salt and pepper together. Place a layer of

cornmeal mush in the baking dish. Cover with tomato mixture; add another layer of mush and tomato mixture. Sprinkle grated cheese on top of each layer and bake until cheese is melted.

TAMALE PIE

1 sweet green pepper	2 c. tomato sauce
$\frac{1}{2}$ c. cornmeal cooked in	2 c. chopped cooked meat
$1\frac{1}{2}$ c. boiling, salted water	1 tsp. salt
$\frac{1}{2}$ c. grated cheese	1 small onion

To 1 c. tomato sauce add meat, salt, onion, pepper and cornmeal mush. Put in pan, sprinkle with cheese and bake. Serve with remaining sauce.

Note: 1 c. of brown meat sauce may be substituted for the tomato sauce in the pie.

TOMATO SAUCE

2 tbsp. fat	$\frac{1}{8}$ tsp. pepper
2 tbsp. flour	1 c. stewed, strained tomatoes
$\frac{1}{2}$ tsp. salt	1 slice onion

Melt fat, add dry ingredients, blend thoroly and cook. Cook tomatoes with onion, then add mixture gradually to the fat and flour. Cook until thickened.

HOT TAMALES

1 pt. cornmeal	$\frac{1}{2}$ c. chicken broth
2 c. cooked chicken	2 cloves
$\frac{1}{2}$ tsp. salt	1 bay leaf
1 small onion	Salt and pepper
1 small Spanish pepper	Corn husks

Add just enough boiling water to the cornmeal and salt to make thick paste. Soak the husks in warm water. Cut the chicken, onion and pepper into small pieces, add the seasonings and the broth and let simmer for a few minutes. If the mixture is watery, thicken with a little corn starch. Spread out two large corn husks, cover the center part of them with a $\frac{1}{4}$ inch layer of the cornmeal. Place 2 tbsp. of the meat mixture in the center, roll with the husks on the outside, tie tightly at the ends, using narrow strips of soaked husks. Trim if necessary, and steam for 1 hour.

SCRAPPLE

1 lb. lean pork	$1\frac{1}{2}$ tsp. salt
1 qt. water	$\frac{1}{2}$ tsp sage
1 c. cornmeal	

Cook the pork until quite tender; remove meat, cool broth, skim off fat, heat broth (1 qt.) to the boiling point, stir in the cornmeal and cook two hours. Add seasoned chopped meat and fat. Cook 20 minutes longer. Pour into cold, wet loaf pan. When firm, slice, dip in flour and brown in hot fat.

QUICK CORN BREADS**CORN GRIDDLE-CAKES**

- | | |
|----------------------|-----------------------------|
| 2 c. flour | 1½ c. boiling water |
| ½ c. cornmeal | 1¼ c. milk |
| 1½ tbsp. baking soda | 1 egg |
| 1½ tsp. salt | 2 tbsp melted or liquid fat |
| 2 tbsp. sugar | |

Add the meal to the boiling water and boil 5 minutes, cool, add the milk and remaining dry ingredients mixed and sifted, then the egg well beaten and the fat. Cook as other griddle cakes. If the fat is doubled, the mixture can be baked as waffles.

CORNMEAL AND RICE GRIDDLE CAKES

- | | |
|---------------|----------------------|
| ½ c. cornmeal | 1 c. sour milk |
| ½ c. flour | 1 c cold boiled rice |
| ½ tsp. soda | 2 eggs |
| 1 tsp. salt | |

Mix dry ingredients together; add sour milk and rice to beaten eggs, stir into the dry ingredients. Fry on hot griddle.

CORNFLOUR WAFFLES

- | | |
|----------------------|----------------------|
| 1¾ c. flour | 2 tbsp. fat (melted) |
| ½ tsp. salt | 1½ c. sweet milk |
| 4 tsp. baking powder | 6 tbsp. cornflour |
| 1 egg | |

Sift dry ingredients. Beat egg, add milk and sifted dry ingredients. Add melted fat. Beat well and cook in hot waffle iron.

CORNBREAD

- | | |
|------------------------------|--------------|
| 2 c. cornmeal | 1½ tsp. salt |
| 2 c. sour milk or buttermilk | 2 eggs |
| 2 tbsp. fat | 1 tsp. soda |

Sift dry ingredients. Add sour milk, melted fat and beaten eggs. Bake in a moderate oven. If desired, add 2 tbsp. of molasses or corn sugar.

CRACKLING CORNBREAD

Substitute ⅓ to ½ c. of cracklings for the fat in the above cornbread recipe.

CORN MUFFINS

- | | |
|----------------------------|-----------------|
| 1 c. cornmeal or cornflour | ¾ tsp. soda |
| 1 c. wheat flour | 1¼ c. sour milk |
| 1 tsp. salt | 2 eggs |
| 1 tbsp. molasses | 1 tbsp. fat |

Sift dry ingredients; add beaten eggs, milk and melted fat. Bake in greased pans 20 to 25 minutes. If desired, bake as cornbread or corn sticks.

SPOON CORN BREAD

- | | |
|---------------|-------------|
| 2 c. water | 2 tsp. salt |
| 1 c. milk | 1 tbsp. fat |
| 1 c. cornmeal | 2 eggs |

Mix water and cornmeal, bring to boiling and boil 10 minutes or longer. Cool. Add well beaten eggs and other ingredients. Beat thoroly and bake in greased pan for 20 to 25 minutes in hot oven. Serve from baking dish with spoon.

SOUTHERN CORN PONE

2 c. white cornmeal	4½ tsp. baking powder
1 tsp. salt	1 tbsp melted fat
½ tsp. soda	1 c. sour milk

Sift dry ingredients together, add melted fat and sour milk. Mix well and shape into oblong pones about ½ inch thick. Bake 30 minutes in well greased pan in moderate oven.

SOUTHERN RICE CAKE

1 c. boiled rice	2 c. sour milk
2 eggs	1 c. cornmeal
1 tbsp melted fat	1 tsp. salt
1 tsp soda	

Beat eggs and add other ingredients. Mix thoroly and bake in a moderate oven.

CORNMEAL ROLLS

⅝ c. bread flour	1 tbsp. baking powder
⅜ c. cornmeal	1 tbsp butter or corn oil
¼ tsp. salt	½ c. milk
½ tbsp. sugar	

Sift the dry ingredients together, work in the fat with knives or the fingers, add the milk, and shape like Parker House rolls and bake for about 15 minutes in a hot oven. Brush over with butter or salted corn oil after baking.

STEAMED BROWN BREAD

1½ c. cornmeal	¾ c. Porto Rico molasses
1½ c. graham flour	2 c. sour milk
1 tsp. salt	2 tsp. soda

Sift the dry ingredients together; add sour milk and molasses. One cup raisins may be added if desired. Steam 3 or 4 hours.

Use for Left-Over Quick Cornbread

CHEESE SCALLOP

Cornbread cut in small cubes	Pepper
Grated cheese	Paprika
Salt	

Arrange cornbread and grated cheese in alternate layers in a buttered baking dish; sprinkle each layer with salt, pepper and paprika. Bake in a moderate oven until cheese is melted. Serve at once.

CORNMEAL DESSERTS

INDIAN PUDDING

1 qt. milk	¾ tsp. salt
¼ c. cornmeal	Spices (cinnamon, nutmeg or
½ c. molasses	ginger)

Cook milk and meal in double boiler 20 minutes. Add salt, molasses and spices as desired. Pour into greased baking dish. Bake 2 hours in slow oven, stirring occasionally. Pudding is very thin when done.

Variations: Raisins, dates, figs or dry stewed fruit may be added an hour before taking from oven. The fruit juice if thickened with corn starch and flavored with spice and lemon juice makes an excellent pudding sauce.

CORNMEAL AND APPLE PUDDING

- | | |
|---------------|------------------------------|
| 1 c. cornmeal | $\frac{1}{2}$ c. molasses |
| 1 qt. milk | 2 c. apples cored and sliced |
| 1 tsp. ginger | thin |
| 1 tsp. salt | |

Scald the milk and add cornmeal; cook 30 minutes and add salt, ginger and molasses. Pour in a buttered baking dish, bake one hour, stirring occasionally; add apples and bake one hour longer without stirring. Serve with cream or pudding sauce.

USES OF CORN AND HOMINY

BOILED CORN

Free the corn from husks and "silk." Drop the corn into a generous supply of boiling water for 8 to 10 minutes. Overcooking makes the corn tough and tasteless.

DRIED CORN

Scald the ears for 5 minutes, cool and cut the kernels from the cob. Spread the corn on muslin, protect from flies, and let dry. It should be stirred occasionally. When wanted for use, the corn should be rinsed in cold water, soaked for several hours, and then cooked slowly in a small amount of water until tender.

CORN CHOWDER

- | | |
|---|---------------------------------------|
| 2 c. fresh cooked or canned corn | $1\frac{1}{2}$ in. cube fat salt pork |
| 4 c. potatoes, cut in $\frac{1}{4}$ -in. slices | 4 c. scalded milk |
| 1 sliced onion | 8 common crackers |
| | 3 tbsp. butter |
| | Salt and pepper |

Cut the pork in small pieces and fry out; add the onion and cook 5 minutes, stirring often that onion may not burn; strain the fat into a stew pan. Boil the potatoes 5 minutes in boiling water to cover; add them, together with 1 c. of boiling water, to the fat, cook till soft, add the cooked corn and milk and heat to the boiling point. Season with salt and pepper, add the butter and the crackers split and soaked in enough cold milk to moisten.

SUCCOTASH

- | | |
|---------------------------|-------------|
| 2 c. cooked corn | Pepper |
| 2 c. boiled shelled beans | 2 tbsp. fat |
| $\frac{3}{4}$ tsp. salt | |

Add the corn, salt and pepper to the boiled shelled beans; cook 10 minutes; add the fat and serve.

SCALLOPED CORN AND CELERY

- | | |
|-----------------------------------|------------------------------|
| 2 c. canned corn (or grated pulp) | 1 tsp. salt |
| 1 c. finely chopped celery | 1 tbsp. chopped green pepper |
| 1 c. toasted bread crumbs | 2 tbsp. fat |
| | $\frac{1}{2}$ c. hot milk |

Arrange corn, pepper and celery in alternate layers in a baking dish. Add fat to hot milk and pour over the vegetables. Cover with toasted crumbs and bake 20 minutes.

CORN RELISH

- | | |
|----------------------------|----------------------------|
| 1½ doz. ears corn | 2 qts. vinegar |
| 1 small cabbage | 2 c. sugar |
| 1 bunch celery | 1 c. flour |
| 4 onions | $\frac{1}{2}$ c. salt |
| 2 green peppers | $\frac{1}{2}$ tsp. mustard |
| $\frac{1}{4}$ tsp. cayenne | |

Cut the corn from the cob. Grind the cabbage. Separate the celery stalks, remove the leaves and chop. Peel the onions and cut into thin slices. Wipe the peppers and chop them. Put all the vegetables into a preserving kettle and add half of the vinegar. Mix the dry ingredients and add the remaining vinegar to them. Combine the mixtures, bring to the boiling point and let simmer for 40 minutes. Fill glass jars and seal.

GREEN CORN CUSTARD

- | | |
|-------------------------|----------------------------|
| 1 c. cooked corn | $\frac{1}{8}$ tsp. paprika |
| 3 eggs | A few drops of onion juice |
| $\frac{1}{2}$ tsp. salt | 1½ c. milk (scalded) |

Beat the eggs slightly and add the other ingredients. Bake in buttered molds, surrounded by water.

HOMINY—CRACKED

Pick over, wash thoroly and soak in cold water, to cover. Stir into boiling salted water, having twice as much water as hominy, and cook 10 minutes; then cook several hours (until soft) in double boiler.

LYE HOMINY

- | | |
|-------------------|-------------------------------|
| 5 ounces lye | 5 qts. corn (white preferred) |
| 6 qts. cold water | 5 tbsp. salt |

Dissolve the lye in the cold water and stir in the corn. Let stand for 15 hours. If the hulls are not loose enough to rub off easily, boil for a few minutes to finish loosening them. Wash thoroly in running water to remove the lye, and then rub the hulls off. This can be done quite easily in a cloth bag. Wash off the loose hulls and black tips. To remove the discoloration caused by the lye, soak over night in slightly salted water, or boil for a short time in salt water. Rinse again, cover with water, add the salt, and boil in a covered kettle for 3 or 4 hours (till tender). Changing the water two or three times during cooking will lessen the taste of the lye.

PLAIN COOKED HOMINY

- | | |
|--------------------------|---------------------------|
| 2 c. home-made hominy or | 1 tsp. salt |
| cooked cracked hominy | $\frac{1}{4}$ tsp. pepper |
| 2 tbsp. fat | |

Heat thoroly and serve. One-half cup of milk or 1 c. of chopped meat may be added.

HOMINY BAKED WITH CHEESE

- | | |
|--------------------------------|-----------------------|
| 2 c. cooked hominy | Pepper |
| $\frac{1}{2}$ c. grated cheese | 1 c. thin white sauce |
| Salt | Toasted crumbs |

Place in baking dish alternate layers of cooked hominy and cheese. Season with salt and pepper. Pour over white sauce, sprinkle with toasted crumbs and bake.

