

BLUE RIBBON

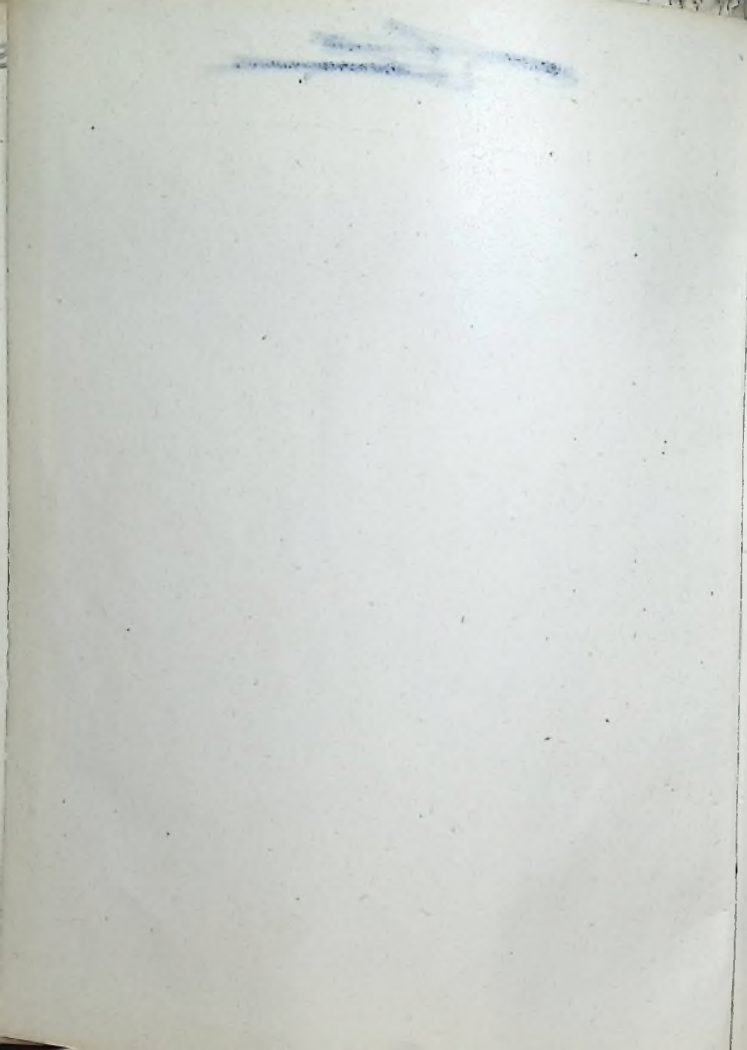


COOK BOOK

For Everyday Use
In Western Homes

2021. 011. 004.

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G. F. & J. GALT LIMITED

**Manufacturers and Packers of Blue Ribbon Tea, Coffee,
Baking Powder, Extracts, Spices, etc.**

Entered according to Act of the Parliament of Canada, in the year one thousand nine hundred and five, by the **Blue Ribbon Manufacturing Company**, Winnipeg, at the Department of Agriculture.

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year
1905

BLUE RIBBON COOK BOOK

REVISED EDITION

Prepared Especially for Everyday Use in Western Homes

In revising the book for this edition, but little alteration is required in the recipes or general arrangement.

To make it still more worthy of its position as the standard Cook Book of the West, however, a section on Bachelor Cookery has been added, also a few pages on the different Classes of Foods and how to use them to best advantage; Table Setting; Common Mistakes in Cooking; Hints on Carving, etc. A few blank pages for your own favorite recipes have been added in the back.

Most of the recipes are Simple and Economical, and although a number of more elaborate ones suitable for special occasions have been included, all the ingredients mentioned may be procured without much difficulty. The cream of the old favorite recipes are combined with many equally good new ones.

The cook's convenience has been kept in mind throughout. Ingredients are given by measure, instead of by weight, as many housekeepers have not accurate scales. The ingredients are also so arranged as to appear at a glance, without needing to handle the book while the hands are in the dough. The Time needed to cook different dishes is given. A number of useful Tables and other valuable general information will be found near the front of the book.

Care has been taken to specify only ingredients known to be Absolutely Pure. These directions should be followed Exactly, as different brands vary greatly in strength and purity, and results may not be satisfactory if other ingredients are substituted.

Complete Index in back of book.

Bachelor Cookery section just before Index.

FOOD AND ITS USES

FOR WHAT DO WE REQUIRE FOOD?



For two chief purposes, viz.:—to produce and maintain the various tissues of the body while fulfilling their respective vital functions; and to generate heat, without which life would cease. For these ends different forms of food are required.

Classes of Food

The first class of foods—those which go to build up our bodies—are termed “Nitrogenous” foods, for the reason that amongst the chemical elements of which they are composed nitrogen forms a conspicuous item. Such foods are represented by white of egg, juice of meat, curd of milk, gluten of flour, legumin of peas, beans, and lentils, and like substances. These are typically our Body Building substances.

The second class includes “Non-nitrogenous” foods. These are represented by fats, starches, and sugars. It may be mentioned that all the starch we consume, in the shape of bread, potatoes, tapioca, rice, etc., requires to be changed in the progress of digestion into sugar before it can be utilized by the body. Hence starches and sugars in respect to our nutrition mean practically the same thing. They represent our Energy Producers.

In addition to these foods we demand a large quantity of Water each day, this fluid being necessary for the digestion of other foods, and because, being perpetually parted with by lungs, skin, and kidneys, it requires replacement as an essential item in the composition of our living matter. The human body, indeed, consists by weight of two-thirds of water.

Minerals also form an important part of our diet. They discharge certain important functions in connection with the digestion of foods, and are required in order to promote the due and proper passing of the blood. An excellent example

of the necessity for mineral foods is found in the fact that we require phosphate of lime when growing, in order to form our bones. Similarly we place common salt on our tables because that mineral is a necessity for the production of the gastric juice of the stomach, while it also discharges other functions in the body. The absence of salts of potash from the food causes that disease formerly only too well known amongst sailors, namely, "scurvy."

Amount of Food

Turning now to the Amounts of Food which are required under different conditions of life, we find that the quality as well as quantity of food necessarily varies according to age, while sex plays an important part in the determination of the amount of food required. Occupation is also another condition which has to be taken into account in connection with not merely the quantity but also the quality of the food consumed. Hence no rigid rule can be drawn with regard to the quantity of food consumed unless circumstances of the individual life are taken into account.

Supplementary Diet of Infants

The best and most natural food is the milk of the mother. Even if this only in part supplies the want of the child, it is better to retain it, as in case of sickness of the infant, it furnishes a precious reserve to be supplied in no other way. Cows' milk is the most usual substitute, and should at first be diluted by adding one-third of water, and slightly sweetened. If the milk is to remain some time during warm weather, it should be first heated to prevent too rapid change. Great care should be taken that the nursing bottle be perfectly clean and sweet; and food which has been standing, or is in danger of having been deteriorated, must on no account be given. Better make that which you know to be sweet and fresh than to assume a risk. After some weeks the milk may be given without water, and as the first teeth appear,

about the fourth or sixth month, the diet should become more varied and liberal; a well made panada, diluted milk, sweetened and thickened with a small quantity of arrowroot, sago or rusk, may be given with advantage. So barley-water, well-boiled gruel, weak chicken-tea or beef-tea may be resorted to, taking care to give that on which the child seems to thrive best. Gradually, as the teeth appear, the child may be given the usual food from the table, in such quantities, and such form, as the organism seems to require.

Food of Young Children

This should contain all the elements out of which the entire system is to be developed. There must be material for making every separate tissue of the entire man, and that in a condition to be as readily assimilated as possible. Milk from the cow meets all these conditions, having in itself all the elements required for the human body, and in their best proportions and condition. To this may be added barely, in its various forms, as of gruel, or in pap or cakes, in proportion to its age and development of teeth, the soup or flesh of beef or mutton. If the child is fat, heavy or stupid, it requires food containing more nitrates and phosphates—oatmeal, barley cakes, bean or pea soup, etc. If too lean and thin, it may be indulged in the more fattening carbonates, as fat meat, fine flour, butter, sugar, or puddings, etc. Thus the food may be varied as the needs of the child demand.

Food for Laboring Men

This should in part be adapted to the nature of their labor, and to the season or temperature. But in general, as there is a large expenditure of muscular effort, the supply should be equal to the drain. Hence, beef, mutton, a proportion of pork, with vegetables, bread, butter, coffee and tea, all come in play and serve to restore the waste of tissue, and sustain the vigor of the body.

For Professional People

Professional men, thinkers and students, whose expenditure is chiefly of the brain, and whose bodily activity is necessarily limited, require such a supply of nutriment as will measurably compensate for this waste. Hence, only a moderate supply of beef, mutton, lamb, but a larger proportion of fish, wild and tame fowl, oysters, fruits, nuts, raisins or figs are best; oat-meal in its various forms, wheaten grits, and coarse wheat bread, should form the staple of diet.

Fat and Corpulent People

In many families the tendency to corpulence and even obesity is constant. Yet such persons often use a diet directly tending to induce and aggravate the evil, while a proper diet always limits, and often removes, the entire difficulty; for adipose tissue is only produced by certain fat-making articles of food. If these be avoided, the system may at the same time be nourished, and this accumulation of fat be prevented. The fat-making articles are particularly butter, sugar, pork, milk, bread, potatoes, all sweet fruits, etc. Hence, the patient may eat all kinds of meat except pork—all kinds of fish except salmon, all the fruits except those containing sugar in large proportion, and nearly all kinds of vegetables except potatoes. Now, by choosing a diet containing largely the articles allowed, and only a very little of well-baked or toasted bread or potatoes, to which tea and coffee may be added in moderation, and no butter, milk, or sugar, the most corpulent may reduce their weight several pounds per month, while improving their general health, strength and mental vigor. And this may be continued to any reasonable limit.

Very Lean, Spare People

By pursuing the opposite course, these may increase their weight as well as their comfort. They should use sugar, milk, butter, bread, potatoes, pork, fat meat, oysters and fruits, figs, grapes and fish. These heat and fat-producing

elements will, unless the assimilation be very faulty, soon produce a change for the better, which may be extended at the pleasure of the individual.

Seasonable Food

In cold weather, when people are exposed to low temperatures, the more fat and heat-producing articles are required. Of these, pork, buckwheat, Indian corn, wheat-bread, butter, milk, sugar, beans, peas, meat, poultry, etc., are among the more prominent.

In warm weather the more cooling, less heat-producing articles are appropriate. The quantity of meat of any kind should be moderate, and that principally the lean of beef, lamb, veal or poultry, and well-ripened fruits of all kinds, and of vegetables in their seasons, with a due proportion of well-baked wheaten bread. Cooling drinks, acidulated with fruits, are in order and are very grateful and healthful. A far more liberal use of fruits, in their seasons, would largely conduce to the health and welfare of our people.

Diet for the Aged

The diet of the aged should suit their individual condition. If fat, heavy and sleepy, inclined to sit and slumber, let them avoid fat meats, butter, sugar and fat-creating elements of food; and, instead, eat of lean meat, brown bread, fish, nuts, vegetables and fruits, with the usual quantities of tea or coffee. Butter-milk is one of the most desirable articles of habitual food for old people, as it prevents the transformation of the cartilaginous tissue, which enters into the formation of tendons, arteries, etc.—into bone, thus largely relieving the stiffness to which old age is liable, as well as ameliorating its infirmities in other ways.

On the contrary, if they are lean, querulous or sleepless, let them eat of fat meat, bread and butter, buckwheat cakes, rice, milk, butter-milk, potatoes, etc., and the better nourishment of the system will manifest itself in improved sleep and disposition.

TABLE SETTING



THE first rule of all is not to attempt more than one can do easily and well. Anything conspicuously out of harmony with one's circumstances is in bad taste. It is, however, quite possible to combine simplicity with a pleasing presentation of food, and the accepted standards have been made with a view to minimizing the difficulties.

For instance, the placing of glasses, spoons and knives at the right of the plate and the forks at the left is not an arbitrary regulation, but because the forks are used by the left hand and the other things by the right.

That each dish passed around the table by the servant is offered at the left of a person, and all plates removed from the right, does not come from any fashionable precedent, but for the greater ease in helping one's self and convenience to the person serving the table, who may thus use the right hand in withdrawing the plates.

Besides the convenience, the eye is also to be pleased. In setting a table, therefore, the dishes should be placed with careful regularity, the plates at each side opposite each other.

The modern Breakfast Table is dainty in appearance; the linen, whatever its quality, immaculate. A dish of fruit or a few growing ferns occupies the centre. The tray with the coffee service, cups—each standing in its saucer if there be room, not piled up—and the plate of the lady of the house is at one end. A teaspoon in each saucer does away with the old-fashioned spoon-holder.

At each place or "cover" is a plate, dessertspoon, knife and the forks that will be required, a freshly-filled glass of iced water, but without ice, and a small salt-cellar at the left—unless large ones are at the four corners of the table.

If bread-and-butter plates are used they are placed, with small silver knives upon them, at the left of the breakfast plate. Upon this the napkin is laid, simply folded. Napkin-rings are out of fashion.

As fruit often forms the first course, sometimes finger-bowls are placed at the beginning of the meal—grapefruit or unhulled strawberries make their presence to be desired—otherwise they are used only at its close.

As each soiled plate is removed with one hand a clean one is substituted by the other. When the hot plates have replaced those used for the fruit the lady of the house will have poured the coffee. A cereal is usually served next, followed, perhaps, by eggs, fish, kidneys or mince.

No hot dishes are placed upon the tables of fashionable folk in these days; everything is passed around. Those, however, who like old-time ways adhere to the custom of having the principal dishes placed before the master of the house to serve; others wait upon themselves, summoning assistance by a bell when needed.

In winter, steaming food upon the table has a suggestion of homely comfort, but in warm weather the newer way has its advantages.

Dry toast is hidden in the folds of a napkin to keep it hot, as are also boiled eggs if egg-cups are at each cover, or they are passed on a tray in the small egg-cups. Dessertspoons are used for grapefruit, berries and cereals. Smaller napkins are used for breakfast and luncheon.

At Luncheon the custom of using a bare table has been revived. Doilies which match the centrepiece are placed under the plates and principal dishes. Many, however, prefer to use a tablecloth over a cover of thick canton flannel.

The tea service is on the luncheon table except when many guests are present, and the lady of the house makes the tea; the water is supplied from a kettle over an alcohol lamp.

If the "good old-fashioned way" be followed, the bread, butter, cake, preserves or fruit are placed on the table before the summons to the meal is given. A folded doily is interposed between the bread, cake, etc., and the plates containing them.

As has been said, it is the fashion to have no food on the table, but four small dishes of pretty china, glass or silver are placed around the floral centrepiece, a foot from it, containing small dainties, as for instance, cakes or wafers, peppermints, prunes, maple sugar, preserved ginger, almonds and raisins, etc. Smaller dishes of olives and radishes give a pretty touch to the table.

Though we may prefer the old way when the family is alone, it has been found not only more attractive but also far easier to serve a meal in the newer mode; and when we have guests we welcome all that helps to make the service move smoothly. Each dish is passed around in turn, beginning at the right and left of the hostess alternately, and placed on the side table when not in use. No broken food or half-filled dishes are in sight.

COMMON MISTAKES IN COOKING

RECIPES are written accurately by experts after they have been tried several times, so it is better to follow them exactly. Nine out of ten mishaps, or failures, are due almost entirely to a lack of mixing, or change of the recipe, or from failure to observe the proper heat. A cupful means a half pint, level; a teaspoonful means just what it says, a level teaspoonful; half a teaspoonful means exactly one-half of this level teaspoonful. Careless measuring of salt will make a dish so unpleasant that it is practically useless.

Divided recipes fail because they are not accurately divided.

When dividing a recipe calling for a cupful and a half of flour take one-half of a cupful and one-half of a half cup; do not risk guessing at three-quarters of a cup, unless you have a marked and divided cup.

Eggs are usually given by count. When, however, the recipe is to be divided, weigh the given number of eggs and take one-half their weight.

Many mishaps occur from a lack of forethought. Do not begin to make a dish until you have carefully read over the recipe, collected all the ingredients, and fixed the fire. Do one thing at a time. Make haste without hurrying. Cakes, pastry and such delicate dishes should be made when there is no other cooking going on in the kitchen. Give them your whole time.

Cornbreads are heavy when sweet milk is substituted for sour, and the soda is not changed to baking powder.

Sponge cake has heavy streaks near the bottom when the stove has been jarred, or the door of the stove slammed soon

after the cake has been put in the oven; or, sometimes, a large kettle of cold water on top of the stove will cause a rupture of the air cells by chilling the stove too quickly. This is also true of cakes containing butter.

When cakes are saggy in the middle they are not sufficiently baked. The centre of the cake is the last part to bake. Before removing a cake from the oven touch it lightly in the centre; if the finger makes an imprint the cake is not done; if it springs back and does not "tick" or "sing" it is done.

Fruit cake is rather light in color when it has not been cooked sufficiently long or when it has been cooked too fast at first. It should either be steamed three hours and baked one hour, or be baked slowly for four hours.

Baking powder or soda biscuits, gems, articles containing baking powder, need a very hot oven, and should be baked on the bottom before they are browned on the top.

Cakes split in the centre and burst open when they have been baked too quickly on top.

Pop-overs depend for their lightness entirely upon the heat of the oven, and must be baked quickly with the greater heat underneath, to drive them up, as it were. Pop-overs are often sodden when the batter is too thick, or when they have not been sufficiently mixed.

Batter puddings are soggy and heavy when they contain too little flour, or when the baking powder has been mixed with the flour and this added to the milk and egg some time before the pudding has been baked.

Whole wheat bread should be as light as white bread: if it is not, too much flour has been added, or it has been kneaded a third time.

Pies lose their juices in the oven when the upper and under crusts are not well fastened together. Use a wide-rimmed dish; brush the edge of the under crust with water or white of egg before placing the upper crust. Then press the paste

together on the inner edge of the rim, but loosen it from the outer edge of the dish. To be more explicit, if the under crust fastens itself to the dish the upper crust, in swelling, separates from it, and the juices escape.

The meringue on a pie will usually remain fluffy if it is left in the warm kitchen after taking from the oven, but if taken into the cold it will fall.

All pastry should be baked in a hot oven.

The hottest part of the oven. The question often arises as to which is the hottest part of the oven. "Where shall we bake pastry and cakes—on the grates, or on the floor of the oven?" This depends largely upon the stove. If it is a gas stove they should be baked on the grate, and, perhaps, one burner turned out after the oven has been thoroughly heated. In a coal oven the greatest heat is near the firebox and on the floor of the oven at the opposite side. The middle of the oven, on the grate, is the choice baking place for cakes.

Meats should go near the firebox; pies away from the firebox.

If the oven won't bake thoroughly and brown nicely, try putting a few layers of newspaper on top of the oven. It will work like a charm.

Fried foods, as croquettes and oysters, are greasy because the fat has not been sufficiently hot to coagulate quickly the outside covering. All foods of this kind should be dipped in egg and breadcrumbs before frying.

To prevent doughnuts being greasy. When frying them have a kettle of boiling water on the stove and as each doughnut is taken from the fat, plunge for an instant into the hot water and drain.

Cream will not whip unless it is very cold and at least thirty-six hours old.

Dry boiled rice is the result of a rapid boiling and careful draining. Like potatoes, rice is rich in starch; if boiled over-time, just a moment too long, it absorbs water and becomes

heavy and sodden; from ten to fifteen minutes is sufficiently long to boil rice. After draining, pour over a cupful of cold water and stand the sieve on a plate in a warm oven until the rice is dry.

Omelets are tough when milk is added to the eggs instead of water, or when the eggs have been beaten until very light. Salt should be sprinkled over the omelet after it is partly done.

Whites of eggs fail to beat stiff if they are not perfectly cold, or if they are too fresh.

To prevent milk from separating when added to vegetable soups, as tomato and asparagus, heat it in a separate vessel; add to it the thickening, and mix it with the vegetable material at serving-time; a quarter of a teaspoonful of bicarbonate of soda added to the tomatoes will also prevent the curdling.

Fondant fails "to come" when the syrup has not been boiled sufficiently long or the stirring begins before the fondant is cool. The syrup grains because there has been motion during the boiling. A saltspoonful of cream of tartar, or double the amount of lemon juice, will prevent this mishap.

When boiled meat is tough and dry it has been boiled rapidly, not cooked, as it should be, below the boiling point.

When cabbage throws off an odor, loses its color, and is rather strong, it has not been put over to cook in boiling water or the kettle in which it was cooked has been covered.

All vegetables, with the exception of potatoes, should be cooked in uncovered vessels.

Slightly scorched food may be much improved by taking the kettle at once from the fire and setting in a pan of hot water for a moment or two. Of course any really burned bits may be at once removed.

BLUE RIBBON COOK BOOK

TABLES of WEIGHTS and MEASURES

Notice—The standard of measure which we have adopted in this book is the ordinary coffee cup, which holds $\frac{1}{2}$ pint. Where not otherwise specified, we always mean that by a cup. Of course the size of the cups and spoons in actual use vary somewhat, and extraordinary dampness or dryness of the materials will affect their weight, but these tables are as accurate as we can make them. In making up any recipe, using the same measure throughout will keep the proportions correct.

Before measuring sugar, meal, flour, soda, salt and spices, they should be sifted. Materials like baking powder or mustard, which have been packed, should be stirred and crushed if you do not sift them.

The level spoonful is used through this book, except where otherwise stated. To get a level spoonful of any dry material fill the spoon and level it off with a knife. To get $\frac{1}{2}$ spoonful, fill the spoon, divide it through the centre lengthwise, and use one-half.

As a cup is smaller at the bottom than at the top, $\frac{1}{2}$ a cup does not mean to fill it half way up, but a little more than that. The tin or glass measuring cups holding $\frac{1}{2}$ pint, and divided into fourths and thirds, are the best to use; they can be purchased at tin and hardware stores.

WEIGHT OF COMMON ARTICLES OF FOOD

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| <p>ALMONDS—1 cup, shelled, weighs 7 ounces.</p> <p>BARLEY—1 cup weighs 4 ounces; 1 tablespoon, heaped, $\frac{1}{2}$ ounce.</p> <p>BREAD CRUMBS, grated—1 cup weighs 2 ounces.</p> <p>BUTTER—1 even cup, hard or melted, weighs 8 ounces; 2 full cups weigh 1 pound; 2 level tablespoons weigh 1 ounce.</p> <p>CITRON—1 cup of chopped weighs 7 ounces.</p> <p>COFFEE, ground—4 cups weigh 1 pound; 1 cup weighs 4 ounces; 2 rounded tablespoons weigh 1 ounce.</p> | <p>CORNMEAL—1 even cup weighs 4$\frac{1}{2}$ ounces; a heaping tablespoon $\frac{1}{2}$ ounce.</p> <p>CORNSTARCH—1 cup weighs 5 ounces; a heaping tablespoon $\frac{1}{2}$ ounce; 3 cups equal 1 pound.</p> <p>CURRENTS—1 cup, cleaned and dried, weighs 6 ounces.</p> <p>DATES—1 cup weighs $\frac{1}{2}$ pound.</p> <p>EGGS—10 eggs, average size (or 9, if very large) weigh 1 pound; 1 white of egg weighs about 1 ounce, and 1 yolk about 1 ounce.</p> <p>FIGS—1 cup weighs $\frac{1}{2}$ pound.</p> <p>FLOUR (wheat, well sifted always)—1 quart weighs 1 pound; 1 cup, level, weighs 4 ounces; 4 cups equal 1 pound or 1 quart.</p> |
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WEIGHT OF COMMON ARTICLES OF FOOD

(Continued)

- LARD—Same as butter.
- MEAT—1 solid cup of chopped meat weighs 8 ounces; a pint equals 1 pound.
- NUTMEGS—5 medium sized nutmegs weigh 1 ounce.
- PRUNES—1 cup weighs $\frac{1}{2}$ pound.
- RAISINS—1 cup weighs $\frac{1}{2}$ pound.
- RICE—1 cup, heaped, weighs 8 ounces; 2 tablespoons, level, $\frac{1}{2}$ ounce.
- SALT—A "pinch" equals 1 salt-spoon or $\frac{1}{4}$ teaspoon.
- SAGO—1 cup, heaped, weighs 8 ounces; 1 tablespoon, heaped, $\frac{1}{2}$ ounce.
- SUET—Same as butter.
- SUGAR, granulated—1 cup weighs 8 ounces; 2 level tablespoons 1 ounce. POWDERED SUGAR—2 $\frac{1}{2}$ cups equal 1 pound. BROWN SUGAR—2 $\frac{1}{4}$ cups equal 1 pound.
- TEA—1 cup, heaped, weighs 2 ounces; 1 tablespoon, heaped, weighs $\frac{1}{2}$ ounce; 1 teaspoon, heaped, $\frac{1}{8}$ ounce.
- WALNUTS—1 cup, shelled, weighs 7 ounces.

LIQUIDS

- CREAM—1 cup holds $\frac{1}{2}$ pint and weighs 7 ounces.
- MILK—1 cup holds $\frac{1}{2}$ pint and weighs 8 ounces.
- MOLASSES—1 cup holds $\frac{1}{2}$ pint and weighs 12 ounces.
- VINEGAR—1 cup holds $\frac{1}{2}$ pint and weighs 8 ounces.
- WATER—1 cup holds $\frac{1}{2}$ pint and weighs 8 ounces; 2 cups weigh 1 pound.

MEASURING CUPS, ETC.

CUP—1 cup holds 2 gills, or $\frac{1}{2}$ pint, or 8 ounces of liquid, or 16 tablespoons of liquid; 4 cups of liquid equal 1 quart; 4 cups of flour equal 1 quart or 1 pound; 1 cup holds 4 ounces of coffee or 2 ounces of tea.

TABLESPOON—1 tablespoon holds $\frac{1}{2}$ ounce of water; 8 tablespoons of liquid make 1 gill; 16 tablespoons of liquid make 1 cupful; 4 tablespoons of liquid make 1 wineglass; 4 level tablespoons equal 1 ounce of flour or coffee; 2 level tablespoons hold $\frac{1}{2}$ ounce of barley, cornmeal, cornstarch, ground spice, sago, sugar or coffee and $\frac{1}{4}$ ounce of tea.

TEASPOON—4 teaspoons of liquid equal 1 tablespoon; 4 level teaspoons of dry material equal 1 tablespoon. 1 teaspoon holds $\frac{1}{2}$ ounce of coffee and $\frac{1}{8}$ ounce of tea.

TUMBLER, common size, holds $\frac{1}{2}$ pint, or 8 fluid ounces, or 1 cup.

WINE GLASS, common size, holds $\frac{1}{2}$ gill, or 2 fluid ounces, or $\frac{1}{2}$ cup.

AVOIRDUPOIS WEIGHT

- 16 drams (dr.) make 1 ounce (oz.)
- 16 ounces make 1 pound (lb.)
- 25 pounds make 1 quarter (qr.)
- 4 quarters make 1 hundredweight (cwt.)
- 20 hundredweight make 1 ton (T.)

LIQUID OR WINE MEASURE

- 4 gills make 1 pint (pt.)
- 2 pints make 1 quart (qt.)
- 4 quarts make 1 gallon (gal.)
- 31 $\frac{1}{2}$ gallons make 1 barrel (bbl.)
- 63 gallons make 1 hogshead (hhd.)
- 2 hogsheds make 1 pipe or butt (pi.)

DRY MEASURE

2 pints make 1 quart
 4 quarts make 1 gallon
 2 gallons make 1 peck
 4 pecks make 1 bushel
 8 bushels make 1 quarter

MEDICINAL TERMS AND APOTHECARIES' WEIGHTS AND MEASURES

Measures

60 minims (*m*) or drops = 1 fluid
 drachm (*f℥*).
 8 fluid drachms = 1 fluid ounce
 (*f℥*)
 16 fluid ounces = 1 pint (*O*).
 8 pints = 1 gallon (*Cong*.)

Weights

20 grs. (gr. xx) = 1 scruple (*℞* or sc.)
 3 scruples (*℞iij*) = 1 drachm (*℥*
 or dr.)

8 drachms (*℥viii*) = 1 ounce (*℥* or
 oz.)

12 ounces (*℥xii*) = 1 pound (lb.)

Physicians in writing prescriptions use the Roman numerals instead of figures, but the small letters only, which they precede by the symbols. They write *j* for *i* when it terminates a number. Thus *℥vii* means 7 ounces, *℞xiv* means 14 scruples, etc. *℞* is an abbreviation for recipe, or take; *P* for *particula*, or little part; *q.s.*, quantity sufficient; *P. æq.* for equal parts; *q.p.*, as much as you please; *gr.* for grain; *ss.* for *semi*; *ā*, *aa*, for equal quantities; *ii* for 2; *gtt.* is a drop; *Cong.* is an abbreviation of *congius*, the Latin for gallon; *O.* for *oclaris*, the Latin for one-eighth. The *minim* is equal to a drop of water; a *pint* of water weighs a pound.

TIME TABLES FOR COOKING

TIME TO COOK MEATS

BACON, boiled gently, 15 minutes per pound.
 BEEF, brisket of, boiled gently, about 30 minutes per pound.
 BEEF, corned, boiled gently, about 31 minutes per pound.
 BEEF, fillet of, rare, in moderate oven, $\frac{1}{2}$ to 1 hour.
 BEEF, rib roast, rolled, rare, in moderate oven, 10 minutes per pound.
 BEEF, sirloin, roasted in oven, rather underdone, 9 minutes per pound.
 HAM, boiled gently, 20 minutes per pound.

LIVER, roasted, well done, in moderate oven, about 2 hours.
 MEAT FOR BOUILLON, simmer gently, 35 minutes per pound.
 MUTTON, leg of, roasted, rather rare, 10 minutes per pound.
 MUTTON, loin of, roasted rare, 9 minutes per pound.
 MUTTON, saddle of, roasted, rare, 10 minutes per pound.
 MUTTON, shoulder, stuffed, roasted, well done, 16 minutes per pound.
 MUTTON, leg of, boiled gently, 17 minutes per pound.
 PORK, leg of, roasted, in slow oven, well done, 20 minutes per pound.
 PORK, loin of, roasted in slow oven, well done, 18 minutes per pound.

TIME TO COOK MEATS**(Continued)**

- PORK, shoulder of, roasted in slow oven, well done, 20 minutes per pound.
- TONGUE, salted, boiled, 3 to 4 hours.
- TRIBE, boiled, nearly 5 hours.
- VEAL, fillet of, roasted in slow oven, well done, 20 minutes per pound.
- VEAL, loin of, roasted in slow oven, well done, 17 minutes per pound.
- VEAL, shoulder, stuffed, roasted in slow oven, well done, 20 minutes per pound.

**TIME TO COOK POULTRY,
ETC.**

- CHICKEN, boiled gently, 20 minutes per pound.
- CHICKEN, roasted in oven, 20 minutes per pound.
- DUCK, baked in hot oven, 20 to 30 minutes.
- DUCK, roasted, full growth, $\frac{3}{4}$ to 1 hour; duckling, 25 to 35 minutes.
- FOWL, old, boil gently, 20 to 30 minutes per pound.
- FOWL, old, roasted, 20 to 30 minutes per pound.
- GOOSE, roasted, 1 to 1 $\frac{1}{2}$ hours, according to size.
- GROUSE, roasted in oven, 30 to 35 minutes.
- PARTRIDGE, roasted in oven, 25 to 35 minutes.
- PIGEONS, roasted, 20 to 30 minutes.
- PRAIRIE CHICKEN, broiled, 4 to 6 minutes.
- QUAIL, broiled, 4 to 6 minutes.
- RABBIT, roasted in oven, $\frac{1}{2}$ to $\frac{3}{4}$ hour.

TURKEY, boiled gently, 20 minutes per pound.

TURKEY, roasted in oven, 2 $\frac{1}{2}$ hours for an 8-pound turkey.

VENISON, haunch of, roasted, rare, 10 minutes per pound.

VENISON, saddle of, roasted, rare, 10 minutes per pound.