USES OF CORN OIL

MAYONNAISE DRESSING

- | | |
|----------------------------|---------------------------------|
| $\frac{3}{4}$ tsp. salt | 2 egg yolks |
| Few grains of cayenne or | 2 tbsp. lemon juice |
| paprika | 2 tbsp. vinegar |
| $\frac{1}{2}$ tsp. mustard | $1\frac{1}{2}$ to 2 c. corn oil |
| 1 tsp. powdered sugar | |

Mix the dry ingredients in a bowl which fits the beater. Add the egg yolks and beat until the yolks are well thickened, then gradually beat in the lemon juice and vinegar, using a dover beater. Add $\frac{1}{2}$ tbsp. of oil and beat 2 minutes. Then add the oil 1 tbsp. at a time, beating thoroly between additions. Toward the last the oil may be poured in slowly. Add oil until the mixture is stiff enough to hang from the beater. Keep cold in a covered glass jar. If a less rich dressing is desired, the above made mayonnaise may be thoroly mixed with a thick starch paste. To make the starch paste, add $1\frac{1}{2}$ c. of boiling water to a mixture of $3\frac{1}{2}$ tbsp. of cornstarch, $1\frac{1}{2}$ tsp. of salt and 2 tbsp. of cold water. Boil the starch paste for 5 minutes and cool before combining with the mayonnaise.

FRENCH DRESSING

- | | |
|---------------------------|----------------------------|
| $\frac{1}{2}$ c. corn oil | $\frac{1}{2}$ tsp. mustard |
| 2 tbsp. vinegar | $\frac{1}{2}$ tsp. paprika |
| 2 tbsp. lemon juice | 1 tsp. powdered sugar |
| $\frac{3}{4}$ tsp. salt | Few grains cayenne pepper |

In a deep cup or small bowl beat the dry ingredients with vinegar and lemon juice. Add the oil, beating vigorously, until the consistency of thick cream. Use immediately, as the emulsion breaks quickly.

If the ingredients are put into a bottle and shaken vigorously for several minutes, a good emulsion will result. This may be kept in refrigerator for later use and thoroly shaken when wanted.

Various substances can be added to the French Dressing to give variety, such as, 1 tsp. parsley, 2 tbsp. grated cheese, 2

tbsp. chopped pickle, 1 tbsp. tomato catsup, or 4 tbsp of orange marmalade.

BOILED DRESSING

1 tsp. salt	2 egg yolks or 1 egg
1 tsp. mustard	2 tbsp. corn oil
2 tbsp. sugar	$\frac{3}{4}$ c. water
2 tbsp. flour	$\frac{1}{4}$ c. mild vinegar

Mix the dry ingredients. Beat the egg well, add the vinegar diluted with water and beat thoroly. Combine with the dry ingredients. Cook in a double boiler, stirring constantly, until thick. Add the oil. The addition of $\frac{1}{2}$ c. of sour cream improves the flavor.

FOR FRYING PURPOSES

Corn oil is excellent for all kinds of frying, especially deep-fat frying, because it does not smoke as readily as the solid fats and also because less of it adheres to the cooked product.

USES OF CORN SYRUP

CORN SYRUP TAFFY

1 c. brown sugar	1 tbsp. lemon juice
$\frac{1}{2}$ c. white corn syrup	$\frac{1}{2}$ tsp. lemon flavoring
$1\frac{1}{2}$ tbsp. corn oil	

Cook the sugar, syrup, oil and lemon juice until it forms a hard ball in cold water. Pour into a pan oiled with corn oil, and pull when cold.

POPCORN BALLS

Pop the corn and remove the unpopped grains. To 1 c. of dark corn syrup add 1 tbsp. of vinegar and boil until it hardens when dropped into cold water. While still very hot, stir into it the popped corn. As soon as cool enough to handle, rub the hands with corn oil and form the mass into balls.

PROPERTIES OF CORN SUGAR

Corn sugar is somewhat different from cane sugar in its chemical and physical properties and so failures often result in attempts to substitute it wholly or in part for cane sugar in food preparations. If its properties are kept in mind, it can be used *very successfully* in part or wholly in a large number of foods, and *can easily take the place* of about one-fourth of the sugar used in the average home.

Pound for pound the food value of corn sugar is practically equal to that of cane, but corn sugar is only four-fifths as heavy as cane sugar and so the volume (measure) used must be increased one-fourth, or $1\frac{1}{4}$ cups corn sugar equals the weight of 1 cup cane sugar. It is rated from

one-half to three-fourths as sweet as cane sugar, so for equal sweetening the volume should be about doubled.

In recipes in which the amount of sugar is large, and where the texture and sweetness of the finished product are of prime importance, it is not desirable to use complete substitution, but successful results can be obtained from partial substitution of corn sugar for the cane sugar when used according to directions.

In cakes made with fat and in doughnuts 25 to 50 percent corn sugar can be used successfully when either sour milk is substituted for the sweet milk or where a little lemon juice or other acids added. These materials will offset any alkalinity in the cake mixture. When corn sugar is heated with a mild alkali, such as hard water or sweet milk, the product tends to become dark in color and a slightly bitter flavor is developed, the more so the higher the temperature or the longer the heating. This can be overcome as suggested above by the addition of a mild acid.

Corn sugar caramelizes at a lower temperature than cane sugar and so is unsatisfactory for brittles. In preparations using small amounts of sugar for sweetening, such as breads, griddle cakes and waffles, the corn sugar is preferable because the product browns more readily.

In caramels, fudge and fondant about 20 percent corn sugar can be substituted for cane sugar and in ice cream and other frozen mixtures about 60 percent can be used.

CORN SUGAR FACTS IN A NUTSHELL

- (1) It is a healthful and nutritious food which may be used freely in the diet.
- (2) It weighs four-fifths as much as cane sugar.
- (3) Its sweetness is generally rated between *one-half* and *three-fourths* that of cane sugar.
- (4) Where sweetness is not the essential and in recipes where small quantities of sugar are used it is preferable to cane or beet sugar.
- (5) Where brown color is an advantage, as in gravies, baked beans, griddle cakes and waffles, it is preferable to cane or beet sugar.

- (6) It caramelizes at a lower temperature than cane sugar and therefore is not satisfactory in brittles.
- (7) In cakes made with fat and in doughnuts, 25 to 50 percent of corn sugar can be used successfully if certain precautions are taken.
- (8) In cooked products, acids such as lemon juice, vinegar or sour milk, should be used because with hard water and heat alone, a dark colored, bitter substance is produced, which renders the product unpalatable.
- (9) Batters made with corn sugar *must be stiffer* than those made with cane sugar; therefore, the liquid is decreased one-fourth to one-half.
- (10) In frozen mixtures, 60 percent of corn sugar may be used successfully, but if the mixture is a frozen custard, the corn sugar should not be added until the custard is cool.
- (11) In canned fruits, corn sugar is preferable to cane sugar because it does not mask the delicate fruit flavors.
- (12) In cooked products, 100 percent corn sugar is not as successful as 25 to 50 percent.
- (13) It can easily take the place of about one-fourth of the sugar used in the average home.

Recipes in Which Corn Sugar Is Used

In the following tested recipes the special properties of corn sugar have been considered. The products are quite as satisfactory as when cane sugar only is used in their preparation.

Corn sugar may be used for sweetening coffee, cereals and fresh fruits in the same manner as cane sugar.

GRIDDLE CAKES, WAFFLES ETC.

If a little corn sugar is used in griddle cakes, waffles and other breads, they will brown more rapidly without making the product too sweet.

GRAVIES

Corn sugar may be added to gravies to insure browning where desired.

BAKED BEANS

Use 1 tbsp. of corn sugar for every 1 c. of dry beans when preparing baked beans. Add the sugar just before baking. If soda is used in boiling the beans, be sure to wash off all soda before adding the corn sugar, or the beans will become bitter.

PLAIN CAKE

(50 percent corn sugar)

- | | |
|-----------------------------------|----------------------------|
| $\frac{1}{2}$ c. fat | $\frac{1}{2}$ c. sour milk |
| 1 scant c. corn sugar | 2 eggs |
| $\frac{3}{4}$ c. granulated sugar | 3 c. flour |
| 4 tsp. baking powder | 1 tsp. flavoring |
| $\frac{1}{2}$ tsp. salt | |

Cream the butter, add the sugar gradually and eggs well beaten. Mix and sift the remaining dry ingredients and add alternately with the milk to the first mixture. The batter will be much stiffer than for the ordinary cake. Bake as usual either as loaf or in layers.

The measure of corn sugar used is slightly more than the cane sugar used because it is lighter in weight and less sweet.

If you prefer using your favorite recipes, remember to decrease the amount of liquid called for by $\frac{1}{4}$ when substituting corn sugar for $\frac{1}{2}$ the cane sugar, and that the results are better when sour milk without soda is used instead of the sweet milk usually called for.

PLAIN CAKE

(25 percent corn sugar)

- | | |
|-------------------------------------|----------------------------|
| $\frac{1}{2}$ c. fat | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ c., scant, corn sugar | $\frac{3}{4}$ c. sour milk |
| $1\frac{1}{8}$ c. granulated sugar | 2 eggs |
| 4 tsp. baking powder | 1 tsp. flavoring |
| 3 c. flour | |

Mix and bake as directed under Plain Cake (50 percent corn sugar).

DOUGHNUTS

(50 percent corn sugar)

- | | |
|-----------------------------------|----------------------------------|
| $\frac{1}{2}$ c. granulated sugar | 2 tbsp baking powder |
| $\frac{3}{8}$ c. corn sugar | $\frac{1}{8}$ tsp. nutmeg |
| 2 eggs | 1 tsp. salt |
| 1 c. sour milk | flour, 5 c., or enough to make a |
| 2 tbsp. melted butter | soft dough that will roll |

Mix the ingredients in the order given, roll, cut, fry and drain.

SPONGE CAKE

The results of using corn sugar in sponge cake have not been entirely satisfactory.

GINGER BREAD

- | | |
|---|----------------------------|
| 2 c. flour | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{3}$ c. corn sugar | 1 c. sorghum |
| 2 tsp. ginger | $\frac{1}{2}$ c. sour milk |
| $\frac{1}{4}$ tsp. cinnamon, cloves, each | 1 egg |
| $\frac{3}{4}$ tsp. soda | $\frac{1}{4}$ c. fat |

Mix and bake in the usual manner.

INDIAN PUDDING

1 qt. scalded milk	$\frac{5}{8}$ c. corn sugar
5 tbsp. granulated Indian meal	1 tsp. salt
2 tbsp. butter	$\frac{3}{4}$ tsp. cinnamon
$\frac{1}{2}$ c. molasses	2 eggs
	1 c. cold milk

Add meal gradually, while stirring constantly, to scalded milk and cook in double boiler 15 minutes; then add butter, molasses, seasonings and eggs, well beaten. Turn into a buttered pudding dish and pour on cold milk. Bake in a moderate oven one hour. Serve with or without vanilla ice cream.

OATMEAL NUT COOKIES

4 tbsp. butter	$1\frac{1}{2}$ c. flour
3 tbsp. lard	1 tsp. salt
$\frac{3}{4}$ c. corn sugar	1 tsp. baking powder
$\frac{5}{8}$ c. cane sugar	$\frac{3}{4}$ tsp. cinnamon
1 egg	$\frac{1}{2}$ tsp. cloves
5 tbsp. sour milk	$\frac{1}{2}$ tsp. allspice
$1\frac{3}{4}$ c. rolled oats	$\frac{1}{2}$ c. nuts
$\frac{1}{2}$ c. raisins	

Cream, butter and lard together and add gradually, while beating constantly, sugar; then add egg, well beaten, milk, rolled oats, raisins (seeded and cut in pieces) and nut meats, chopped. Mix and sift flour with remaining ingredients and add to first mixture. Drop from tip of spoon on a buttered sheet, 1 inch apart, and bake in a moderate oven 15 minutes.

CHOCOLATE CAKE

$1\frac{1}{2}$ c. flour	$\frac{1}{3}$ tsp. salt
$\frac{3}{4}$ c. cane sugar	1 c. thick sour milk
$\frac{3}{8}$ c. corn sugar	1 egg
1 tsp. soda	$\frac{1}{2}$ c. powdered chocolate or cocoa
3 tbsp. liquid or melted fat	

Sift dry ingredients into a bowl, add milk and egg (slightly beaten) and beat thoroly. Add chocolate or cocoa and fat, beat thoroly and bake in greased tin and in moderate oven 30-45 minutes.

SPICE CAKE

$\frac{1}{2}$ c. fat	1 tbsp. boiling water
1 c. brown sugar	1 c. sour milk
$\frac{5}{8}$ c. corn sugar	3 c. flour
4 egg yolks	$\frac{1}{2}$ tsp. salt
1 tsp. cloves, nutmeg and cinnamon, each	4 tsp. baking powder

Mix as for plain cake and bake in loaf or layer.

HONEY HERMITS

3¼ c. flour	1 tsp. salt
½ c. corn sugar	1 c. chopped raisins
⅝ c. strained honey	1½ tsp. cinnamon
⅓ c. fat	½ tsp. cloves
2 eggs	3 tsp. baking powder
½ c. sour milk	

Mix strained honey and melted fat. Add eggs, milk, salt, raisins. Sift in mixed and sifted dry ingredients. Beat well and drop on greased pan. Bake in a quick oven until brown.