TIME TO COOK VEGETABLES

ARTICHOKES, globe, boiled, $\frac{1}{2}$ to 1 hour, according to age, etc.

ARTICHOKES, Jerusalem, boiled, $\frac{1}{2}$ to $\frac{3}{4}$ hour, according to size.

ASPARAGUS, boiled, 15 to 25 minutes

BEANS, shelled, boiled, 1 hour or more, according to age.

BEANS, shelled, baked, 8 to 10 hours in moderate oven.

BEANS, string, boiled, 1 to 3 hours, according to age, etc.

BEANS, boiled, if young, about 1 hour; if old, 2 to 4 hours.

BRUSSELS SPROUTS, boiled, 10 to 20 minutes.

CABBAGE, winter, 1 hour or more; young, quartered, $\frac{1}{2}$ to $\frac{3}{4}$ hour; sliced, $\frac{1}{2}$ hour.

CARROTS, boiled, if young, 20 to 30 minutes; old, whole, 1 hour or more.

CAULIFLOWER, boiled, 25 to 35 minutes.

CELERY, boiled, $\frac{1}{2}$ hour.

CORN, green, boiled, 20 to 25 minutes.

CUCUMBERS, boiled, 12 to 15 minutes.

ENDIVE, stewed, 5 to 10 minutes.

LENTILS, boiled, 2 hours or more.

LETTUCE, steamed, 10 or 15 minutes.

MUSHROOMS, stewed, about $\frac{1}{2}$ hour.

TIME TO COOK VEGETABLES (Continued)

- ONIONS, boiled, if young, $\frac{1}{2}$ to 1 hour; if old, 2 hours or more.
- PARSNIPS, boiled, if small, $\frac{1}{2}$ to 1 hour; large, 1 to $1\frac{1}{2}$ hours.
- PEAS, green, boiled, $\frac{1}{2}$ hour or more, according to age, etc.
- POTATOES, boiled, 25 to 35 minutes.
- POTATOES, baked, $\frac{3}{4}$ to 1 hour.
- SWEET POTATOES, boiled, $\frac{3}{4}$ to 1 hour.
- SWEET POTATOES, baked, 1 to $1\frac{1}{2}$ hours.
- PUMPKIN, stewed, 4 to 5 hours.
- SEA KALE, boiled, 15 to 20 minutes.
- SORREL, scalded, 10 to 15 minutes.
- SPINACH, covered closely, about 1 hour.
- SQUASH, boiled, 20 to 30 minutes.
- SQUASH, baked, about 1 hour.
- TOMATOES, baked, $\frac{1}{2}$ to $\frac{3}{4}$ hour.
- TOMATOES, stewed, $\frac{1}{2}$ hour.
- TURNIPS, boiled, if young, 25 to 40 minutes; if old, 1 to 2 hours.
- YAMS, boiled, $\frac{3}{4}$ to 1 hour.

TIME TO BAKE

- BEANS, 8 to 10 hours.
- BEEF, sirloin, rare, 8 to 10 minutes per pound.
- BEEF, sirloin, well done, 12 to 15 minutes per pound.
- BEEF, long or short fillet, 20 to 30 minutes per pound.
- BEEF, rolled rib or rump, 12 to 15 minutes per pound.
- BISCUIT, 10 to 20 minutes.
- BREAD, brick loaf, 40 to 60 minutes.
- CAKE, thin, 15 to 20 minutes; thick, 30 to 40 minutes; fruit, 2 to 3 hours.

- CAKE, sponge, 45 to 60 minutes.
- CHICKEN, 3 to 4 pounds, 1 to $1\frac{1}{2}$ hours.
- COOKIES, 10 to 15 minutes.
- CUSTARDS, 20 to 30 minutes in a moderate oven.
- DUCK, tame, 40 to 60 minutes.
- FISH, 6 to 8 pounds, 1 hour.
- GINGERBREAD, 20 to 30 minutes.
- GRAHAM GEMS, 30 minutes.
- LAMB, well done, 15 minutes per pound.
- MUTTON, rare, 10 minutes per pound; well done, 16 minutes per pound.
- PIES, $\frac{1}{2}$ to $\frac{3}{4}$ hour.
- PORK, well done, 30 minutes per pound.
- POTATOES, 25 to 40 minutes, according to age, etc.
- PUDDING, bread, rice and tapioca, $\frac{3}{4}$ to 1 hour.
- PUDDING, plum, 2 to 3 hours.
- ROLLS, 10 to 15 minutes.
- TURKEY, 8 pounds, $2\frac{1}{2}$ hours.
- VEAL, well done, 20 minutes per pound.

TIME TO BROIL

- CHICKENS, about 20 minutes.
- CHOPS, 8 minutes.
- STEAK, 4 to 8 minutes.
- FISH, 5 to 15 minutes.

TIME TO FRY

- BACON, 3 to 5 minutes.
- BREADED CHOPS, 4 to 6 minutes.
- CROQUETTES, 1 to 2 minutes.
- DOUGHNUTS, 3 to 5 minutes.
- FISHBALLS, 3 minutes.
- FRITTERS, 3 to 5 minutes.
- MUFFINS, 3 to 5 minutes.
- SMALL FISH, 1 to 3 minutes.
- SMELTS, 2 minutes.

TABLE OF PROPORTIONS

- BAKING POWDER**—Use 4 level teaspoons to 1 pint of flour, or 2 level teaspoons to each cup of flour. Cake made light with eggs needs less. Omit $\frac{1}{4}$ teaspoon baking powder for each egg used.
- BATTERS**—Use 1 scant cup of liquid to each full cup of flour.
- BREAD**—Use 1 scant cup of liquid for 3 full cups of flour.
- CAKE**—For plain cake use $\frac{1}{4}$ teaspoon of spice and 1 teaspoon of extract for each loaf of usual size, and 4 level teaspoons baking powder to 2 cups flour. For sponge cake use 1 saltspoon of salt and 1 teaspoon of extract to 1 ordinary-sized loaf.
- CREAM OF TARTAR**—Use 2 full teaspoons to 1 level teaspoon of soda.
- CUSTARDS**—Use 1 teaspoon of extract for 1 quart of custard, and $\frac{1}{2}$ teaspoon of salt to 4 cups of milk.
- EXTRACT**—Use 1 teaspoon to each loaf of plain or sponge cake, or to 1 quart of custard.
- HERBS**—In soup, use for flavoring 1 teaspoon of mixed herbs to each quart of soup.
- LIQUIDS**—For bread use 1 cup to 3 level cups sifted flour; for muffins use the same for 2 level cups sifted flour; for batters use the same for 1 level cup sifted flour.
- MUFFINS**—Use 1 cup liquid for 2 level cups sifted flour.
- PEPPER**—Use $\frac{1}{4}$ teaspoon of white pepper to 1 quart of soup stock.
- SALT**—Use 1 level teaspoon to each quart of flour, or to 1 quart of soup stock. Use $\frac{1}{4}$ teaspoon to 1 quart of milk in custards, or to 1 loaf of sponge cake.
- SODA**—Use 1 level teaspoon to 2 full teaspoons cream of tartar; use 1 teaspoon soda to 1 cup molasses, or 2 cups sour milk.
- SOUP**—In soup stock use 1 tablespoon of each chopped vegetable, 1 teaspoon of mixed herbs, 4 cloves, 4 pepper corns, 1 teaspoon salt, and $\frac{1}{4}$ teaspoon white pepper to each quart of stock. For each pound of meat and bone use 1 quart of water.
- SPICE**—Use $\frac{1}{4}$ teaspoon of any kind for 1 loaf of cake.
- YEAST**—For each 2 cups of liquid used in bread, etc., use 1 cup of liquid yeast, or $\frac{1}{2}$ yeast cake. 1 cup of liquid yeast is equal to $\frac{1}{2}$ cake of compressed yeast.

INTOXICATING LIQUORS AVOIDED

In all recipes contained in the department of cookery, which advised the use of intoxicating liquors, we have substituted fruit juices—often using orange or lemon juice. Nothing can excel the unfermented juices of fruits as a flavoring, or for giving a desirable piquancy to various dishes. They make an almost perfect substitute for liquors, and for obvious reasons are much

safer for family use. Fruit juice can be easily substituted for liquor in any recipe by those who desire to do so. In fruit cake, $\frac{1}{2}$ cup or 10 tablespoons of molasses is equal to 1 wine-glass of brandy or other liquor. Those so disposed can substitute molasses for liquor in this way in any such recipe found in books, magazines or newspapers. A cake thus made will be quite as good as though the liquor was used.

PRINCIPAL METHODS OF COOKING

- | | |
|--|--|
| 1 BROILING—Cooking over a glowing fire. | } Direct application of heat. |
| 2 ROASTING—Cooking before a glowing fire. | |
| 3 BAKING—Cooking in an oven | } Application by means of heated air. |
| 4 BOILING—Cooking in boiling water | |
| 5 STEWING—Cooking for a long time in water below boiling point | } Heat applied by means of water. |
| 6 STEAMING— | |
| (a) Moist—Cooking in steamer | } By heat of steam surrounding vessel. |
| (b) Dry—Cooking in double boiler | |
| 7 FRYING—Cooking in hot fat deep enough to cover food to be cooked | } Heat applied by means of heated fat. |
| 8 SAUTEING—Cooking in small quantity of hot fat | |
| 9 PAN-BROILING
PAN-BAKING | } Cooking in frying pan or on griddle, with little or no fat
} Heat applied by means of heated metal. |
| 10 BRAIZING—A combination of stewing and baking. | |
| 11 FRICASSEING—A combination of frying and stewing. | |

SOUPS



THE Kettle should be porcelain or granite, as the meat juices will act on a metallic one and give the soup an unpleasant taste. Soft water is the best. Salt should never be added until the soup is done, as it hardens the water. Skim off surface before vegetables are added.

Bones are very rich in gelatine, and should be broken to allow the hot water to act on them. If finely broken, tie in a bag and put in the stock pot.

A Good Rule is to allow a quart or a little less of water to a pound of meat. This makes a rich soup. Simmer slowly, and when done, strain through a colander. If a clear soup is desired, it should be strained through a hair sieve or clean towel. All bones, pieces of beef, remnants of fowl, such as chicken and turkey, add a rich flavor to many kinds of soup. Oftentimes bits of meat and the odds and ends of fowls alone make a nice soup, but by adding some fresh meat a rich flavor is imparted. Meats for soup should always be put on to cook in cold water, and allowed to simmer slowly for several hours in order that the essence of the meat may be drawn out thoroughly. If water is needed, use boiling water from the teakettle; cold or lukewarm spoils the flavor.

Soup Flavorings—Besides vegetables, there are rice, barley, beans, macaroni, vermicelli, mushrooms, beet-root, spices, herbs, celery seed, Blue Ribbon celery salt, etc. Many people are fond of onions sliced and fried in butter and flour. Soups are often spoiled by using poor spices, and, according to Government reports, over half the bulk spices are adulterated. Blue Ribbon spices, however, are always absolutely pure and of the choicest quality. Blue Ribbon herbs are also superior, being carefully selected and cured, hand-rubbed, and stems, etc., removed.

Stock is the basis of many of the soups afterward mentioned, and this will be found quite strong enough for ordinary purposes. Keep it in small jars, in a cool place. It makes a good gravy for hash meats; one tablespoonful of it is sufficient to impart a fine flavor to a dish of macaroni and various other dishes. Good soups of various kinds are made from it at short notice; slice off a portion of the jelly, add water, and whatever vegetables and thickening preferred. It is best to partly cook the vegetables before adding to the stock, as much boiling injures the flavoring of the soup. Season and simmer a few minutes and serve hot. If soups have too much fat, remove by means of a piece of blotting paper or a piece of unglazed paper dipped in cold water and drawn across the top.

To Clarify Soup Stock—Put into a saucepan stock to be cleared, and into it stir the whites and crushed shells of as many eggs as there are quarts of stock. Heat and stir until it has boiled for 2 minutes; then

keep it hot, without letting it simmer, for 20 minutes, in order that the albumin as it coagulates may entangle every solid particle in the stock. Pour through a fine strainer held above double cheesecloth laid over another strainer. The strainer keeps the scum from clogging the cloth.

Soup Stock No. 1—2 lbs shin of beef, 1 pound knuckle of veal, 1 pound fresh cooked meat, 4 quarts of cold water. To each pound of meat and bone allow 1 heaping tablespoon each of onion, carrot, turnip cut in $\frac{3}{4}$ -inch cubes, half a head of celery or 1 teaspoon of Blue Ribbon celery salt, 2 bay leaves, sprig of parsley, 12 cloves, 12 pepper corns, 1 tablespoonful of salt.

Directions for Making Stock No. 1—Have the bones broken small, cut meat into small cubes. If raw meat only is used, brown one-third in a little fat in the frying pan with the onions. Let meat and bones soak in water 1 hour, then simmer in covered kettle 4 or 5 hours, or until meat is in fragments. About 1 hour before removing stock from the fire add to it vegetables and seasonings. When vegetables are soft, strain the stock through a coarse strainer and set aside until fat solidifies on the surface. Remove every speck of this fat, saving it to clarify, and if stock is to be used for clear soup, clear it according to directions for "clearing soup."

Stock No. 2—After straining off Stock No. 1, add more vegetables and any bones or scraps of meat left from roasts, etc., and a small amount of fresh meat; cover with water and simmer again for 4 or 5 hours, add more vegetables. This makes a good stock, but is not clear.

Veal or White Stock—Wipe 4 pounds of knuckle of veal, break the bones, put it into one gallon of cold water, heat slowly, and simmer 4 hours, skimming well; then add 1 stalk of celery, 1 onion, 1 bay leaf and 1 tablespoonful salt, and simmer 1 hour longer. It should jelly when cold, and the fat can easily be taken off. It can be melted for use and strained through cheesecloth or flannel, or clarified with egg if necessary and is wanted very clear.

NOTE—Always use Blue Ribbon white pepper instead of black for cream soups and sauces.

Bean Soup—Soak 1 cup of white beans over night; in the morning boil until quite tender; then rub through a sieve, and add 3 pints of water and 1 quart of rich milk, 2 tablespoons of butter, 2 level tablespoons flour; season with finely-cut parsley, pepper and salt to taste. Simmer about $\frac{1}{2}$ hour, and serve hot.

Bouillon Soup—Common soup of France. Half pound of beef, 1 pound of bone, $2\frac{1}{2}$ quarts of water, 1 ounce of salt, 2 carrots, 2 onions, 2 cloves, 3 leeks, $\frac{1}{2}$ head of celery, 1 turnip, $\frac{1}{2}$ parsnip. Simmer, strain and serve clear.

Carrot Soup—Put in soup kettle a knuckle of veal, 3 or 4 quarts cold water, a pint of finely-sliced carrots, 1 head of celery; boil $2\frac{1}{2}$ hours, add a handful of rice, and boil an hour longer; season with pepper (or a bit of red pepper pod) and salt, and serve.

Celery Soup—Break apart and carefully clean 2 bunches of celery; then cut it finely and boil in just water enough to cover it, until it is soft enough to rub through a coarse sieve; scald 3 pints of milk and add to the celery and the water in which it was boiled, with half a small onion cut finely (if liked); then rub together a tablespoon each of butter and flour and stir it in the boiling soup; season with salt and pepper to taste, and serve with strips of toasted bread without butter, or with browned crackers. Time, about 1 hour.

Cheese Soup—Boil a pound of the best macaroni in a quart of good stock till quite tender; then add a pint of hot cream and a little grated cheese, and serve.

Cosmome—2 pounds of lean beef, 2 pounds of veal, 1 onion, 1 bay leaf, stalk of celery, sprig of parsley, small sized carrot, 2 quarts of cold water, 2 tablespoonfuls of butter. The under part of the round of beef and the knuckle of veal are the best for this soup. Cut all the meat into pieces about an inch square. Put the butter in the soup kettle and let it brown; add to it the meat, and stir over the fire about 5 minutes, or until the meat is nicely browned. Now cover the kettle and let simmer for 30 minutes. Now add the water and let simmer for 4 hours. Now add the vegetables and bay leaf and simmer 1 hour longer; strain through a sieve, and put in a cold place to cool. When cold, remove the fat and it is ready for use.

Everyday Soup—Go to the pantry in the morning and put into the soup kettle all the nice meat bones, cold bits of meat, cold gravy, also any cooked vegetables left the day before. Get ready the meat for dinner and put the trimmings into the kettle. Season with a little salt, a few whole cloves, and a few pepper corns broken in the mortar; add also a small onion cut finely. Put in the kettle enough water to serve each person with $\frac{1}{2}$ pint of soup. Simmer all together until an hour before dinner; then strain and return to the kettle. Have ready, shredded and standing in cold water, some vegetable, either cabbage, turnips, carrots, asparagus, green peas, or spinach, and add to the soup. When the vegetable is done, serve with rolls or bread.

Fish Soup—Take any kind of fresh fish liked best—about 2 pounds for 3 quarts of water. Cut in small pieces and put in the soup pot—skin, bones and all—with a large onion, sliced, 2 teaspoons Blue Ribbon parsley tied in a bag, a sliced lemon, with a little salt and white pepper. Cook to rags; then strain through the cloth strainer and return to the kettle. Add a heaping tablespoon of cornstarch wet in $\frac{1}{2}$ teacup of water; let it come to boiling, and serve with quenelles, if desired. Time, about 2 hours.

Macaroni Soup—To a rich beef or other soup, in which there is no seasoning other than pepper and salt, take $\frac{1}{2}$ a pound of small pipe macaroni; boil it in clear water until it is tender, then drain it and cut it in pieces of an inch in length; boil it for fifteen minutes in the soup, and serve.

Mock Bisque Soup—Take 1 can of tomatoes, cook until tender, and strain; cook 2 pints of milk in a double boiler, and in a small saucepan cook 2 teaspoonfuls of corn starch and 1 tablespoon of butter, adding enough of the hot milk to make it pour easily; now stir this into the boiling milk carefully, and boil about 10 minutes. Cut 4 tablespoons of butter in small pieces and add it, mixing it well, and add also the strained tomatoes, $\frac{1}{2}$ saltspoon of Blue Ribbon white pepper, and 1 teaspoon of salt; serve hot. Before straining the tomatoes, if they are very acid, $\frac{1}{4}$ of a teaspoon of soda will improve them, by neutralizing the acid.

Mock Turtle Soup—Soak over night 1 pint of black beans. The next day boil them in 2 quarts of water until soft enough to rub through a sieve; return to the soup kettle. Tie in a bit of strainer cloth (which must be perfectly clean) a bit each of Blue Ribbon thyme, parsley and summer savory; let it boil in the soup. Add 1 tablespoon of butter, cut in bits and rolled in flour; also salt and pepper to taste. Cut the yolks of hard boiled eggs in quarters and add to the soup, with one sliced lemon. A good imitation of real turtle soup.

Mushroom Soup—Cut a hip of veal in rather large pieces and break the bones; allow to each pound a little less than a quart of water. Season with salt, pepper, and $\frac{1}{2}$ dozen blades of mace. Boil until the meat falls to pieces; then strain into a clean soup pot. Have ready a quart of mushrooms, peeled and divested of their stems; put them into the soup, adding $\frac{1}{4}$ pound of butter divided into bits, each bit rolled in flour. Boil until the mushrooms are tender, about 20 to 30 minutes; keep closely covered; have toasted bread in small pieces in the soup tureen, and pour the soup over it.

Ox-Tail Soup—Take 2 ox tails and 2 whole onions, 2 carrots, a small turnip, 2 tablespoonfuls of flour, and a little white pepper; add a gallon of water; let all boil for 2 hours, then take out the tails and cut the meat into small pieces, return the bones to the pot for a short time, boil for another hour; then strain the soup and rinse 2 spoonfuls of arrowroot to add to it, with the meat cut from the bones, and let all boil for 15 minutes.

Oyster Soup—1 quart oysters, 2 quarts milk, 2 tablespoons butter, 2 level tablespoons flour or 4 level tablespoons rolled crackers, 1 teacupful hot water, pepper, salt. Strain all the liquor from the oysters, remove the muscle and any shell, add the water, and heat. When near the boil, add the seasoning, then the oysters. Cook about five minutes from the time they begin to simmer, until they "ruffle." Put flour or crackers in the butter, cook 1 minute, but do not brown, and pour milk gently over and cook until it begins to thicken. Put oysters into tureen, stir in the boiling milk and send to table.

Potato Soup—Slice 6 large potatoes and boil until tender, mash fine or rub through a sieve into the soup kettle; add 2 quarts of sweet milk. When it comes to boiling, add noodles already boiled in salted water. Season the soup to taste, and serve. Some prefer this with the addition

of a few drops of onion juice and 1 teaspoonful of Blue Ribbon parsley, and add 4 level tablespoons butter, 4 level tablespoons flour to hold potato in suspension.

Scotch Mutton Broth—Take 6 pounds of the neck of mutton, $\frac{1}{2}$ cup of rice, 1 onion, 1 bay leaf, 4 quarts of cold water, salt and pepper to taste. Wipe thoroughly the neck with a damp towel, put them in a soup kettle and cover with the water; bring slowly to a boil, skim carefully; cover and simmer gently for 4 hours. Strain and stand away over night to cool. The next day remove all fat from the surface. Put the soup into the kettle, add the onion, bay leaf and rice. Simmer $\frac{1}{2}$ hour, season with salt and pepper, and serve. Then cut the meat into small pieces, and serve in the tureen with the soup. The soup may be thickened with rice or barley that has first been soaked in cold water, with a beaten egg or young corn, or with tomatoes scalded, peeled and cut in pieces.

Tomato Soup (Meatless)—1 quart tomatoes; stew till soft; add teaspoonful of soda; allow to effervesce, and add quart of boiling milk, salt, butter and pepper to taste, with a little rolled cracker; boil a few minutes and serve.

Victoria Soup—Wash and scald $\frac{1}{2}$ pound of pearl barley; put it in the soup pot with 3 pints of white veal stock, and simmer gently over a slow fire for 1 $\frac{1}{2}$ hours, by which time the barley will be nearly dissolved; remove one-third of it to a small soup pot, rub the remainder through a tammy or sieve, pour over the whole barley, add $\frac{1}{2}$ pint of cream, season with a little salt, stir it over the fire until hot, and serve. This soup may be made with rice.

FISH



The flesh of all fish out of season is unwholesome. To be eatable, they should be perfectly fresh, the eyes clear, the gills red, the scales bright, the flesh firm and free from any unpleasant odor, and to secure the best flavor should be cooked as soon as possible after leaving the sea, river or pond. They should be scaled and cleaned as soon as they come home from the market, washed quickly without soaking, removing the smallest atom of blood. Sprinkle salt on the inside and put in a cold place until wanted. If necessary to keep them over night, place where the moon will not shine on them as the effect is as bad as the hot sunshine. Cod, haddock and halibut may be kept a day before using, but mackerel and whitefish lose their life as soon as they leave the water.

The favorite modes of cooking fish are boiled, baked, broiled and fried. Steaming fish is excellent, but it is not generally known that fish can be prepared this way.

Fish should never be laid double, if it can be avoided, as the steam from the under layer makes the upper layer so soft as to break easily when being served. Fish should be served alone immediately after soup.

To Skin a Fish—Cut a narrow strip along the backbone, using a sharp knife, and removing the fin on the back; then run up the knife through and under the bony part of the gills and peel the skin off backwards toward the tail, holding the bony part of the gills with the thumb and finger; then peel off the skin from the other side in the same manner, and throw it away.

To Bone a Fish—Fish like herring and shad, abounding in fine bones, are not boned, but whitefish, mackerel, cod, etc., can be boned as follows: Clean, skin and spread it out flat on a board; then begin at the tail and run a sharp, thin knife under the flesh, close to the bone, and loosen the backbone with the forefinger. Take pains not to break the flakes; and when the flesh on one side is loosened, slip the knife under the bone on the other. When all the bone is loosened, pull it from the flesh. Any small bones remaining in the flesh can be felt and removed with the fingers.

Hints—The earthy or muddy taste which taints some kinds of fresh water fish can be removed by rubbing on salt and letting them stand a few hours or over night, or, if in a hurry, soak them in salted water $\frac{1}{2}$ to 2 hours.

If fish are dipped in hot water for a minute they will scale much easier. To remove scales there is no instrument equal to a currycomb—it is every way superior to a knife. The scales and entrails should be removed, and also the blood and white skin along the backbone, as soon after the fish is caught as possible; then rinse, wipe dry, and keep near ice. Keep the eggs, or fish roe, and cook it with the fish.

Marinade for Broiled Fish—Mix together $\frac{1}{2}$ cup salad oil, 1 chopped onion, the juice of 1 lemon or 1 tablespoon of vinegar, and 1 bunch herbs. Scores 1 inch apart are often made in the fish before putting it in the marinade. Let them soak in this $\frac{1}{2}$ hour. Many kinds of dry fish are much improved by this treatment.

Dressing for Baked Fish—Take 1 cup bread crumbs, 1 teaspoon salt, 1 saltspoon pepper, 2 teaspoons Blue Ribbon parsley, 4 tablespoons melted butter. This makes a dressing for a fish weighing 4 to 6 pounds.

Dressing No. 2—Take bread crumbs, 1 well-beaten egg, 4 tablespoons melted butter, 1 tablespoon Blue Ribbon parsley, 2 tablespoons minced onion, a little butter, pepper and salt. Stuff the fish, sew or tie up, and bake.

Oyster Dressing—Prepare $\frac{1}{2}$ pint buttered cracker crumbs and juice of $\frac{1}{2}$ lemon; then take 2 cups oysters, roll each one in the cracker crumbs (draining them first), and fill the dish with them; sprinkle the oysters with the balance of the crumbs, sew up the fish, and bake. To butter crumbs pour $\frac{1}{4}$ cup melted butter over 1 cup of bread crumbs.

Oyster Dressing No. 2—Season a pint of oysters with salt, red pepper and lemon juice; fill the fish with the oysters, sew up, and bake as before directed.

Manner of Frying Fish—After the fish is well cleaned, lay it on a folded towel and dry out all the water. When well wiped and dry, roll it in wheat flour, rolled crackers, grated stale bread, or Indian meal, whichever may be preferred. Wheat flour will generally be liked.

Have a thick-bottomed frying pan or spider, with plenty of sweet lard salted (a tablespoonful of salt to each pound of lard)—never use butter as it is apt to burn and has a tendency to soften the fish. For fresh fish which have not been previously salted, let it become boiling hot, then lay the fish in and let it fry gently until one side is a fine delicate brown, then turn the other. When both are done, take it up carefully and serve quickly, or keep it covered with a tin cover, and set the fish where it will keep hot.

Fried Smelts—To clean them, make a slight opening at the gills, then draw them between the thumb and finger, beginning at the tail. This will press out all the insides. Wash and wipe them. Salt and fry as above directed. Garnish with parsley and slices of lemon, and serve with Sauce Tartare.

All small fish may be served the same way.

Baked Smelts—This delicious little fish is of a fine silvery appearance, with a light fawn-colored shade on the back, and when fresh has an odor resembling cucumbers. Wash and dry them with a cloth; arrange them in a buttered flat baking dish; cover them with a layer of fresh bread crumbs, first sprinkling the fish with a little salt and white pepper; place bits of butter over the bread crumbs and bake until a nice brown, say 20 or 30 minutes. Send to the table in the dish in which they were baked. Squeeze the juice of a lemon over them just before sending to the table.

Baked Whitefish—Fill the fish with a stuffing of fine bread crumbs, a little butter and a little finely chopped onion. Sew up the fish, sprinkle with butter, pepper and salt. Dredge with flour and bake 1 hour, basting often, and serving with parsley sauce or egg sauce.

Boiled Fish—Sew up the fish in a piece of clean net, fitted to its shape. Heat slowly, then boil 8 minutes, at least, to the pound, quite fast. Unwrap and pour over it a cup of drawn butter.

Boiled Salt Mackerel—Salted mackerel should be placed in an earthen dish of cold water several hours before it is cooked. In cooking, place it in cold water, let it boil, then turn off the water and pour over it $\frac{1}{2}$ cup of sweet cream. Roll a piece of butter the size of an egg in flour and add to the cream. Let it boil. Serve at once.

Whitefish may be prepared in the same way.

Broiled Halibut—Have the steak cut 1 inch thick, wash it quickly and dry it with a towel; place it on a broiler and broil over a clear fire (not too hot) for 10 minutes until a nice brown on one side; then turn and broil on the other side. Put on a hot dish, spread with butter, dredge with salt and pepper on both sides, garnish with parsley and serve.

Broiled Smoked Herring—Let them stand 10 minutes covered with boiling water. Then skin, wipe dry, and broil them over clear coals. Put them on a warm dish, moisten with butter, and serve. Time to broil, about 7 or 8 minutes.

Codfish Cakes—First boil soaked cod, then chop it fine, put to it an equal quantity of potatoes boiled and mashed. Moisten it with beaten eggs or milk and a bit of butter and a little pepper. Form it in small, round cakes, rather more than a $\frac{1}{2}$ -inch thick. Flour the outside and fry in hot lard or beef drippings until they are a delicate brown. Fry gently in boiling hot lard when they are put in. When one side is done turn the other.

Fried Trout—They must, of course, be nicely cleaned and trimmed all round, but do not cut off their heads. Dredge them well with flour, and fry in a pan of boiling hot fat or oil. Turn them from side to side till they are nicely browned and quite ready. Drain off all the fat before sending the fish to the table. Garnish them with a few sprigs of parsley, and provide plain melted butter. If preferred, the trout can be dipped in beaten egg and then rolled in bread crumbs. The frying will occupy from 5 to 8 minutes, according to size. Very large trout can be cut in pieces.

Salmon and Caper Sauce—2 slices of salmon, $\frac{1}{2}$ pound butter, $\frac{1}{2}$ teaspoonful chopped parsley, 1 shallot, salt and pepper to taste.

Lay the salmon in a baking dish, place pieces of butter over it and add the other ingredients, rubbing a little of the seasoning into the fish. Place in the oven and baste it frequently. When done, take it out and drain for a minute or two, lay it in a dish, pour caper sauce over it, and serve. Tomato sauce may be used in place of caper sauce.

Salmon Cutlets—Cut slices of salmon one-third of an inch thick, remove the skin and bone, season with salt and pepper, sprinkle on flour, dip in beaten egg, roll in bread crumbs and fry in hot fat. Or they can be fried in a frying pan.

Canned Salmon—A good way to serve it for breakfast is to heat it, add pepper and salt to season, and serve on slices of toast, pouring over white sauce.

Another way to use canned salmon is to put the can for about 20 minutes in a kettle of hot water, then turn it into a dish and pour on drawn butter to which finely cut hard-boiled eggs and chopped parsley have been added. Eat with mashed potatoes.

Baked Canned Salmon—1 can salmon, 1 cup drawn butter. Shred the salmon carefully, removing the bones. Season with Blue Ribbon black pepper. Pour into a buttered pudding dish and cover $\frac{1}{2}$ inch deep with fine bread crumbs. Cover and bake 15 minutes; then uncover and let it brown.

This dish may be made with cold boiled salmon.

UTILIZING COLD FISH

Creamed Fish—Use remnants of any cold fish left from dinner, picking it to pieces and removing all bones. Make a cream sauce by cooking 2 tablespoons butter and 2 tablespoons flour until they bubble, then add 2 cups of milk, 1 teaspoon salt, and Blue Ribbon white pepper or cayenne. Butter a pudding dish, put in a layer of fish, then a layer of the sauce, and so on alternately. Spread bread or cracker crumbs on top, add bits of butter, and bake about 20 minutes in a hot oven. A little parsley, onion or lemon juice can be added to the sauce for flavor if desired.

Curry of Fish—Use cold boiled or baked fish of any kind; pick it to pieces and remove all bones. In a little butter fry a sliced onion till quite brown; add 1 cup hot milk and 1 teaspoon Blue Ribbon curry powder, then add 1 teaspoon of flour which has been mixed in a little cold water and freed from lumps. Then strain the sauce, put in the fish, heat till warmed through, and serve.