APPLE SAUCE CAKE

½ c. cane sugar	2 tsp. soda
⅝ c. corn sugar	2 tsp. melted chocolate
½ c. melted butter	2 tsp. corn starch
1½ c. unsweetened apple sauce	½ tsp. cinnamon
1 c. chopped nuts	½ tsp. cloves
1 c. raisins	½ tsp. allspice
2 c. flour	½ tsp. nutmeg

Mix and bake in loaf in moderate oven. The chocolate may be omitted if desired.

CONFECTIONS

FUDGE

1 tbsp. butter	⅞ c. granulated sugar
1 square chocolate	⅛ c. corn sugar
⅓ c. water or milk	

Mix the ingredients and cook slowly while stirring until the sugar is dissolved. Cook until a portion tested in cold water forms a rather firm ball. Cool until just warm to the hands and then beat.

FONDANT

⅓ c. corn sugar	⅓ c. water (soft or distilled water preferable)
⅞ c. cane sugar	

Dissolve the sugar in the water, boil to soft ball state, cool and beat as usual.

DIVINITY

¾ c. granulated sugar	Pinch of salt
⅜ c. corn sugar	1 egg white
⅓ c. water	

Mix the sugar, water and salt and cook until the syrup will form a thread 2 inches long or to a firm ball. Stir in the beaten egg white and beat until it is stiff and will keep its shape.

FROZEN DESSERTS

ORANGE AND LEMON ICE

4 c. water (soft water pre- ferable)	1 c. cane sugar
1½ c. corn sugar	1½ c. orange juice
	½ c. lemon juice

Grated rind of 1 orange and 1 lemon may be added. Make syrup, cool, add fruit juices, grated rind, strain and freeze.

VANILLA ICE CREAM

2 c. scalded milk	$\frac{1}{8}$ tsp. salt
2 tsp. corn starch	2 tbsp. vanilla extract
$\frac{1}{3}$ c. cane sugar	$1\frac{1}{3}$ c. corn sugar
1 egg	1 qt. thin cream

Make a custard as usual, but do not add the corn sugar and vanilla until after the custard has cooled. Freeze in the usual manner.

1 c. blanched, browned and chopped almonds may be added if desired. Further variations may be made by the addition of fruits, nuts, chocolate, caramel, grapenuts, etc., to this recipe.

JELLIES

Corn sugar can be used in fruit jellies in place of $\frac{1}{2}$ of the cane sugar. Use $1\frac{1}{4}$ c. corn sugar for each 1 c. cane sugar omitted.

If the jelly is not to be used immediately, it must be sealed air-tight with paraffin because on exposure to the air the corn sugar tends to crystallize out.

FRUITS, STEWED AND CANNED

Use $1\frac{1}{4}$ c. corn sugar for each 1 c. cane sugar ordinarily used in stewed or canned fruits. If the products are not as sweet as desired, more corn sugar or some cane sugar can be added, but in such case at least 5 minutes boiling after the addition is necessary for sterilization.

YEAST BREADS

Corn sugar can replace the cane sugar in yeast breads as it furnishes immediate food for the yeast cells, thereby hastening the action.

CHAPTER XXI

Food for the Child

WITH a better scientific knowledge of what is proper growth and optimum nutrition in children, the necessity of adequate food for such demands is of interest to the average homemaker.

Food for children should provide:

1. Building foods to furnish material, not only to build muscle, but teeth and bone and nerves.
2. Foods containing the vitamins which regulate growth and are essential to life itself, as A and B, and also those which prevent scurvy and rickets, the latter a disease which 90 percent of the children have at some time during their childhood to a greater or less degree.
3. Foods to give the energy the growing child needs, since it is very active.
4. Foods to develop the jaw muscles and teeth, because of difficulty in mastication.
5. Enough food, as a child needs 2 to 3 times the amount of food an adult does per pound of body weight.

FOODS SUITED FOR CHILDREN

1. The building food best suited to children's needs is milk. It contains the protein for building muscle and the lime for building teeth and bone. Vitamins A and B are also present. Each child should have a quart of milk every day. It may be used in cooking the food, by substituting milk for water in cooking cereals, or it may be made into a cream soup.

Eggs, particularly the yolks, are not only a valuable source of protein, but the iron and vitamins they contain make them a necessary food for children.

Meat and cheese are both suited for older children. Meat, like sugar, is a food with a flavor, and likely to be preferred to such bland foods as milk. One chief reason for stressing milk is that there is no food which in quantity or economy of cost furnishes the lime, so necessary for good teeth, as milk does. Meat furnishes the phosphorus and some parts, as the liver, are unusually rich in iron and vitamins. Broths from meat are desirable to use with children even

one year of age, but meat once a day is sufficient after the third year.

2. We are dependent on fruits and vegetables for some of our most important vitamins. Children should learn to eat them at an early age in order to insure the safety which they afford both thru prevention of disease and providing for proper assimilation of foods eaten.

Citrus fruits, such as oranges, are especially good, but if economy must be practiced, tomato juice may be used instead. The giving of cod liver oil to children thru infancy and childhood furnishes the vitamin D which prevents rickets.

Vegetables and fruits should be strained or rubbed thru a sieve for young children because of the large quantity of food they need in proportion to their size. In teaching children to eat vegetables, begin with only a small amount at first and gradually increase. Above all, remember practice is better than precept and the example of the parents of eating vegetables is a strong incentive to children eating them.

3. Sugars, starches, cereals and fats give the child the energy needed for his bodily activity.

Sugar should find little use in his dietary as sweet foods soon cloy the appetite. If they are given, they should be at the end of the meal. Foods given to children, such as cereals, cocoa, custards and ice cream, ought to be less sweet than those given to adults.

Starches in the form of bread and crackers are good in their place, provided they are used to develop the jaws and teeth. For this reason they should be stale. Too many children satisfy their appetite with bread and butter early in the meal and neglect the bone and body-building foods found in fruits, vegetables and milk. Bread and butter should be given to children after the above foods are eaten.

Graham crackers, which are made of the whole wheat kernel, are a good source of energy as well as minerals and vitamins, tho the graham cracker is too sweet to permit of an extended use. Cereals are of value for children as they contain phosphorus, and the whole ones vitamin B.

Fats particularly of benefit to children are butter and cream, which may be easily added to flavor their vegetables.

The importance of cod liver oil has already been mentioned.

4. Foods which encourage chewing are dry crusts, toast, zweiback, etc.

5. The fruits, vegetables and cereals are the bulky foods needed in the diet.

SUGGESTIONS FOR FEEDING CHILDREN

1. The normal child, who exercises and plays out of doors in the sun, is hungry. The sun is a wonderful tonic for the appetite.

2. Children often do not eat because they play so hard that they become too tired. Such children are often underweight. Such a child should lie down a half hour before eating and rest afterward, also, to insure proper digestion and assimilation of food.

3. It is best not to discuss food with children. The plate may be served with small portions, and when eaten, second portions may be given or the dessert may be given. Allowing children to eat dessert first, or having two desserts, is a mistake, as too much sweet takes the place of food needed for building and growing.

4. The importance of children being taught to eat all the food on the plate is necessary, from an economic standpoint of teaching that food ought not be wasted. Those serving should plan smaller portions for children.

5. Children going without breakfast are endangering their health. If children arise and do something about the house first, an appetite is usually created. A glass of cold water on rising helps.

6. Tea and coffee have no place in a child's diet and if cocoa is used it should be only of such strength as to flavor the milk. Cocoa is a stimulant like tea and coffee.

7. Cooked fruits, vegetables, meats, eggs, etc., ought to be cut in small pieces and stones of fruit removed for the child. This aids in making the child like such foods, as he often becomes discouraged trying to master a prune pit or an unruly leaf of spinach.

8. The school lunch ought to be prepared with all the foregoing points in view. Milk should always form a part of it. With the use of a thermos bottle, hot milk soups, cocoa, etc., may be used to provide both milk and a hot dish.

9. Children are as sensitive to form and color as older people are. Sometimes a bit of jelly or a garnish changes the looks of a food so that he may grow to like a food which has been distasteful. Flavor, also, such as salt and cream or butter, are as necessary in children's foods as in adults'.

10. Children should be encouraged to use good table manners in handling silver and food. Nagging them continually develops indifference or emotional disturbance liable to interfere with digestion.

CHAPTER XXII

The Planning of Menus

THE PROBLEM of three meals a day is one confronting every homemaker and it is most easily met by planning several days in advance, rather than only for the next meal to come. Weekly planning of menus has these advantages:

(1) It permits of a wise spending of money to give the family its proper food.

(2) It does not make the housewife flurried at the last moment trying to decide what to have and so conserves her nerve energy, strength and time.

(3) It admits of a greater variety in meals and a better and more economical use of left-overs.

PRINCIPLES OF MEAL PLANNING

The day's menu should include some of all of the foods which are essential to proper nourishment of the whole family.

Main or "Staying" Dish

Each meal should include a main or "staying" dish in order that one may not become unduly hungry before the next meal. The fats and foods containing a fat, either as an ingredient or one cooked in fat, stay by one the longest. For that reason, such foods as pork, sausage, pie, fried foods, etc., are in favor with those who are at severe work. They are not, however, desirable in the diet of those who live sedentary lives or of children. Foods served with sauces, or the cereals, which are cooked and served with cream, have the ability to give a satisfied feeling for a considerable time. Meats, milk and other protein foods also stay in the stomach from two to three hours, where the first part of their digestion takes place.

Vegetables

The use of at least two vegetables at dinner, one of which is a green one, is desirable. Fruit fills the same place in the menu at breakfast and may at lunch or supper. An

abundant supply of both in the diet, together with milk, protects the family from many ills and furnishes adequate body regulators for proper nutrition.

If one must count the calories, because of adding weight, it is best to choose the greater part of the meal from vegetables having more bulk and less food value. The following lists show the composition of fruits and vegetables:

FOODS ARRANGED APPROXIMATELY ACCORDING TO PERCENT OF CARBOHYDRATES (STARCHES AND SUGAR)

(From Nutritional and Clinical Dietetics, by Carter, Mason and Howe.)

Vegetables

5 percent		10 percent	15 percent	20 percent
Lettuce	Cauliflower	Onions	Green peas	Potatoes
Spinach	Tomatoes	Squash	Artichokes	Shell beans
Sauerkraut	Rhubarb	Turnip	Parsnips	Baked
String	Egg plant	Carrots	Canned lima	beans
beans	Leeks	Okra	beans	Green corn
Celery	Beet	Mushrooms		Boiled rice
Asparagus	greens	Beets		Boiled
Cucumbers	Water cress			macaroni
Brussels	Cabbage			
sprouts	Radishes			
Sorrel	Pumpkin			
Endive	Kohlrabi			
Dandelions	Broccoli			
Swiss chard	Vegetable			
Sea kale	marrow			
Miscellaneous: Unsweetened and unspiced pickles, clams, oysters, scallops, liver, fishroe.				

Fruits

5 percent	10 percent	15 percent	20 percent
Ripe olives	Lemons	Apples	Plums
(20 percent fat)	Oranges	Pears	Bananas
Grapefruit	Cranberries	Apricots	
	Strawberries	Blueberries	
	Blackberries	Cherries	
	Gooseberries	Currants	
	Peaches	Raspberries	
	Pineapples	Huckleberries	
	Watermelons		

Nuts

5 percent	10 percent	15 percent	20 percent
Butternuts Pignolias	Brazil nuts Black walnuts Hickory nuts Pecans Filberts	Almonds Walnuts (English) Beechnuts Pistachios Pine nuts	Peanuts 40 percent Chestnuts

Cereals

Cereals in the form of breakfast foods should be included, particularly if there are children in the family. Breads, of course, form a very important article in our diet.

Desserts

The use of a great deal of sweet foods is not desirable as such foods ferment easily and thus bring on digestive troubles.

Simple desserts of fresh and canned fruits are best in families where there are children.

Color and Form

The attractiveness of the food served plays an important part in meal planning. The use of colors which do not harmonize should be avoided, as tomatoes and beets at the same time. There should also be a variation in the foods served, using foods of fine texture as potatoes, rice, etc., with those of coarser ones as fruit and bulky vegetables, etc. The same food should not be used in different forms in the same meal. In meal planning, foods should not be of the same texture, as all liquids, or served with sauces. One sauce is sufficient in any meal.

Flavor

While foods without a particular flavor, as milk, cereals, some vegetables, etc., must furnish the major part of the diet, each meal needs some food of a pronounced flavor, as meat, cheese, some seasoning or sugar, to give that quality

to a meal which stimulates the appetite as well as furnishes food nutrients.

THE IDEAL DIETARY

The ideal dietary for a day should contain protein in the form of meat at one meal, an egg for its protein and iron, and either milk or cheese for its calcium as well as protein. At least once each week a saltwater food is essential for its protein and iodine content. At least five vegetables and fruits should be included each day, arranged according to the homemaker's convenience. One vegetable should be leafy and at least one vegetable or fruit should be uncooked. A citrus fruit or tomato juice should be included each day if there are children. Legumes are advisable once a week for their phosphorous and iron content.

Garnishes

A garnish is an addition to food to make it more attractive to the eye, thereby increasing the flow of digestive juices by this stimulation. It may also add to the food value of the dish as a garnish of eggs. A garnish should not disguise a dish nor should it detract from the food itself by being cut unattractively. The color of the garnish should make a good color combination also with the food. A garnish should not interfere with the serving of the dish.

Paprika—A dash of paprika in a cream soup, creamed or baked potato, after it is opened, or on a bit of salad dressing, is effective.

Parsley is always an attractive garnish for eggs, meats, fish and poultry. It is sometimes chopped and sprinkled over cream soups and creamed dishes, also. To chop parsley, gather leaves firmly together in the left hand and hold against the surface of a cutting board. With a sharp, thin-bladed knife, shave off thin sections. Then, guiding the knife with the left hand, chop the sections in small pieces. A sharp, thin-bladed knife must be used or the bits of parsley will look bruised.

Pimentos or Green Peppers—Strips, rings or designs cut out of either the red or green pepper are pleasing garnishes to an otherwise colorless dish.

Maraschino cherries may make a very simple dessert appear festive, as also does a bit of jelly.

Bread and toast are often used as garnishes. Bread may be made into cases for holding creamed dishes. These cases are usually browned in the oven after buttering. Toast points and toast cut in strips adds to the food value of egg and creamed meat or fish, as well as improving the appearance.

Buttered crumbs, browned in the oven, add to the attractiveness of escalloped dishes.

Pastry cases may also be used as garnishes. Swedish timbale shells may have rim dipped in egg white, then in chopped parsley before filling.

Eggs, sliced neatly, are used to garnish salads and jellied meats.

Cheese, grated and melted in the oven, adds a flavor as well as a garnish to some egg and cereal dishes.

Lettuce is the usual foundation for all salads. Watercress, chickory and curly endive may also be used.

Whipped cream is often used to garnish desserts. It may be put on with a pastry tube.

Vegetables cut in fancy shapes may be used as a garnish in soups. Poached egg yolks may also be used in the same way.

Lemon is a garnish most suitable for meats and fish as well as some vegetable dishes. It may be quartered or sliced very thin. The slices may have the rind removed if the color does not fit in the color scheme. They may be sprinkled with chopped parsley, or, by way of variation, with paprika.

Olives and red radishes, sliced thinly, are used with salads and meats. Capers, too, are often used to add color.

Meringues are used chiefly as garnishes for pastry or for cases as foundations for fancy desserts.

Color—The use of vegetable coloring to give the necessary tint to carry out a color scheme is desirable, but too much of it mars rather than improves the appearance. Unusual colors for foods are not appetizing.

MENUS FOR DINNERS

1

Color Scheme: Cardinal and Gold.

ROAST HAM

SWEET POTATOES AU GRATIN

APPLE SAUCE

WHOLE WHEAT BREAD

CREAMED CARROTS

COTTAGE CHEESE

APRICOT SOUFFLE

2

Color Scheme: Red and White.

ROAST VEAL

CREAMED POTATOES

PEAS

PERFECTION SALAD

WHOLE WHEAT BREAD

STRAWBERRY SPONGE

3

Color Scheme: Red and White.

PRIME RIB ROAST

BROWNEED POTATOES

GRAVY

HARVARD BEETS

WHOLE WHEAT BREAD

BUTTER

PERFECTION SALAD

STRAWBERRY SHORT CAKE

4

Color Scheme: Orange and Green

PLANKED ROUND STEAK

MASHED POTATOES

GLAZED CARROTS

WHOLE WHEAT ROLLS

BUTTER

PRUNE PINEAPPLE SALAD

ICE CREAM

5

Color Scheme: Red and Yellow.

PLANKED STEAK

POTATO ROSES

BUTTERED CARROT RINGS

RADISHES

WHOLE WHEAT ROLLS

BEET AND EGG SALAD

STRAWBERRY BAVARIAN CREAM

COFFEE

6*Color Scheme: Yellow and Green*

PORK LOIN ROAST

FRIED PINEAPPLE RINGS

CREAMED NEW POTATOES AND PEAS

CUCUMBER CUPS WITH TARTARE SAUCE

PEACH TAPIOCA

ROLLS

COFFEE

7*Color Scheme: Pink and Green*

ROAST HAM

SAVORY POTATOES

STUFFED BAKED TOMATO

RADISH ROSES

HEAD LETTUCE SALAD WITH THOUSAND ISLAND DRESSING

WHOLE WHEAT ROLLS

STRAWBERRIES AND PINEAPPLE

TEA CAKES

COFFEE

8

Color Scheme: Apricot and Cream.

ROAST BEEF AND DRESSING MASHED POTATOES AND GRAVY
 HEAD LETTUCE THOUSAND ISLAND DRESSING
 ASPARAGUS
 HOT ROLLS MARMALADE
 RHUBARB SHORTCAKE
 COFFEE

9

Color Scheme: Red and Green

LAMB ROAST MASHED POTATOES
 CREAMED ASPARAGUS
 BUTTERED ROLLS MINT JELLY
 POINSETTA TOMATO SALAD
 COCOANUT MERINGUE PIE
 COFFEE

10

Color Scheme: Orange and Green

PORTERHOUSE STEAK PARSLEY NEW POTATOES
 BUTTERED PEAS
 WHOLE WHEAT BREAD BUTTER
 PEACH MARMALADE
 CARROT AND CELERY SALAD
 ORANGE SHERBET VANILLA WAFERS
 COFFEE

INFORMAL BUFFET LUNCHEONS*Color Scheme: Yellow and White*

SALMON SALAD	SCALLOPED SWEET POTATOES
BAKING POWDER BISCUITS	ORANGE MARMALADE
APRICOT SOUFFLE	MARGUERITES

Color Scheme: Cardinal and Gold

TUNA FISH SALAD

SARATOGA CHIPS	BUTTERED STRING BEANS
HOT ROLLS	CHERRY PRESERVES
CHOCOLATE CHARLOTTE RUSSE	
COFFEE	
NUTS	CANDIES

SEMI-FORMAL BUFFET LUNCHEONS*Color Scheme: Yellow and Green*

CHICKEN SALAD	POTATO CHIPS
OLIVES	
BUTTERED CARROTS	LETTUCE SANDWICHES
ORANGE CREAM SHERBET	COCOANUT COOKIES
COFFEE	

Color Scheme: Cardinal and Gold

(Red tulips or roses; or calendulas, jonquils, yellow tulips)

HAM LOAF

STUFFED BAKED POTATOES	FRENCH FRUIT SALAD
SANDWICHES	RADISHES
LEMON SHERBET	
COFFEE	
ROLL COOKIES	SALTED NUTS

*FORMAL BUFFET LUNCHEONS**Color Scheme: Cardinal and Gold*

SALMON CROQUETTES

BAKED TOMATOES

CHEESE BISCUITS

TOURNAINE FRUIT SALAD

RASPBERRY ICE

ECLAIRS

TEA

Color Scheme: Red and Green

CREAMED MOCK CHICKEN IN TIMBALES

PARSLEY POTATOES

MINT PERFECTION SALAD

MAYONNAISE

PARKER HOUSE ROLLS

BUTTER

STUFFED OLIVES

ANGEL CAKE WITH RED AND GREEN CANDIES

AND WHIPPED CREAM

COFFEE

Color Scheme: Pink and White

(Pink and White Sweet Peas)

JELLIED CHICKEN

ESCALLOPED POTATOES

POINSETTA TOMATO SALAD

RUSSIAN DRESSING

BUTTERED ROLLS

OLIVES

ANGEL FOOD WITH WHIPPED CREAM AND STRAWBERRIES

COFFEE

Color Scheme: Red and Green

VEAL CROQUETTES WITH TOMATO SAUCE

HOT POTATO SALAD

STUFFED CUCUMBERS

HOT ROLLS

APPLE JELLY

STRAWBERRIES EN TARTE

COFFEE

SALTED NUTS

FORMAL LUNCHEONS

I

Color Scheme: Green and Gold

Flowers—Jonquils and ferns.

Nut cups—Handpainted jonquils; white place cards.

BOUILLON

TOAST POINTS

VEAL CUTLETS

BAKED STUFFED POTATOES WITH PEPPERS

CREAMED CARROTS

OLIVES

SWEDISH ROLLS

YELLOW TOMATOES ON LETTUCE LEAF

SALTINES

ORANGE SHERBET

COCOANUT KISSES

COFFEE

II

Color Scheme: Rose and Yellow

Yellow tea roses and rose tulle.

Simple nut cups decorated with yellow and red roses, white
place cards with rose in corner.

FRUIT COCKTAIL

CREAMED CHICKEN IN PATTIES

SWEET POTATOES, SOUTHERN STYLE

HOT ROLLS

CHERRY PRESERVES

SMALL BEETS MOLDED IN GELATIN

CHEESE STRAWS

ICE CREAM

MOCHA CAKES

III

Color Scheme: Yellow and Rose

Flowers: Yellow daffodils. Nut cups: Yellow crepe paper.

Place cards: Plain.

HALF GRAPEFRUIT—CHERRY

ESCALLOPED CHICKEN

POTATO ROSES

HOT ROLLS

BUTTERED CARROTS

STUFFED TOMATO SALAD

CHEESE STRAWS

INDIVIDUAL STRAWBERRY SHORTCAKE

GARNISHED WITH WHIPPED CREAM

COFFEE

CANDIED ORANGE PEEL

SALTED ALMONDS

IV

Color Scheme: Golden Brown and Red

Flowers: Red roses.

Nut cups: Trimmed with gilded paper.

Place cards: Plain with gold edge.

TOMATO SOUP

CROUTONS

CHICKEN PIE

PARSLEY POTATOES

HOT BUNS

BUTTERED BEETS

CANDLE SALAD

CRACKERS

CARAMEL ICE CREAM

LEMON WAFERS

COFFEE

SALTED PECANS

RED CANDY STICKS

IX

Color Scheme: Pink and Green

Rose nut cups, plain place cards, roses.

STRAWBERRIES

CREAMED CHICKEN IN TIMBALES

POTATO ROSES

BUTTERED ASPARAGUS

HOT PARKER HOUSE ROLLS

RADISH ROSES

MOLDED BEET SALAD

WAFERS

PARFAIT

NUTS

COFFEE

MENUS FOR SPECIAL HOLIDAYS

Special holiday dinners may include national or traditional family dishes as a special feature. Around holiday dinners, family traditions are built up, and for the home-maker's additional preparation, such family spirit may compensate.

Thanksgiving Day

1

CREAM OF TOMATO SOUP

ROAST TURKEY

SOUTHERN GIBLET GRAVY

MASHED POTATO CROQUETTES

CAULIFLOWER WITH HOLLANDAISE SAUCE

CRANBERRY JELLY

CIDER ICE

HEAD LETTUCE SALAD

FRENCH CREAM DRESSING

INDIVIDUAL PUMPKIN PIES

WHIPPED CREAM

NUTS

RAISINS

2

HALVES OF GRAPEFRUIT

ROAST DUCK

APPLE STUFFING

BAKED SWEET POTATOES

BAKED SQUASH

COLD SLAW

CIDER

INDIAN PUDDING

FOAMY SAUCE

NUTS

COFFEE

3

FRUIT COCKTAIL

CHICKEN FRICASEE WITH BAKING POWDER BISCUIT

SCALLOPED SWEET POTATOES

BUTTERED ONIONS

CELERY

PUMPKIN PIE

St. Valentine's Day

BREADED VEAL CUTLETS

SCALLOPED POTATOES

BUTTERED PEAS IN HEART SHAPED TIMBALES

ROLLS

PICKLES

TOMATO JELLY

LETTUCE SALAD

CHEESE CRACKERS

SNOW PUDDING, GARNISHED WITH HEART-SHAPED PIECES OF

RED GELATIN

HEART-SHAPED COOKIES

George Washington's Birthday

CREAM OF CORN SOUP

SCALLOPED OYSTERS

FRENCH FRIED POTATOES

SPINACH WITH HARD BOILED YOLK OF EGG SIFTED OVER IT

CHERRY ICE

WASHINGTON PIE DECORATED WITH CHERRIES

Christmas Dinner

CHERRY COCKTAIL

ROAST TURKEY

OYSTER DRESSING

MASHED POTATFES

GIBLET GRAVY

BUTTERED CAULIFLOWER

CRANBERRY SAUCE

ROLLS

HEARTS OF CELERY

STUFFED OLIVES

TOMATO ASPIC JELLY

WAFERS

PLUM PUDDING—HARD SAUCE

CANDIES AND NUTS

COFFEE

*MENUS FOR CHURCH AND FARM BUREAU**SUPPERS*

I

BAKED HAM

ESCALLOPED POTATOES

BUTTERED PEAS

MUSTARD

PICKLES

ROLLS

VEGETABLE GELATIN SALAD

PINEAPPLE BAVARIAN CREAM

COFFEE

II

SWISS STEAK

BAKED POTATFES

BUTTERED CARROTS

COLD SLAW WITH PIMENTOS

ROLLS

DATE PUDDING

COFFEE

III

BAKED PORK CHOP WITH DRESSING

CREAMED POTATOES

RED APPLES

ROLLS

NORWEGIAN PRUNE PUDDING WITH WHIPPED CREAM

COFFEE

IV

BAKED BEANS

CATSUP

BOSTON BROWN BREAD

WHITE BREAD

TART APPLE SALAD

PUMPKIN PIE

COFFEE

V

GRAPEFRUIT AND ORANGE COCKTAIL

CREAMED CHICKEN IN CREAM PUFF CASES

PARSLEY POTATOES

PICKLES

JELLY

ROLLS

CARROT NUT SALAD

PINEAPPLE DELIGHT

COFFEE

CHAPTER XXIII

The Service of the Table

OF ALL the many old time family customs in which all the members had a part, the gathering about the dinner table is about the only one which now remains. Whether or not this surviving custom is still adhered to depends on the homemaker and whether she makes it her business to see that the table is a happy family meeting place because of its attractiveness, cleanliness, daintiness and wholesome, cheery atmosphere, as well as to serve the kind of food which satisfies the inner man. To feed the body properly, such a table is essential, for scientific investigation has shown that color and form, as well as those intangible elements, lack of worry, anxiety, fear and other emotions, have a part in nourishing the body.