Fish Cakes—Take remnants of any cold fish, pull them to pieces, and thoroughly incorporate with them a little butter and some mashed potatoes; season the whole with Blue Ribbon white pepper and salt to taste, and a little cayenne if desired. Form the mixture into cakes and fry in smoking hot fat till a golden brown. Serve garnished with parsley. Time to cook, 1 or 2 minutes.

SHELL FISH

Stewed Lobster—Cut the lobster small and put it in a stew pan, and add just a little water, milk or cream (the latter being best, although the first will answer). Let it boil up, add a teaspoon of butter, and pepper and salt to season, and serve hot, either on toast or plain.

To kill a lobster quickly and easily, cut the spinal cord by pushing a long, narrow-bladed knife into the tail, slanting the blade downward, and inserting it at the third joint, counting from the end.

Scalloped Oysters—Butter an oyster, scallop or pudding dish. Put in a layer of bread crumbs with bits of butter, then a layer of oysters; season with pepper and salt. Repeat this until the dish is full, leaving a

layer of crumbs with bits of butter on top. Mix the liquor with milk or cream and pour over the top. Bake 20 minutes. When done, if not sufficiently browned, heat a shovel very hot and hold over the top until it is a rich brown, or uncover the dish and brown in the oven.

Oyster Fritters—Have ready a batter made as follows: Dissolve 1 heaping tablespoon of butter in 4 tablespoons of water or oyster liquor, and stir to this 1½ tablespoons of sifted flour; mix well over the fire. Take it off and mix in, one after the other, 3 eggs, and a little salt. Beard and scald the oysters, dip each into the batter, fry lightly in smoking hot fat, and serve.

Oyster Omelet—Beat the yolks and whites of 6 eggs separately. To the yolks add ½ cup of rich milk or thin cream, a little salt, and 12 oysters, chopped fine. Put butter in your frying pan as for an ordinary omelet, and allow it to heat while you are mixing the whites of the eggs with the rest of the ingredients. Mix the whole lightly and turn into the pan. Shake to prevent burning, and as soon as the omelet is set, or begins to be firm, turn one half over the other half quickly, slip on to a hot platter and serve at once.

Oyster Patties—Make a rich puff paste and bake it in earthen sauce-dishes. Drain oysters and put in a saucepan, with a piece of butter, a little salt, pepper, and nutmeg (if liked). Cook them only until they are plump, stirring with a silver fork while plumping; when cold, fill the crusts and send to the table. If liked hot, the crusts can be filled, before baking, with the plumped oysters, and sent from the oven to the table, or patty shells can be warmed and filled with creamed oysters.

Oyster Stew—Put the liquor from 1 pint of oysters with 1 cup of sweet milk in a kettle; let it just boil, add the oysters, and let it boil up once, then season with pepper, salt and butter, with a few crackers toasted and broken in pieces. Never salt oysters until just before removing from the fire, or they will shrivel and harden.

Pigs in Blankets—Choose large oysters, season with pepper and salt; wrap each one in a slice of bacon cut very thin, and fasten with a wooden toothpick. Cook in a hot frying pan just long enough to crisp the bacon. Have small pieces of toast ready, put each "pig" on one, without removing the skewer. Serve at once.

FISH and MEAT SAUCES and GRAVIES

Bread Sauce—½ pint grated bread crumbs, 1 pint sweet milk, and 1 onion, stick 6 cloves in onion; boil until sauce is smooth, take out onion and stir in 2 tablespoons butter with ¼ teaspoon salt and dash Blue Ribbon pepper; beat until quite smooth.

Boil once, and serve with roast poultry or any kind of game.

Brown Sauce—1 tablespoonful of butter, ½ pint of stock, 1 tablespoonful of flour, ½ teaspoonful of onion juice, ½ teaspoonful of salt, ¼ teaspoonful of white or black Blue Ribbon pepper.

Melt the butter, stir until a dark brown, add the flour, mix well; add the stock, and stir continually until it boils; add onion juice, salt and pepper, and it is ready to use.

Caper Sauce—Melt 2 tablespoons butter in a saucepan, stir in 2 level tablespoons of flour, then add 1 pint of hot water, stirring rapidly while it boils and thickens, add a little salt if needed, a trifle of white pepper, and three tablespoons capers.

Caper sauce is served with boiled fish, boiled mutton and lamb.

Mock Capers—Pick full grown seeds of nasturtiums, but which have not turned yellow, leaving 2 inches of the stem attached; wash them, put in a glass jar, add vinegar to cover, and in 7 or 8 days they can be used.

Cranberry Sauce—1 quart of cranberries, 2 cupfuls of sugar and 1 pint of water; wash the cranberries, put on the fire with the water in a covered saucepan; stew together over a moderate but steady fire. Be careful to cover and not stir the fruit, but occasionally shake the vessel, or apply a gentler heat if in danger of sticking or burning. If attention to these particulars be given, the berries will retain their shape to a considerable extent, which adds greatly to their appearance on the table. Boil from five to seven minutes, remove from fire, turn into a deep dish and set aside to cool. If to be kept, they can be put at once in air-tight jars. Or, for strained sauce, 1½ pounds of fruit should be stewed in 1 pint of water for 10 or 12 minutes, or until quite soft, then strained through a colander or fine wire sieve, and ¾ pound of sugar thoroughly stirred into the pulp thus obtained; after cooling it is ready for use.

Serve with roast turkey or game. When to be kept for a long time without sealing, more sugar may be added, but its too free use impairs the peculiar cranberry flavor.

Drawn Butter—2 tablespoonfuls of butter, 1 tablespoonful of flour, ½ pint of boiling water, ¼ teaspoonful of salt.

Mix the butter and flour to a smooth paste in a bowl, place the bowl over the fire in a pan of boiling water, add the ½ pint of boiling water gradually, stirring all the while until it thickens; add the salt. Take from the fire and use immediately. The great point in preparing drawn butter is to take from the fire as soon as it thickens. For this sauce it is very essential to have good butter. Serve with asparagus, boiled fish, cauliflower, etc.

Egg Sauce—Chop 2 hard-boiled eggs quite fine, the white and yolk separately, and stir it into the white sauce before serving.

This is used for boiled fish or vegetables.

Hollandaise Sauce—Rub ½ cup butter to a cream, add the yolks of 2 eggs (one at a time) and beat well. Stir in the juice of ½ a lemon, 1 saltspoon of salt, and a pinch of cayenne pepper. When ready to serve add ½ cup of boiling water; place the bowl in a pan of boiling water, or

on the top of the tea-kettle, and scald until as thick as custard, stirring all the time.

This sauce is served with fish or meat.

Mint Sauce—Mix 1 tablespoonful of white sugar to $\frac{1}{2}$ teacup of good vinegar; add 2 tablespoonfuls of mint chopped fine, and let it infuse for half an hour in a cool place before sending to the table.

Serve with roast lamb or mutton.

Nut Sauce—This is made by pounding to a paste, in a mortar, the meats of any kind of wild nuts (hazel-nuts, hickory-nuts, butter-nuts, etc.) and mixing the paste with an equal amount of nice butter.

It is served with game or poultry.

Olive Sauce—Extract the salt from 1 dozen olives by soaking $\frac{1}{2}$ hour in warm water; then pare them close to the stone, round and round, as you would an apple, to remove the stone. Then put the olive into $\frac{1}{2}$ pint brown sauce, simmer 10 to 15 minutes and serve.

Good with roast duck or other game.

Onion Sauce—Peel 1 dozen small onions, put them in a saucepan, cover with boiling water, add a teaspoonful of salt, and boil $\frac{1}{2}$ hour, then drain and press through a fine sieve. Make a white sauce, add the onions to it, let it boil up once, and it is ready for use.

This is nice with boiled fowl.

Sauce Tartare—Put the yolks of 4 eggs into a saucepan, and add $\frac{1}{2}$ teaspoon salt and 1 teaspoon Blue Ribbon mustard; then add alternately 1 teaspoon each of olive oil and tarragon vinegar (adding them very gradually) until it is of the right consistency. Then add 2 chopped shallots, or instead 2 tablespoons chopped pickled onions and gherkins.

This sauce is often too acid. It goes well with fried oysters or fish, or with boiled tongue or codfish.

Tartar Sauce—Take 2 tablespoons each of Worcestershire sauce and vinegar, 1 tablespoon of lemon juice and $\frac{1}{2}$ teaspoon salt; put them in a bowl and set in a pan of hot water to heat. Put two-thirds of a cup of butter in a saucepan, brown it, strain, and add to the other ingredients.

Serve it hot with boiled fish.

Vinaigrette Sauce— $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon paprika, dash white pepper mixed with 3 tablespoons tarragon or plain vinegar, 6 tablespoons oil, 1 tablespoon gherkins, 1 teaspoon chives, 1 teaspoon Blue Ribbon parsley, all minced fine. One tablespoon green pepper will be an addition.

MEATS



Broiling or Grilling—RULES—A hot fire at first, with a hot gridiron well greased; frequent turning; no holes made to see if the meat is done, and so let out the juices. The smaller the article, the hotter the fire necessary; for larger ones a more moderate fire is needed, or hold it further away from the fire. If the article is dipped in melted fat before putting it on the gridiron, it will help set the surface albumen quickly. Fish is also floured to prevent its sticking to the gridiron. When the meat is browned all over and ceases to feel spongy, it is done. Do not put any salt on the meat while it is cooking.

Baking and Roasting—The fire and utensils must be very hot at first, and the heat can afterwards be lessened by cooling the oven. In a perfectly roasted joint the outside should be thoroughly hardened, but inside the heat should only reach the stage which swells and softens the fibrin.

Basting—It is very important that the meat should be frequently basted—say every 10 or 20 minutes—and do it quickly so as not to keep the oven door open longer than necessary. The drippings from the meat are the best thing with which to baste it; some cooks add some beef drippings. If a frothed surface is desired, flour may be dredged upon it every time it is basted. If one side is browning, turn it around; also it is well very often to turn it over. All game and poultry require a hot, clear fire, frequent basting, and should be sent to the table direct from roasting. A basin of water in the oven will produce steam, which will check the tendency to scorch and dry the meat. Do not put in the basin of water until after the strong heat at first has set the surface albumen of the meat. It is better not to use water with meat which is desired rare, or with small cuts, but only for large roasts which require long, slow cooking. Never put water in the pan with the meat.

Boiling—Plunge at once into boiling water, as this forms a thin film and holds the juices inside the meat. After this the water should merely simmer until the meat is heated through to the centre sufficiently to cook it, but not enough to harden the albumen inside. However, calf's head and feet, shins of beef and knuckles of veal, cow heel, tripe, etc., are usually best put into cold water first, and boiled longer than other meat. After meat is put into boiling water, a scum will rise to the surface; this should be skimmed off and thrown away. Although the greater part will rise at first, do not fail to skim during the whole progress; if any is left it will attach itself to the meat and spoil its appearance. Salt meat should be put in cold water after being washed thoroughly in fresh water

or milk. The water should then be slowly brought up to the simmering point. This will draw out the salt. Remember that all salted and dried meats should simmer slowly, as rapid boiling hardens them. As vegetables require boiling and meat only simmering, you cannot, as a rule, boil vegetables with meat without spoiling one of them. Vegetables should be put into boiling water at first and kept there. Flour foods, such as macaroni, sago, rice, cornflour and flour puddings, should be kept all the time in boiling water in order to burst the starch granules.

Stewing—In a stew both meat and juice are eaten together; nothing is wasted; it is the cheapest method of cooking. It is particularly suitable for glutinous meats as knuckles, heads and feet, and for all tough fibrous meats. A tough fowl can by this method be made more presentable than by any other way. The important point to remember is to not allow the water to boil. Set the dish at the side of the stove and let it quietly stew. Less water is needed than for boiling, as there is very little evaporation. The best way is to use a double boiler, or if you have not one, a pudding basin with a wide rim may be set into another just large enough to allow the smaller one to rest upon its rim. Put the meat into the smaller basin, barely cover with water, pour hot water into the outer one and allow it to boil, but very gently. Stew about double the usual time. The superiority will be evident. Frying the meat before stewing gives it a good color and prevents the too free escape of juices.

Fricasseeing—This means, literally, "to fry and stew." It is usually applied to a chicken, rabbit or any small animal which is cut up and fried, before stewing, and served in a well-flavored sauce.

Frying—There are two ways of frying known to cooks, as (1) wet frying, sometimes called French frying, or frying in a kettle of hot fat; and (2) dry frying, or cooking in a frying pan. The best results are undoubtedly obtained by the first method, although it is little used in this country.

First Method—The fat must be sufficiently deep to fully cover the article. (2) The fat should be sufficiently hot; in fact, it should smoke. (3) When anything is floured before it is fried, it must not be floured until the last moment before it is plunged into the fat. (4) When anything is fried that has been egged and bread-crumbed, it is best to egg and bread-crumbs it some time before it is fried. (5) Shut the kitchen door and open the window a little to avoid scenting up the house; this is a practical point which should be remembered.

Second Method—(Sauteing) This should be done the last thing while preparing the meal. Have the meat all ready for the pan beforehand. A little fat should be cut in bits, melted, and sizzling hot in the pan. Put the pieces of meat in the hot fat and fry as fast as possible, turning and tossing to keep it from burning; do not leave it a moment. Have a hot platter ready, take up the meat when well browned on both sides (which will be in less than 5 minutes), salt and pepper to taste, and send to the table as hot as possible. Add no salt while cooking, as it

draws out the juice. Fresh pork, beef, mutton and lamb should each be cooked in its own fresh fat; other meats, if lean, are better fried in the fat of a single slice of fat pork than in butter. Only enough fat is required to keep the meat from sticking to the pan.

Braising—This is a way of cooking by the action of heat above as well as below the article cooked—the effect is somewhat similar to stewing and baking. At the last, cover can be removed in order to brown the meat.

To Egg and Bread-Crumb—The best way to make bread crumbs is to rub stale bread through a wire sieve, because the bread crumbs should be very fine. If the bread crumbs are to be used for meat or fish, a little pepper and salt can be added; if for sweet dishes, add a little sugar. The eggs should be beaten up lightly; a teaspoon of water to each egg helps in beating it thin. Dip the article that is to be egged and bread-crumbed first in the crumbs to dry it; let it dry a little, then dip it in the beaten-up egg, drain it, and then roll it again in the bread crumbs and leave it in the crumbs until it is put in the smoking hot fat. It is best to egg and bread-crumbs anything some time before it is fried. If the egg and bread-crumbs fall off, it is because the crumbs are too coarse; or there is not enough fat in the kettle; or it is not hot enough, the latter being often the cause.

To Thaw Frozen Meat—Put it in cold water, and do not try to cook it until it is fully thawed. Do not thaw it until just before it is to be cooked. To ascertain whether the thawing is complete, drive an iron skewer through the thickest part of the joint; if there is a core of ice within, it will be distinctly felt by the resistance it offers.

Garnishing meat adds much to its appearance. Slices of carrots are suitable for hot or cold boiled beef. Mint is used for hot or cold roast lamb, either with or without parsley. For roast veal and calf's head, slices of lemon are used. For boiled meats or stews, use capers, boiled onions or pickled gherkins. For roast beef, horseradish is often used. Slices of red beet-root go well on boiled beef or cold meat, and for poultry, fish, cold meats, etc., parsley is very generally used.

Roast Beef—Take a rib-piece or loin-roast of 7 to 8 pounds, lay it in the roasting dish and cover with dripping. Put it inside the well-heated oven, and baste frequently, which will make it brown and tender. The roast needs about 2 hours' time to be done, and must be brown outside but inside still a little red. Season with salt and pepper. Squeeze a little lemon juice over it, and serve the gravy in gravy boat, after skimming off all fat.

Beef Heart, Baked or Roasted—Cut a beef heart in two, take out the strings from the inside; wash it with warm water, rub the inside with pepper and salt, and fill it with a stuffing made of bread and butter moistened with water, and seasoned with pepper and salt, and, if liked, a sprig of thyme made fine; put it together and tie a string around it, rub

the outside with pepper and salt; stick bits of butter on, then dredge flour over and set it on a trivet, or muffin rings, in a dripping-pan; cover with dripping, then roast it before a hot fire or in a hot oven; turn it around and baste frequently. One hour will roast or bake it; when done, take it up, cut a lemon in thick slices, and put it in the pan with a bit of butter, dredged in a teaspoonful of flour; let it brown; add a small teacup of boiling water, stir it smooth and serve in a gravy tureen.

Chipped Beef—Heat together 1 cup each of milk and water, and thicken with a beaten egg and a little flour; when it has boiled 5 minutes, add a quantity of chipped beef; stir in well and remove at once from the fire.

Beef or Veal Cheese—Boil and skim beef until the meat and gristle drop from the bone; chop the meat fine, season with Blue Ribbon pepper, salt and Blue Ribbon sage, and put in a deep dish; take all the fat from the soup and boil it away some, then pour it over the meat, stir well, and set away to cool and harden. Cut in slices and eat cold.

Beef Kidneys—Cut the kidneys in 2 slices, lengthwise; soak an hour in salted water, then wipe dry; dip them in a beaten egg, roll in cracker dust, and broil over a clear fire. Kidneys may be stewed until tender in a very little water, and seasoned; then thicken the broth, and serve.

Beef a la Mode—Cut the bone from a round of beef, and fill the space with bread and butter dressing, or a dressing made with onions and spiced with herbs. Put a bandage around it to keep it in shape, and put it in a pot just large enough to hold it; add about 1 pint of water, cover tightly, and bake three hours. Good either hot or cold.

Mock Duck—Take a good piece of upper round steak, make a dressing as for turkey, and spread it over the steak; roll it up and wind it with a string. Bake it as you would roast beef, but not so long. It can be served hot, or allowed to cool with the string around it, when it can be cut in thin slices for luncheon or tea. If served cold, garnish handsomely with sliced lemon and green parsley.

Beef Pot Pie—A good dinner which combines the needed variety of foods in one dish is a beef or mutton stew. 2 pounds of cheap meat, neck of mutton, shin or round of beef, is enough for 4 to 6 people. Cut the meat in inch pieces, season with salt and pepper, and roll in flour. Put the bones in cold water and heat slowly; when boiling, put in the meat, already browned in a frying pan, with a little hot fat. Add 1 or 2 small onions sliced and fried with the meat, if liked; a stalk of celery, or $\frac{1}{2}$ cup of strained tomato, also gives a nice flavor. Simmer an hour, then add a medium-sized carrot and turnip, cleaned and cut in $\frac{1}{2}$ -inch squares; cook 2 hours, or till the meat is tender; $\frac{1}{2}$ hour before serving put in 6 potatoes, already pared, quartered and parboiled to draw out their strong juice. Taste and season more, if liked, and skim all fat from the top; 10 minutes before dinner time, put in the dumpling and cook without removing the cover.

The Dumplings—1 pint of flour, $\frac{1}{2}$ teaspoon of salt, 4 level teaspoons Blue Ribbon baking powder, sifted together and mixed into a soft dough with 1 cup more or less of milk or water. Drop from the tip of the spoon into the boiling stew, cover closely and in 10 minutes take up on a hot platter or place around the platter on which the stew is served.

Pot-Roast of Beef—Take 5 or 6 pounds of the round of beef, remove the bone, put slices of suet in the bottom of a deep pot, and fry out the fat; leave the bits of suet in the bottom of the kettle, put in the beef in a round shape, and add a pint of hot water; put on the stove where it will cook slowly. Cover well after sprinkling on a little salt, pepper and sweet herbs, if liked. It should cook 2 or 3 hours, and at last uncover it and rapidly cook out all the water, until it begins to fry in the bottom of the kettle; when it is nicely browned on the bottom, take up on a platter, the browned side up, and pour over it any fat left in the pot. Good warm or cold. Cut in thin slices it makes nice sandwiches.

Boiled Tongue—If the tongue is salted, soak over night in plenty of cold water; the next morning put it over the fire with enough cold water to cover it, and boil slowly 3 or 4 hours, according to the size; skin the tongue while hot and set away to cool. When cold, cut in very thin slices, excepting the extreme tip, which can be used for making side dishes. If the tongue is fresh, then soak it over night in cold water, in which is a handful of salt; the next morning put it over the fire and cook slowly, and proceed in the same manner as with salted tongue.

Tripe—Tripe is usually sold already boiled and pickled, and is a good food if cider vinegar is used for a pickle; if any of the mineral acids are used, it will unfavorably affect the digestion. After coming from the market, it is sometimes broiled, spread with butter, and served with baked potatoes. It can be put on a platter and set on the grate in the oven until hot and then spread with butter; again, it can be fried brown in the frying pan with a little butter, and seasoned with any of the piquant meat sauces. It may also be cut in strips, soaked 10 or 12 hours in salt and vinegar, wiped dry, and fried in hot lard. It can be stewed also.

Beefsteak Smothered in Onions—Cut 6 onions very fine, put them in a saucepan with 2 cups hot water, 2 ounces butter, some pepper, salt, and dredge in flour; let stew until onions are quite soft. Have the steak broiled, put it into the saucepan with the onions, let simmer 5 or 10 minutes; send to the table very hot.

Minced Beef—2 cups cold minced beef, 1 shallot, or small onion, 1 bunch parsley, 1 teacup gravy, 1 tablespoon chutnee sauce, butter the size of an egg.

Put the butter in a saucepan, slice and fry the onion until a yellowish brown, add the gravy, then the chopped parsley; stir in the chutnee, add the beef, and let it get hot, but do not re-cook. Serve it on a platter garnished with parsley and fried bread. Time, 20 to 30 minutes.

about the fourth or sixth month, the diet should become more varied and liberal; a well made panada, diluted milk, sweetened and thickened with a small quantity of arrowroot, sago or rusk, may be given with advantage. So barley-water, well-boiled gruel, weak chicken-tea or beef-tea may be resorted to, taking care to give that on which the child seems to thrive best. Gradually, as the teeth appear, the child may be given the usual food from the table, in such quantities, and such form, as the organism seems to require.

Food of Young Children

This should contain all the elements out of which the entire system is to be developed. There must be material for making every separate tissue of the entire man, and that in a condition to be as readily assimilated as possible. Milk from the cow meets all these conditions, having in itself all the elements required for the human body, and in their best proportions and condition. To this may be added barely, in its various forms, as of gruel, or in pap or cakes, in proportion to its age and development of teeth, the soup or flesh of beef or mutton. If the child is fat, heavy or stupid, it requires food containing more nitrates and phosphates—oat-meal, barley cakes, bean or pea soup, etc. If too lean and thin, it may be indulged in the more fattening carbonates, as fat meat, fine flour, butter, sugar, or puddings, etc. Thus the food may be varied as the needs of the child demand.

Food for Laboring Men

This should in part be adapted to the nature of their labor, and to the season or temperature. But in general, as there is a large expenditure of muscular effort, the supply should be equal to the drain. Hence, beef, mutton, a proportion of pork, with vegetables, bread, butter, coffee and tea, all come in play and serve to restore the waste of tissue, and sustain the vigor of the body.

For Professional People

Professional men, thinkers and students, whose expenditure is chiefly of the brain, and whose bodily activity is necessarily limited, require such a supply of nutriment as will measurably compensate for this waste. Hence, only a moderate supply of beef, mutton, lamb, but a larger proportion of fish, wild and tame fowl, oysters, fruits, nuts, raisins or figs are best; oat-meal in its various forms, wheaten grits, and coarse wheat bread, should form the staple of diet.

Fat and Corpulent People

In many families the tendency to corpulence and even obesity is constant. Yet such persons often use a diet directly tending to induce and aggravate the evil, while a proper diet always limits, and often removes, the entire difficulty; for adipose tissue is only produced by certain fat-making articles of food. If these be avoided, the system may at the same time be nourished, and this accumulation of fat be prevented. The fat-making articles are particularly butter, sugar, pork, milk, bread, potatoes, all sweet fruits, etc. Hence, the patient may eat all kinds of meat except pork—all kinds of fish except salmon, all the fruits except those containing sugar in large proportion, and nearly all kinds of vegetables except potatoes. Now, by choosing a diet containing largely the articles allowed, and only a very little of well-baked or toasted bread or potatoes, to which tea and coffee may be added in moderation, and no butter, milk, or sugar, the most corpulent may reduce their weight several pounds per month, while improving their general health, strength and mental vigor. And this may be continued to any reasonable limit.

Very Lean, Spare People

By pursuing the opposite course, these may increase their weight as well as their comfort. They should use sugar, milk, butter, bread, potatoes, pork, fat meat, oysters and fruits, figs, grapes and fish. These heat and fat-producing

elements will, unless the assimilation be very faulty, soon produce a change for the better, which may be extended at the pleasure of the individual.

Seasonable Food

In cold weather, when people are exposed to low temperatures, the more fat and heat-producing articles are required. Of these, pork, buckwheat, Indian corn, wheat-bread, butter, milk, sugar, beans, peas, meat, poultry, etc., are among the more prominent.

In warm weather the more cooling, less heat-producing articles are appropriate. The quantity of meat of any kind should be moderate, and that principally the lean of beef, lamb, veal or poultry, and well-ripened fruits of all kinds, and of vegetables in their seasons, with a due proportion of well-baked wheaten bread. Cooling drinks, acidulated with fruits, are in order and are very grateful and healthful. A far more liberal use of fruits, in their seasons, would largely conduce to the health and welfare of our people.

Diet for the Aged

The diet of the aged should suit their individual condition. If fat, heavy and sleepy, inclined to sit and slumber, let them avoid fat meats, butter, sugar and fat-creating elements of food; and, instead, eat of lean meat, brown bread, fish, nuts, vegetables and fruits, with the usual quantities of tea or coffee. Butter-milk is one of the most desirable articles of habitual food for old people, as it prevents the transformation of the cartilaginous tissue, which enters into the formation of tendons, arteries, etc.—into bone, thus largely relieving the stiffness to which old age is liable, as well as ameliorating its infirmities in other ways.

On the contrary, if they are lean, querulous or sleepless, let them eat of fat meat, bread and butter, buckwheat cakes, rice, milk, butter-milk, potatoes, etc., and the better nourishment of the system will manifest itself in improved sleep and disposition.

TABLE SETTING



THE first rule of all is not to attempt more than one can do easily and well. Anything conspicuously out of harmony with one's circumstances is in bad taste. It is, however, quite possible to combine simplicity with a pleasing presentation of food, and the accepted standards have been made with a view to minimizing the difficulties.

For instance, the placing of glasses, spoons and knives at the right of the plate and the forks at the left is not an arbitrary regulation, but because the forks are used by the left hand and the other things by the right.

That each dish passed around the table by the servant is offered at the left of a person, and all plates removed from the right, does not come from any fashionable precedent, but for the greater ease in helping one's self and convenience to the person serving the table, who may thus use the right hand in withdrawing the plates.

Besides the convenience, the eye is also to be pleased. In setting a table, therefore, the dishes should be placed with careful regularity, the plates at each side opposite each other.

The modern Breakfast Table is dainty in appearance; the linen, whatever its quality, immaculate. A dish of fruit or a few growing ferns occupies the centre. The tray with the coffee service, cups—each standing in its saucer if there be room, not piled up—and the plate of the lady of the house is at one end. A teaspoon in each saucer does away with the old-fashioned spoon-holder.

At each place or "cover" is a plate, dessertspoon, knife and the forks that will be required, a freshly-filled glass of iced water, but without ice, and a small salt-cellar at the left—unless large ones are at the four corners of the table.

If bread-and-butter plates are used they are placed, with small silver knives upon them, at the left of the breakfast plate. Upon this the napkin is laid, simply folded. Napkin-rings are out of fashion.

As fruit often forms the first course, sometimes finger-bowls are placed at the beginning of the meal—grapefruit or unhulled strawberries make their presence to be desired—otherwise they are used only at its close.

As each soiled plate is removed with one hand a clean one is substituted by the other. When the hot plates have replaced those used for the fruit the lady of the house will have poured the coffee. A cereal is usually served next, followed, perhaps, by eggs, fish, kidneys or mince.

No hot dishes are placed upon the tables of fashionable folk in these days; everything is passed around. Those, however, who like old-time ways adhere to the custom of having the principal dishes placed before the master of the house to serve; others wait upon themselves, summoning assistance by a bell when needed.

In winter, steaming food upon the table has a suggestion of homely comfort, but in warm weather the newer way has its advantages.

Dry toast is hidden in the folds of a napkin to keep it hot, as are also boiled eggs if egg-cups are at each cover, or they are passed on a tray in the small egg-cups. Dessertspoons are used for grapefruit, berries and cereals. Smaller napkins are used for breakfast and luncheon.

At Luncheon the custom of using a bare table has been revived. Doilies which match the centrepiece are placed under the plates and principal dishes. Many, however, prefer to use a tablecloth over a cover of thick canton flannel.

The tea service is on the luncheon table except when many guests are present, and the lady of the house makes the tea; the water is supplied from a kettle over an alcohol lamp.

If the "good old-fashioned way" be followed, the bread, butter, cake, preserves or fruit are placed on the table before the summons to the meal is given. A folded doily is interposed between the bread, cake, etc., and the plates containing them.

As has been said, it is the fashion to have no food on the table, but four small dishes of pretty china, glass or silver are placed around the floral centrepiece, a foot from it, containing small dainties, as for instance, cakes or wafers, peppermints, prunes, maple sugar, preserved ginger, almonds and raisins, etc. Smaller dishes of olives and radishes give a pretty touch to the table.

Though we may prefer the old way when the family is alone, it has been found not only more attractive but also far easier to serve a meal in the newer mode; and when we have guests we welcome all that helps to make the service move smoothly. Each dish is passed around in turn, beginning at the right and left of the hostess alternately, and placed on the side table when not in use. No broken food or half-filled dishes are in sight.

together on the inner edge of the rim, but loosen it from the outer edge of the dish. To be more explicit, if the under crust fastens itself to the dish the upper crust, in swelling, separates from it, and the juices escape.

The meringue on a pie will usually remain fluffy if it is left in the warm kitchen after taking from the oven, but if taken into the cold it will fall.

All pastry should be baked in a hot oven.

The hottest part of the oven. The question often arises as to which is the hottest part of the oven. "Where shall we bake pastry and cakes—on the grates, or on the floor of the oven?" This depends largely upon the stove. If it is a gas stove they should be baked on the grate, and, perhaps, one burner turned out after the oven has been thoroughly heated. In a coal oven the greatest heat is near the firebox and on the floor of the oven at the opposite side. The middle of the oven, on the grate, is the choice baking place for cakes.

Meats should go near the firebox; pies away from the firebox.

If the oven won't bake thoroughly and brown nicely, try putting a few layers of newspaper on top of the oven. It will work like a charm.

Fried foods, as croquettes and oysters, are greasy because the fat has not been sufficiently hot to coagulate quickly the outside covering. All foods of this kind should be dipped in egg and breadcrumbs before frying.

To prevent doughnuts being greasy. When frying them have a kettle of boiling water on the stove and as each doughnut is taken from the fat, plunge for an instant into the hot water and drain.

Cream will not whip unless it is very cold and at least thirty-six hours old.

Dry boiled rice is the result of a rapid boiling and careful draining. Like potatoes, rice is rich in starch; if boiled over-time, just a moment too long, it absorbs water and becomes

heavy and sodden; from ten to fifteen minutes is sufficiently long to boil rice. After draining, pour over a cupful of cold water and stand the sieve on a plate in a warm oven until the rice is dry.

Omelets are tough when milk is added to the eggs instead of water, or when the eggs have been beaten until very light. Salt should be sprinkled over the omelet after it is partly done.

Whites of eggs fail to beat stiff if they are not perfectly cold, or if they are too fresh.

To prevent milk from separating when added to vegetable soups, as tomato and asparagus, heat it in a separate vessel; add to it the thickening, and mix it with the vegetable material at serving-time; a quarter of a teaspoonful of bicarbonate of soda added to the tomatoes will also prevent the curdling.

Fondant fails "to come" when the syrup has not been boiled sufficiently long or the stirring begins before the fondant is cool. The syrup grains because there has been motion during the boiling. A saltspoonful of cream of tartar, or double the amount of lemon juice, will prevent this mishap.