With this purpose in view, the suggestions for table service in this chapter are given to enable the homemaker who works alone or with the help of her children to provide the ideal family table—the place of family meetings.

DINING ROOM FURNISHINGS

The Table: The choice of a table is a matter of fashion, determined by one's pocket book, the size of the dining room and the needs of the family. It is easier to arrange a square or oblong table with the table furnishings, and table linen for such a table is easier to launder than the round tablecloths. A table should provide 20 to 24 inches of space for each occupant. It should not be so high that one has to reach up when sitting at it.

Chairs: Dining room chairs should be comfortable to sit upon. They are best suited for dining if the seat is broad enough to support fully the weight of the body. The height is best about 24 inches from the floor.

Serving Table: This table is indispensable if the homemaker does her own work. It should be either a tea wagon on wheels, or a table, with shelf beneath, mounted on ball-bearing rollers.

Other furniture used in the dining room may be chosen according to one's taste and purse.

LAYING THE TABLE

Silence Cloth: In order to have the table as noiseless as possible, a silence cloth is put on first. This also protects the surface from mars. This silence cloth may be a special cloth made for the purpose or double faced cotton flannel; if one cannot procure either, a clean, old blanket may be substituted.

Tablecloths: The beauty of fine damask adds in itself to the attractiveness of the table. White tablecloths are always in good taste. The use of colored and decorated linens is very much in vogue now, but unless one can afford to change with the fashion, it is better to buy only the white ones.

The cloth should be spotless, for nothing makes food so unappetizing as a soiled cloth. It should be ironed very smoothly in lengthwise folds. In placing the cloth on the table, care should be taken to see that the center fold is in the center of the table.

The use of doilies at breakfast and luncheon is very desirable from the standpoint of economy of time, laundering and first cost. For small families, doilies are well suited for all family meals.

As all materials used about the table are subject to stains from food, a strong argument for the use of white or natural colored linen is the frequent need for boiling and stain removers, which would injure the colored and decorated ones.

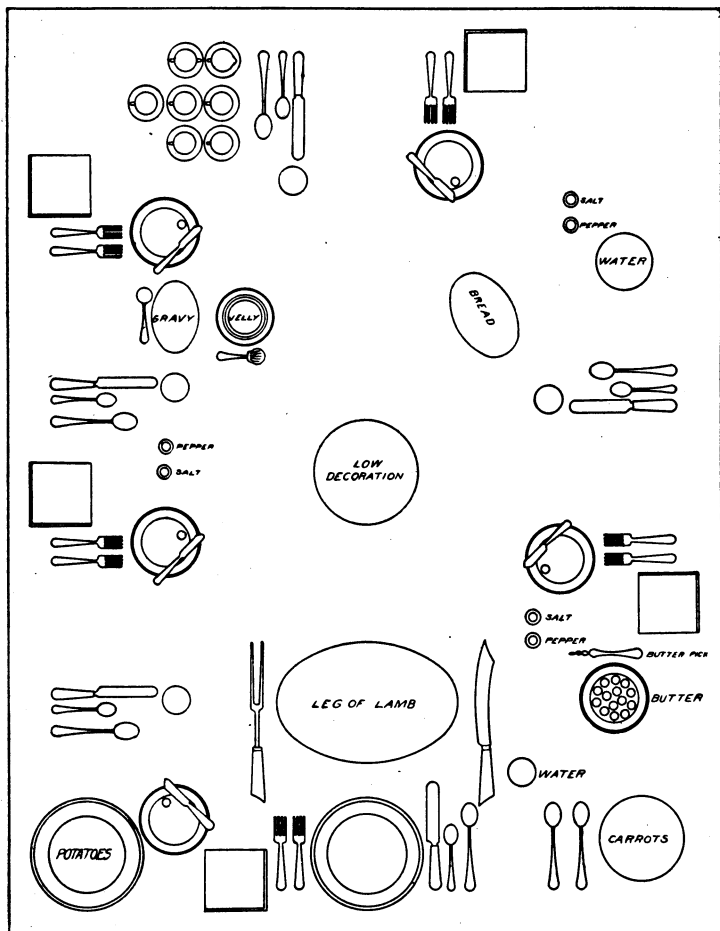
The use of a centerpiece adds to the attractiveness of the table, but it is not necessary. A few fresh flowers or a fern, however, are essential to give a bit of color to the table.

It is not in good taste to overlay the tablecloth with doilies to protect it. Pads or mats for hot dishes are useful and have a place.

Napkins: It is best to match the napkins with the cloth. The size for dinner varies from a 20" x 20" to 24" x 24". A medium-sized one is best to choose unless one can afford a variety. Luncheon napkins, either 12" x 12" or 15" x 15", are used for breakfast and luncheons.

Napkins, as well as tablecloths, should be spotless and this necessitates changing often. Care of the napkin after

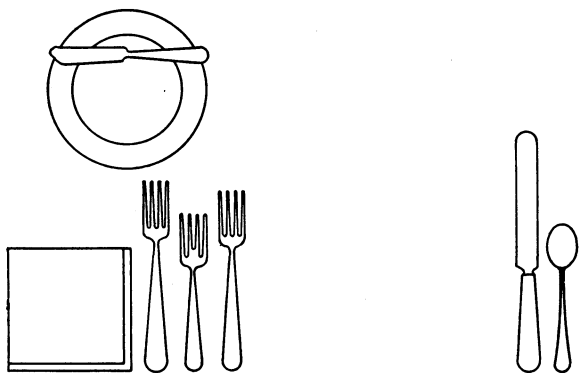
each meal helps to keep it in good condition. Some way of marking for personal use is desirable in a family, such as rings, clips, etc.



Correct arrangement for a family dinner table.

The napkin may be laid at the left of the fork or between the knife and fork. It should be folded very evenly in ironing and the open corner of the napkin is laid so it occupies a lower right hand position.

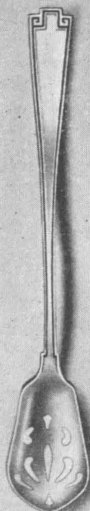
Silver: In family service, the same plan of placing the silver is used as when entertaining. The difference lies in the fact that at the latter time more pieces are used.



Correct placing of silver, napkin and butter plate

The essential silver pieces are the fork, knife and spoon. The knife and fork are laid so as to mark the place on the table, the knife with cutting edge turned in toward the plate and the fork with tines turned up at the left. If no knife is needed, the fork is placed at the right in place of the knife. The teaspoon is placed at the right of the knife. If a soup spoon is needed, it is placed at the right of the teaspoon. A dessert fork should be laid at the right of the dinner fork, for the principle of laying silver is to place it in the order of use. The salad fork should be placed between the dinner and dessert forks. The butter spreader is laid across the bread and butter plate. If several pieces of silver are necessary in a meal, it is always good taste to place the silver necessary for dessert when it is served. The silver for serving, as tablepoons, cold meat fork or carving set, have a special place at the place of the host or hostess.

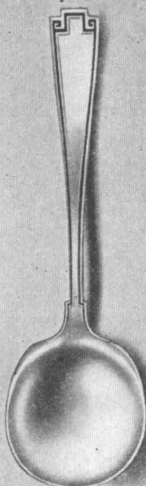
Olive
Spoon



Fruit Knife
(Individual)



Bouillon
Spoon



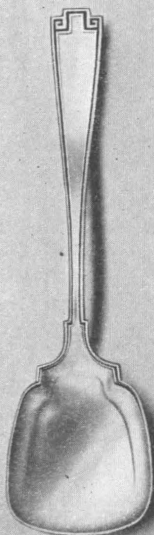
Dessert
Knife



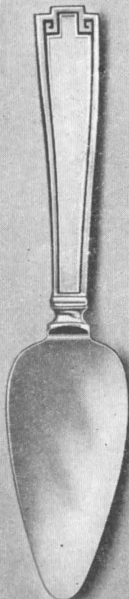
Butter
Spreader



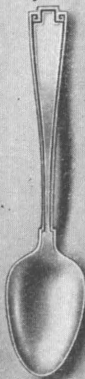
Sugar
Spoon



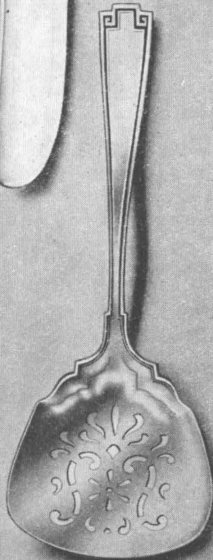
Cheese
Server



Coffee
Spoon



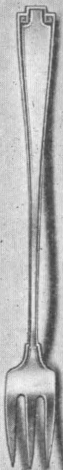
Tomato
Server (Small)



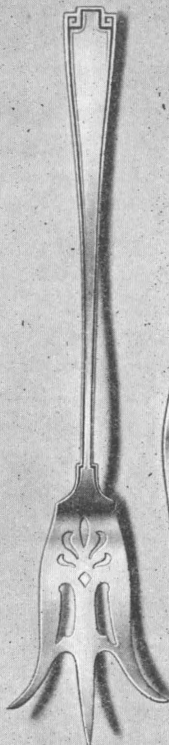
Butter
Pick



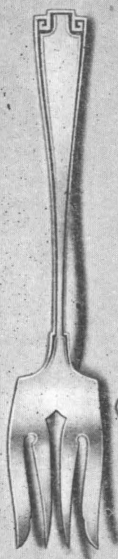
Oyster
Fork



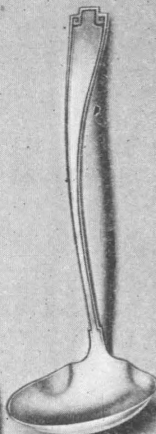
Lettuce
Fork



Salad
Fork



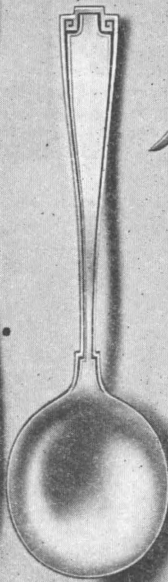
Cream
Ladle



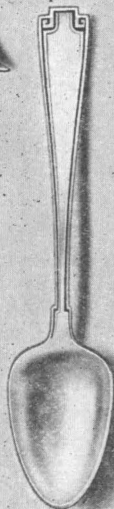
Butter Knife



Soup
Spoon



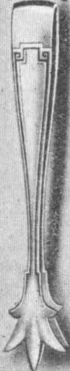
Tea
Spoon



Dessert
Fork



Sugar Tongs



Silver for serving a dish to be passed may be placed beside it, not in it.

All silver should be in a straight line one-half inch from the edge of the table. All silver should be kept bright and shining and not allowed to grow dull and stained.

Dishes: All dishes should be free from nicks and cracks as such defects are insanitary as well as unsightly.

If one must economize, the luncheon size of plate is more desirable for general use than a dinner size. This is about 9 inches in diameter. The salad or dessert plate is 7 inches and the bread and butter plate, 6 inches.

For breakfast and luncheon the plate may be laid between the knife and fork, face up. At dinner the necessary number of plates is set at the host's place, if he serves. The bread and butter plate is placed at the tip of the fork. The water glass should be set at the tip of the knife. The use of small sauce dishes to hold vegetables is not desirable unless the vegetable is liquid in character or served with a sauce and would make the dinner plate unattractive if served on it. Cups and saucers are grouped at the hostess' plate together with the cream and sugar. Each cup rests in a saucer, not piled in pairs.

Serving dishes are placed at the host's plate, while the plates holding bread and butter, together with those holding jellies, pickles, etc., are arranged to give proper balance to the table. Salt and pepper shakers should be placed between every two plates.

TABLE SERVICE FOR THE HOME

The homemaker who is a good manager plans her menu so that it is not necessary for her to go between kitchen and dining room frequently. There are two ways of serving without additional help.

Serving With the Aid of One Person: The person who assists here may be either a member of the family or the hostess herself. Children may easily perform the service and add to the family pleasure by contributing their bit to make the table attractive. After the first course is eaten, the serving dishes at the host's plate are removed first and carried to the kitchen. Then the dinner plates and bread and butter plates are removed from the left, one in each

hand, and carried to the kitchen. It is objectionable to pile up dishes in removing them, from many standpoints. After the table is cleared of all dishes and food except the water glasses and coffee cups, the dessert is brought in. The coffee cups may be refilled for the dessert.