When boiled meat is tough and dry it has been boiled rapidly, not cooked, as it should be, below the boiling point.

When cabbage throws off an odor, loses its color, and is rather strong, it has not been put over to cook in boiling water or the kettle in which it was cooked has been covered.

All vegetables, with the exception of potatoes, should be cooked in uncovered vessels.

Slightly scorched food may be much improved by taking the kettle at once from the fire and setting in a pan of hot water for a moment or two. Of course any really burned bits may be at once removed.

BLUE RIBBON COOK BOOK

TABLES of WEIGHTS and MEASURES

Notice—The standard of measure which we have adopted in this book is the ordinary coffee cup, which holds $\frac{1}{2}$ pint. Where not otherwise specified, we always mean that by a cup. Of course the size of the cups and spoons in actual use vary somewhat, and extraordinary dampness or dryness of the materials will affect their weight, but these tables are as accurate as we can make them. In making up any recipe, using the same measure throughout will keep the proportions correct.

Before measuring sugar, meal, flour, soda, salt and spices, they should be sifted. Materials like baking powder or mustard, which have been packed, should be stirred and crushed if you do not sift them.

The level spoonful is used through this book, except where otherwise stated. To get a level spoonful of any dry material fill the spoon and level it off with a knife. To get $\frac{1}{2}$ spoonful, fill the spoon, divide it through the centre lengthwise, and use one-half.

As a cup is smaller at the bottom than at the top, $\frac{1}{2}$ a cup does not mean to fill it half way up, but a little more than that. The tin or glass measuring cups holding $\frac{1}{2}$ pint, and divided into fourths and thirds, are the best to use; they can be purchased at tin and hardware stores.

WEIGHT OF COMMON ARTICLES OF FOOD

ALMONDS—1 cup, shelled, weighs 7 ounces.

BARLEY—1 cup weighs 4 ounces; 1 tablespoon, heaped, $\frac{1}{2}$ ounce.

BREAD CRUMBS, grated—1 cup weighs 2 ounces.

BUTTER—1 even cup, hard or melted, weighs 8 ounces; 2 full cups weigh 1 pound; 2 level tablespoons weigh 1 ounce.

CITRON—1 cup of chopped weighs 7 ounces.

COFFEE, ground—4 cups weigh 1 pound; 1 cup weighs 4 ounces; 2 rounded tablespoons weigh 1 ounce.

CORNMEAL—1 even cup weighs 4 $\frac{1}{2}$ ounces; a heaping tablespoon $\frac{1}{2}$ ounce.

CORNSTARCH—1 cup weighs 5 ounces; a heaping tablespoon $\frac{1}{2}$ ounce; 3 cups equal 1 pound.

CURRENTS—1 cup, cleaned and dried, weighs 6 ounces.

DATES—1 cup weighs $\frac{1}{2}$ pound.

EGGS—10 eggs, average size (or 9, if very large) weigh 1 pound; 1 white of egg weighs about 1 ounce, and 1 yolk about 1 ounce.

FIGS—1 cup weighs $\frac{1}{2}$ pound.

FLOUR (wheat, well sifted always)—1 quart weighs 1 pound; 1 cup, level, weighs 4 ounces; 4 cups equal 1 pound or 1 quart.

WEIGHT OF COMMON ARTICLES OF FOOD (Continued)

- LARD—Same as butter.
- MEAT—1 solid cup of chopped meat weighs 8 ounces; a pint equals 1 pound.
- NUTMEGS—5 medium sized nutmegs weigh 1 ounce.
- PRUNES—1 cup weighs $\frac{1}{2}$ pound.
- RAISINS—1 cup weighs $\frac{1}{2}$ pound.
- RICE—1 cup, heaped, weighs 8 ounces; 2 tablespoons, level, $\frac{1}{2}$ ounce.
- SALT—A "pinch" equals 1 salt-
spoon or $\frac{1}{4}$ teaspoon.
- SAGO—1 cup, heaped, weighs 8
ounces; 1 tablespoon, heaped, $\frac{1}{2}$
ounce.
- SUET—Same as butter.
- SUGAR, granulated—1 cup weighs
8 ounces; 2 level tablespoons 1
ounce. POWDERED SUGAR—2 $\frac{1}{2}$
cups equal 1 pound. BROWN
SUGAR—2 $\frac{3}{4}$ cups equal 1 pound.
- TEA—1 cup, heaped, weighs 2
ounces; 1 tablespoon, heaped,
weighs $\frac{1}{2}$ ounce; 1 teaspoon,
heaped, $\frac{1}{8}$ ounce.
- WALNUTS—1 cup, shelled, weighs 7
ounces.

LIQUIDS

- CREAM—1 cup holds $\frac{1}{2}$ pint and
weighs 7 ounces.
- MILK—1 cup holds $\frac{1}{2}$ pint and
weighs 8 ounces.
- MOLASSES—1 cup holds $\frac{1}{2}$ pint and
weighs 12 ounces.
- VINEGAR—1 cup holds $\frac{1}{2}$ pint and
weighs 8 ounces.
- WATER—1 cup holds $\frac{1}{2}$ pint and
weighs 8 ounces; 2 cups weigh 1
pound.

MEASURING CUPS, ETC.

- CUP—1 cup holds 2 gills, or $\frac{1}{2}$ pint,
or 8 ounces of liquid, or 16 table-
spoons of liquid; 4 cups of liquid
equal 1 quart; 4 cups of flour
equal 1 quart or 1 pound; 1 cup
holds 4 ounces of coffee or 2
ounces of tea.
- TABLESPOON—1 tablespoon holds $\frac{1}{2}$
ounce of water; 8 tablespoons
of liquid make 1 gill; 16 table-
spoons of liquid make 1 cupful;
4 tablespoons of liquid make 1
wineglass; 4 level tablespoons
equal 1 ounce of flour or coffee;
2 level tablespoons hold $\frac{1}{2}$ ounce
of barley, cornmeal, cornstarch,
ground spice, sago, sugar or coffee
and $\frac{1}{4}$ ounce of tea.
- TEASPOON—4 teaspoons of liquid
equal 1 tablespoon; 4 level tea-
spoons of dry material equal 1
tablespoon. 1 teaspoon holds $\frac{1}{4}$
ounce of coffee and $\frac{1}{8}$ ounce of tea.
- TUMBLER, common size, holds $\frac{1}{2}$
pint, or 8 fluid ounces, or 1 cup.
- WINE GLASS, common size, holds
 $\frac{1}{2}$ gill, or 2 fluid ounces, or $\frac{1}{2}$ cup.

AVOIRDUPOIS WEIGHT

- 16 drams (dr.) make 1 ounce (oz.)
16 ounces make 1 pound (lb.)
25 pounds make 1 quarter (qr.)
4 quarters make 1 hundredweight
(cwt.)
20 hundredweight make 1 ton (T.)

LIQUID OR WINE MEASURE

- 4 gills make 1 pint (pt.)
2 pints make 1 quart (qt.)
4 quarts make 1 gallon (gal.)
31 $\frac{1}{2}$ gallons make 1 barrel (bbl.)
63 gallons make 1 hogshead (hhd.)
2 hogsheads make 1 pipe or butt
(pi.)

DRY MEASURE

- 2 pints make 1 quart
 4 quarts make 1 gallon
 2 gallons make 1 peck
 4 pecks make 1 bushel
 8 bushels make 1 quarter

MEDICINAL TERMS AND APOTHECARIES' WEIGHTS AND MEASURES

Measures

- 60 minims (*m*) or drops = 1 fluid
 drachm (*f℥*).
 8 fluid drachms = 1 fluid ounce
 (*f℥*)
 16 fluid ounces = 1 pint (*O.*)
 8 pints = 1 gallon (*Cong.*)

Weights

- 20 grs. (*gr. xx*) = 1 scruple (*℞* or *sc.*)
 3 scruples (*℞iij*) = 1 drachm (*℥*
 or *dr.*)

- 8 drachms (*℥viii*) = 1 ounce (*℥* or
oz.)
 12 ounces (*℥xij*) = 1 pound (*lb.*)

Physicians in writing prescriptions use the Roman numerals instead of figures, but the small letters only, which they precede by the symbols. They write *j* for *i* when it terminates a number. Thus *℥vii* means 7 ounces, *℞xiv* means 14 scruples, etc. *℞* is an abbreviation for recipe, or take; *P* for *particula*, or little part; *q.s.*, quantity sufficient; *P. æq.* for equal parts; *q.p.*, as much as you please; *gr.* for grain; *ss.* for *semi*; *ā*, *aa*, for equal quantities; *ii* for 2; *gtt.* is a drop; *Cong.* is an abbreviation of *congius*, the Latin for gallon; *O.* for *octarius*, the Latin for one-eighth. The *minim* is equal to a drop of water; a *pint* of water weighs a pound.

TIME TABLES FOR COOKING

TIME TO COOK MEATS

- BACON, boiled gently, 15 minutes per pound.
 BEEF, brisket of, boiled gently, about 30 minutes per pound.
 BEEF, corned, boiled gently, about 31 minutes per pound.
 BEEF, fillet of, rare, in moderate oven, $\frac{3}{4}$ to 1 hour.
 BEEF, rib roast, rolled, rare, in moderate oven, 10 minutes per pound.
 BEEF, sirloin, roasted in oven, rather underdone, 9 minutes per pound.
 HAM, boiled gently, 20 minutes per pound.

- LIVER, roasted, well done, in moderate oven, about 2 hours.
 MEAT FOR BOUILLON, simmer gently, 35 minutes per pound.
 MUTTON, leg of, roasted, rather rare, 10 minutes per pound.
 MUTTON, loin of, roasted rare, 9 minutes per pound.
 MUTTON, saddle of, roasted, rare, 10 minutes per pound.
 MUTTON, shoulder, stuffed, roasted, well done, 16 minutes per pound.
 MUTTON, leg of, boiled gently, 17 minutes per pound.
 PORK, leg of, roasted, in slow oven, well done, 20 minutes per pound.
 PORK, loin of, roasted in slow oven, well done, 18 minutes per pound.

TIME TO COOK MEATS (Continued)

- PORK, shoulder of, roasted in slow oven, well done, 20 minutes per pound.
- TONGUE, salted, boiled, 3 to 4 hours.
- TRIBE, boiled, nearly 5 hours.
- VEAL, fillet of, roasted in slow oven, well done, 20 minutes per pound.
- VEAL, loin of, roasted in slow oven, well done, 17 minutes per pound.
- VEAL, shoulder, stuffed, roasted in slow oven, well done, 20 minutes per pound.

TIME TO COOK POULTRY, ETC.

- CHICKEN, boiled gently, 20 minutes per pound.
- CHICKEN, roasted in oven, 20 minutes per pound.
- DUCK, baked in hot oven, 20 to 30 minutes.
- DUCK, roasted, full growth, $\frac{1}{2}$ to 1 hour; duckling, 25 to 35 minutes.
- FOWL, old, boil gently, 20 to 30 minutes per pound.
- FOWL, old, roasted, 20 to 30 minutes per pound.
- GOOSE, roasted, 1 to 1 $\frac{1}{2}$ hours, according to size.
- GROUSE, roasted in oven, 30 to 35 minutes.
- PARTRIDGE, roasted in oven, 25 to 35 minutes.
- PIGEONS, roasted, 20 to 30 minutes.
- PRAIRIE CHICKEN, broiled, 4 to 6 minutes.
- QUAIL, broiled, 4 to 6 minutes.
- RABBIT, roasted in oven, $\frac{1}{2}$ to $\frac{3}{4}$ hour.

- TURKEY, boiled gently, 20 minutes per pound.
- TURKEY, roasted in oven, 2 $\frac{1}{2}$ hours for an 8-pound turkey.
- VENISON, haunch of, roasted, rare, 10 minutes per pound.
- VENISON, saddle of, roasted, rare, 10 minutes per pound.

TIME TO COOK VEGETABLES

- ARTICHOKES, globe, boiled, $\frac{1}{2}$ to 1 hour, according to age, etc.
- ARTICHOKES, Jerusalem, boiled, $\frac{1}{2}$ to $\frac{3}{4}$ hour, according to size.
- ASPARAGUS, boiled, 15 to 25 minutes
- BEANS, shelled, boiled, 1 hour or more, according to age.
- BEANS, shelled, baked, 8 to 10 hours in moderate oven.
- BEANS, string, boiled, 1 to 3 hours, according to age, etc.
- BEANS, boiled, if young, about 1 hour; if old, 2 to 4 hours.
- BRUSSELS SPROUTS, boiled, 10 to 20 minutes.
- CABBAGE, winter, 1 hour or more; young, quartered, $\frac{1}{2}$ to $\frac{3}{4}$ hour; sliced, $\frac{1}{2}$ hour.
- CARROTS, boiled, if young, 20 to 30 minutes; old, whole, 1 hour or more.
- CAULIFLOWER, boiled, 25 to 35 minutes.
- CELERY, boiled, $\frac{1}{2}$ hour.
- CORN, green, boiled, 20 to 25 minutes.
- CUCUMBERS, boiled, 12 to 15 minutes.
- ENDIVE, stewed, 5 to 10 minutes.
- LENTILS, boiled, 2 hours or more.
- LETTUCE, steamed, 10 or 15 minutes.
- MUSHROOMS, stewed, about $\frac{1}{2}$ hour.

TIME TO COOK VEGETABLES
(Continued)

ONIONS, boiled, if young, $\frac{1}{2}$ to 1 hour; if old, 2 hours or more.
 PARSNIPS, boiled, if small, $\frac{1}{2}$ to 1 hour; large, 1 to $1\frac{1}{2}$ hours.
 PEAS, green, boiled, $\frac{1}{2}$ hour or more, according to age, etc.
 POTATOES, boiled, 25 to 35 minutes.
 POTATOES, baked, $\frac{3}{4}$ to 1 hour.
 SWEET POTATOES, boiled, $\frac{3}{4}$ to 1 hour.
 SWEET POTATOES, baked, 1 to $1\frac{1}{2}$ hours.
 PUMPKIN, stewed, 4 to 5 hours.
 SEA KALE, boiled, 15 to 20 minutes.
 SORREL, scalded, 10 to 15 minutes.
 SPINACH, covered closely, about 1 hour.
 SQUASH, boiled, 20 to 30 minutes.
 SQUASH, baked, about 1 hour.
 TOMATOES, baked, $\frac{1}{2}$ to $\frac{3}{4}$ hour.
 TOMATOES, stewed, $\frac{1}{2}$ hour.
 TURNIPS, boiled, if young, 25 to 40 minutes; if old, 1 to 2 hours.
 YAMS, boiled, $\frac{3}{4}$ to 1 hour.

TIME TO BAKE

BEANS, 8 to 10 hours.
 BEEF, sirloin, rare, 8 to 10 minutes per pound.
 BEEF, sirloin, well done, 12 to 15 minutes per pound.
 BEEF, long or short fillet, 20 to 30 minutes per pound.
 BEEF, rolled rib or rump, 12 to 15 minutes per pound.
 BISCUIT, 10 to 20 minutes.
 BREAD, brick loaf, 40 to 60 minutes.
 CAKE, thin, 15 to 20 minutes; thick, 30 to 40 minutes; fruit, 2 to 3 hours.

CAKE, sponge, 45 to 60 minutes.
 CHICKEN, 3 to 4 pounds, 1 to $1\frac{1}{2}$ hours.
 COOKIES, 10 to 15 minutes.
 CUSTARDS, 20 to 30 minutes in a moderate oven.
 DUCK, tame, 40 to 60 minutes.
 FISH, 6 to 8 pounds, 1 hour.
 GINGERBREAD, 20 to 30 minutes.
 GRAHAM GEMS, 30 minutes.
 LAMB, well done, 15 minutes per pound.
 MUTTON, rare, 10 minutes per pound; well done, 16 minutes per pound.
 PIES, $\frac{1}{2}$ to $\frac{3}{4}$ hour.
 PORK, well done, 30 minutes per pound.
 POTATOES, 25 to 40 minutes, according to age, etc.
 PUDDING, bread, rice and tapioca, $\frac{1}{4}$ to 1 hour.
 PUDDING, plum, 2 to 3 hours.
 ROLLS, 10 to 15 minutes.
 TURKEY, 8 pounds, $2\frac{1}{2}$ hours.
 VEAL, well done, 20 minutes per pound.

TIME TO BROIL

CHICKENS, about 20 minutes.
 CHOPS, 8 minutes.
 STEAK, 4 to 8 minutes.
 FISH, 5 to 15 minutes.

TIME TO FRY

BACON, 3 to 5 minutes.
 BREADED CHOPS, 4 to 6 minutes.
 CROQUETTES, 1 to 2 minutes.
 DOUGHNUTS, 3 to 5 minutes.
 FISHBALLS, 3 minutes.
 FRITTERS, 3 to 5 minutes.
 MUFFINS, 3 to 5 minutes.
 SMALL FISH, 1 to 3 minutes.
 SMELTS, 2 minutes.

TABLE OF PROPORTIONS

- BAKING POWDER**—Use 4 level teaspoons to 1 pint of flour, or 2 level teaspoons to each cup of flour. Cake made light with eggs needs less. Omit $\frac{1}{4}$ teaspoon baking powder for each egg used.
- BATTERS**—Use 1 scant cup of liquid to each full cup of flour.
- BREAD**—Use 1 scant cup of liquid for 3 full cups of flour.
- CAKE**—For plain cake use $\frac{1}{4}$ teaspoon of spice and 1 teaspoon of extract for each loaf of usual size, and 4 level teaspoons baking powder to 2 cups flour. For sponge cake use 1 saltspoon of salt and 1 teaspoon of extract to 1 ordinary-sized loaf.
- CREAM OF TARTAR**—Use 2 full teaspoons to 1 level teaspoon of soda.
- CUSTARDS**—Use 1 teaspoon of extract for 1 quart of custard, and $\frac{1}{4}$ teaspoon of salt to 4 cups of milk.
- EXTRACT**—Use 1 teaspoon to each loaf of plain or sponge cake, or to 1 quart of custard.
- HERBS**—In soup, use for flavoring 1 teaspoon of mixed herbs to each quart of soup.
- LIQUIDS**—For bread use 1 cup to 3 level cups sifted flour; for muffins use the same for 2 level cups sifted flour; for batters use the same for 1 level cup sifted flour.
- MUFFINS**—Use 1 cup liquid for 2 level cups sifted flour.
- PEPPER**—Use $\frac{1}{4}$ teaspoon of white pepper to 1 quart of soup stock.
- SALT**—Use 1 level teaspoon to each quart of flour, or to 1 quart of soup stock. Use $\frac{1}{4}$ teaspoon to 1 quart of milk in custards, or to 1 loaf of sponge cake.
- SODA**—Use 1 level teaspoon to 2 full teaspoons cream of tartar; use 1 teaspoon soda to 1 cup molasses, or 2 cups sour milk.
- SOUP**—In soup stock use 1 tablespoon of each chopped vegetable, 1 teaspoon of mixed herbs, 4 cloves, 4 pepper corns, 1 teaspoon salt, and $\frac{1}{4}$ teaspoon white pepper to each quart of stock. For each pound of meat and bone use 1 quart of water.
- SPICE**—Use $\frac{1}{4}$ teaspoon of any kind for 1 loaf of cake.
- YEAST**—For each 2 cups of liquid used in bread, etc., use 1 cup of liquid yeast, or $\frac{1}{2}$ yeast cake. 1 cup of liquid yeast is equal to $\frac{1}{2}$ cake of compressed yeast.

INTOXICATING LIQUORS AVOIDED

In all recipes contained in the department of cookery, which advised the use of intoxicating liquors, we have substituted fruit juices—often using orange or lemon juice. Nothing can excel the unfermented juices of fruits as a flavoring, or for giving a desirable piquancy to various dishes. They make an almost perfect substitute for liquors, and for obvious reasons are much safer for family use. Fruit juice can be easily substituted for liquor in any recipe by those who desire to do so. In fruit cake, $\frac{1}{2}$ cup or 10 table-spoons of molasses is equal to 1 wine-glass of brandy or other liquor. Those so disposed can substitute molasses for liquor in this way in any such recipe found in books, magazines or newspapers. A cake thus made will be quite as good as though the liquor was used.

PRINCIPAL METHODS OF COOKING

- 1 BROILING—Cooking over a glowing fire. } Direct application of heat.
- 2 ROASTING—Cooking before a glowing fire. }
- 3 BAKING—Cooking in an oven { Application by means of heated air.
- 4 BOILING—Cooking in boiling water. }
- 5 STEWING—Cooking for a long time in water below boiling point } Heat applied by means of water.
- 6 STEAMING—
 - (a) Moist—Cooking in steamer By contact with steam.
 - (b) Dry—Cooking in double boiler . . . { By heat of steam surrounding vessel.
- 7 FRYING—Cooking in hot fat deep enough to cover food to be cooked } Heat applied by means of heated fat.
- 8 SAUTEING—Cooking in small quantity of hot fat. }
- 9 PAN-BROILING { Cooking in frying pan or on griddle, with little } Heat applied by means of heated metal.
- PAN-BAKING { or no fat. }
- 10 BRAIZING—A combination of stewing and baking.
- 11 FRICASSEING—A combination of frying and stewing.

SOUPS



THE Kettle should be porcelain or granite, as the meat juices will act on a metallic one and give the soup an unpleasant taste. Soft water is the best. Salt should never be added until the soup is done, as it hardens the water. Skim off surface before vegetables are added.

Bones are very rich in gelatine, and should be broken to allow the hot water to act on them. If finely broken, tie in a bag and put in the stock pot.

A Good Rule is to allow a quart or a little less of water to a pound of meat. This makes a rich soup. Simmer slowly, and when done, strain through a colander. If a clear soup is desired, it should be strained through a hair sieve or clean towel. All bones, pieces of beef, remnants of fowl, such as chicken and turkey, add a rich flavor to many kinds of soup. Oftentimes bits of meat and the odds and ends of fowls alone make a nice soup, but by adding some fresh meat a rich flavor is imparted. Meats for soup should always be put on to cook in cold water, and allowed to simmer slowly for several hours in order that the essence of the meat may be drawn out thoroughly. If water is needed, use boiling water from the teakettle; cold or lukewarm spoils the flavor.

Soup Flavorings—Besides vegetables, there are rice, barley, beans, macaroni, vermicelli, mushrooms, beet-root, spices, herbs, celery seed, Blue Ribbon celery salt, etc. Many people are fond of onions sliced and fried in butter and flour. Soups are often spoiled by using poor spices, and, according to Government reports, over half the bulk spices are adulterated. Blue Ribbon spices, however, are always absolutely pure and of the choicest quality. Blue Ribbon herbs are also superior, being carefully selected and cured, hand-rubbed, and stems, etc., removed.

Stock is the basis of many of the soups afterward mentioned, and this will be found quite strong enough for ordinary purposes. Keep it in small jars, in a cool place. It makes a good gravy for hash meats; one tablespoonful of it is sufficient to impart a fine flavor to a dish of macaroni and various other dishes. Good soups of various kinds are made from it at short notice; slice off a portion of the jelly, add water, and whatever vegetables and thickening preferred. It is best to partly cook the vegetables before adding to the stock, as much boiling injures the flavoring of the soup. Season and simmer a few minutes and serve hot. If soups have too much fat, remove by means of a piece of blotting paper or a piece of unglazed paper dipped in cold water and drawn across the top.

To Clarify Soup Stock—Put into a saucepan stock to be cleared, and into it stir the whites and crushed shells of as many eggs as there are quarts of stock. Heat and stir until it has boiled for 2 minutes; then

keep it hot, without letting it simmer, for 20 minutes, in order that the albumin as it coagulates may entangle every solid particle in the stock. Pour through a fine strainer held above double cheesecloth laid over another strainer. The strainer keeps the scum from clogging the cloth.

Soup Stock No. 1—2 lbs shin of beef, 1 pound knuckle of veal, 1 pound fresh cooked meat, 4 quarts of cold water. To each pound of meat and bone allow 1 heaping tablespoon each of onion, carrot, turnip cut in $\frac{1}{2}$ -inch cubes, half a head of celery or 1 teaspoon of Blue Ribbon celery salt, 2 bay leaves, sprig of parsley, 12 cloves, 12 pepper corns, 1 tablespoonful of salt.

Directions for Making Stock No. 1—Have the bones broken small, cut meat into small cubes. If raw meat only is used, brown one-third in a little fat in the frying pan with the onions. Let meat and bones soak in water 1 hour, then simmer in covered kettle 4 or 5 hours, or until meat is in fragments. About 1 hour before removing stock from the fire add to it vegetables and seasonings. When vegetables are soft, strain the stock through a coarse strainer and set aside until fat solidifies on the surface. Remove every speck of this fat, saving it to clarify, and if stock is to be used for clear soup, clear it according to directions for "clearing soup."

Stock No. 2—After straining off Stock No. 1, add more vegetables and any bones or scraps of meat left from roasts, etc., and a small amount of fresh meat; cover with water and simmer again for 4 or 5 hours, add more vegetables. This makes a good stock, but is not clear.

Veal or White Stock—Wipe 4 pounds of knuckle of veal, break the bones, put it into one gallon of cold water, heat slowly, and simmer 4 hours, skimming well; then add 1 stalk of celery, 1 onion, 1 bay leaf and 1 tablespoonful salt, and simmer 1 hour longer. It should jelly when cold, and the fat can easily be taken off. It can be melted for use and strained through cheesecloth or flannel, or clarified with egg if necessary and is wanted very clear.

NOTE—Always use Blue Ribbon white pepper instead of black for cream soups and sauces.

Bean Soup—Soak 1 cup of white beans over night; in the morning boil until quite tender; then rub through a sieve, and add 3 pints of water and 1 quart of rich milk, 2 tablespoons of butter, 2 level tablespoons flour; season with finely-cut parsley, pepper and salt to taste. Simmer about $\frac{1}{2}$ hour, and serve hot.

Bouillon Soup—Common soup of France. Half pound of beef, 1 pound of bone, 2 $\frac{1}{2}$ quarts of water, 1 ounce of salt, 2 carrots, 2 onions, 2 cloves, 3 leeks, $\frac{1}{2}$ head of celery, 1 turnip, $\frac{1}{2}$ parsnip. Simmer, strain and serve clear.

Carrot Soup—Put in soup kettle a knuckle of veal, 3 or 4 quarts cold water, a pint of finely-sliced carrots, 1 head of celery; boil 2 $\frac{1}{2}$ hours, add a handful of rice, and boil an hour longer; season with pepper (or a bit of red pepper pod) and salt, and serve.

Celery Soup—Break apart and carefully clean 2 bunches of celery; then cut it finely and boil in just water enough to cover it, until it is soft enough to rub through a coarse sieve; scald 3 pints of milk and add to the celery and the water in which it was boiled, with half a small onion cut finely (if liked); then rub together a tablespoon each of butter and flour and stir it in the boiling soup; season with salt and pepper to taste, and serve with strips of toasted bread without butter, or with browned crackers. Time, about 1 hour.

Cheese Soup—Boil a pound of the best macaroni in a quart of good stock till quite tender; then add a pint of hot cream and a little grated cheese, and serve.

Consomme—2 pounds of lean beef, 2 pounds of veal, 1 onion, 1 bay leaf, stalk of celery, sprig of parsley, small sized carrot, 2 quarts of cold water, 2 tablespoonfuls of butter. The under part of the round of beef and the knuckle of veal are the best for this soup. Cut all the meat into pieces about an inch square. Put the butter in the soup kettle and let it brown; add to it the meat, and stir over the fire about 5 minutes, or until the meat is nicely browned. Now cover the kettle and let simmer for 30 minutes. Now add the water and let simmer for 4 hours. Now add the vegetables and bay leaf and simmer 1 hour longer; strain through a sieve, and put in a cold place to cool. When cold, remove the fat and it is ready for use.

Everyday Soup—Go to the pantry in the morning and put into the soup kettle all the nice meat bones, cold bits of meat, cold gravy, also any cooked vegetables left the day before. Get ready the meat for dinner and put the trimmings into the kettle. Season with a little salt, a few whole cloves, and a few pepper corns broken in the mortar; add also a small onion cut finely. Put in the kettle enough water to serve each person with $\frac{1}{2}$ pint of soup. Simmer all together until an hour before dinner; then strain and return to the kettle. Have ready, shredded and standing in cold water, some vegetable, either cabbage, turnips, carrots, asparagus, green peas, or spinach, and add to the soup. When the vegetable is done, serve with rolls or bread.

Fish Soup—Take any kind of fresh fish liked best—about 2 pounds for 3 quarts of water. Cut in small pieces and put in the soup pot—skin, bones and all—with a large onion, sliced, 2 teaspoons Blue Ribbon parsley tied in a bag, a sliced lemon, with a little salt and white pepper. Cook to rags; then strain through the cloth strainer and return to the kettle. Add a heaping tablespoon of cornstarch wet in $\frac{1}{2}$ teacup of water; let it come to boiling, and serve with quenelles, if desired. Time, about 2 hours.

Macaroni Soup—To a rich beef or other soup, in which there is no seasoning other than pepper and salt, take $\frac{1}{2}$ a pound of small pipe macaroni; boil it in clear water until it is tender, then drain it and cut it in pieces of an inch in length; boil it for fifteen minutes in the soup, and serve.

Mock Bisque Soup—Take 1 can of tomatoes, cook until tender, and strain; cook 2 pints of milk in a double boiler, and in a small saucepan cook 2 teaspoons of corn starch and 1 tablespoon of butter, adding enough of the hot milk to make it pour easily; now stir this into the boiling milk carefully, and boil about 10 minutes. Cut 4 tablespoons of butter in small pieces and add it, mixing it well, and add also the strained tomatoes, $\frac{1}{2}$ saltspoon of Blue Ribbon white pepper, and 1 teaspoon of salt; serve hot. Before straining the tomatoes, if they are very acid, $\frac{1}{2}$ of a teaspoon of soda will improve them, by neutralizing the acid.

Mock Turtle Soup—Soak over night 1 pint of black beans. The next day boil them in 2 quarts of water until soft enough to rub through a sieve; return to the soup kettle. Tie in a bit of strainer cloth (which must be perfectly clean) a bit each of Blue Ribbon thyme, parsley and summer savory; let it boil in the soup. Add 1 tablespoon of butter, cut in bits and rolled in flour; also salt and pepper to taste. Cut the yolks of hard boiled eggs in quarters and add to the soup, with one sliced lemon. A good imitation of real turtle soup.

Mushroom Soup—Cut a hip of veal in rather large pieces and break the bones; allow to each pound a little less than a quart of water. Season with salt, pepper, and $\frac{1}{2}$ dozen blades of mace. Boil until the meat falls to pieces; then strain into a clean soup pot. Have ready a quart of mushrooms, peeled and divested of their stems; put them into the soup, adding $\frac{1}{2}$ pound of butter divided into bits, each bit rolled in flour. Boil until the mushrooms are tender, about 20 to 30 minutes; keep closely covered; have toasted bread in small pieces in the soup tureen, and pour the soup over it.

Ox-Tail Soup—Take 2 ox tails and 2 whole onions, 2 carrots, a small turnip, 2 tablespoonfuls of flour, and a little white pepper; add a gallon of water; let all boil for 2 hours, then take out the tails and cut the meat into small pieces, return the bones to the pot for a short time, boil for another hour; then strain the soup and rinse 2 spoonfuls of arrowroot to add to it, with the meat cut from the bones, and let all boil for 15 minutes.

Oyster Soup—1 quart oysters, 2 quarts milk, 2 tablespoons butter, 2 level tablespoons flour or 4 level tablespoons rolled crackers, 1 teacupful hot water, pepper, salt. Strain all the liquor from the oysters, remove the muscle and any shell, add the water, and heat. When near the boil, add the seasoning, then the oysters. Cook about five minutes from the time they begin to simmer, until they "ruffle." Put flour or crackers in the butter, cook 1 minute, but do not brown, and pour milk gently over and cook until it begins to thicken. Put oysters into tureen, stir in the boiling milk and send to table.

Potato Soup—Slice 6 large potatoes and boil until tender, mash fine or rub through a sieve into the soup kettle; add 2 quarts of sweet milk. When it comes to boiling, add noodles already boiled in salted water. Season the soup to taste, and serve. Some prefer this with the addition

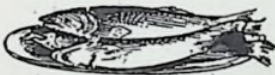
of a few drops of onion juice and 1 teaspoonful of Blue Ribbon parsley, and add 4 level tablespoons butter, 4 level tablespoons flour to hold potato in suspension.

Scotch Mutton Broth—Take 6 pounds of the neck of mutton, $\frac{1}{2}$ cup of rice, 1 onion, 1 bay leaf, 4 quarts of cold water, salt and pepper to taste. Wipe thoroughly the neck with a damp towel, put them in a soup kettle and cover with the water; bring slowly to a boil, skim carefully; cover and simmer gently for 4 hours. Strain and stand away over night to cool. The next day remove all fat from the surface. Put the soup into the kettle, add the onion, bay leaf and rice. Simmer $\frac{1}{2}$ hour, season with salt and pepper, and serve. Then cut the meat into small pieces, and serve in the tureen with the soup. The soup may be thickened with rice or barley that has first been soaked in cold water, with a beaten egg or young corn, or with tomatoes scalded, peeled and cut in pieces.

Tomato Soup (Meatless)—1 quart tomatoes; stew till soft; add teaspoonful of soda; allow to effervesce, and add quart of boiling milk, salt, butter and pepper to taste, with a little rolled cracker; boil a few minutes and serve.

Victoria Soup—Wash and scald $\frac{1}{2}$ pound of pearl barley; put it in the soup pot with 3 pints of white veal stock, and simmer gently over a slow fire for 1 $\frac{1}{2}$ hours, by which time the barley will be nearly dissolved; remove one-third of it to a small soup pot, rub the remainder through a tammy or sieve, pour over the whole barley, add $\frac{1}{2}$ pint of cream, season with a little salt, stir it over the fire until hot, and serve. This soup may be made with rice.

FISH



The flesh of all fish out of season is unwholesome. To be eatable, they should be perfectly fresh, the eyes clear, the gills red, the scales bright, the flesh firm and free from any unpleasant odor, and to secure the best flavor should be cooked as soon as possible after leaving the sea, river or pond. They should be scaled and cleaned as soon as they come home from the market, washed quickly without soaking, removing the smallest atom of blood. Sprinkle salt on the inside and put in a cold place until wanted. If necessary to keep them over night, place where the moon will not shine on them as the effect is as bad as the hot sunshine. Cod, haddock and halibut may be kept a day before using, but mackerel and whitefish lose their life as soon as they leave the water.

The favorite modes of cooking fish are boiled, baked, broiled and fried. Steaming fish is excellent, but it is not generally known that fish can be prepared this way.

Fish should never be laid double, if it can be avoided, as the steam from the under layer makes the upper layer so soft as to break easily when being served. Fish should be served alone immediately after soup.

To Skin a Fish—Cut a narrow strip along the backbone, using a sharp knife, and removing the fin on the back; then run up the knife through and under the bony part of the gills and peel the skin off backwards toward the tail, holding the bony part of the gills with the thumb and finger; then peel off the skin from the other side in the same manner, and throw it away.

To Bone a Fish—Fish like herring and shad, abounding in fine bones, are not boned, but whitefish, mackerel, cod, etc., can be boned as follows: Clean, skin and spread it out flat on a board; then begin at the tail and run a sharp, thin knife under the flesh, close to the bone, and loosen the backbone with the forefinger. Take pains not to break the flakes; and when the flesh on one side is loosened, slip the knife under the bone on the other. When all the bone is loosened, pull it from the flesh. Any small bones remaining in the flesh can be felt and removed with the fingers.

Hints—The earthy or muddy taste which taints some kinds of fresh water fish can be removed by rubbing on salt and letting them stand a few hours or over night, or, if in a hurry, soak them in salted water $\frac{1}{2}$ to 2 hours.

If fish are dipped in hot water for a minute they will scale much easier. To remove scales there is no instrument equal to a currycomb—it is every way superior to a knife. The scales and entrails should be removed, and also the blood and white skin along the backbone, as soon after the fish is caught as possible; then rinse, wipe dry, and keep near ice. Keep the eggs, or fish roe, and cook it with the fish.

Marinade for Broiled Fish—Mix together $\frac{1}{2}$ cup salad oil, 1 chopped onion, the juice of 1 lemon or 1 tablespoon of vinegar, and 1 bunch herbs. Scores 1 inch apart are often made in the fish before putting it in the marinade. Let them soak in this $\frac{1}{2}$ hour. Many kinds of dry fish are much improved by this treatment.

Dressing for Baked Fish—Take 1 cup bread crumbs, 1 teaspoon salt, 1 saltspoon pepper, 2 teaspoons Blue Ribbon parsley, 4 tablespoons melted butter. This makes a dressing for a fish weighing 4 to 6 pounds.

Dressing No. 2—Take bread crumbs, 1 well-beaten egg, 4 tablespoons melted butter, 1 tablespoon Blue Ribbon parsley, 2 tablespoons minced onion, a little butter, pepper and salt. Stuff the fish, sew or tie up, and bake.

Oyster Dressing—Prepare $\frac{1}{2}$ pint buttered cracker crumbs and juice of $\frac{1}{2}$ lemon; then take 2 cups oysters, roll each one in the cracker crumbs (draining them first), and fill the dish with them; sprinkle the oysters with the balance of the crumbs, sew up the fish, and bake. To butter crumbs pour $\frac{1}{2}$ cup melted butter over 1 cup of bread crumbs.

Oyster Dressing No. 2—Season a pint of oysters with salt, red pepper and lemon juice; fill the fish with the oysters, sew up, and bake as before directed.

Manner of Frying Fish—After the fish is well cleaned, lay it on a folded towel and dry out all the water. When well wiped and dry, roll it in wheat flour, rolled crackers, grated stale bread, or Indian meal, whichever may be preferred. Wheat flour will generally be liked.

Have a thick-bottomed frying pan or spider, with plenty of sweet lard salted (a tablespoonful of salt to each pound of lard)—never use butter as it is apt to burn and has a tendency to soften the fish. For fresh fish which have not been previously salted, let it become boiling hot, then lay the fish in and let it fry gently until one side is a fine delicate brown, then turn the other. When both are done, take it up carefully and serve quickly, or keep it covered with a tin cover, and set the fish where it will keep hot.

Fried Smelts—To clean them, make a slight opening at the gills, then draw them between the thumb and finger, beginning at the tail. This will press out all the insides. Wash and wipe them. Salt and fry as above directed. Garnish with parsley and slices of lemon, and serve with Sauce Tartare.

All small fish may be served the same way.

Baked Smelts—This delicious little fish is of a fine silvery appearance, with a light fawn-colored shade on the back, and when fresh has an odor resembling cucumbers. Wash and dry them with a cloth; arrange them in a buttered flat baking dish; cover them with a layer of fresh bread crumbs, first sprinkling the fish with a little salt and white pepper; place bits of butter over the bread crumbs and bake until a nice brown, say 20 or 30 minutes. Send to the table in the dish in which they were baked. Squeeze the juice of a lemon over them just before sending to the table.

Baked Whitefish—Fill the fish with a stuffing of fine bread crumbs, a little butter and a little finely chopped onion. Sew up the fish, sprinkle with butter, pepper and salt. Dredge with flour and bake 1 hour, basting often, and serving with parsley sauce or egg sauce.

Boiled Fish—Sew up the fish in a piece of clean net, fitted to its shape. Heat slowly, then boil 8 minutes, at least, to the pound, quite fast. Unwrap and pour over it a cup of drawn butter.

Boiled Salt Mackerel—Salted mackerel should be placed in an earthen dish of cold water several hours before it is cooked. In cooking, place it in cold water, let it boil, then turn off the water and pour over it $\frac{1}{2}$ cup of sweet cream. Roll a piece of butter the size of an egg in flour and add to the cream. Let it boil. Serve at once.

Whitefish may be prepared in the same way.

Broiled Halibut—Have the steak cut 1 inch thick, wash it quickly and dry it with a towel; place it on a broiler and broil over a clear fire (not too hot) for 10 minutes until a nice brown on one side; then turn and broil on the other side. Put on a hot dish, spread with butter, dredge with salt and pepper on both sides, garnish with parsley and serve.

Broiled Smoked Herring—Let them stand 10 minutes covered with boiling water. Then skin, wipe dry, and broil them over clear coals. Put them on a warm dish, moisten with butter, and serve. Time to broil, about 7 or 8 minutes.

Codfish Cakes—First boil soaked cod, then chop it fine, put to it an equal quantity of potatoes boiled and mashed. Moistening with beaten eggs or milk and a bit of butter and a little pepper. Form it in small, round cakes, rather more than a $\frac{1}{2}$ -inch thick. Flour the outside and fry in hot lard or beef drippings until they are a delicate brown. Fry gently in boiling hot lard when they are put in. When one side is done turn the other.

Fried Trout—They must, of course, be nicely cleaned and trimmed all round, but do not cut off their heads. Dredge them well with flour, and fry in a pan of boiling hot fat or oil. Turn them from side to side till they are nicely browned and quite ready. Drain off all the fat before sending the fish to the table. Garnish them with a few sprigs of parsley, and provide plain melted butter. If preferred, the trout can be dipped in beaten egg and then rolled in bread crumbs. The frying will occupy from 5 to 8 minutes, according to size. Very large trout can be cut in pieces.

Salmon and Caper Sauce—2 slices of salmon, $\frac{1}{2}$ pound butter, $\frac{1}{2}$ teaspoonful chopped parsley, 1 shallot, salt and pepper to taste.

Lay the salmon in a baking dish, place pieces of butter over it and add the other ingredients, rubbing a little of the seasoning into the fish. Place in the oven and baste it frequently. When done, take it out and drain for a minute or two, lay it in a dish, pour caper sauce over it, and serve. Tomato sauce may be used in place of caper sauce.

Salmon Cutlets—Cut slices of salmon one-third of an inch thick, remove the skin and bone, season with salt and pepper, sprinkle on flour, dip in beaten egg, roll in bread crumbs and fry in hot fat. Or they can be fried in a frying pan.

Canned Salmon—A good way to serve it for breakfast is to heat it, add pepper and salt to season, and serve on slices of toast, pouring over white sauce.

Another way to use canned salmon is to put the can for about 20 minutes in a kettle of hot water, then turn it into a dish and pour on drawn butter to which finely cut hard-boiled eggs and chopped parsley have been added. Eat with mashed potatoes.

Baked Canned Salmon—1 can salmon, 1 cup drawn butter. Shred the salmon carefully, removing the bones. Season with Blue Ribbon black pepper. Pour into a buttered pudding dish and cover $\frac{3}{4}$ inch deep with fine bread crumbs. Cover and bake 15 minutes; then uncover and let it brown.

This dish may be made with cold boiled salmon.

UTILIZING COLD FISH

Creamed Fish—Use remnants of any cold fish left from dinner, picking it to pieces and removing all bones. Make a cream sauce by cooking 2 tablespoons butter and 2 tablespoons flour until they bubble, then add 2 cups of milk, 1 teaspoon salt, and Blue Ribbon white pepper or cayenne. Butter a pudding dish, put in a layer of fish, then a layer of the sauce, and so on alternately. Spread bread or cracker crumbs on top, add bits of butter, and bake about 20 minutes in a hot oven. A little parsley, onion or lemon juice can be added to the sauce for flavor if desired.

Curry of Fish—Use cold boiled or baked fish of any kind; pick it to pieces and remove all bones. In a little butter fry a sliced onion till quite brown; add 1 cup hot milk and 1 teaspoon Blue Ribbon curry powder, then add 1 teaspoon of flour which has been mixed in a little cold water and freed from lumps. Then strain the sauce, put in the fish, heat till warmed through, and serve.

Fish Cakes—Take remnants of any cold fish, pull them to pieces, and thoroughly incorporate with them a little butter and some mashed potatoes; season the whole with Blue Ribbon white pepper and salt to taste, and a little cayenne if desired. Form the mixture into cakes and fry in smoking hot fat till a golden brown. Serve garnished with parsley. Time to cook, 1 or 2 minutes.

SHELL FISH

Stewed Lobster—Cut the lobster small and put it in a stew pan, and add just a little water, milk or cream (the latter being best, although the first will answer). Let it boil up, add a teaspoon of butter, and pepper and salt to season, and serve hot, either on toast or plain.

To kill a lobster quickly and easily, cut the spinal cord by pushing a long, narrow-bladed knife into the tail, slanting the blade downward, and inserting it at the third joint, counting from the end.

Scalloped Oysters—Butter an oyster, scallop or pudding dish. Put in a layer of bread crumbs with bits of butter, then a layer of oysters; season with pepper and salt. Repeat this until the dish is full, leaving a

layer of crumbs with bits of butter on top. Mix the liquor with milk or cream and pour over the top. Bake 20 minutes. When done, if not sufficiently browned, heat a shovel very hot and hold over the top until it is a rich brown, or uncover the dish and brown in the oven.

Oyster Fritters—Have ready a batter made as follows: Dissolve 1 heaping tablespoon of butter in 4 tablespoons of water or oyster liquor, and stir to this $1\frac{1}{2}$ tablespoons of sifted flour; mix well over the fire. Take it off and mix in, one after the other, 3 eggs, and a little salt. Beard and scald the oysters, dip each into the batter, fry lightly in smoking hot fat, and serve.

Oyster Omelet—Beat the yolks and whites of 6 eggs separately. To the yolks add $\frac{1}{2}$ cup of rich milk or thin cream, a little salt, and 12 oysters, chopped fine. Put butter in your frying pan as for an ordinary omelet, and allow it to heat while you are mixing the whites of the eggs with the rest of the ingredients. Mix the whole lightly and turn into the pan. Shake to prevent burning, and as soon as the omelet is set, or begins to be firm, turn one half over the other half quickly, slip on to a hot platter and serve at once.

Oyster Patties—Make a rich puff paste and bake it in earthen sauce-dishes. Drain oysters and put in a saucepan, with a piece of butter, a little salt, pepper, and nutmeg (if liked). Cook them only until they are plump, stirring with a silver fork while plumping; when cold, fill the crusts and send to the table. If liked hot, the crusts can be filled, before baking, with the plumped oysters, and sent from the oven to the table, or patty shells can be warmed and filled with creamed oysters.

Oyster Stew—Put the liquor from 1 pint of oysters with 1 cup of sweet milk in a kettle; let it just boil, add the oysters, and let it boil up once, then season with pepper, salt and butter, with a few crackers toasted and broken in pieces. Never salt oysters until just before removing from the fire, or they will shrivel and harden.

Pigs in Blankets—Choose large oysters, season with pepper and salt; wrap each one in a slice of bacon cut very thin, and fasten with a wooden toothpick. Cook in a hot frying pan just long enough to crisp the bacon. Have small pieces of toast ready, put each "pig" on one, without removing the skewer. Serve at once.

FISH and MEAT SAUCES and GRAVIES

Bread Sauce— $\frac{1}{2}$ pint grated bread crumbs, 1 pint sweet milk, and 1 onion, stick 6 cloves in onion; boil until sauce is smooth, take out onion and stir in 2 tablespoons butter with $\frac{1}{4}$ teaspoon salt and dash Blue Ribbon pepper; beat until quite smooth.

Boil once, and serve with roast poultry or any kind of game.

Brown Sauce—1 tablespoonful of butter, $\frac{1}{2}$ pint of stock, 1 tablespoonful of flour, $\frac{1}{2}$ teaspoonful of onion juice, $\frac{1}{2}$ teaspoonful of salt, $\frac{1}{2}$ teaspoonful of white or black Blue Ribbon pepper.

Melt the butter, stir until a dark brown, add the flour, mix well; add the stock, and stir continually until it boils; add onion juice, salt and pepper, and it is ready to use.

Caper Sauce—Melt 2 tablespoons butter in a saucepan, stir in 2 level tablespoons of flour, then add 1 pint of hot water, stirring rapidly while it boils and thickens, add a little salt if needed, a trifle of white pepper, and three tablespoons capers.

Caper sauce is served with boiled fish, boiled mutton and lamb.

Mock Capers—Pick full grown seeds of nasturtiums, but which have not turned yellow, leaving 2 inches of the stem attached; wash them, put in a glass jar, add vinegar to cover, and in 7 or 8 days they can be used.

Cranberry Sauce—1 quart of cranberries, 2 cupfuls of sugar and 1 pint of water; wash the cranberries, put on the fire with the water in a covered saucepan; stew together over a moderate but steady fire. Be careful to cover and not stir the fruit, but occasionally shake the vessel, or apply a gentler heat if in danger of sticking or burning. If attention to these particulars be given, the berries will retain their shape to a considerable extent, which adds greatly to their appearance on the table. Boil from five to seven minutes, remove from fire, turn into a deep dish and set aside to cool. If to be kept, they can be put at once in air-tight jars. Or, for strained sauce, 1½ pounds of fruit should be stewed in 1 pint of water for 10 or 12 minutes, or until quite soft, then strained through a colander or fine wire sieve, and ¾ pound of sugar thoroughly stirred into the pulp thus obtained; after cooling it is ready for use.

Serve with roast turkey or game. When to be kept for a long time without sealing, more sugar may be added, but its too free use impairs the peculiar cranberry flavor.

Drawn Butter—2 tablespoonfuls of butter, 1 tablespoonful of flour, ½ pint of boiling water, ½ teaspoonful of salt.

Mix the butter and flour to a smooth paste in a bowl, place the bowl over the fire in a pan of boiling water, add the ½ pint of boiling water gradually, stirring all the while until it thickens; add the salt. Take from the fire and use immediately. The great point in preparing drawn butter is to take from the fire as soon as it thickens. For this sauce it is very essential to have good butter. Serve with asparagus, boiled fish, cauliflower, etc.

Egg Sauce—Chop 2 hard-boiled eggs quite fine, the white and yolk separately, and stir it into the white sauce before serving.

This is used for boiled fish or vegetables.

Hollandaise Sauce—Rub ½ cup butter to a cream, add the yolks of 2 eggs (one at a time) and beat well. Stir in the juice of ½ a lemon, 1 saltspoon of salt, and a pinch of cayenne pepper. When ready to serve add ½ cup of boiling water; place the bowl in a pan of boiling water, or

on the top of the tea-kettle, and scald until as thick as custard, stirring all the time.

This sauce is served with fish or meat.

Mint Sauce—Mix 1 tablespoonful of white sugar to $\frac{1}{4}$ teacup of good vinegar; add 2 tablespoonfuls of mint chopped fine, and let it infuse for half an hour in a cool place before sending to the table.

Serve with roast lamb or mutton.

Nut Sauce—This is made by pounding to a paste, in a mortar, the meats of any kind of wild nuts (hazel-nuts, hickory-nuts, butter-nuts, etc.) and mixing the paste with an equal amount of nice butter.

It is served with game or poultry.

Olive Sauce—Extract the salt from 1 dozen olives by soaking $\frac{1}{2}$ hour in warm water; then pare them close to the stone, round and round, as you would an apple, to remove the stone. Then put the olive into $\frac{1}{2}$ pint brown sauce, simmer 10 to 15 minutes and serve.

Good with roast duck or other game.

Onion Sauce—Peel 1 dozen small onions, put them in a saucepan, cover with boiling water, add a teaspoonful of salt, and boil $\frac{1}{2}$ hour, then drain and press through a fine sieve. Make a white sauce, add the onions to it, let it boil up once, and it is ready for use.

This is nice with boiled fowl.

Sauce Tartare—Put the yolks of 4 eggs into a saucepan, and add $\frac{1}{2}$ teaspoon salt and 1 teaspoon Blue Ribbon mustard; then add alternately 1 teaspoon each of olive oil and tarragon vinegar (adding them very gradually) until it is of the right consistency. Then add 2 chopped shallots, or instead 2 tablespoons chopped pickled onions and gherkins.

This sauce is often too acid. It goes well with fried oysters or fish, or with boiled tongue or codfish.

Tartar Sauce—Take 2 tablespoons each of Worcestershire sauce and vinegar, 1 tablespoon of lemon juice and $\frac{1}{2}$ teaspoon salt; put them in a bowl and set in a pan of hot water to heat. Put two-thirds of a cup of butter in a saucepan, brown it, strain, and add to the other ingredients.

Serve it hot with boiled fish.

Vinaigrette Sauce— $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika, dash white pepper mixed with 3 tablespoons tarragon or plain vinegar, 6 tablespoons oil, 1 tablespoon gherkins, 1 teaspoon chives, 1 teaspoon Blue Ribbon parsley, all minced fine. One tablespoon green pepper will be an addition.

MEATS



Broiling or Grilling—**RULES**—A hot fire at first, with a hot gridiron well greased; frequent turning; no holes made to see if the meat is done, and so let out the juices. The smaller the article, the hotter the fire necessary; for larger ones a more moderate fire is needed, or hold it further away from

the fire. If the article is dipped in melted fat before putting it on the gridiron, it will help set the surface albumen quickly. Fish is also floured to prevent its sticking to the gridiron. When the meat is browned all over and ceases to feel spongy, it is done. Do not put any salt on the meat while it is cooking.

Baking and Roasting—The fire and utensils must be very hot at first, and the heat can afterwards be lessened by cooling the oven. In a perfectly roasted joint the outside should be thoroughly hardened, but inside the heat should only reach the stage which swells and softens the fibrin.

Basting—It is very important that the meat should be frequently basted—say every 10 or 20 minutes—and do it quickly so as not to keep the oven door open longer than necessary. The drippings from the meat are the best thing with which to baste it; some cooks add some beef drippings. If a frothed surface is desired, flour may be dredged upon it every time it is basted. If one side is browning, turn it around; also it is well very often to turn it over. All game and poultry require a hot, clear fire, frequent basting, and should be sent to the table direct from roasting. A basin of water in the oven will produce steam, which will check the tendency to scorch and dry the meat. Do not put in the basin of water until after the strong heat at first has set the surface albumen of the meat. It is better not to use water with meat which is desired rare, or with small cuts, but only for large roasts which require long, slow cooking. Never put water in the pan with the meat.

Boiling—Plunge at once into boiling water, as this forms a thin film and holds the juices inside the meat. After this the water should merely simmer until the meat is heated through to the centre sufficiently to cook it, but not enough to harden the albumen inside. However, calf's head and feet, shins of beef and knuckles of veal, cow heel, tripe, etc., are usually best put into cold water first, and boiled longer than other meat. After meat is put into boiling water, a scum will rise to the surface; this should be skimmed off and thrown away. Although the greater part will rise at first, do not fail to skim during the whole progress; if any is left it will attach itself to the meat and spoil its appearance. Salt meat should be put in cold water after being washed thoroughly in fresh water

or milk. The water should then be slowly brought up to the simmering point. This will draw out the salt. Remember that all salted and dried meats should simmer slowly, as rapid boiling hardens them. As vegetables require boiling and meat only simmering, you cannot, as a rule, boil vegetables with meat without spoiling one of them. Vegetables should be put into boiling water at first and kept there. Flour foods, such as macaroni, sago, rice, cornflour and flour puddings, should be kept all the time in boiling water in order to burst the starch granules.

Stewing—In a stew both meat and juice are eaten together; nothing is wasted; it is the cheapest method of cooking. It is particularly suitable for glutinous meats as knuckles, heads and feet, and for all tough fibrous meats. A tough fowl can by this method be made more presentable than by any other way. The important point to remember is to not allow the water to boil. Set the dish at the side of the stove and let it quietly stew. Less water is needed than for boiling, as there is very little evaporation. The best way is to use a double boiler, or if you have not one, a pudding basin with a wide rim may be set into another just large enough to allow the smaller one to rest upon its rim. Put the meat into the smaller basin, barely cover with water, pour hot water into the outer one and allow it to boil, but very gently. Stew about double the usual time. The superiority will be evident. Frying the meat before stewing gives it a good color and prevents the too free escape of juices.

Fricasseeing—This means, literally, "to fry and stew." It is usually applied to a chicken, rabbit or any small animal which is cut up and fried, before stewing, and served in a well-flavored sauce.

Frying—There are two ways of frying known to cooks, as (1) wet frying, sometimes called French frying, or frying in a kettle of hot fat; and (2) dry frying, or cooking in a frying pan. The best results are undoubtedly obtained by the first method, although it is little used in this country.

First Method—The fat must be sufficiently deep to fully cover the article. (2) The fat should be sufficiently hot; in fact, it should smoke. (3) When anything is floured before it is fried, it must not be floured until the last moment before it is plunged into the fat. (4) When anything is fried that has been egged and bread-crumbed, it is best to egg and bread-crumbs it some time before it is fried. (5) Shut the kitchen door and open the window a little to avoid scenting up the house; this is a practical point which should be remembered.

Second Method—(Sautéing) This should be done the last thing while preparing the meal. Have the meat all ready for the pan beforehand. A little fat should be cut in bits, melted, and sizzling hot in the pan. Put the pieces of meat in the hot fat and fry as fast as possible, turning and tossing to keep it from burning; do not leave it a moment. Have a hot platter ready, take up the meat when well browned on both sides (which will be in less than 5 minutes), salt and pepper to taste, and send to the table as hot as possible. Add no salt while cooking, as it

draws out the juice. Fresh pork, beef, mutton and lamb should each be cooked in its own fresh fat; other meats, if lean, are better fried in the fat of a single slice of fat pork than in butter. Only enough fat is required to keep the meat from sticking to the pan.

Braising—This is a way of cooking by the action of heat above as well as below the article cooked—the effect is somewhat similar to stewing and baking. At the last, cover can be removed in order to brown the meat.

To Egg and Bread-Crumb—The best way to make bread crumbs is to rub stale bread through a wire sieve, because the bread crumbs should be very fine. If the bread crumbs are to be used for meat or fish, a little pepper and salt can be added; if for sweet dishes, add a little sugar. The eggs should be beaten up lightly; a teaspoon of water to each egg helps in beating it thin. Dip the article that is to be egged and bread-crumbed first in the crumbs to dry it; let it dry a little, then dip it in the beaten-up egg, drain it, and then roll it again in the bread crumbs and leave it in the crumbs until it is put in the smoking hot fat. It is best to egg and bread-crumbs anything some time before it is fried. If the egg and bread-crumbs fall off, it is because the crumbs are too coarse; or there is not enough fat in the kettle; or it is not hot enough, the latter being often the cause.

To Thaw Frozen Meat—Put it in cold water, and do not try to cook it until it is fully thawed. Do not thaw it until just before it is to be cooked. To ascertain whether the thawing is complete, drive an iron skewer through the thickest part of the joint; if there is a core of ice within, it will be distinctly felt by the resistance it offers.

Garnishing meat adds much to its appearance. Slices of carrots are suitable for hot or cold boiled beef. Mint is used for hot or cold roast lamb, either with or without parsley. For roast veal and calf's head, slices of lemon are used. For boiled meats or stews, use capers, boiled onions or pickled gherkins. For roast beef, horseradish is often used. Slices of red beet-root go well on boiled beef or cold meat, and for poultry, fish, cold meats, etc., parsley is very generally used.

Roast Beef—Take a rib-piece or loin-roast of 7 to 8 pounds, lay it in the roasting dish and cover with dripping. Put it inside the well-heated oven, and baste frequently, which will make it brown and tender. The roast needs about 2 hours' time to be done, and must be brown outside but inside still a little red. Season with salt and pepper. Squeeze a little lemon juice over it, and serve the gravy in gravy boat, after skimming off all fat.

Beef Heart, Baked or Roasted—Cut a beef heart in two, take out the strings from the inside; wash it with warm water, rub the inside with pepper and salt, and fill it with a stuffing made of bread and butter moistened with water, and seasoned with pepper and salt, and, if liked, a sprig of thyme made fine; put it together and tie a string around it, rub

the outside with pepper and salt; stick bits of butter on, then dredge flour over and set it on a trivet, or muffin rings, in a dripping-pan; cover with dripping, then roast it before a hot fire or in a hot oven; turn it around and baste frequently. One hour will roast or bake it; when done, take it up, cut a lemon in thick slices, and put it in the pan with a bit of butter, dredged in a teaspoonful of flour; let it brown; add a small teacup of boiling water, stir it smooth and serve in a gravy tureen.

Chipped Beef—Heat together 1 cup each of milk and water, and thicken with a beaten egg and a little flour; when it has boiled 5 minutes, add a quantity of chipped beef; stir in well and remove at once from the fire.

Beef or Veal Cheese—Boil and skim beef until the meat and gristle drop from the bone; chop the meat fine, season with Blue Ribbon pepper, salt and Blue Ribbon sage, and put in a deep dish; take all the fat from the soup and boil it away some, then pour it over the meat, stir well, and set away to cool and harden. Cut in slices and eat cold.

Beef Kidneys—Cut the kidneys in 2 slices, lengthwise; soak an hour in salted water, then wipe dry; dip them in a beaten egg, roll in cracker dust, and broil over a clear fire. Kidneys may be stewed until tender in a very little water, and seasoned; then thicken the broth, and serve.

Beef a la Mode—Cut the bone from a round of beef, and fill the space with bread and butter dressing, or a dressing made with onions and spiced with herbs. Put a bandage around it to keep it in shape, and put it in a pot just large enough to hold it; add about 1 pint of water, cover tightly, and bake three hours. Good either hot or cold.

Mock Duck—Take a good piece of upper round steak, make a dressing as for turkey, and spread it over the steak; roll it up and wind it with a string. Bake it as you would roast beef, but not so long. It can be served hot, or allowed to cool with the string around it, when it can be cut in thin slices for luncheon or tea. If served cold, garnish handsomely with sliced lemon and green parsley.

Beef Pot Pie—A good dinner which combines the needed variety of foods in one dish is a beef or mutton stew. 2 pounds of cheap meat, neck of mutton, shin or round of beef, is enough for 4 to 6 people. Cut the meat in inch pieces, season with salt and pepper, and roll in flour. Put the bones in cold water and heat slowly; when boiling, put in the meat, already browned in a frying pan, with a little hot fat. Add 1 or 2 small onions sliced and fried with the meat, if liked; a stalk of celery, or $\frac{1}{2}$ cup of strained tomato, also gives a nice flavor. Simmer an hour, then add a medium-sized carrot and turnip, cleaned and cut in $\frac{1}{2}$ -inch squares; cook 2 hours, or till the meat is tender; $\frac{1}{2}$ hour before serving put in 6 potatoes, already pared, quartered and parboiled to draw out their strong juice. Taste and season more, if liked, and skim all fat from the top; 10 minutes before dinner time, put in the dumpling and cook without removing the cover.

The Dumplings—1 pint of flour, $\frac{1}{2}$ teaspoon of salt, 4 level teaspoons Blue Ribbon baking powder, sifted together and mixed into a soft dough with 1 cup more or less of milk or water. Drop from the tip of the spoon into the boiling stew, cover closely and in 10 minutes take up on a hot platter or place around the platter on which the stew is served.

Pot-Roast of Beef—Take 5 or 6 pounds of the round of beef, remove the bone, put slices of suet in the bottom of a deep pot, and fry out the fat; leave the bits of suet in the bottom of the kettle, put in the beef in a round shape, and add a pint of hot water; put on the stove where it will cook slowly. Cover well after sprinkling on a little salt, pepper and sweet herbs, if liked. It should cook 2 or 3 hours, and at last uncover it and rapidly cook out all the water, until it begins to fry in the bottom of the kettle; when it is nicely browned on the bottom, take up on a platter, the browned side up, and pour over it any fat left in the pot. Good warm or cold. Cut in thin slices it makes nice sandwiches.

Boiled Tongue—If the tongue is salted, soak over night in plenty of cold water; the next morning put it over the fire with enough cold water to cover it, and boil slowly 3 or 4 hours, according to the size; skin the tongue while hot and set away to cool. When cold, cut in very thin slices, excepting the extreme tip, which can be used for making side dishes. If the tongue is fresh, then soak it over night in cold water, in which is a handful of salt; the next morning put it over the fire and cook slowly, and proceed in the same manner as with salted tongue.