Using the Serving Table: The dining table is arranged, having the hot food brought in at the last minute. The dessert is arranged on the top of the serving table and covered with a clean towel or napkin. The lower shelf is empty, if possible. The serving table should be placed near the hostess, so that she may easily reach the dishes on it.

After the first course is eaten, the hostess first asks the host to pass her the serving dishes, as platter, vegetable bowl, etc. These she places on the lower shelf of the serving table. Following this, she has the plates passed to her and she arranges these in piles on the shelf, keeping the silver on top the dinner plates or placing it in an empty bowl. The soiled dishes are thus placed out of sight on the lower shelf. All food is removed from the table, leaving only water glasses, cups and saucers and silver for the dessert. After the table is thus cleared and water glasses filled from the pitcher, which is on the upper shelf of the serving table, she passes the dessert. She may thus serve a meal without rising from her place, except to bring in or replenish hot food. The use of this form of service is best confined to a table holding four to six guests. It is very useful for serving Sunday night suppers or where there are no children to assist.

THE SERVICE OF FOOD

Hot and Cold Foods: One of the most important principles in serving food is that hot foods should be served hot and cold foods, cold. For this reason plates should be warmed as well as dishes from which food is served. Hot foods, as toast, baked potatoes and biscuits, may be covered with a napkin to aid in keeping them hot.

Dishes upon which gelatin and frozen dishes are to be served may be cooled in the refrigerator if the weather is very warm.

Beverages: Water glasses are filled to within a half inch of the brim, never to overflowing. The same is true

of tea and coffee. At a family dinner the hostess or elder daughter pours the beverage. The cream and sugar may be passed separately, tho it adds to the hospitality of the table to inquire what each person wishes and add it at the time of pouring.

Bread: For the family table, bread should be cut in slices one-half inch in thickness. If the slice is large, it is daintier cut again straight across. Bread is always laid on the side of one's plate, if no bread and butter plate is provided, and not on the cloth.

Butter: Butter may be served on an individual small plate and passed with a butter knife so that each one helps himself. It is a better plan to cut squares of butter beforehand and place on the bread and butter plate. Bread and butter plates add to the daintiness of the service as they provide a place for the foods which would make the dinner plate look too crowded as well as allowing the butter to melt.

Soup: Soup is usually placed on the table just before the meal is announced in order to be as hot as possible. It may be served in the soup plate, coupe or in the bouillon cups, which have two handles.

Meats: Meats are placed on hot platters before the master of the house to carve and serve. The carving of the different cuts will be discussed later in this chapter. The host may ask the members to designate a choice, but in the family he soon learns individual preferences.

Vegetables: All vegetables are served at the same time as the meats on the dinner plate, unless the vegetable is of such a liquid nature that small dishes are necessary. Then a member of the family usually serves and the dish is passed. The sauce dish is set down at the right of the water glass. Sometimes it is desirable to have a younger member of the family assist by serving the vegetable on the plate after the host has served the meat and potatoes.

Other Foods: Jams, jellies, pickles, etc., are passed around the table, at the convenience of the members.

Salads: Salads are usually arranged on individual serving plates and placed on the table just before the meal is served. It is also in good taste to have one of the mem-

bers of the family serve the salad from a bowl or salad plate on individual plates, which are passed to the family. The individual salad plate is placed at the left of the fork.

Desserts: These may be served by the hostess at the table or individual servings may be arranged to be served after the table is cleared.

SPECIAL DUTIES OF HOST AND HOSTESS

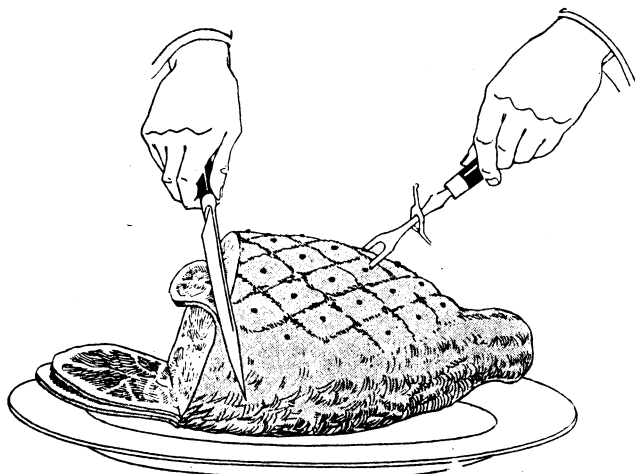
At the family table the mother is the hostess and should occupy a place opposite the host at the table. She should always be served first by the host and foods to be passed are always offered to her first, unless an aged member of the family is present. The hostess smooths over accidents and embarrassments which may happen by graciously accepting the apology and changing the conversation. She must see that even in her family all members are given an opportunity to have a part in the conversation. The host, as master of the house, occupies the position at the head of the table. His chief duty is to serve the main course of the meal as attractively as possible on the individual plates. He does not lift the individual plate from the pile when serving it. The serving should be moderate in size and a bit of the garnish should be served with each plate. He serves the hostess first, always, unless a very distinguished guest is present. He must also see that second servings are offered and attend generally to the table. He usually designates to whom each plate will go, serving first those at one side of the table and then those on the other. After serving, the host places the silver neatly on the dish where it has been used.

The host and hostess offer second helpings by saying, "May I serve you?" or "May I offer you?"

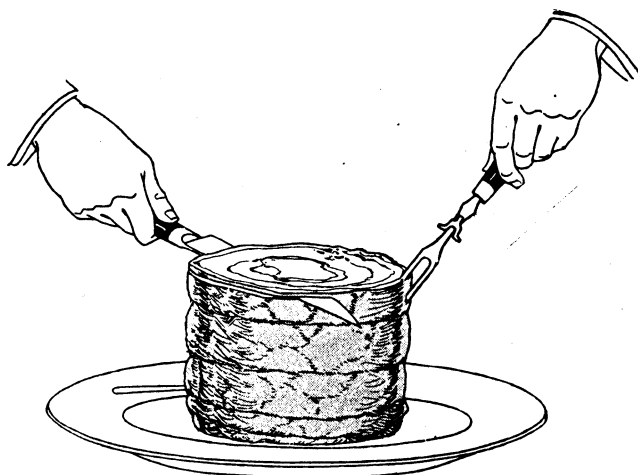
If a man is the guest of honor in a home, he is seated at the right of the hostess, while if a woman, she sits at the right of the host. Seating together guests who are congenial and bringing together new people is an art in making everyone have a pleasant time at a meal.

CARVING

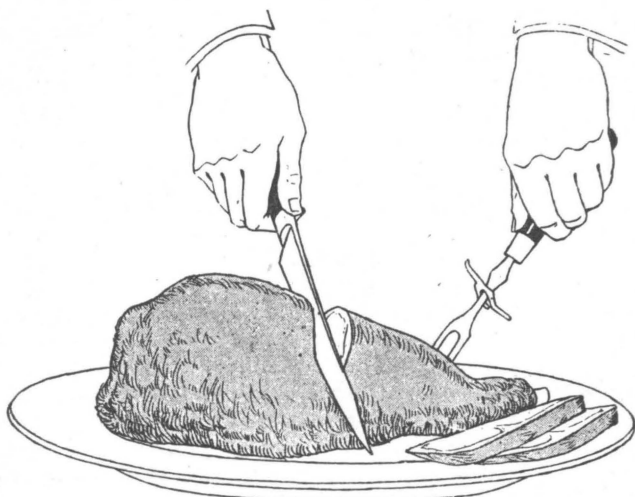
Carving needs to be practiced in order to be easily done, so that the host who serves his own family may become an



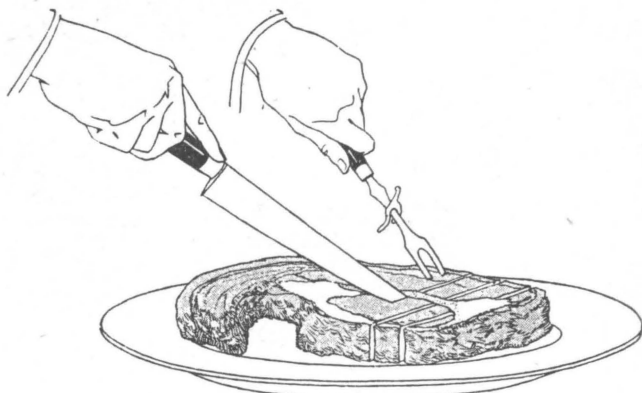
Economical method of carving a ham



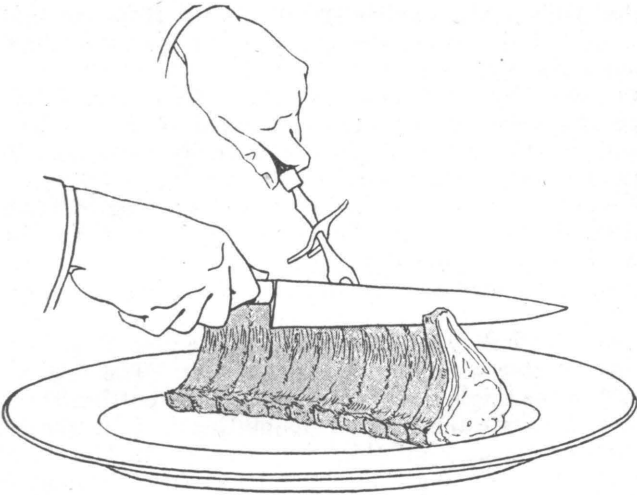
A rolled roast is carved in thin horizontal slices



One way to carve a leg of lamb



Correct method of carving a steak



The way to carve a loin roast of pork, veal or lamb

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expert by such practice. The carving knife should be sharp and the handles be such that they may be grasped easily and firmly.

The platter and space around the carver should allow plenty of room to carve.

Meat is always cut in thin slices across the grain of the meat. A good carver leaves the meat with clean edges and no little loose bits on the platter when he has finished.

Carving the Rolled Rib Roast: In this roast, the fork is inserted firmly from the side to keep it in place while the carver cuts thin slices horizontally, across the grain. If the roast is a standing rib roast, the meat is placed on the platter with the ribs at the left. Then thin slices are cut across the grain until the bone is reached. Then the knife cuts the meat down beside the bone.

Carving Porterhouse, T-bone, Club Steaks: Beefsteaks should first have the meat cut from the bone. Beginning at the wide bone end, the steak is cut in strips from 2 to 3

inches wide. The smaller strips are cut from the tenderloin side of the choice steak, so that each serving may include a piece of both.

Carving Loin of Pork or Mutton: In carving a loin of pork or mutton, it is made much easier if the backbone is sawed free from the ribs, but not wholly removed. Then each chop may be sliced off easily.

Carving Leg of Lamb or Mutton: The leg of lamb or mutton is best and most economically carved by slicing down at an angle of about 30 degrees at the larger end of the roast. It may also be sliced by beginning to cut in the middle.

Carving Poultry: The fowl should be placed on its back on the platter with the neck at the left. The fork is inserted in the thigh and the leg is cut off by cutting thru the skin to separate the leg and disjointing it from the body. Then the drumstick and thigh may be disjointed on the platter. Next cut off the wing, by cutting thru the joint fastening it to the body. After inserting the fork firmly in the breast, the breast of the fowl may be cut off in thin slices and laid on the platter, ready to serve.

After one side of a fowl is carved, the other side is carved in the same way.

ENTERTAINING AT DINNER

This chapter will not go into detail about different forms of service, for where no extra help is kept the elaborate entertainment is out of place and in poor taste. "Not what we give, but what we share," is the essence of true hospitality. The family table ought to be so managed and conducted that an additional person or two at a meal means no anxiety, flurry or repression on the part of the family.

Having children become accustomed from the time they come to the table to the pieces of different silver and dishes and the polite usages of society makes for ease in entertaining. This is best taught by doing it every day. "Eat at your table as you would at the table of a king."

Simplicity in Entertaining: To entertain at dinner necessitates a well-planned menu, served in an attractive, simple manner without doing anything out of the ordinary, for when we try to do things to which we are unaccus-

tomed, we show in many ways that we are doing something unusual.

In entertaining, a homemaker needs to remember she is the hostess as well as the one who will prepare the meal. To this end, as much of the food should be prepared beforehand as to give her time to rest and dress herself to fill her position as hostess. A menu planned with this in view is very essential. The table should be laid with the best of linens, china and silver and made as attractive as possible. Otherwise, the service may be exactly the type used every day.

ENTERTAINING AT TEA

An afternoon tea is an informal reception, where all one's friends may come in to visit and enjoy a cup of tea. The invitations may be very informal as given over the telephone or by word of mouth, or they may be written and mailed.