Tripe—Tripe is usually sold already boiled and pickled, and is a good food if cider vinegar is used for a pickle; if any of the mineral acids are used, it will unfavorably affect the digestion. After coming from the market, it is sometimes broiled, spread with butter, and served with baked potatoes. It can be put on a platter and set on the grate in the oven until hot and then spread with butter; again, it can be fried brown in the frying pan with a little butter, and seasoned with any of the piquant meat sauces. It may also be cut in strips, soaked 10 or 12 hours in salt and vinegar, wiped dry, and fried in hot lard. It can be stewed also.

Beefsteak Smothered in Onions—Cut 6 onions very fine, put them in a saucepan with 2 cups hot water, 2 ounces butter, some pepper, salt, and dredge in flour; let stew until onions are quite soft. Have the steak broiled, put it into the saucepan with the onions, let simmer 5 or 10 minutes; send to the table very hot.

Minced Beef—2 cups cold minced beef, 1 shallot, or small onion, 1 bunch parsley, 1 teacup gravy, 1 tablespoon chutnee sauce, butter the size of an egg.

Put the butter in a saucepan, slice and fry the onion until a yellowish brown, add the gravy, then the chopped parsley; stir in the chutnee, add the beef, and let it get hot, but do not re-cook. Serve it on a platter garnished with parsley and fried bread. Time, 20 to 30 minutes.

Veal Cutlets, Breaded—Egg and bread-crumb the cutlets, and fry them in smoking hot fat, turning them until well done—time 4 to 6 minutes. Then take up and pour over them a good brown gravy; serve hot. They may be garnished with parsley.

Veal Loaf—Chop $3\frac{1}{2}$ pounds of lean and fat raw veal very fine, with 1 slice of salt pork; add 6 crackers rolled fine, butter the size of an egg, 2 eggs, 1 tablespoon Blue Ribbon pepper and 1 of Blue Ribbon sage; mix this thoroughly and pack it tightly in a deep, square tin; sprinkle over the top a little melted butter and fine cracker crumbs. Cover it with another tin and bake 2 hours; uncover and brown the top. Serve cold in thin slices. This is very nice for a picnic lunch.

Veal Mayonnaise—Cut pieces of cold veal into bits, not as small as dice; put in an equal quantity of celery, cut in small pieces; mix thoroughly, and pour over it a little of the dressing, reserving the rest to put over the top when it is arranged in the dish; garnish with lettuce leaves, and hard-boiled eggs cut in slices. Lettuce can be substituted for celery.

Sweetbreads—At once on coming from the butcher (and that should be as soon as possible after the animal is killed) sweetbreads should be soaked 1 or 2 hours in cold water, and then cooked about 20 minutes in boiling water containing 1 teaspoon each of salt and lemon juice; then plunge them into cold water to harden them; take out and put into a towel to drain out all the water, and remove the pipes and membranes. They may then be cut into thin slices and broiled; or egged and bread-crumbed and fried in hot fat; or sauted; or stewed in a very little water, and seasoned with salt, pepper and butter. Serve with any of the meat sauces best liked by the individual.

Boiled Mutton with Caper Sauce—Have ready a pot of boiling water, cook three hours or longer, according to size. Boil a pint of milk, thicken with flour well blended, add butter, salt and pepper, and 2 tablespoons of capers, or mint sauce if preferred.

MISCELLANEOUS MEATS

Mutton Chops—Remove a portion of the fat and trim them into a nice shape; place the gridiron over a bright, clear fire, rub the bars with a little fat, and lay on the chops. Whilst broiling, frequently turn them, and in about 8 minutes they will be done. Season with pepper and salt. Serve hot on a hot dish. Or they can be baked in a dripping pan in a hot oven, basting frequently; they are very nice this way. They can also be fried on a frying pan, having it very hot and using no other fat than that from the chop. As soon as one side is seared (in about 1 minute) turn over on the other; then finish cooking more slowly. Sprinkle salt on each side when almost done.

Irish Stew—This is a nice and economical dish, and can be made from any kind of meat, the best being the best end of the neck of mutton. Remove nearly all the fat from 2 pounds of meat, and cut it into chops. Peel and slice 3 pounds potatoes, and also slice 1½ pounds onions. Put a layer of potatoes in the kettle, then a layer of onions, then meat; pepper and salt it well, and so put in all the materials in layers. Add 1 or 2 cups stock, cover closely, and let it stew (not boil) 2 or 3 hours.

Boiled Ham—To boil a ham it must first be thoroughly washed and scraped in warm water, containing a little baking soda; then rinse in cold water, put it over the fire, skin side upward in the kettle, with water enough to completely cover it; let it slowly simmer 3 or 4 hours, according to size; if it cooks rapidly, it will break in pieces. When done, take it from the kettle and remove the skin while hot, leaving on all the fat; stick cloves all over the fat part, and put it into the oven to brown a little, or sprinkle browned bread crumbs over fat while it is warm. It should be entirely cold before it is cut. Both lean and fat should be served in carving, as many persons like the latter best. Mustard, spiced vinegar, catsup or pickles, are used as condiments with this.

Headcheese (English Brawn)—The cheeks of pigs' heads are reserved for salting with the hams and shoulders; the remainder is cut in pieces and soaked over night in salted water; the next morning wash thoroughly and put over the fire in a kettle with just water enough to cover the meat (the cleansed pigs' feet may be added). Simmer slowly until the bones will easily separate from the meat, then take it up in a pan and pick out every bone; cut the meat into small pieces, season to taste with salt, pepper and sifted sage; pour over the broth from the kettle, and put it in a cold pantry to harden. When thoroughly cold, remove the fat from the top of the pan, cut in slices and serve with hot baked or mashed potatoes.

POULTRY



If the bone across the breast above the hollow skin is hard to the touch, the bird is old; in young ones this is more like gristle.

Slightly Tainted Meat—Poultry, of all meats, should be cooked immediately if the least sign of taint appears. Give it first a thorough washing in soda water, then a rinsing in clear water to which a little vinegar is added, then either bake or roast it, as that mode of cooking drives away bad odors from meat better than any other way.

Overcoming the Strong Smell of Old Fowls—If old fowls are washed in warm soda water, the strong smell will be overcome.

If a **Roast Fowl** cannot be served as soon as it is done, put it over a kettle of boiling water and put a dripping pan over it, which will keep it from drying up.

The Garnishes for Fowls—These are parsley, watercress, horseradish, slices of lemon, slices of ham, fried oysters or sausages, and forcemeat balls.

To Draw a Fowl—Place the fowl on its back, and make a slit lengthwise in the skin at back of the neck from the body to the head; free the neck from the skin, and cut off the neck as close to the body as possible; then cut the skin, leaving a flap at least 3 inches long hanging to the breast. Loosen the crop and the windpipe, and insert the first finger, keeping it close to the inside surface of the body; work it round, breaking all the ligaments with which it comes in contact, thus loosening the contents of the carcass. Be careful not to thrust the finger into the centre, for if the gall bladder is broken, the gall will impart a bitter taste to whatever it may touch. Turn the bird, slightly enlarge the opening at the vent, insert the finger, and loosen the insides from the carcass at that end. Turn the bird again, and place it on its back; press the breast with the thumbs, and push out the gizzard by the hole at the vent; take hold of it and pull steadily, when the whole of the interior should be brought away entire. Be sure and remove the lungs, which cling to the ribs. If all the insides are removed, little washing will be needed. Wipe it out with a damp cloth, or rinse quickly and wipe dry.

To Truss a Fowl—After stuffing the fowl, sew the skin of the neck over the back. Then run a long skewer through the pinion and then through the body and out through the other pinion, pressing them close to the body. Also press a skewer through the thigh and body, and out through the other thigh. Pass a string over the projecting ends of the skewers and tie it firmly at the back to keep the bird firmly trussed. The legs can be crossed over the tail and firmly tied. The wings and thighs can be tied in place by winding a string around the body, if you have no skewers. Cut the string off carefully when done, so as not to tear the flesh.

Plain Dressing—Take 2 cups fine bread crumbs, season with salt and pepper, and add 1 teaspoonful each Blue Ribbon parsley and summer savory, and $\frac{1}{2}$ teaspoon Blue Ribbon marjoram; moisten with $\frac{1}{2}$ cup melted butter.

Fill the cavity in the fish or meat, but do not crowd it in; sew up, or wind the meat with a string, and when done this will be light and crumbly—not pasty as when made with hot water, nor hard as when stuffed into the fish or fowl. This is excellent for fish, poultry, game, etc. For ducks use Blue Ribbon sage instead of Blue Ribbon summer savory, parsley and marjoram.

Oyster Stuffing—Take a small loaf of baker's bread, remove the crust and crumb the bread very fine; pour on hot water enough to moisten it, and cover it tight. Chop 1 large onion and 1 quart of oysters, take

$\frac{1}{2}$ cup melted butter, 1 teaspoon powdered Blue Ribbon sage, and salt to taste.

Mix all together and if the oyster liquor does not make it moist enough, add a little more hot water.

Chestnut Stuffing—Blanch, boil and mash 12 large chestnuts. Cook the liver of the fowl, mince it fine, and add the yolks of 2 eggs, 1 teaspoon each of salt and minced onion, 1 tablespoon chopped ham, 2 tablespoons grated bread, a little lemon juice and white pepper; mix all with the mashed chestnuts, and use for stuffing.

Chicken Fricassee—Cut every joint separate, the back in 2 pieces, and the breast in 3 or more. Stew only in water enough to cover until the meat is very tender. There should be about a teacup of water in the pot. Mix a heaping teaspoon of flour with a cup of milk; add, and let boil up. Season with salt and pepper and take up on a platter. You may put in 2 slices of salt pork cut in strips $\frac{1}{2}$ hour before serving, if the flavor is liked.

This is an old-fashioned dish, and a favorite with our grandmothers. If one has a larger company for dinner than they anticipated, this is the best way to prepare the chicken as it will go farther and serve more people. A great improvement can be made in the stew by breaking open a few warm biscuits and either placing in the kettle just before taking them off the stove, or laying on a platter and pouring the chicken, gravy and all, over the biscuits.

Chicken Patties—Take 1 pint of cream, 1 tablespoon of cornstarch, 1 pint of cooked chicken, chopped coarsely.

Let half the cream come to a boil in a stew pan. Mix the remainder of the cream with the cornstarch and add as soon as it boils; when this thickens, take off the fire, add the chopped chicken, and season to taste with salt, white pepper, and any other seasoning liked. Line patty pans, small saucers, or sauce plates with rich pie-crust, and bake. When all is cold, place a heaping spoon of the chicken on each crust and serve.

Chicken Pie—Cut the chicken in small pieces as for frying, and stew in just water sufficient to cover it, with a little salt, until the meat begins to separate from the bones; take it out, pick out the bones, and put the meat in a tin pan or large pudding dish; season the gravy with a little more salt, if needed, and a little white pepper, then thicken with a little cornstarch; add a lump of butter if the chicken is lean, and pour the gravy over the chicken. Make a rich baking-powder biscuit dough, spread it with the hands until it is large enough to cover the pie, place it on the meat, and cut a large cross in the middle of the crust; bake until the crust is a rich golden brown ($\frac{3}{4}$ to 1 hour), but do not have the oven hot enough to scorch it.

Chicken Short Cake—Cut the meat from the largest pieces of cold, stewed chicken, and remove the bones (the "wishbone" and other small pieces may be left whole). Heat, adding more gravy if necessary, and when hot pour it on a short cake cut in pieces, made as follows:

Short Cake—Mix 4 level teaspoons Blue Ribbon baking powder with 2 cups flour. Cut into it nearly $\frac{1}{2}$ cup butter, then add 1 cup sweet milk. Bake in a quick oven, in a thin sheet.

Fried Fowl—Cold roast or boiled fowl can be dipped in batter and fried. Make the batter of 4 heaping tablespoons of flour, 1 egg, $\frac{1}{2}$ cup of water, and 2 tablespoons of salad oil or melted butter. Add the water to the flour gradually, stirring it smooth; then beat in the yolk of the egg, with $\frac{1}{2}$ teaspoon of salt, and just before you want your batter, stir in the beaten white; some flour may require a little more water. Dip each piece of chicken in the batter, and fry a light brown.

To Make Old Fowls Tender—Take an old fowl and stew it from 2 to 4 hours according to our directions for stewing; then roast it in the oven, basting frequently. It will make an old fowl 5 or 6 years old tender and equal to a chicken.

Roast Goose—It is better to keep the goose a few days after coming from the market, but do not let it come to the slightest taint. Pluck, singe, draw, and wash thoroughly, then fill the cavity with a dressing made with sage and onions, if liked, or a plain bread and butter filling may be used. Sew up, and bake or roast in a moderate oven until a golden brown on both sides. Baste often; use butter and flour when nearly done. The goose is sometimes parboiled before baking. The oil which runs out will be too strong for gravy. Serve apple sauce with the goose. Time, if small, $1\frac{1}{2}$ hours; if large, $1\frac{3}{4}$ hours.

Goose Dressing (Soyer's)—Take 4 apples, peeled and cored, 4 onions, a little Blue Ribbon sage and Blue Ribbon thyme; stew until soft, then pulp through a sieve; add a sufficient amount of mashed potatoes or bread crumbs to fill the bird. The dressing should be well seasoned with salt and pepper.

Turkey Ragout—Cut all the meat left from roast turkey, in as large pieces as it will allow. Break up the bones, put them in a stew pan, with cold water to cover them, boil an hour, and strain out the bones. Season the liquid with pepper, salt, a little chopped celery or Blue Ribbon celery salt; stir in a thickening made of a spoonful of flour rubbed smooth in a little cold milk, $\frac{1}{2}$ cup of milk, and butter the size of an egg. Stir over the fire constantly until thick as cream, put in the cold turkey, simmer 5 minutes, and serve.

GAME



All water birds should be eaten as fresh as possible as their flesh is oily and soon becomes rank. If there is a large quantity of game on hand at one time, it will be well to cook the young game first and the old one or two days later, as old birds will keep longer than young ones. Old birds also need longer cooking. Young game cooks rather more quickly than poultry, and the flavor is best retained by cooking it plainly. The rule is that while dark-meated game may be rare, white-meated game should be well done.

Wild ducks and geese are so oily that they should be washed with warm water and soap or baking soda before drawing, as anything less effectual will not cleanse them properly. The objectionable flavor of wild ducks comes from the oil in the skin. If it is very strong they can be skinned, then spread with butter, dredge thickly with flour, and put in a very quick oven to roast.

The directions for "drawing" and "trussing" given for poultry will apply equally well for wild fowls.

Overcoming the Wild Flavor—It is sometimes desired to overcome the wild flavor in the large birds, as it is disliked by some people. There are various ways to do this: (1) Take a lemon, take off the peel, and lay it inside; renew it every 10 or 12 hours, and continue for 1 or 2 days. From most game this will absorb the unpleasant flavors. (Probably the best plan.) (2) Ducks, geese, prairie chickens, pheasants, etc., may lie for 10 or 12 hours in salt and water. (3) They may be put in soda and water for 2 or 3 hours. (4) Parboil in water containing 1 or 2 onions.

Restoring Tainted Game—If game becomes slightly tainted, it should at once be picked clean and put into milk for a full day (24 hours), keeping it entirely covered. This will sweeten it, and it should be cooked at once.

Most game is kept as long as it can be without becoming tainted, as it is thought the flavor is thereby developed.

Game is less fat than butcher's meat, and is generally considered very nourishing; it is easy of digestion, and is valued in the sick room. This does not apply to wild fowl, however, which have close, firm and rather oily flesh, and are, therefore, unsuited to weak stomachs.

CARVING POULTRY AND GAME

"Let's carve him as a dish fit for the gods,
Not hew him as a carcase fit for hounds."—*Shakespeare*



THE carving knife should be used for nothing else, and should be well sharpened before being brought to the table. Always try to cut at right angles with the fibres of the meat.

The difficulty in carving poultry arises from the awkward shape of the bird, but this may be largely overcome by plunging the fork upright into the very centre of the breast bone, and keeping it there until the carving is done. A second fork will be necessary, especially with a large bird, as a turkey.

Pullet or Capon—Remove the legs first by passing knife between thigh and body until bone is reached, then thigh is forced back and the joint laid open; then remove leg with point of knife. In removing the wings, a part of the breast may be sliced away with it, carving close to the ribs, then when joint is reached bend out wing to expose the joint, then sever with knife. The breast may then be sliced.

Roast Turkey is carved the same way as a capon, taking care to cut good substantial looking slices without destroying the appearance of the bird. The slices are made in a transverse direction. The stuffing is obtained by making an incision between the legs and lifting the apron.

Roast Goose—Slices are cut off the breast by a downward and outward movement of the knife. The legs and wings are removed in the usual way.

Duck is served in the same way as goose, but as the legs are considered best, they are usually the first removed.

Fowl is carved much the same as a pullet or capon. The blade of the knife is held horizontally and cuts right down to the bone, having previously removed legs and wings, then by bending back of knife downwards the joints are exposed, and by a dexterous movement of the knife, the whole side is cut off.

Canvasback Duck—The breast only is served, and it is sliced after removing the wings.

Quail, Pigeons, and other small birds are split lengthwise into halves.

Buffalo and Bear—Bear and buffalo meat is either baked, boiled, fried or broiled, in the same ways as beef.

Venison—Venison is easily digested. As the hairs often cling to the meat, it should be cleaned carefully before cooking. The best cuts for steaks or roasting come from the loin or saddle. The rules given for cooking beef or mutton apply equally to venison. Stew the tougher parts. Currant jelly is considered the best thing to serve with venison, or garnish with slices of lemon.

Roast Haunch of Venison—The haunch is the choicest piece for roasting. Wipe it with a damp cloth. Rub over with butter. Then cover the top and sides with a thick paste of flour and water $\frac{1}{2}$ inch deep. Lay a coarse paper over all and put to roast with one cup of water in the dripping pan. Keep the oven well heated. Baste every 15 or 20 minutes with butter and water. Twenty minutes before serving remove the paste and paper, and dredge with flour and baste with butter until of a light brown. Pour in a pint of water and make a thickened gravy as for roast beef or pork, adding a pinch of Blue Ribbon cloves, nutmeg, cayenne and a few blades of mace. Strain before sending to table, and 2 table-spoons currant jelly may be added if you have it. Have dishes very hot. The shoulder is also a good roasting piece, but need not be covered with the paste as in the above directions.

MADE-OVER DISHES

Baked Hash—Chop finely the remnants of cold meat left from dinner, chop cold potatoes and add: there should be twice as much potato as meat. If there are not enough of cold potatoes for this proportion, dip 2 slices of bread in cold milk or water, and chop; season with salt and pepper and Blue Ribbon herbs; if liked, with a bit of sliced onion. Melt a piece of butter the size of an egg in the baking pan, put the hash well mixed in the pan and cover tightly with a plate; bake a half hour, and turn out in a cake on a hot dish. If it is covered with a white pie plate that is the best dish to serve it on as it is already hot. Economical and good. Serve with pickles.

Turkey Hash—Mince the remnants of turkey left from a previous dinner. Boil the bones in a quart of water until the quart is reduced to a pint; then strain, add turkey gravy if you have it, a bit of butter if the turkey is not fat, with a seasoning of salt and pepper; if there is dressing left, boil it in with the bones. Dredge a little flour over the minced turkey, put it in the hot gravy and let it just come to boiling heat. Serve in a hot dish on slices of toasted bread.

Vegetable Hash—Take equal parts of boiled vegetables, corned beef and salt pork, chopped together; this makes a fine hash. When you have a boiled dinner, always have enough left to make hash for breakfast the next morning. The vegetables used are potatoes, turnips, cabbage, beets, and parsnips or carrots; put the fat from the kettle in which the dinner was boiled, in a large frying pan and let it melt; then put in the hash, smooth it down, put a pie plate over it to keep in the steam, set it on the back of the stove for 15 or 20 minutes until thoroughly heated, and dish it in the hot plate which covered it. Vegetable hash is often made without meat, and is much liked by most people.

Scrapple—This can be made of odds and ends of fresh meat such as would be used for soups—pigs' heads and feet, beef shanks and trimmings. Boil the meat with sufficient water to cover it well, until the meat separates from the bones; then take it up, remove the bones, cut or chop the meat finely, and return it to the broth; add salt, pepper and Blue Ribbon herbs, if liked. Let it boil up again and thicken it with corn meal to make a stiff mush, and cook it thoroughly. Put it in bread pans to solidify, and, when cold, cut off in slices and fry in salt pork fat, dripping, or sausage fat. This is an inexpensive dish, and excellent in cold weather, for supper or breakfast. Finely minced remnants of any kinds of cold meats, with the gravy, can be utilized in the above manner, instead of the fresh meat.

Pilaff—1 onion, 2 cups minced cold meat, 1 pint tomatoes, butter the size of an egg, 1 teacup rice.

Put the butter in a frying pan and cut the onion in, then fry to a delicate brown; add the rice, and brown that in the butter, taking care not to let it scorch. Next add the tomatoes and 1 pint of hot water; cover and cook until the rice is done, adding more water if needed but it should not be watery when done. Season with salt, pepper and cayenne, and Blue Ribbon curry powder, if liked; then put in the chopped meat, stir well, and send to the table hot.


Chicken and Oyster Croquettes—Take one cup of cold chicken, chopped fine, 1 saucer of cold, escalloped oysters also chopped, $\frac{1}{2}$ cup sifted bread crumbs, pepper, salt, a little mace, and one egg, beaten light; add a little broth made of the bones of the chicken boiled in just water enough to cover them. Have the mixture as soft as you can handle it, form into long rolls as large as a man's finger, roll in sifted bread crumbs and fry in hot fat. Serve with slices of lemon.

Fish Croquettes—Remnants of any cold fish, egg, bread crumbs, cayenne, salt, and fat for frying are needed for these. Flake the fish finely, season to taste, add an equal quantity of bread crumbs; make a stiff paste with beaten egg; form into round rolls about an inch thick and 3 or 4 inches long, and fry them a golden brown in smoking hot fat.

Meat Croquettes—Use 1 quart of meat, either chicken, veal or lamb, chopped but not too fine. To this quantity allow 1 cup stock or gravy, 1 cup rich milk or cream, 2 large tablespoons butter, 2 large tablespoons flour, 1 teaspoon salt, 1 teaspoon onion juice, Blue Ribbon cayenne and white pepper to taste, Blue Ribbon mace and any sweet herbs liked for seasoning meat, and 1 large cup boiled rice.

Melt the butter in a saucepan, add flour, stir, then add stock or gravy, then the milk; when thick so that it can be raised from the pan with a spoon, add meat, rice and seasoning; stir till thoroughly mixed. Remove from fire, pour into a large flat dish and leave till perfectly cold, then form with the hand into cone or pear shapes, roll in bread crumbs, then in egg, then in crumbs again, and fry in smoking hot lard. Turn with a long-handled skimmer, and when brown lift out and place on brown paper to absorb the surplus fat. Set in a moderate oven for 5 minutes and serve.

VARIOUS METHODS OF COOKING EGGS

 **SOFT-BOILED Eggs**—Put them into a saucepan and pour on boiling water enough to cover them; then let simmer, not boil, until they are done, which will be about 10 minutes, keeping the water about 180° to 185°. It takes longer to cook eggs this way than when they are put into boiling water, but when done they will be jelly-like, instead of tough and leathery, and are more easily digested.

Hard-Boiled Eggs—Leave them in the simmering water longer, say 20 to 30 minutes; they will then be solid and not leathery.

Curried Eggs—Cut some hard-boiled eggs in halves, cut off the white end sufficiently to make them stand upright, then pour some curry sauce around them and serve.

Dropped Eggs on Toast—A dish of boiling water, well salted. Break the eggs into a saucer and slide in the water one at a time. Let the water keep at boiling point, but not bubble, and dip the water with the spoon over the top of the eggs. Take the eggs up with the skimmer, lay on some nice buttered toast, dust a little salt and pepper over them, then serve.

Deviled Eggs—Boil 1 dozen eggs hard; cut in two, lengthwise, take out the yolks and mash them. Prepare two teaspoons of Blue Ribbon mustard by pouring a very little cold water on, and mix smooth; add a small teaspoon of butter, 1 of sugar, a little salt, and a few drops of vinegar. Mix some of the prepared mustard with the yolks, and refill the white part of egg with the dressing. They make a nice garnish for lettuce, and also a nice dish for picnics. Other stuffings can be devised and filled into the whites in the same way. Cut them in two crosswise instead of lengthwise, if preferred.

Omelets—These light and simple dishes require practice to prepare them to perfection. Do not cook them until just before they are needed, and then serve them at once on a very hot dish. The mixing is simpler than the cooking. Have the pan hot before making the omelet. Mix the omelet, moisten the bottom of the pan with a little butter, pour in the omelet, and as soon as slightly browned underneath, turn one half over the other with a knife, let it harden a moment, and turn out on a plate or lift out with a pancake turner. Brown the omelet merely, never burn it, as the scorched egg flavor is an injury to it. Numerous flavorings can be added, and the name will be derived from the meat, fish, vegetable or herb used.

Omelet No. 1—Beat 6 eggs very light, the yolks and whites separate; add $\frac{1}{2}$ teaspoon salt, and 6 tablespoons water; have a very hot pan, put in 1 tablespoon of butter, pour in the egg mixture, shake on the hottest part of the stove until the egg begins to thicken, then place on a grate in the oven until set; run the knife between the omelet and pan, fold the omelet over, and serve on a hot dish.

Sweet Omelet—Do not use any pepper, but add a little sugar—about 1 teaspoon for each egg. Make like a plain omelet, and when done sprinkle sugar on top. This can be varied by putting any desired kind of jam, jelly, marmalade or preserves on top, or they can be folded inside when the omelet is folded over.

Omelet Souffle—Beat thoroughly together the yolks of 6 eggs and 6 tablespoons of pulverized sugar; flavor with Blue Ribbon vanilla or lemon, and then beat the whites of the eggs to a stiff froth, and stir lightly and quickly with the yolks and sugar; bake in an enamelled pudding dish or in small paper souffle cases, one for each person. The souffles should bake 10 or 15 minutes in a moderately hot oven, and be sent to the table immediately, as they soon fall. Blanched and pulverized sweet almonds can be added to the above for Almond Souffle.

Various Omelets—Any sort of omelet can be made by folding into the omelet either sardines, tomatoes, ham, oysters, cheese, kidney, mushrooms, macaroni, or whatever one desires or has on hand. Asparagus tops are nice in an omelet. The ingenious cook can devise many new and attractive dishes.

Poached Eggs—Break the eggs separately into a cup; let them slide gently into boiling water with a few drops of vinegar in it. Take them out, and serve on hot buttered toast. They are often conveniently poached in a frying pan; when poached in quantities they are apt to run together. In poaching eggs, a few drops of lemon juice or vinegar in the water keeps the whites from spreading.

Eggs on Rice—Butter a baking dish and fill it three-quarters full of cold rice which was seasoned with salt and butter when boiled; make as many depressions in the rice as there are persons to be served, break an egg into each depression, sprinkle with salt and strew with bits of butter. Bake until the eggs are set. Serve hot.

Anchovied Eggs—Prepare slices of toast, spread them with butter and anchovy paste, and put a poached egg on each slice. Sardine paste may be used instead of the anchovy, if preferred.

Scrambled Eggs—For every egg allow an even tablespoon of melted butter and a tablespoon of sweet milk. When the butter and milk are hot put in the eggs, without beating, and stir. When it begins to cook, scrape fast from the bottom of the frying pan, to keep from scorching. Take off while very soft, as they cook $\frac{1}{2}$ minute after being taken off, for which many cooks do not allow. Serve it by itself, hot, or on toast. A dash of lemon juice added just as they are going to table is an improvement.

PREPARATIONS OF CHEESE

B **OILED Cheese**—Take $\frac{1}{2}$ pound cheese cut in thin slices, 1 teaspoon butter, $\frac{1}{2}$ teacup milk, a little sugar and mustard, 1 egg, pepper and salt to taste.

Put all the ingredients, except the egg, into a clean pan, and stir over the fire until they boil and become quite smooth; then beat the egg well, and stir it in over the fire for a minute, after which pour out on a dish and brown in the oven.

Cheese Crackers—Take small, thin crackers, sprinkle on grated cheese and set in the oven until the cheese adheres to them. Serve either hot or cold. Some people butter the crackers lightly and add a dash of cayenne before sprinkling on the grated cheese.

Cheese Scallop—Cook 1 cup bread crumbs in $\frac{1}{2}$ cup fresh milk until hot and smooth, then add 1 tablespoon butter, $\frac{1}{2}$ pound grated cheese, $\frac{1}{2}$ teaspoon salt, and a dash of Blue Ribbon black pepper, then cook a minute longer. Beat 2 eggs separately, add well-beaten yolks and fold in whites, which should be stiff and dry. Put in buttered baking dish and bake 15 or 20 minutes. When firm to the touch, it is done.

Cottage Cheese—Put a pan of sour or loppered milk on the stove or range where it is not too hot; let it scald until the whey rises to the top (be careful not to let it boil or the curd will become hard and tough). Place a clean cloth or towel over a sieve, and pour this whey and curd into it, leaving it covered to drain 2 or 3 hours; then put it into a dish and chop it fine with a spoon, adding a teaspoon of salt, a teaspoon of butter, and enough sweet cream to make the cheese the consistency of putty. With your hands make it into little flattened balls. Keep in a cool place. Some like it made rather thin with cream, serving it in a deep dish.

Scalloped Cheese—Take 3 slices of bread, well buttered, first cutting off the brown outside crust. Grate fine $\frac{1}{2}$ pound of any kind of good cheese. Lay the bread in layers in a buttered baking dish, sprinkle over it the grated cheese, some salt and pepper to taste. Mix 4 well-beaten eggs with 3 cups of milk and pour it over the bread and cheese. Bake it in a hot oven as you would cook a bread pudding. This makes an ample dish for four people.

Toast with Cheese—In 1 cup of milk stir $\frac{1}{2}$ cup of grated cheese, and boil until the cheese softens in the milk; then add 2 well-beaten eggs. Stir until it boils, take from the fire and spread over nicely-browned toast. Serve very hot. This will be found enjoyable. It is a nice dish for breakfast or tea.

Welsh Rarebit—Cut slices of stale bread about $\frac{1}{2}$ inch thick and toast them a nice brown on both sides (take time enough so that it can be well done without scorching, and this rule will apply to making toast at any time.) Have as many thin slices of rich, mild cheese as there are of the toasted bread, spread the toast with softened butter, lay a slice of the cheese on each slice of toast, and set the platter on the top shelf of a hot oven until the cheese is melted into the toast and slightly browned.

VEGETABLES TO SERVE WITH DIFFERENT MEATS AND FISH

There are a few combinations of dishes which by common consent go well together, and although some thoughtless people pay little heed to them they are worth studying. The following list will be helpful to young housekeepers by showing some of the most appropriate vegetables to serve with different meats and fish.

Beef, Corned—Cabbage, carrots, beets, parsnips, potatoes, turnips, pickles.

Beef, Roast—Beets, beans, macaroni, potatoes, boiled rice, squash, turnips, or any vegetables that are in season; horseradish, mushroom sauce.

Beefsteak—Beans, corn, peas, potatoes, parsnips, squash, tomatoes, or any other vegetables that are in season. Slices of lemon impart a pleasant flavor.

Birds of any kind—Beans, baked macaroni, mashed potatoes, turnips; currant or other acid jelly.

Chicken, Boiled—Lettuce, boiled rice, parsnips, potatoes, tomatoes, turnips; currant jelly; cranberry, celery or oyster sauce.

Chicken, Roast—Beans, beets, celery, corn, onions, baked potatoes, squash, and any vegetable in season; currant or other acid jelly. Cauliflower is especially nice with fried chicken.

Calf's Head—Beans, dandelions, celery, macaroni, horseradish, parsnips, potatoes, spinach.

Duck, Roast—Baked macaroni, corn, beans, onions, mashed potatoes, boiled rice, squash; apple sauce.