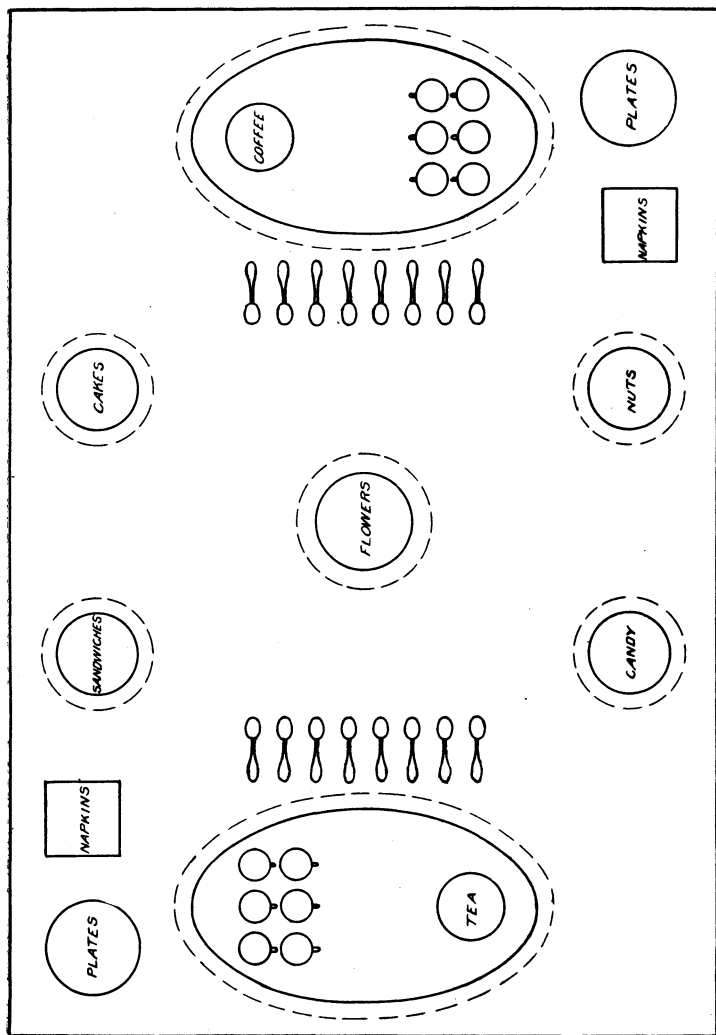
The hostess must have the assistance of friends in serving the refreshments. She must plan her tea so that it will not be necessary for her to go to the kitchen unless the affair is very informal and small.

The table should be covered with one's best linen. Beautiful embroidered or lace pieces may best be used if the table is highly polished. The silver and china are arranged attractively as given in the diagram. At a large tea, two persons usually pour, while one or two others replenish the dishes and assist in serving the guests.

The food is light and dainty and arranged so that the guest may help herself at an informal affair after receiving the cup of tea, or the food may be passed by those assisting.

The food usually consists of thin, dainty sandwiches, hot biscuits, cinnamon toast, small cakes, candies and nuts, tho by no means is it necessary to serve more than sandwiches, cakes and tea.

The beverage may be tea, coffee, chocolate or a fruit punch. Two beverages may be served at a tea, one at each end of the table. A filled cup is placed with a spoon on a plate and offered to the guests. The assisting ladies or hostess invites the guests to have tea, but at a large function it is in



Arrangement of table for an afternoon tea or informal reception.

good taste to approach one who pours and ask, "May I have a cup?" Small napkins may be used. When the guest has finished her refreshments she places her plate and cup on a nearby table or an assisting lady removes it.

BUFFET LUNCHEONS

Compiled by Virginia Buck.

Buffet luncheons are arranged more and more to take care of larger groups instead of using the formal type of service altogether. The reason for the buffet luncheon's popularity can be attributed to its simplicity, requirement for less space, attractiveness, use of china and silver and less service. It can be used very well in small houses and be kept just as attractive as tho it were in a palatial background.

The center of the service table can be made most attractive thru the beautiful arrangement of flowers, linen, silver and china. A luncheon cloth or doilies may be used to good advantage. The buffet luncheon calls for the best linen and silver that the hostess can afford.

There are three main types of service for buffet luncheons: informal, semi-formal and formal.

Informal Service: The informal luncheon requires no waitresses or maid service because the guests help themselves to the food. The table is set with one course at a time and the guests pass around the table, taking up the foods as they have been arranged in the order of their importance and lastly coming to the silver and beverage and the linen napkins. It is most convenient to place the silver at the last because it is difficult to hold silver and serve the plate at the same time. If second helpings are desired, the hostess can ask her guests to wait upon themselves. The hostess may also pass the serving dishes to the guests if she prefers, rather than to have them wait upon themselves for second helpings. While the guests are eating the first course the table can be cleared and the dessert placed. The hostess can ask her guests to place the soiled plates upon the service table and then serve themselves to dessert.

Semi-formal Service: The second type of service is semi-formal. Here a friend of the hostess is seated at each end

of the table to serve the main dishes for the main course and also the dessert and coffee or other beverage used. The guests serve themselves to breads, relishes, candies, silver and linen and there is no maid service.

Formal Service: The formal type of buffet luncheon accommodates large numbers of people. There are maids or waitresses who fill the plates from the main table after they are served by those sitting at each end of the table. The guests are seated in the dining room or adjoining rooms. Usually, the guests are seated in full view of the luncheon table, where they may enjoy its beauty to the fullest extent, for a buffet table is as beautiful as one can make it. Rolls and relishes may be passed twice. When serving dessert, the dessert plates are exchanged for the soiled dinner plates. A waitress may remove two plates at a time to expedite matters.

Coffee, spoons, cream and sugar, water, nuts and candies are all passed to the guests. If coffee is not served from the buffet table, the waitress will have an urn on her service table and pour from there, but this is rarely done because there is usually someone to pour from the buffet table.

One attractive feature of the buffet luncheon is that only the flowers remain on the table during the dessert, which adds a great deal to the formality of the occasion. When the guests have finished, the plates and napkins are removed by the waitresses. It is customary for the serving hostesses to leave the table after they have finished serving the food.

The menu is always made very attractive for a buffet luncheon and it carries out the color scheme as closely as possible. When planning a buffet luncheon, one must consider whether the guests will eat at small tables or hold their plates in their laps. It is always customary to have food that is easily eaten with a fork because a knife cannot be used conveniently. The rolls are always buttered in the kitchen before serving. There may be hot and cold dishes on the table at the same time, and the coffee is usually served at the table. When setting the table for the luncheon it is advisable to replenish dishes from the service table rather than appear crowded on the table.

Suggested Menu: A suggested menu for a buffet luncheon is as follows:

CREAMED VEAL IN TIMBALES

PARSLEY POTATOES

STUFFED TOMATO SALAD

HOT ROLLS

CRANBEERRY JELLY

APRICOT SHERBET

WHITE DROP CAKES

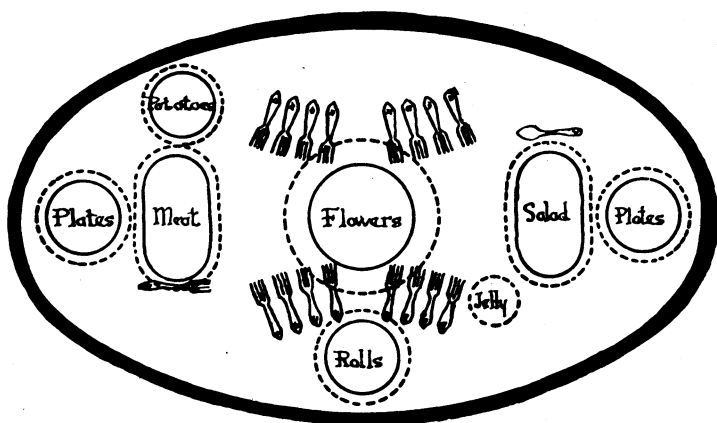
RAINBOW CANDIES

COFFEE

The color scheme can be worked out in the rainbow colors with this menu and a floral piece of spring flowers can be used. The apricot sherbet can easily be changed to strawberry or any other red fruit and then the color scheme could be red and green. The candies and icing of the cakes always add to the aesthetic quality of a meal.

A diagram showing the position of the serving dishes on a formal buffet table is shown in the figure below.

For the second course, the sherbet can replace the meat dish and the coffee replace the salad. The cakes can either be served by the maid or by the one serving the sherbet.



Arrangement of a formal buffet table

The buffet service is a very convenient method of serving and also a very effective one. It creates a social atmosphere which is very desirable in the average home when guests are present, and it relieves the hostess of a great deal of responsibility in the matter of serving crowds if she is handicapped by the lack of quantities of dishes or silver.

SERVING CHURCH DINNERS AND BANQUETS

To insure hot food, properly served, at banquets and church, farm bureau or lodge dinners, it is best to serve directly from the kitchen.

The table is laid with linen, silver and glass, as in the home. It should be attractive and great care must be taken to see that each guest has sufficient room for comfort and also to allow for service.

Bread and butter plates are placed on the table at first unless adequate help and space allow one to serve these after the appetizer is removed, if one is used.

Glasses are filled and butter placed on plates just before the meal is announced. If an appetizer is part of the menu, it is on the table when the guests sit down. Hot plates, holding the main course of the meal, are filled in the kitchen. The arrangement should be neat and symmetrical and the servings moderate. A bit of garnish improves the appearance.

The waitresses may remove all the first course dishes and afterward bring in the hot plates, always removing and serving plates from the left side.

In formal service the guest is always supposed to have a plate in front of him until the table is cleared for dessert. So in that service the hot plate is always substituted for the one used. Several hot plates may be brought in on a tray and placed on a serving table ready for the waitress to serve.

Another less formal way, if helpers are less numerous, is to bring in one hot plate, remove the first course and substitute the hot plate. Then take up another first course from another place. The waitress returning may bring a

hot plate in either hand, serving the vacant place first, then the other and carrying back dishes of the first course from another place, until all are served.

Rolls may be passed to each guest. In serving, bring plate nearly to level of the table at the left side, as this makes it easier for a guest to help himself. If no bread and butter plates are used, the rolls should be buttered. Coffee may be served with the main course. The cup and saucer are placed at the right of each guest, while sugar and cream may be offered at the left.

If the help is inadequate or space small, cups and saucers may be placed on the table when it is laid and filled after the meal is begun. Coffee cups may be refilled by serving additional hot coffee from a coffee pot or pitcher.

In serving a banquet or dinner, the chairman of the society or toastmaster is always served first, and then next the guest of honor on the right hand. The serving may then proceed as convenient, tho a speaker's table is always served first.

After the main course is eaten, a salad plate may be substituted for the hot plate, removing the bread and butter plate also at the same time. Before dessert the table is wholly cleared, with the exception of the coffee cups, which may be refilled for the dessert course. If possible, remove the crumbs from the table by brushing them on to a plate with a folded napkin. The dessert is then served and bonbons and mints may be passed, unless they have formed a part of the table decoration in their individual baskets or cups.

The glasses ought to be refilled frequently thruout the meal.

CHAPTER XXIV

The Etiquette of the Table

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"Behavior is the theory of manners practically applied."
Mme. Necker.

RULES of etiquette have come down to us from one generation to another. Only those that have stood the test of time are respected and observed. They have been silently adopted by the common consent of the best circles in America and Europe. The rules of etiquette as we observe them at present are not, as some people suppose, the dictates of fashion. They are certain forms of conduct, speech and manner that have been brot down to us thru centuries of developing culture. We observe them today because they make contact in social life easier and more pleasant. A greater amount of freedom may certainly be permitted in one's own house, but the key-note of a person's behavior should always be the same; self-respect and respect for others must never be forgotten. One instinctively shuns the person whose table etiquette is crude or vulgar, regardless of whether that person may be cultured in every other respect. Many times worry as to one's conduct at the table causes a social function to be most trying. This is because correct table etiquette is not understood or because it has not been practiced until it becomes a habit.

Importance of Table Etiquette: Too much stress cannot be laid on the importance of refinement at the table, both in manners and in the laying and service of the table itself. The habit of eating together and at stated times is one of the distinguishing marks that separate civilized men from savages, and a man's behavior at table is an indication of his social status.

Certainly there is no place where a person's good breeding and early training are more clearly shown than at the table. Conduct should be marked by serenity, and there should be no uncertainty of manner as to the use of table furnishings and the correct procedure in partaking of the meal.

CONDUCT PRECEDING THE MEAL

Entrance to Dining Room: On entering a dining room to partake of a meal, courtesy requires that a man, whatever his age, wait for the women in his company to assume their seats first. A well-bred woman lingers by her chair till her hostess is seated, and a young girl pauses for senior members of her own sex, for her mother, aunt, or matron friend, to take their places before she slips into her own seat.

Seating at the Table: In taking one's place at the table, stand at the left side of the chair and be seated from that side.

Position at the Table: Many persons place themselves too close to or too far from the table and fail to maintain thruout the repast an erect posture. The waistline should be about four and a half or five inches distant from the table's edge. So seated, the diner is obliged to exercise the minimum effort in bending forward to take food from fork or spoon and in leaning back at intervals to rest the shoulders. A lounging habit when eating is not correct, nor is that of sitting upon one's half-drawn chair, which is tipped or placed sidewise at the table. An erect and correct position promotes digestion. It is important to keep the feet together and not assume awkward positions with them, or hook them around the legs of the chair, as ill-mannered persons sometimes do.

Elbows are not put on the table while one is eating. To sit with the left elbow propped on the table while eating with the right hand, or to prop the right one on the table while lifting fork or glass to the mouth is to be avoided. When cutting food, the elbows should be kept close to the body, not extended so as to interfere with those on either side.