Fowls, Roast—Beans, corn, celery, onions, potatoes, squash, sweet potatoes; cranberry sauce.

Goose, Roast—Beans, baked macaroni, onions, mashed potatoes, boiled rice, squash, turnips; apple sauce.

Game—This requires an acid jelly, while potatoes, tomatoes, spinach and salads are appropriate.

Fish, Baked—Beans, corn, lettuce, mashed potatoes, sweet potatoes, squash; drawn butter or Hollandaise sauce.

Fish, Boiled—Potatoes, squash, turnips, tomatoes, horseradish; lemon, tomato sauce, or tartar sauce.

Fish, Fried—Cucumbers, potatoes, squash, tomatoes; horseradish, sauce tartare.

Lamb, Boiled—Asparagus, peas, potatoes, spinach, turnips.

Lamb Chops—Asparagus, lettuce, potatoes, pickles, sweet potatoes, turnips; tomato sauce.

Lamb, Roast—String beans, corn, green peas, potatoes, summer squash, turnips; mint sauce.

Mutton, Boiled—Baked macaroni, potatoes (mashed), turnips (mashed); currant jelly; mint sauce.

Mutton Chops—Lettuce, potatoes, turnips, sweet potatoes; pickles, tomato sauce.

Mutton, Roast—Onions (boiled), turnips (mashed), potatoes (mashed), asparagus, cauliflower, spinach, green peas; currant jelly. Salad is served with it by the English.

Pork, Roast—Onions, boiled rice, potatoes, sweet potatoes, tomatoes, squash; apple sauce or fried apples.

With Pork Sausage send fried apples or apple sauce.

Sweetbreads—Peas, asparagus, cauliflower, tomatoes, macaroni, and cheese.

Turkey, Boiled—Lettuce, parsnips, potatoes, turnips; currant jelly; oyster, cranberry or celery sauce.

Turkey, Roast—Beans, corn, cold slaw, onions, potatoes, sweet potatoes, squash, tomatoes, turnips; cranberry, plum, currant or other acid jelly.

Veal, Boiled—Macaroni and cheese, horseradish, mashed potatoes, spinach.

Veal, Roast—Asparagus, horseradish, parsnips, mashed potatoes, spinach, sweet potatoes.

Veal Steak—Lettuce, horseradish, potatoes, spinach, sweet potatoes.

Venison, Roast—Onions, potatoes (mashed), squash, turnips; currant or other acid jelly.

Venison Steaks—Parsnips, potatoes, squash, tomatoes, turnips.

Soup—This is usually served alone, but crackers and pickles go well with oyster soup. Cold slaw can go with soup and be eaten with it, or after the soup plates are removed. The French serve thin slices of buttered brown bread with soup. Grated cheese goes well with macaroni and vermicelli soup, and boiled rice with gumbo soup, putting a spoonful in each plate of soup.

VEGETABLES



Put potatoes into cold water as soon as peeled; they turn dark left exposed to the air.

Old potatoes are rendered more digestible by being finely mashed; mash them very thoroughly indeed—you will hardly overdo it. Roasted potatoes are more nutritious than boiled, and mealy potatoes more nutritious than those which are waxy.

If potatoes are very watery and they must be used for food, a small lump of lime added to the water while boiling will improve them.

Cold sweet potatoes may be cut in slices across or lengthwise, and fried or broiled as common potatoes; or they may be cut in half and served cold. They require longer to cook than the common variety.

Do not allow vegetables to remain in the water after they are done, but drain them in a colander and dress as directed in the various recipes.

Greens, lettuce, etc., should be washed leaf by leaf in warm water, rather more than tepid, having a dish of cold water to place them in immediately. The warm water more certainly cleans the leaf and does not destroy the crispness if they are placed at once in cold water. But whether washed in warm or cold water, take them leaf by leaf, breaking the heads off, not cutting them. Horseradish tops are considered choice for greens. The odor while boiling may be absorbed by tying a piece of bread the size of an egg in a cloth and dropping into the kettle. Peas should not be shelled until just before the time of cooking.

Turnips, beets, peas, corn, squash and pumpkin are improved by adding a little sugar, especially when the vegetables are poor in quality.

Baked Potatoes, if wanted in a hurry, may be partially boiled in their skins, then baked. Prick in several places before putting in the water.

Brown Baked Potatoes—Wash and pare potatoes of uniform size, and one hour before meat is done put them in the baking pan round the meat and baste with the dripping every time you baste the meat.

Boiled Potatoes—Always put potatoes into boiling salted water—never cold or lukewarm.

Scalloped Potatoes—Cut enough potatoes in thick slices to half fill a deep dish or two-quart can. Drop in butter the size of an egg cut into bits, a teaspoonful of salt, and a tablespoonful of fresh parsley. Fill the pan with milk and bake two hours. The milk remaining in the pan should be thick as cream, and the potato a light brown on top.

Potato Scallop with Meat—Put a layer of cold chopped beef in a pudding dish. Over this put a layer of cold mashed potato, and alternate until the dish is full. Season each layer. Have potato on top. Brown in oven.

Boston Chips—After paring the potatoes, soak them 1 hour in cold water, dry thoroughly in towel, then cut them into slices, lengthways of the potato; after this do not wet them again. Have a kettle of moderately hot fat ready; put the chips in a basket, dip them in the fat, leave a moment, lift out, dip in again, lift out again, and then put in and fry until they turn a golden brown; then lift out, put them in a colander, sprinkle on salt, set in the oven a minute, and serve.

Lyonnais Potatoes—Slice 6 cold boiled potatoes, or cut into dice. Put a little butter in the frying pan, put in $\frac{1}{2}$ onion chopped fine, and fry it a light brown, turning them without breaking; then stir in 1 tablespoon of minced parsley, and serve hot. A few drops of vinegar added with the onion improves the flavor.

Potato Turnovers—Have some cold roast beef, or veal and ham mixed, and cut very fine. Take hot mashed potatoes and make into a paste with 1 or 2 eggs, according to quantity. You should have twice as much potato as meat. Roll the potato out, dredging with flour. Cut this round, about the size of a small saucer. On one half put the chopped meat, fold the other half over, and fry a light brown.

Warmred Over Potatoes—(1) Slice up cold potatoes, fry in a little butter, lard or nice drippings, season with salt and pepper; fry a nice brown, and just before serving pour in a little cream or milk; toss about for a few minutes. Serve very hot. Or (2) grate them into the dish they are to be served in, dot with butter, sprinkle on salt, and bake about 5 minutes in a hot oven. Or (3) cut into dice, put into a dish, add a little milk, butter and salt, and heat in the oven. Never waste any potato left over.

Sweet Potatoes—Boiled, steamed and baked the same as Irish potatoes; generally cooked with their jackets on. Cold sweet potatoes may be cut in slices across or lengthwise, and fried as common potatoes; or may be cut in half and served cold. Boiled sweet potatoes are very nice. Boil until partly done, peel them and bake brown, basting them with butter or beef drippings several times. Served hot. They should be a nice brown.

Baked Sweet Potatoes—Wash them perfectly clean, wipe them dry, prick in several places, and bake in a quick oven, according to their size—half an hour for quite small size, three-quarters for larger, and a full hour for the largest. Let the oven have a good heat, and do not open it, unless it is necessary to turn them, until they are done.

Tomato Croutes—Small tomatoes are better for this dish. Scald and peel, then cut slices from stem end, leaving about $\frac{1}{4}$ of the tomato. Place them the cut side down on slices of buttered bread, arranged in a buttered baking tin, sprinkle with salt and pepper. Bake $\frac{1}{2}$ hour. This dish can be served with cold meat.

Stewed Tomatoes—Scald, peel, slice and stew slowly in a saucepan about $\frac{1}{2}$ hour; then add salt, pepper, butter, and a little sugar to sweeten; stew $\frac{1}{2}$ hour more, stirring in the seasoning. Thicken, if desired, with cracker or bread crumbs, or cornstarch, or flour dissolved in cold water. Canned tomatoes can be prepared in the same manner.

Fried Tomatoes—Select the largest, firm ripe tomatoes for frying. Cut them in halves and put them in a frying pan that can be covered, having first melted 2 tablespoons of butter in the pan; place the tomatoes with the skin side down, and on the top of each half put as much of bread crumbs as it will hold; season with salt and pepper. Cover the tomatoes and allow them to cook 10 minutes without removing the cover, then take out the tomatoes on a platter and set where they will keep hot while you prepare a gravy for them, as follows: If the butter has cooked away, add a little more to the frying pan, pour in $\frac{1}{2}$ teacup of boiling water, then thicken with a teaspoon of flour wet with a little water; stir until it boils, season with salt and pepper, and pour over the tomatoes.

Fried Green Tomatoes—Take large green tomatoes and cut in slices $\frac{1}{2}$ inch thick, rejecting the first and last slice, roll them in flour, and slowly fry brown in plenty of butter. Sprinkle pepper and salt over them, some like a little sugar. Serve on a hot dish. Nice for an entree or garnish for meats. The dish resembles egg plant. Scald the sliced tomatoes in salt water before frying.

Canned Tomatoes—These are nice stewed and baked in alternate layers with boiled rice or boiled macaroni, seasoning the layers with butter, pepper and salt.

Raw Tomatoes—Tomatoes are often eaten raw. Some people object to have the skin removed, but if properly done the flavor is not injured. Select those which are firm, smooth and fully ripe, put them in a pan, and pour on enough boiling water to cover, and leave them 15 seconds, but no more; then pour off, and fill the dish with cold water. Take out, remove the skins and cores, and set on ice till wanted. Cut in thin slices and serve ice-cold. They are delicious eaten either with sugar alone, or with sugar, salt, pepper and vinegar. They should be prepared several hours in advance, to be eaten this way; or if wanted for breakfast, skin them the night before, and keep on ice till ready to use them.

Green Peas—One peck will answer for a family of four or five. Shell them, but do not wash, as this injures the flavor. Put them in boiling salted water; add a teaspoonful of white sugar, and cook $\frac{1}{2}$ hour. Drain, pepper and salt lightly, and stir in $\frac{1}{2}$ teaspoon salt, and serve hot.

Creamed Asparagus—Wash and cut asparagus in inch pieces until the hard part of the stem is reached, stew 15 minutes in slightly salted water; then drain in a colander. Make a rich cream sauce and pour over; or use drawn butter.

String Beans—The bean pods should be tender enough to snap off short when bent. Pull off the string on each side, and break in pieces

$\frac{3}{4}$ inch long. Boil in slightly salted water. A few thin slices of salt pork can be put in or not, as desired. It takes a full hour to cook them well, and may take 3 with some varieties. Drain and season with butter and pepper or butter and cream, and a little more salt if needed. It is a good plan to change the water once while they are boiling, as that gets rid of part of an unwholesome gas which they yield in boiling.

New England Baked Beans—Pick over and wash 1 pint of beans, put them into 2 quarts of cold water and let them stand over night. The following morning put them into an earthen bean pot—which comes for this purpose—with 2 tablespoons molasses, 1 teaspoon salt, a little pepper, $\frac{1}{2}$ pound salt pork, quite fat, and fill the pot up with boiling water, and bake from 8 to 10 hours in a good steady oven; keep the pot well filled with water till 2 hours before serving, and then allow it to simmer away one half at least. You will find them delicious if directions are strictly followed.

Beets—Wash carefully, neither cutting nor scraping, that juice and color may be preserved. Boil until tender. In summer this will take an hour, in winter at least three hours. Slice hot, and season with plenty of butter, pepper, salt and a little vinegar and serve. Slice some up for pickles, and put in cold spiced vinegar or plain vinegar. The tops and the young beets thinned out make excellent greens.

Brussels Sprouts (Boiled)—Pick off all dead or discolored leaves and soak in cold salted water 1 hour before cooking; then put them in boiling water containing a little salt and soda, the latter to preserve their green color; leave the kettle uncovered, and boil briskly until tender. Drain and send to the table at once, as they cool quickly. Serve with melted butter or maitre d'hotel sauce. Time to boil, 10 to 15 minutes.

Cauliflower—This favorite vegetable should be cut early, while the dew is still upon it. Great care should be taken that there are no caterpillars about the stalk, and to insure this, lay the vegetable with its head downward in cold salt and water for an hour before boiling it. Trim away the outer leaves and cut the stalks quite close.

Cauliflower with Sauce—Boil a large cauliflower in hot salted water, from 25 to 30 minutes; drain, serve in a deep dish with the flower upward, and pour over it a cream made of rich milk and cream, seasoned and thickened.

Boiled Cabbage—Cut it in quarters, soak 30 minutes in salted water; then boil rapidly, uncovered, until tender, but no longer, in slightly salted water; push it down with a spoon as it rises above the water; it should boil in about 25 to 30 minutes. When done, take it up, drain, put it in a vegetable dish, and put bits of butter over it with a little salt. Remember that the secret of boiling cabbage is to boil it rapidly, uncovered, and in plenty of water, and boil until tender, but no longer. If boiled longer it becomes wilted, yellow, and loses flavor. Try cabbage

thus cooked, and see how much better it is than when cooked in the old way. If the water it is boiled in is not very soft, add to each 4 quarts of water $\frac{1}{2}$ teaspoon of baking soda, but no more.

Boiled Carrots—Wash, scrape, not pare, cut into strips, cover with boiling water, and as soon as they begin to boil put in a little butter, as soon as tender add some parsley and serve. They need to boil longer than most vegetables. Time, 1 hour or more, according to age. They are often boiled with corned beef.

Another way is to cut lengthwise, boil until soft and slice thin. Put in saucepan with 2 tablespoons of butter and 1 cup of milk. Season with salt, pepper and a little sugar. Stew 15 minutes, and serve.

Celery—Many people throw away the outside green stalks of celery, not knowing that it makes a very savory dish when stewed. Take all the fine white stalks, wash well and serve; the remainder break into short pieces, pulling off all the stringy outside. Put the pieces in a stew pan, cover well with boiling water, and boil $\frac{1}{2}$ hour. Make a cream or drawn butter sauce, pour it over the celery, and serve.

Baked Celery—Take a quart of veal stock, and, having parboiled a proper amount of the stalks, put them into a baking dish. Rub together 2 spoonfuls of butter and 2 of flour, smoothly, then beat in the yolks of 3 eggs and stir these into the veal broth, and pour it over the celery. Lastly, cover the top with the finely grated bread crumbs, and then with grated cheese. Bake 10 minutes in a quick oven. This is one of the most delicious forms in which celery can be put upon the table.

Corn Oysters—Cut the corn from 6 ears, add to it 1 well-beaten egg, 1 tablespoon sweet milk, a little salt, and then flour enough to make a pretty stiff batter; drop a spoonful at a time into smoking hot fat, and fry a delicate brown.

Corn Souffle—Take 2 cups canned corn, 2 cups milk, 2 eggs, salt to taste. Beat the eggs until very light, add the other ingredients; put the mixture in a buttered pudding dish, and bake about 40 minutes.

Lettuce—If lettuce has become wilted in the market, let it stand with the stems in a bowl of cold water for several hours before using, to become crisp again. Just before serving wash carefully, then shake off the water, tear it in small pieces, as it is more convenient to serve in that way. It should never be cut with a knife. Pile it in a glass dish, and serve on salad dishes, or small plates. Vinegar and sugar is sometimes used for a dressing, or oil and vinegar, salt alone, French salad dressing, or mayonnaise, if preferred. It is delicious served with lemon juice, using sugar also if liked.

Fried Egg Plant—Slice the egg plant into 5 or 6 pieces, omitting the end parings. Boil in salted water 5 minutes to extract the strong taste; drain. Dip each slice in beaten egg, and then in bread crumbs. Fry a light brown on both sides in butter or dripping.

Fried Onions—If the onions are large, cut them in quarters first, then across in small pieces. The small ones may be cut in rings; put them in a spider, with a little dripping or salt pork fat, to keep them from sticking; cover for 10 minutes, to partly stew them, then uncover and stir them until they are a nice yellowish brown. Butter may be used in frying onions, if preferred, but anything fried with butter must be closely watched, as it is more apt than other fat to scorch.

When peeling and slicing onions, hold the hands under water; or, on the tip end of the knife used for peeling stick a piece of raw potato about an inch square. This absorbs the onion fumes and protects the eyes. After peeling onions, the smell may be taken from the hands by rubbing them with celery.

Spinach—Wash and put into a dish without water. Put this into another vessel with water, which let boil 15 minutes. Drain, but do not press, chop fine, add hard-boiled eggs, if liked, 3 to a quart, after it is cooked. Season with butter, pepper and salt.



SQUASH

Boiled Summer Squash—They must be so young that the thumb nail will strike through the shell. Wash and quarter or slice them, then boil till tender in slightly salted water—about 20 or 30 minutes. When done, turn off the water and set the kettle back on the stove; mash, and stir to let the water dry out, then add butter, salt and a little white pepper. Keep hot on the back of the stove until time to serve.

Baked Summer Squash—Pare the squash, remove the seeds, and steam it until tender, then mash, season with butter, pepper and salt, and to a medium-sized squash add 1 cup cracker or bread crumbs. Stir together well, put it in a greased baking dish, and bake 1 hour.

Fried Summer Squash—Peel the squash, cut it in small squares, and fry in hot butter. Season with pepper and salt. It will be as delicate as, and taste much like, egg plant.

Winter Squash—Break in small pieces for the kettle, scrape out the seeds, and wash clean. Put the pieces in the kettle with the shell side up, have a little salt in the water, which should cover it, and cook for an hour, if it does not break to pieces. When done, take the shells in a clean, cloth, and, with a spoon, scrape the squash into a basin to keep hot on the back of the range. If too dry, moisten with a little water, and add butter, salt and pepper to taste. Some winter squashes have a thin soft shell and are watery. They can be baked in the oven, then seasoned as above. Both summer and winter squashes are also steamed instead of boiled by some cooks.

MUSHROOMS

Never be content with wiping, but always wash mushrooms thoroughly, and dry with a cloth. They should be cooked soon after being gathered, for as soon as decay begins they are unfit for food. To this cause alone many of the cases of illness caused by them can be attributed. The trimmings are useful for flavoring gravies, soups, ragouts, etc.

Fried Mushrooms—Peel, cut off the stalks, and place them in the frying pan with a little butter. Fry gently until they are quite tender, season with pepper, and pour the contents of the frying pan over them. If desired, put them on buttered toast before pouring on the gravy.

RICE

Boiled Rice—Pick over carefully, and wash at least twice, in cold water, washing it thoroughly clean, and drain. Then put the rice into plenty of well-salted boiling water, and make it boil actively so that the water will bubble and toss the rice around. Cook it till tender, but no longer, for if the grains burst they will surely stick together. Test it often by squeezing a grain between the fingers; if it flattens easily it is ready to drain. If should cook in 15 to 20 minutes, according to the age of the rice. When soft drain off the water, remove the rice, and set it at the back of the stove to dry about 15 minutes. If you stir it while cooking, use a fork instead of a spoon, as that separates the grains. Cooked thus, each grain will be distinct and separate. Unless the water is used for soup, boiling rice is less desirable than steaming it, because so much of its nutrients are dissolved out and thrown away in the water.

Steamed Rice—Pick over the rice and wash it thoroughly in cold water. Put it in a farina boiler, with $\frac{1}{2}$ teaspoon salt and 1 pint boiling water to each cup of rice; cover and cook till soft (about $\frac{1}{2}$ hour), then remove the cover and let it dry off, stirring it with a fork to facilitate the escape of the steam and keep the grains separate. If you have no double boiler, it can be put in a tin pail and steamed in the steamer. Stock or milk can be used instead of water, if desired, but use a little more.

MACARONI, SPAGHETTI AND VERMICELLI

Boiling Macaroni—Do not wash macaroni as that extracts part of its nutrients. After breaking it into suitable lengths, put it into plenty of boiling water, slightly salted, and boil actively until it is done. Most cook books say to boil it 15 to 20 minutes, but you will find it better if you boil it $\frac{1}{2}$ to $\frac{3}{4}$ of an hour; but do not boil it too long or it will lose its nutritive qualities. Drain in a colander, pour on cold water, which will prevent it sticking, then spread the strips beside each other and cut them all at once into pieces about an inch long, which is better than leaving them in unwieldy lengths.

Fried Macaroni—Boil the macaroni as above, and grate cheese. Take the cold macaroni, make it into little balls with the cheese, egg and bread-crumbs, and fry in smoking hot fat to a rich brown.

Macaroni is a particular form of wheaten flour. It is made by selecting the finest flour, making it into a paste with water, then pressing it through holes or moulds in a metal plate, or stamping it to the desired form, then drying or baking it. When properly dressed it is pleasant and wholesome, but not so easy of digestion as some other wheaten preparations. It is nutritious, however, and if well cooked deserves an extensive use. Butter and cheese go well with it, as the butter supplies the fat it lacks, and cheese adds the albumenoid element in its casein.

Spaghetti—Boil this the same as macaroni, only it does not need to cook quite as long, and drain and pour on cold water the same. Cut it or not as you prefer. It can be treated otherwise much the same as macaroni.

Vermicelli is treated the same as spaghetti.

SALADS

The vegetables used in salads should be very carefully cleaned. The best way is to wash them out in warm water, then dip in ice-cold water for a short time, which will make them very crisp, then shake the water off and wrap a coarse towel over them. Do not break the leaves if you can help it, as that will make them wilt quickly. Vegetable salads are best eaten at once after they are made, but chicken salads will keep a number of days in cold weather.

Lettuce is apt to be infected with insects which penetrate even to the inner leaves, so that each leaf must be carefully washed and examined. An easier and quicker way than cutting lettuce is to lay 6 or 8 leaves together in the hand and twist and tear them apart.

A silver or wooden spoon or fork should be used for stirring salad. The plate on which they are prepared should be kept as cold as possible. Care should be taken to have the vegetables thoroughly drained or the dressing, when applied, will be watery, and spoil the salad.

To "marinate" a salad is to let it stand for a time to season, sprinkled with French dressing.

SALAD DRESSINGS

French Salad Dressing—Mix 1 saltspoon salt and $\frac{1}{2}$ saltspoon Blue Ribbon black pepper; then mix in 3 tablespoons salad oil slowly, and 1 tablespoon vinegar, and pour it over the salad. If liked, $\frac{1}{4}$ teaspoon

onion juice can be added; some people also add 1 teaspoon of made Blue Ribbon mustard. Lemon juice or tarragon vinegar can be used instead of the vinegar if preferred. For a French dressing the standard proportion is to use 3 times as much oil as vinegar, but some people use as high as 6 times as much oil as vinegar, and others as low as $\frac{1}{2}$ as much. Tastes differ, and these rules are all variable.

Mayonnaise Dressing—Break the yolks of 2 raw eggs in a soup plate, beat smooth with a silver fork, and add oil, a few drops at a time, until it begins to thicken, when it can be added in larger quantities; but the stirring must be kept up constantly, and with a rapid motion. When it grows thick add a few drops of vinegar, beat smooth again, and then add 1 teaspoon salt, a level teaspoon Blue Ribbon mustard, and a dust of Blue Ribbon cayenne. The vinegar should be added a little at a time until 2 tablespoons have been used. The amount of oil depends on the quantity of dressing required, but a scant cupful will be an abundance for an ordinary salad. Should the mayonnaise curdle, or crack, as it is called, take another egg, add oil in small quantities until it thickens, and then stir in the curdled mixture, which will soon grow smooth and velvety in appearance. Take special pains in hot weather to have both ingredients and utensils ice cold.

To color Mayonnaise—Lobster coral will produce a bright red, and spinach green or chopped parsley will color it green.

Boiled Salad Dressing—2 level tablespoons Blue Ribbon mustard, $\frac{1}{2}$ teaspoon salt, 2 level tablespoons sugar, 2 eggs, 2 tablespoons water, 4 tablespoons vinegar or lemon juice, 2 level tablespoons butter.

Put sugar, mustard and salt into upper section of a double boiler, add yolks of eggs and beat until light, then stir in the water and last the vinegar, add butter and cook until the dressing will coat back of spoon, or is the consistency of custard. Allow to cool. Beat whites of eggs until perfectly stiff, then add to dressing. A cup of whipped cream added instead of the egg whites is an improvement.

Egg Dressing—Rub to a paste the yolks of 2 hard-boiled eggs. Add 1 teaspoon each of Blue Ribbon mustard, salt and sugar, with $\frac{1}{2}$ teaspoon of Blue Ribbon pepper, drop in about 2 tablespoons salad oil or sweet cream, and add 4 tablespoons lemon juice. This is a nice dressing for canned salmon also.

Salad Dressing without Oil—Rub till smooth the yolks of 2 hard-boiled eggs. Add 1 teaspoon powdered sugar, $\frac{1}{4}$ teaspoon white pepper, 1 teaspoon mixed Blue Ribbon mustard, $\frac{1}{2}$ saltspoon salt, and a pinch of Blue Ribbon cayenne. Mix thoroughly and add equal amounts of cream and vinegar until the mixture has the desired consistency. Rubbing the rind of a fresh lemon on a piece of loaf sugar, and dissolving this in the vinegar before using it will be an improvement. Those who cannot eat salads containing oil can try this dressing.

SALADS

Cabbage Salad—Chop a cabbage, or equal quantities of cabbage, celery and boiled beets, and add a French mayonnaise, or boiled dressing.

Cold Slaw—Take $\frac{1}{2}$ cup vinegar, 2 tablespoons sugar, 1 teaspoon salt, $\frac{1}{2}$ teaspoon mixed Blue Ribbon mustard, butter size of small egg. Mix, stir until it boils, and when cold pour it over chopped or shaved cabbage.

Potato Salad—Cut cold boiled potatoes in dice and "marinate" in a French dressing, chill thoroughly, then arrange in a tasteful manner and garnish with parsley, chopped pickled beets and hard-boiled eggs, sliced. A quart of cut potatoes requires 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 3 tablespoons oil, and 3 tablespoons vinegar for the dressing, and 4 hard-boiled eggs. This is a tasteful dish of white, yellow, red and green.

Beet Salad—Cut cold boiled beets into pieces and cover with any salad dressing. Celery or other vegetable may be added if desired.

Salad in Jelly—Fill a mould with a Blue Ribbon lemon jelly. When cold cut out most of the centre, leaving a shell of jelly; fill it with salad, and serve.

Tomato Salad—(1) Cut ripe tomatoes into slices, remove all the seeds, and sprinkle on a French dressing, let them stand 2 hours on ice, and they will be ready to serve. (2) Another way is to peel the tomatoes, cut them in two, put a spoonful of mayonnaise dressing on each half, and serve.

Watercress Salad—Pick over the leaves and remove bruised or wilted ones; if long, tear them into 2-inch lengths. Cold boiled beets, cut in dice, or chopped onion may be added. Use a French dressing. **Watercress** makes one of the most wholesome of salads, and is remarkable for the amount of mineral matter found in it.

The garden cress also makes an excellent salad. Cresses can be used alone, or mixed with cucumbers, tomatoes or onions for salads, and then cover them with a good salad dressing.

Vegetable Salads—Almost any cold vegetable may be used for salads, and this is an excellent way to utilize the remnants of vegetables left from dinner the day before. Take any one alone, or several vegetables mixed, and arrange them tastefully (with lettuce if you have it, without if not); cover with a French or mayonnaise dressing. Many varieties may thus be made by any housekeeper.

Nut Salad—Mix together 1 quart shredded lettuce and 2 cups chopped nuts. Dress with a little mayonnaise dressing, arrange in fresh lettuce, and garnish with more mayonnaise.

Richelieu Salad—1 cup chopped celery, 1 cup chopped apple, $\frac{1}{2}$ cup chopped walnuts.

Mix together, bind with a little of the salad dressing. Serve on small lettuce leaves with either mayonnaise or boiled dressing.

Ham Salad—Cut cold boiled ham into dice, lean and fat together. Mix with celery or lettuce and cover with a boiled dressing.

Chicken Salad—Take the meat from one cold boiled chicken and 2 cups celery. Do not chop either, but cut each into dice and mix. Pour mayonnaise dressing over the chicken and celery.

Veal Salad—Boil the veal until it is tender, let it become quite cold, cut it quite fine, and use as much chopped celery as veal. Mix, after chopping, and just before serving pour over it a rich mayonnaise dressing, and serve on lettuce leaves. (When a large quantity of chicken salad has to be made for a party, half the meat may be of veal, boiled in the chicken broth after it is done, and no one will ever know the difference.) A few drops of onion juice added to dressing improves it.

Egg Salad—Put into a salad bowl the leaves of a head of lettuce, slice 4 hard-boiled eggs and add; mince 12 capers and sprinkle over the eggs, and cover with either a French or mayonnaise dressing. Or (2) slice cold boiled eggs, pour over a salad dressing, and garnish with lettuce and chopped parsley.

Fish Salad—Take any cooked fish which has become cold, remove skin and bones, and flake it or cut in pieces, and spread it on lettuce leaves. Cover with mayonnaise dressing. Finely picked sardines may be added if desired, and also some hard-boiled eggs. Salmon is the favorite fish for salads, but almost any other will do. The fish can be mixed with cabbage or celery instead of lettuce, if more convenient.

Crab Salad—Take the meat of boiled crab, chop it, and mix a mayonnaise sauce with it. Clean the shells, put in the mixture, and garnish with parsley or cresses and sliced lemon.

BREADS



Five-Hour Process—10 cups (sifted) flour, 4 cups milk, or milk and water, 1 tablespoon sugar, 1 tablespoon butter, 2½ teaspoons salt, 1 cake compressed yeast. (These ingredients make 4 one-pound loaves.)

Mixing—Scald milk and reduce to blood heat. Sift and measure flour (2 cupfuls). Put the salt, sugar and butter in a bowl, and pour half the milk over it. In another bowl put yeast, and mix smoothly with the remainder of the milk. (Be sure milk is not above blood heat, 98 degrees Fahr. Can be tested by placing little finger in milk, if you have not a thermometer. If too hot will kill yeast.) When yeast is thoroughly dissolved, add to milk containing salt, etc. Having stirred all together,

stir in about half the flour, and beat this batter until it is very smooth and satiny looking (beat about 20 minutes), then beat in gradually enough flour to make rather a soft dough. When too stiff to beat, rub a little flour on the bakeboard and turn the dough out.

Kneading—Dust a little flour on the dough, and on the palms of your hands. Fold the edge of the dough farthest from you towards the centre of the mass, immediately pressing the dough down and away from you with a gentle rolling motion of the palms of the hands twice repeated. Turn the dough, so that what was the right-hand part of it shall be farthest away from you, fold over and knead as before; continue to do this, turning the dough and flouring your hands and the board, to keep the dough from sticking. Should it stick to the board, scrape it free with a dull knife, and flour the board anew. Knead the dough until it does not stick to your hands or the board is smooth on the surface, feels spongy and elastic, and rises quickly after being indented.

This takes about 1 hour to prepare.

First Rising—Replace the dough ball in a buttered bowl, and brush the top with butter; cover the bowl with several thicknesses of cloth, and set it near the stove or in a pan of warm water, turning another pan over it.

Second Rising—When the dough has risen to twice its original bulk, lift it on the board and shape into small loaves, handling lightly, and using little or no flour. Put into buttered pans and butter top, let it stand in a warm place covered with a thick, clean cloth, until it has again doubled in bulk.

Baking—When nearly risen, test the oven. It should be hot enough to turn a piece of writing paper dark brown in six minutes. Bake small French loaves 35 minutes; brick loaves, 4 inches thick, 50 to 60 minutes. Turn pans if bread does not bake evenly.

Note—If you butter the top of your loaves often while baking, you will have a nice tasty crust.