CONDUCT AT THE TABLE

Dress: The question of dress is one that should receive attention. Soiled hands, negligee dress, shirt sleeves or disheveled hair do not belong at the table.

Reading, etc.: Letters, newspapers or books have no place at a dinner table. Reading at the table is allowable at breakfast and when eating alone, but a man and wife should no more read at lunch or dinner before each other or their children than they should allow their children to read before them.

Conversation: One very bad habit in many families is the discussion of all of their most intimate affairs at the table. Table talk in good society, whether guests are present or the family are by themselves, is cheerful, light even to gayness, but never boisterous. Family friction, teasing and acrimonious discussions should be avoided. Topics particularly barred by etiquette include illness and its symptoms, death, crimes, details of the toilette, discussions of expenses or household worries, and ill tidings of any kind.

Children: When there are children in the home, the most simple plan is to have the child at the family table for three meals a day, from the beginning of his high-chair period, sitting beside the mother and receiving the benefit of her training and of the example of his elders. A child may be allowed to take some part in conversation during meals, but monopolization or interruption of the conversation should not be tolerated.

USE OF THE NAPKIN

The napkin is spread half unfolded across the lap after the hostess has opened hers. Leave it there until after the hostess has disposed of hers at the end of the meal.

When a drop of gravy or juice falls on one's clothing, it may be wiped off with the napkin. It is also permissible to wipe one's lips or fingers with the napkin, but it should be done as inconspicuously as possible.

Following a fruit course, and after the hands have been dipped one at a time in the water of a finger bowl, they are wiped inconspicuously on the napkin. Finally, at the



Incorrect use of knife and fork



The correct position for holding the knife and fork while eating.



Incorrect position for silver after finishing course.



The correct position for silver when not in use.



Never wipe lips with napkin after it has been arranged preparatory to leaving table.



Correct position for silver at end of the meal.

end of a meal enjoyed in a friend's house or in a restaurant, the piece of napery is placed, unrestored to its original folds, on the table beside the last plate used. At home, or when stopping in the house of a friend where the table linen is not freshly supplied at every meal, neat and thrifty habits demand that the napkin be tidily refolded and laid beside the plate.

THE USE OF THE SILVER

In cutting food the knife is held in the right hand, the fork in the left, tines down and handles grasped firmly and naturally. The ends of the handles rest in the palms of either hand and are never seen, the index fingers extend along the handles to steady and guide.

One should not scrape the back of the fork prongs with the cutting edge of the knife.

It is also bad form to gesticulate with the silver or handle it and draw patterns on the tablecloth.

Knife: Knives of steel or silver are provided for cutting food only, never for conveying it to the mouth. When the knife is laid aside that the fork may be taken into the right hand, its proper place is on the plate. When not in use, the blade-tip should rest in the center of the plate, its handle on the plate's edge. In this position, beside the fork, it should be placed when the plate is passed for a second helping and when a course or a meal is concluded. It is not correct to mash or stir food with a knife blade. It is a mistake to scrape up juice or gravy on a knife blade and pour it over a forkful of bread or potato or to dip one's sticky or greasy knife-blade into a salt cellar or to wipe a knife blade off on a piece of bread in order to take up recklessly splashed drops fallen on the tablecloth or on one's clothing.

Fork: The fork is used for carrying dry foods and many semi-solid foods to the mouth; also for cutting foods which are easily separated, such as lettuce and omelet. In carrying foods to the mouth, only a small portion should be carried on the fork. When not in use, it is placed on the plate parallel to the knife.

Spoon: The spoon is used for liquid foods, which should be taken noiselessly from the side of the spoon. With soups, the spoon should be dipped away from one to avoid

the drip. After the spoon has been used to sweeten the coffee or other beverage or to test its temperature, it is placed in the saucer and left there until the end of the meal.

HOW DIFFERENT FOODS ARE EATEN

With the Fingers

In dealing with the majority of *cold breads, crackers, dinner-rolls, sandwiches and cakes*, the fingers are employed in place of metal utensils. Iced and layer cakes are more comfortably eaten with a fork. Dry cake, crackers and dry bread are not lifted in the whole slice or square to the lips. Properly, bread, cake and crackers are broken with the fingers into suitable mouthfuls to be eaten.

Only a small portion of bread should be buttered at one time. The bread should be broken before being buttered. It should either be placed on the bread and butter plate or on the dinner plate. A small piece of bread in the left hand may be used to aid in placing foods on the fork.

Olives, celery and radishes are finger-foods when served as relishes, and under the head of finger-foods we may also class cheese, nuts, raisins, bonbons, olives, small individual cakes and the majority of raw fruits.

Among *hot cooked dishes, burr artichokes, asparagus and green corn* on the cob are recognized as finger-foods. However, asparagus may be comfortably eaten with the fork. Meat, bird and chicken bones may, in no circumstances, be taken up in the fingers, or is it proper to take up potato chips or straws save with one's fork.

With the Fork

A fork is used to eat *cake which has a soft frosting*. If the cake may be handled without soiling the fingers, no fork need be used. *Moist cakes*, such as *gingerbread* and all *frosted layer cakes*, are more conveniently eaten with a fork. The hostess determines whether or not a fork is needed. Do not use a spoon to eat cake.

Hominy and rice are eaten with a fork, unless they are served with cream and sugar, when perforce they pass into the class of spoon foods.

Use a fork rather than a spoon whenever possible. Creamed vegetables may be eaten with a spoon. A fork is preferable for brick ice cream.

An *ice served with the meat course* is eaten with the dinner fork. This means that the ice must be frozen hard and served just after all the plates are served. If the hostess has provided a spoon, use it. The spoon must be left on the dinner plate when not in use.

Leaf salad is eaten with a fork in the right hand only, and assistance in folding up lettuce leaves is often rendered by a bit of bread held in the left hand. Lettuce, cress and chicory are never cut with a knife, but rolled upon a fork and so conveyed to the mouth.

With Spoons

Spoons are used for *grapefruit* and *oranges* when cut in halves and put upon a plate; for *soft boiled eggs*, *puddings*, *custards* and *gelatins*.

With tea, coffee, chocolate, cocoa, milk, or any other liquid served in cups or glasses, the spoon given with the beverage is intended only as an implement for stirring and tasting. After sipping two or three times from the side always, of one's teaspoon, it should then be laid in the plate or saucer, and the remainder of the liquid drunk from the cup or glass. No faults in table behavior are more glaring than those of drinking from a cup in which the spoon remains, or of imbibing the contents of a cup sip by sip from the bowl of the spoon.

If a tiny salt spoon is lacking, the helping may be taken on the tip of a clean spoon or clean knife blade and deposited on the side of one's plate or directly on savorless food.

Beverages

When lifting one's glass of water from time to time, it is essential to wipe the lips free of sweets or grease before taking any of the liquid. It is a mistake to throw back the head and turn up the cup until it rests almost on one's nose; an equally unfortunate mistake is made by the person who scrapes up the sugar from the bottom of his cup or who attempts to cool a hot beverage by stirring it violently, or pouring steaming liquid back and forth from spoon to cup or blowing over it or pouring it in a saucer to cool it. When partaking of it the mouth should be free from foods and it should be drunk quietly.

A goblet is raised by the stem and not grasped around the bowl. A tumbler is raised by taking hold of it down near the lower edge. One uses only one hand to hold a cup.

Use of Various Plates and Dishes

The plate should not be moved about while sitting at the table. The soup plate should never be tipped while eating from it. Other dishes should not be set on the dinner plate after food has been served on it. The sauce dish into which semi-liquid foods are served is placed in front of the dinner plate and should not be lifted from the table while eating from it.

Liquid (not jellied) bouillon may be drunk from the cups.

Salt

If salt cellars are not provided, the salt is put on the side of the dinner plate, never on the tablecloth.

Use of Finger Bowls

Individual finger bowls are used at breakfast if fruit is served. They are placed on the table at the left of the service plate, having been set on a small plate and being partly full of water. After eating the fruit the tips of the fingers of one hand at a time are dipped into the bowl and dried on one's napkin.

Finger bowls are also used after the dessert course. The finger bowl may be brought in on a small plate placed on the dessert plate. Each guest removes his small plate and finger bowl, leaving his plate ready for a dessert, which is served by a waitress. They may also be placed after the dessert plate is removed.

GENERAL DEPARTMENT AT THE TABLE

The hands, when not occupied with the knife, fork, etc., come to their proper resting place in the diner's lap. A distressing and disturbing element at a meal is the guest who fidgets, who crumbles bread, rings fork and spoon handles together, twirls goblets by their stems, plays nervously with crumbs and salt, and uses the table as a prop for restless hands, for arms and elbows while resting the chin on the palm to talk.

Food is never placed on the tablecloth. One may do so with hard breads or dry celery if individual dishes are not furnished.

It is not in good taste to form the habit of reaching and straining across the table at arm's length for this or that or to thrust individual knife or fork into the butter or pickle dish or to use the fork as a spear for securing a potato from a dish or a slice of bread from a plate or to drop bits of chicken bones, fruit seeds and skins directly from the mouth into the plate.

A chicken or chop bone is never taken in the fingers. The meat should be cut from the bone, leaving all that does not readily separate.

One should not pick the teeth at the table. Toothpicks are always used in private.

The handkerchief is used sparingly and unobtrusively by the genteel.

Food, to be silently masticated, must be taken in moderate mouthfuls and chewed slowly without apparent effort. A careful person takes food up from the plate without unnecessarily striking either knife or fork against the china; a fork or spoon in no circumstances must be allowed to knock against the teeth.

Accidents will happen occasionally at the table. If fork, spoon or knife should fall on the floor, it must be allowed to remain there until removed. If a glass is overturned, it is best not to make profuse apologies. The hostess should never appear disturbed, and must bear herself with equanimity and not appear to notice the accident, or she may turn off the subject with a kind remark if the guest seems distressed.

If a blunder of any sort is made, from using the wrong fork to spilling coffee upon the best gown of the honor guest, remember that the importance of any mistake is in proportion to the amount of trouble it causes others, and don't be unhappy unless the offense really calls for unhappiness.

ETIQUETTE OF ENTERTAINING OR BEING ENTERTAINED

Hospitality

"When friends are at your hearth side met,
Sweet courtesy has done its most
If you have made each guest forget,
That he himself is not the host."

Aldrich—HOSPITALITY

The keynote of hospitality is sounded when one has made one's guest feel perfectly at ease and able to truly enjoy himself. To accomplish this in a home, every individual in the family must learn to share his or her responsibility in making the atmosphere pleasant.

Invitation: An invitation to a meal may be given by word of mouth or it may be written. It should be acknowledged with acceptance or regrets at the earliest possible moment. When one has accepted an invitation he should arrive at least five minutes before the stated hour. When the hostess announces that the dinner is served, the announcement should be answered promptly.

Duties of Host and Hostess: Both host and hostess should strive to make the conversation cheerful and pleasant. Operations, accidents, etc., are best avoided. Political and religious beliefs are best left undiscussed before strangers. *The hostess is always served first by the host and all guests watch her for the signal to begin eating. A hostess continues eating until all are finished, lest some guest be embarrassed by finding himself the last to eat.* Both host and hostess strive to give the guest the feeling that his visit has been a pleasure which has given them no effort.

In entertaining company at the family meal, the hostess should realize that her place is with her guests as much as possible and plan accordingly so that her absences from the table may be few. She is always director of affairs. She must be always watchful of the comfort of her guests and keep the conversation directed into safe channels.

The hostess gives the signal to be seated at the table. The men should remain standing until all the ladies have taken their seats. It is customary for the host to seat the hostess or the guest of honor if a lady, and the other men to seat the ladies to their right.

Duties of Guests: One general rule for all eating is not to hurry thru any part of the meal. The meal is a social occasion and one should not appear impatient to be served. One should wait before beginning to eat until all at the table are served. At a very long table, guests often begin to eat when those near them are served.

At a dinner one must not neglect one's next-door neighbors. While it is often pleasanter to listen to some witty and agreeable person opposite than to talk platitudes to the person next you, still one must not appear neglectful, above all a gentleman must not. At a small dinner it is very pleasant occasionally to have the conversation become general; at a large dinner, of course, it is impossible.

If your preference is asked, state it so as to guide the one serving. One should never refuse a course. Try to eat it. and if you do not, engage the person next to you in a little more conversation so as not to have the appearance of being neglected. To refuse the last helping of anything is to intimate that you doubt the supply.

It is well to learn to eat and enjoy all foods, but if one tastes of something which he does not care to swallow, it may be removed from the mouth with closed hand and placed on the plate. This should be done silently and with as little attention as possible.

Do not forget that elderly people may have been taught differently from you, and never criticise them.

At a formal meal, a second helping is never offered or expected, but one may accept a second helping at an informal meal with perfect propriety; in fact, it is rather complimentary to the cook to do so.

A guest must not presume to rise from the table until the hostess or host of the occasion makes the first motion. Previous to leaving a meal of any formality whatsoever, it is not considered proper to clean up one's bread crumbs, gather up crusts, fruit skins, nutshells, etc., on the cloth or to rise to shake oneself free of any particles of food.

When leaving the home where one has been entertained, the guest should always shake hands with the hostess and express one's pleasure for the hospitality extended. Children should be taught this courtesy early in life.

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