HOUSEHOLD WHITE BREAD

To 1 quart of lukewarm wetting, which may be composed of equal portions of water and milk, or water alone, add 2 half-ounce cakes or a one-ounce cake of compressed yeast, or if preferred the usual quantity of liquid yeast. Stir the wetting until the yeast is completely dissolved, then add 1 teaspoonful salt and 3 tablespoonfuls sugar, and stir until the salt and sugar are thoroughly dissolved. Then stir in well-sifted flour with a wooden spoon until the dough is sufficiently stiff to be turned from the mixing bowl to the moulding board in a mass, the quantity of flour to be used for the above mixture will be about 3 quarts. If a short bread is desired, add about 2 tablespoonfuls of lard. Knead this dough thoroughly until it becomes smooth and elastic and ceases to

stick to the fingers or moulding board, adding, if necessary, a little flour from time to time; then put in a well-greased earthen bowl, brush lightly with butter, cover with a bread towel, and set to rise in a warm place until light. This will require about 2 hours. As soon as the bread is light, knead it thoroughly, and again place in the earthen bowl, and set for another rising until light, which will require about 1 hour. As soon as it is light, form gently into loaves or rolls, place in greased bread pans, brush with melted butter, and let stand for $1\frac{1}{2}$ hours, or until very light, then bake in a moderate oven.

ABOUT YEAST

Yeast is really a form of plant life, consisting of millions of tiny cells. What we call "fermentation" is simply the rapid reproduction and growth of these cells, induced by favorable conditions.

Being a plant, it is easy to understand that yeast may be killed by exposure to extremes of either heat or cold as by boiling water or frost. It is reasonably hardy, however, and will keep for some time in a cool, dry place.

It keeps best in the form of dry yeast cakes, and this is the safest way to buy and keep it. Being dry, the cakes do not decay, although if kept too long, they lose their vitality, and should be used as fresh as possible.

The compressed, moist yeast can only be obtained in certain places, and should not be kept more than a few days. If dark and mouldy, it is old; if it breaks up like putty it is weak. When good, it breaks up easily, has a crisp feeling and a pleasant, wine-like smell.

Home-made yeast sometimes gives very satisfactory results, but is apt to contain so many species of yeast plants that it is extremely hard to obtain uniform results, and it is considerable trouble to make and keep it right.

When a recipe calls for $\frac{1}{2}$ cup home-made yeast, one dry yeast cake may be used instead.

The dry yeast cakes work more slowly than compressed or home-made yeast, and should be set with a sponge, preferably over night. More warmth is also required than with the compressed. Directions on packages should be followed closely.

Sugar hastens the growth or fermentation of the yeast, as it feeds on sugar. Salt makes the action less rapid, and may be added to the sponge in warm weather for this purpose, but should be used very sparingly in winter.

HINTS ON BREAD MAKING



LOUR taken from a cold place should be warmed before using to about the temperature of the hands, and the dough kept at this temperature. If allowed to become chilled the dough will not rise. Too much heat also weakens the dough and spoils the color. 82 to 86 degrees Fahr. is the right temperature.

An oven too cold will allow the bread to rise too much, and cause it to run over the sides of the pans, which detracts from the flavor of the bread. If the oven is too hot, it crusts over the top of the loaf and causes it to crack at the sides; it will also crack at the sides if it has not sufficiently risen in the pan before putting it in the oven.

Large loaves must be baked slowly at first, the heat increased after ten minutes. This prevents the heavy crust, which frequently acts as a non-conductor of heat to the centre of the loaf; thus it is that a heavy burned crust is usually found on a slack-baked loaf.

When yeast breads are baked, put them to cool on a sieve or against the pans that the air may circulate freely around them. Do not cover, and do not wrap bread in a cloth when putting it away. Cotton and linen fibre sours quickly, causing the bread to mould.

It is better to use a pail to mix bread in than the ordinary bread pan as there is less surface exposed and easier to wrap up, and can readily be placed in a dish of warm water to aid rising. Best length of time for sponge to rise is nine or ten hours. If you bake it early in the morning, set earlier in the evening and vice versa.

Always make a sponge when dry yeast cakes are used. With home-made or compressed yeast it may be made into a dough at once.

A sponge should always rise at least twice its size or until it begins to fall.

Dough should always double itself and should increase twice its size when placed in the pans.

Do not work dough too much as it is better to underwork than to overwork.

Do not let it rise too much in dough or it will be slow in pans.

Mix the dough soft. It has enough flour when it ceases to stick to the fingers.

Knead the dough thoroughly; it improves the texture and makes the bread stand up better.

Home-Made Yeast No. 1—Pare 4 good-sized potatoes, and let them lie in cold water for a half hour. Put 1 quart of boiling water in a saucepan. Now grate the potatoes quickly and stir them into the boiling water; stir over the fire for five minutes, then take from the fire, add a

cupful of sugar, and 2 tablespoonfuls of salt, turn into a stone jar or bowl, and let stand until lukewarm; then add 1 cupful of good yeast, or 1 cake of compressed yeast, cover and ferment three or four hours; stir it down every time it comes to the top of the vessel; then put it into a jar or large bottle, or something you can cover tightly, and stand it in a place where it will keep very cold, but not freeze. It will keep two weeks. Save 1 cupful of this yeast to start with next time. This is the simplest and best yeast that can be made.

Home-Made Yeast No. 2—Pare and boil 4 good-sized potatoes; when done, mash them fine. Put a half cupful of dried hops into 1 quart of water, and boil fifteen minutes. Put 1 pint of flour into a bowl, strain over it the boiling hop water, add the mashed potatoes, and beat until smooth; then add a half cup of sugar, and 2 heaping tablespoonfuls of salt, and finish the same as Yeast No. 1.

Bread with Potato Sponge—Peel and boil 4 medium-sized potatoes in 1 quart of water. When done, mash and pour both potatoes and water boiling hot over about 1 pint of flour, stirring well. Do this at dinner time. When cool add enough more water to make the wished-for amount of batter, 1 cupful of yeast for 4 loaves of bread, 1 tablespoonful of salt, 1 of sugar, and flour sufficient to make a moderately stiff batter. Keep in a warm place, and in the evening add flour enough to knead. Do this thoroughly, cover well, keep warm, and in the morning knead down and let it rise again. After breakfast, if sufficiently light, make into loaves, moulding thoroughly, and let it rise, covering warmly until sufficiently light. Bake in a hot oven at a uniform temperature from $\frac{3}{4}$ to 1 hour. Brushing the loaves over with a little melted butter tends to soften the crust.

Some cooks prefer to use for scalding bread the water only in which the potatoes have been boiled, as making bread less moist and solid; or boiling water may be used.

Hop Yeast Bread—1 teacup yeast, 3 pints warm water; make a thin sponge at tea time, cover and let it remain 2 hours, or until very light. By adding the water to the flour first and having the sponge quite warm, it is never necessary to put the sponge over hot water or in an oven to make it rise. Knead into a loaf before going to bed; in the morning, mould into 3 loaves. When light, bake 1 hour, having oven quite hot when the bread is put in, and very moderate when it is done.

By this recipe bread is baked before the stove is cold from breakfast, and out of the way for other baking.

Whole Wheat Bread—Scald 1 pint of milk, add $\frac{1}{2}$ cup sugar and 1 teaspoon salt; after it has cooled, add 1 yeast cake dissolved in $\frac{1}{4}$ cup of lukewarm water, and $4\frac{1}{2}$ cups fine granulated wheat.

Mix well with a broad knife or spoon; cover and set it to rise for about 3 hours, or until it doubles its bulk; then cut it down, turn it into buttered pans, let it rise again, and bake about 50 minutes. Whole or entire wheat bread is mixed soft, or only stiff enough to handle with spoon or knife. Entire wheat bread is more crumbly than white wheat bread.

Baking Powder Bread—Sift together thoroughly, 1 quart sifted flour, 1 teaspoon salt, $\frac{1}{2}$ teaspoon sugar, and 8 level teaspoons Blue Ribbon baking powder.

Add enough water to make a stiff dough (about 2 cups, more or less, according to the flour) and stir it together quickly with a large spoon; then turn it immediately into a well-greased brick-shaped baking pan, and bake at once for $\frac{3}{4}$ hour in a hot oven, covering with paper the first $\frac{1}{4}$ hour, to prevent its crusting over too soon. Have the oven heated right before beginning to mix the bread, and have the pan greased and ready.

Boston Brown Bread—Take 2 cups cornmeal, and the same of either rye or Graham flour; sift together with 1 teaspoon salt; add 1 cup molasses, $\frac{3}{4}$ cup sour milk or cream, 1 teaspoon Blue Ribbon soda (dissolved in a little boiling water).

Mix all well and add 2 $\frac{1}{2}$ cups cold water; pour into a well-greased pan and steam 4 hours. It will look thin when ready to steam, but will come out all right.

Corn Bread—Mix $\frac{1}{2}$ cup cornmeal with 1 cup white flour, and add 1 teaspoon salt. Beat together till light, 1 egg and 2 tablespoons sugar; add 3 tablespoons melted butter, and $\frac{3}{4}$ cup sweet milk.

Stir in the above flour mixture, beat smooth and add 3 level teaspoons Blue Ribbon baking powder. Put into greased pans, and bake one-half hour in a moderately quick oven.

White Corn Bread (Southern)—2 cups white cornmeal, 1 cup white flour, 6 level teaspoons Blue Ribbon baking powder, 1 teaspoon salt, 1 teaspoon sugar, butter size of an egg.

Use milk or water to make a soft dough; bake in a loaf, or if preferred, in shallow baking tins.

Oatmeal Bread—Boil 2 cups oatmeal as for porridge, add $\frac{1}{2}$ teaspoon salt, and when cool $\frac{1}{2}$ cup molasses, and $\frac{1}{2}$ yeast cake or $\frac{1}{2}$ cup yeast.

Stir in enough wheat flour to make as stiff as it can be stirred with a spoon; put it into 2 well-greased tin pans, and let stand in a warm place, until very light; bake about 1 $\frac{1}{2}$ hours. Do not cut until the day after it is baked. This will make delicious thin slices; butter each slice before cutting it from the loaf, and then cut as thin as possible with a very sharp knife.

Utilizing Stale Bread—(1) Bread crumbs can be utilized in so many ways that every piece of stale bread and the ends of loaves should be saved and prepared for use in the various dishes which call for bread crumbs. (2) Put the stale bread on a baking tin, and set it on a shelf in the oven where it will dry and slightly brown; when thoroughly crisp, place it on the moulding board, roll it finely, and keep it in a jar, well covered. These are dried bread crumbs, and should not be used for

scalloped dishes, or bread puddings, as they absorb so much moisture. (3) Stale bread crumbs can be made into griddle cakes, or used in an omelet, or used with stewed tomatoes, and in many ways.

Steamed Stale Bread—When bread or biscuit become very dry they may be steamed a few minutes, which will make them very palatable. Stale pieces can be freshened by dipping them in water, and putting them for a few minutes in a moderately warm oven.

BISCUITS



Tea Biscuits—1 pint flour, 2 level tablespoons butter, 4 level teaspoons Blue Ribbon baking powder, $\frac{1}{2}$ teaspoon salt, 2 level tablespoons lard. Milk to make soft dough, from $\frac{3}{4}$ to 1 cup, according to the flour used.

Sift flour, Blue Ribbon baking powder and salt in a mixing bowl. Add butter and lard, and cut it into flour with two knives. Add milk by degrees. Turn out on lightly-floured board; roll quickly in the flour. Flour your rolling pin and roll out dough about an inch thick and cut with a floured cutter. Bake in a hot oven 15 or 20 minutes.

Cream Biscuit—To 1 quart of sifted flour use 8 level teaspoons Blue Ribbon baking powder, 1 teaspoon salt, and rich sweet cream to make a soft dough. Bake in a quick oven.

Graham Biscuit—Use 2 cups Graham flour, 2 cups wheat flour, 4 tablespoons butter, 2 tablespoons molasses, 8 level teaspoons Blue Ribbon baking powder, a little salt.

Sift the last 3 ingredients into the wheat flour, add the Graham flour, cut in the butter thoroughly, moisten with milk or water to make a dough just stiff enough to roll out; roll thin, cut in small cakes, and bake in a quick oven.

Tutti Frutti Biscuit—Mix bits of fruit liberally into the dough of tea biscuits before baking it, as fruit is put into cake. Tea rolls are nice with fruit put in in the same way.

BUNS, RUSKS, ROLLS, ETC.

Buns—(Time to bake, 20 to 30 minutes). Break 1 egg into a cup and fill with sweet milk; mix with it $\frac{1}{2}$ cup yeast, $\frac{1}{2}$ cup butter, one cup sugar, enough flour to make a soft dough; flavor with nutmeg. Let it rise till very light, then mould into biscuits with a few currants. Let rise a second time in pan; bake, and when nearly done glaze with a little molasses and milk.

English Buns—Use $\frac{1}{2}$ teacup butter rubbed into 1 pint flour, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup Blue Ribbon currants, 1 level teaspoon salt, 2 cups new milk, $\frac{1}{2}$ cup good yeast.

Mix all together and add enough flour to mould into a soft dough, let rise till light, mould down again, keeping the dough as soft as possible, roll out, and cut with a biscuit cutter. Let them rise till very light in the baking tins, and bake until they are a nice yellowish brown on top and bottom—about 25 minutes. Brush them over to glaze with a little sugar and milk mixed, and return to the oven till the glazing dries.

Cinnamon Buns—Cut $\frac{1}{2}$ cup butter into 1 pint of flour; add $\frac{1}{2}$ teaspoon salt, and 4 level teaspoons Blue Ribbon baking powder; then add a cup of sweet milk, and roll out into a large thin sheet.

Spread with soft butter, sprinkle with sugar and Blue Ribbon cinnamon, roll up, and cut into buns. Bake about 20 minutes.

RUSKS

Time to bake, 20 to 30 minutes

Blue Ribbon Baking Powder Rusk—Sift 2 tablespoons sugar, $\frac{1}{2}$ teaspoon salt, and 5 level teaspoons Blue Ribbon baking powder into 3 cups flour, and then rub in 2 tablespoons cold lard; add 2 well-beaten eggs, 2 cups sweet milk, 1 teaspoon each Blue Ribbon cinnamon and nutmeg extract.

Mix into a dough soft enough to handle, and turn out on the moulding board; turn quickly once or twice to smooth it, break off pieces about the size of an egg, roll into small balls with the hands and lay close together in a well-greased baking tin. Wash over the top, to glaze it, with a little milk and melted butter mixed; bake $\frac{1}{2}$ hour in a moderate oven. Sift fine white sugar on top when cold.

ROLLS

Time to bake, 10 to 20 minutes

Parker House Rolls—Dissolve 1 rounded tablespoon of butter in a pint of hot milk; when lukewarm, stir in 1 quart of flour, and one beaten egg, a little salt, and 1 teacup of yeast; work into dough until smooth. If winter, set in a warm place; if summer, a cool one to rise. In the morning work softly and roll out $\frac{1}{2}$ inch and cut into rolls and set to rise for 30 minutes, when they will be ready to bake.

French Rolls—1 pint of milk, scalded; put into it while hot half a cup of sugar and 1 tablespoon of butter. When the milk is cool, add a little salt and $\frac{1}{2}$ cup of yeast, or one compressed yeast cake; stir in flour to make a stiff sponge, and when light, mix as for bread.

Let it rise until light, punch it down with the hand, and let it rise again—repeat 2 or 3 times, then turn the dough on to the moulding board and pound with the rolling pin until thin enough to cut. Cut out with the cutter, brush the surface of each one with melted butter, and fold over. Let the rolls rise on the tins; bake, and while warm brush over the surface with melted butter to make the crust tender.

Graham Rolls—Mix 4 cups Graham flour with enough milk to make a stiff batter; add $\frac{3}{4}$ cup good yeast and let rise over night; in the morning add 1 large tablespoon sugar, 2 eggs, butter size of an egg, $\frac{1}{4}$ teaspoon soda, and a little salt.

Put it in cups and let stand 20 minutes before baking.

Coffee Rolls—Take 1 quart light dough, mix 1 tablespoon lard and $\frac{1}{2}$ cup sugar.

Roll thinner than biscuit, spread with butter, sugar and Blue Ribbon cinnamon, and spread a little flour over. Roll up 2 turns and cut off, standing them on end in the tin, let rise, and bake in a quick oven.

Graham Crackers—Sift 4 level teaspoons Blue Ribbon baking powder and 1 even teaspoon salt into 4 cups sifted Graham flour; cut in $\frac{1}{2}$ cup butter or lard, and make into a stiff dough with sweet milk or cold water; knead 10 minutes, using white flour to prevent its adhering to the board.

Roll thin, cut in squares, and bake in a moderate oven.

To Freshen Crackers—Stale crackers may be freshened by putting them in the oven for a few minutes. It is not necessary to moisten them.

Florida Pone—Mix 4 level teaspoons of Blue Ribbon baking powder and 1 teaspoon salt, into 2 cups of white cornmeal.

Mix with sufficient water to make a thick batter, and beat in a tablespoon of hot salt pork fat. Make in a thin cake and bake until well browned. Delicious with meat.

Baked Buckwheat Cakes—Mix in the mixing bowl, $\frac{3}{4}$ cup buckwheat flour, 1 cup white flour, and 3 level teaspoons baking powder; add $\frac{1}{2}$ cup light brown sugar, 1 egg well beaten, and 3 tablespoons melted butter or lard.

Mix all together well, and add enough sweet milk to make a batter that will pour and spread slowly, but not as thin as for griddle cakes; bake in a deep tin in a rather hot oven, allowing plenty of room for it to rise. Eat hot with butter. By using cornmeal instead of the buckwheat a fine corn cake is made.

MUFFINS (without sugar)

Muffins (without sugar)—2 level cups of flour, $\frac{1}{2}$ teaspoon salt, 2 eggs, $3\frac{1}{2}$ level teaspoons of Blue Ribbon baking powder, 2 tablespoons melted butter, 1 cup milk.

Mix dry ingredients. Mix all wet materials in another bowl. Add wet to dry. Add melted butter last. Bake in hot oven 15 to 20 minutes.

Sweet Muffins— $\frac{1}{2}$ cup sugar, $2\frac{1}{4}$ cups sifted flour, 2 eggs, 5 level teaspoons Blue Ribbon baking powder, $1\frac{1}{2}$ cups milk, 3 tablespoons melted butter, and a little salt.

Bake in cups or hot gem pans.

Graham Muffins—3 cups Graham flour, 1 cup white flour, 2 tablespoons sugar, 8 level teaspoons Blue Ribbon baking powder, 1 teaspoon salt.

Mix all together. Then take 4 level tablespoons butter and put into 1 pint of sweet milk; set it on the stove until the butter is melted; when cool, mix all together with 2 eggs, and bake.

Rice Muffins—4 cups sifted flour, 1 cup milk, 4 eggs, 7 level teaspoons Blue Ribbon baking powder, 1 teaspoon salt, 4 tablespoons melted butter, 2 cups cold boiled rice or any other cereal left over from breakfast.

Mix dry materials, mix wet materials in another bowl, add wet to dry and melted butter last. Bake in muffin pan 15 to 20 minutes.

NOTE—Cornmeal muffins can be made from this recipe by omitting the rice, and instead of using 4 cups flour, use 2 cups flour and 1 cup cornmeal.

Whole Wheat, Graham or Meata Gems— $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sugar, 2 eggs, 1 cup milk, 2 cups flour, 4 level teaspoons Blue Ribbon baking powder.

Cream butter, add sugar, beat, add egg, and beat until smooth, add flour with baking powder in it and milk alternately. Bake in greased gem pans.

Sally Lunn— $2\frac{1}{2}$ cups flour, 1 egg well beaten, 1 cup sweet milk, $\frac{1}{4}$ cup sugar, 3 tablespoons butter (melted), 5 level teaspoons Blue Ribbon baking powder.

Bake 20 minutes in muffin rings, or in square pie pans.

Scotch Scones—Into 2 cups flour sift 4 level teaspoons Blue Ribbon baking powder, rub in with the hand 4 tablespoons butter, adding a little milk to bind the paste; flour the bread board and pin, roll out $\frac{3}{4}$ inch thick, cut into small three-cornered pieces with a sharp knife.

Bake in a quick oven on a baking sheet, taking out as soon as they are lightly and evenly colored.

Pop Overs—Use 1 cup milk, 1 cup flour, 2 eggs, 1 teaspoon butter, a pinch of salt.

Beat the white and yolk of the egg separately until very light, then beat all well together with a Dover egg beater for 3 minutes, and bake in a quick oven.

GRIDDLE CAKES



Keep Buckwheat Batter Sweet—Cover with cold water the batter left after you are done baking cakes; drain it off carefully at night before stirring up fresh batter. The batter settles at the bottom while the water absorbs the acid, thus keeping the batter fresh and sweet.

A Substitute for Maple Syrup—Take 2 cups light brown sugar and 1 cup water, and boil until a nice, thick syrup, then flavor with a teaspoon of Blue Ribbon vanilla when cold. Nice with griddle cakes and hot biscuits. Use other flavoring if desired.

Imitation Maple Syrup—Boil clean corn cobs in water; then remove the cobs, add light brown sugar, and boil to a nice, thick syrup. One can hardly tell it from the genuine maple syrup. The cobs give the maple flavor.

Griddle Cakes—1 cup flour, 1 cup milk, 1½ teaspoons Blue Ribbon baking powder, 2 eggs, ¼ teaspoon salt.

Sift flour and Blue Ribbon baking powder into mixing bowl. Beat eggs well. Stir milk into flour. Add beaten egg and beat all together until well mixed. Bake by spoonfuls on a hot greased griddle. (Beat batter well before pouring a fresh batch of cakes on to the griddle.) Cook until nice golden brown, then turn. Never turn twice; it makes griddle cakes tough. Serve with syrup.

Quick Buckwheat Cakes—To 2 cups of buckwheat flour, add 4 level teaspoons Blue Ribbon baking powder, 1 teaspoon salt, and 1 tablespoon brown sugar (or New Orleans molasses instead).

When ready to bake, add 2 cups cold water, or enough to make a batter, stirring as little as possible after it is stirred smooth. Wheat flour, cornmeal or Graham flour, may be added if desired.

Cornmeal Griddle Cakes—Use 1 cup sweet milk, or cold water, 1 egg, 2 cups yellow cornmeal, ½ cup flour, 1 tablespoon salt, 5 level teaspoons Blue Ribbon baking powder.

Strawberries and Griddle Cakes—If you want a delightful dish, use hot cornmeal griddle cakes, strawberries, sugar and cream, and combine them sandwich fashion.

Stale Bread Griddle Cakes—Soak 2 cups stale bread crumbs for 1 hour in 1 quart of milk which has been made boiling hot to pour over them; beat 2 eggs till light, yolks and whites separate; into the soaked bread-batter put first the beaten yolks, then ¾ cup sifted flour, 1 tablespoon melted butter, 1 scant teaspoon salt; beat thoroughly, and then stir in very lightly 3 level teaspoons Blue Ribbon baking powder and the beaten whites.

Grease the griddle, and bake quickly in small cakes. These are about the lightest and most digestible griddle cakes that are made.

Oatmeal Griddle Cakes—Use 1 cup oatmeal, 1 cup flour, 1 teaspoon sugar, 4 level teaspoons Blue Ribbon baking powder, $\frac{1}{2}$ teaspoon salt.

Sift the baking powder in with the flour; add cold water to make a batter the consistency of buckwheat cakes; beat together well, and bake immediately.

Rice Griddle Cakes—To 1 cup boiled rice add $\frac{1}{2}$ cup milk, the yolks of 3 eggs, 2 tablespoons flour and a little salt.

Beat the whites of the eggs to a stiff froth, stir them with the other ingredients and fry as soon as possible after they are added, on a hot, buttered griddle. These are light, digestible, and especially nice for invalids.

Buttermilk Cakes—1 quart of buttermilk, 1 teaspoonful of salt flour, to make a thin batter, 1 egg, 1 teaspoonful of Blue Ribbon soda.

Beat the egg, add to it the buttermilk, add the salt, and mix well. Dissolve the soda in 2 tablespoons boiling water, then stir it into the buttermilk. Now add gradually the flour, stirring all the while, until you have a batter that will pour smoothly from a spoon. Give a good beating and bake quickly on a hot griddle, well greased.

Potato Griddle Cakes—Take 1 dozen large potatoes, $\frac{1}{2}$ cup of sifted flour, 2 level teaspoonfuls of Blue Ribbon baking powder, $\frac{1}{2}$ teaspoonful of salt, 2 eggs, 2 teacupfuls of boiling milk.

Wash the potatoes, peel and grate; pour on them the boiling milk, stir in eggs, salt and flour, sifted with the baking powder; bake on hot griddle, allowing plenty of lard or butter.

WAFFLES

Grease the waffle iron thoroughly, as, if the waffles stick it is hard to clean. Use salt pork fat, or butter wrapped in a thin clean cloth. Heat the iron well, both sides, grease it and only fill about $\frac{3}{4}$ full, leaving room for them to rise; cook one side a minute, then turn and cook the other. They will take longer to bake than griddle cakes. Butter as soon as done, and sprinkle on powdered sugar, or serve with lemon syrup, maple syrup or caramel sauce.

Waffles—Into 4 cups sifted flour sift 7 level teaspoons Blue Ribbon baking powder, and 1 teaspoon each of sugar and salt; add 2 eggs, 1 tablespoon butter, and 1 cup either sweet or sour milk; if the latter, use 1 teaspoon Blue Ribbon soda.

Cornmeal Waffles—Take the beaten yolks of 3 eggs, 2 pints sour milk or buttermilk, and enough cornmeal to make a batter a trifle thicker than for griddle cakes; dissolve 1 teaspoon Blue Ribbon soda in warm water, stir it in the milk, and add a little salt. Use $\frac{1}{2}$ wheat flour if they break in pieces while cooking.

Rice Waffles—Use 2 eggs, $\frac{1}{2}$ cup boiled rice, $1\frac{1}{2}$ cups flour, 3 level teaspoons Blue Ribbon baking powder, butter the size of a walnut, a little salt, $1\frac{1}{4}$ cups of milk.

Mix well and bake immediately.

Quick Waffles—Two pints sweet milk, 1 cup butter (melted), sifted flour to make a soft batter; add the well-beaten yolks of 6 eggs, then the beaten whites, and lastly (just before baking) 8 level teaspoons Blue Ribbon baking powder, beating very hard and fast for a few minutes.

These are very good with 4 or 5 eggs, but much better with more.

Corn Gems—1 cup of yellow cornmeal, 1 cup of flour, 4 level tablespoons butter, 2 eggs, 1 cup of cold milk, 4 level teaspoonfuls of Blue Ribbon baking powder, 1 cup of boiling milk. Put the meal into a bowl, put the butter into the centre and pour over it the boiling milk; stir, then add the cold milk, the eggs well beaten and salt.

Beat well, add the baking powder and flour, and mix thoroughly. Pour into greased gem pans, and bake in a hot oven thirty minutes.

Graham Gems with Dates—1 pint of milk, 1 teaspoonful of salt, $\frac{1}{2}$ cup of chopped dates, 1 tablespoonful of melted butter, 3 cups of Graham meal, 1 cup of boiled rice, 3 eggs, 6 level teaspoons Blue Ribbon baking powder.

Beat the yolks of the eggs and add them to the milk, then the rice, salt, meal and butter; give the whole a vigorous beating. Now add the dates, the baking powder and meal, and the whites of the eggs beaten to a stiff froth; mix carefully. Bake in gem pans in a quick oven 30 minutes.

A **Graham Gem** can be made precisely the same as the preceding recipe, omitting the rice and dates.

DOUGHNUTS AND FRITTERS

The Fat—This may be any soft fat free from rancidity, which is at hand. If hard suet is in excess in frying fat, food cooked therein will have a thick, tallowy crust. Mutton fat should never be added to the frying kettle, or used in any way. If black specks adhere to the doughnuts after they are fried, put a few slices of raw potato in the fat, and the specks will adhere to the potato. If lard or drippings are not perfectly sweet, before putting in any dough put in some slices of raw potato and fry them; the potatoes will absorb the rank flavor. A few slices of raw potatoes in the kettle while cooking doughnuts will keep the odor from permeating the house.

Clarifying Fat—Set the kettle away with the fat in it to cool, and when next wanted for use set on the fire just long enough to start the cake of fat in the kettle, lift it from the kettle with a carving fork, and with a knife cut the black from the cake of fat, wipe out the kettle with papers and put them in the fire, then return the fat to the kettle, and add more if needed.

The Dough—If too tender it will absorb the frying fat. If shortening is used, eggs must be added and the dough made more stiff, to counteract the tendency to soak fat; little or no shortening is best for most doughs cooked in fat. The fat must also be hot enough for any dough placed in it to rise instantly to the surface of the fat; this can be ascertained by trying it with a small bit of dough before proceeding with a quantity. Remember that a frequent cause of trouble is not having the fat hot enough. Have it so that it gives off a blue smoke.

DOUGHNUTS, CRULLERS, ETC.

In frying all kinds of doughnuts let them thoroughly brown on one side before turning them; in this way they rise thoroughly, and are much lighter than if frequently turned while frying, but fry both sides well before taking them out. Do not fry so many at once as to cause crowding. When done, take them out, let them drain, and when cool keep them in an earthen crock.

Fried cakes keep moist longer when made with brown sugar than when made with any other kind.

The time required to fry is 3 to 5 minutes.

Doughnuts—1 cup sour cream, 1 cup sour milk, 1 cup sugar (heaping), 3 eggs, 1 teaspoon salt, 1 teaspoon Blue Ribbon soda, flour to roll.

Beat yolks and sugar together, add cream, salt, beaten whites and flour containing soda. Fry in smoking hot fat.

Ohio Doughnuts—Use 3 eggs, 1 cup sugar, 2 cups new milk, 1 teaspoon salt, $\frac{1}{2}$ level teaspoon Blue Ribbon nutmeg, and flour enough to permit the spoon to stand upright in the mixture, add 8 level teaspoons Blue Ribbon baking powder and 2 level tablespoons sugar.

Beat until very light. Drop by the dessertspoonful into hot fat. They will not absorb the fat, and are as digestible as any doughnuts.

Cream Doughnuts—Beat 1 cup sour cream, 1 cup sugar and 2 eggs together; add 1 level teaspoon Blue Ribbon soda, a little salt, and flour enough to roll.

Crullers— $\frac{1}{4}$ cup butter, 1 cup sugar, 2 eggs, 3 cups sifted flour, $\frac{1}{2}$ teaspoon salt, 6 level teaspoons Blue Ribbon baking powder, 1 teaspoon Blue Ribbon vanilla extract, 1 teaspoon Blue Ribbon pastry spice, $1\frac{1}{2}$ cups milk.

Cream butter, add sugar and yolks beaten thick. Mix the spice and baking powder with flour and put vanilla in the milk, add flour and milk alternately to creamed butter, etc., last of all fold in the well-beaten whites, add enough flour to roll out thin, cut in oblongs, cut four gashes through centre, lengthwise, run fingers in and out of gashes to separate, fry in deep hot fat, drain, and roll in powdered sugar. If you want a

change, grate rind of 1 lemon and add to the dough, then cut in rings, fry and cover while warm with the orange juice mixed with powdered sugar.

Fried Cakes—1 tablespoon melted butter, 2 cups sugar (scant), 1 cup milk, 4 eggs (medium sized), 6 level teaspoons Blue Ribbon baking powder, 1 level teaspoon Blue Ribbon cinnamon, 1 teaspoon salt, flour to roll.

Jolly Boys— $\frac{1}{2}$ cup sugar, 1 egg, $\frac{1}{2}$ teaspoon of salt, 1 cup flour, 2 cups cornmeal (scalded), 6 level teaspoons Blue Ribbon baking powder.

Drop by tablespoons into smoking hot fat, and fry like doughnuts.

Puff Ball Doughnuts—1 cup of sugar, 2 eggs, 2 tablespoons of melted butter, $\frac{3}{4}$ cup of milk, flour enough to roll, salt and nutmeg; add 4 level teaspoons of Blue Ribbon baking powder to the flour.

Beat all until very light. Drop by the dessertspoonful into boiling lard. These will not absorb the fat, and are not rich, consequently are not injurious. Will keep several days.

Snow Balls—1 cup sugar, $\frac{1}{2}$ cup sweet milk, 2 eggs, spice, 2 level teaspoons Blue Ribbon baking powder; flour to roll in balls.

Fry in hot lard. Dip in the partly beaten white of an egg and roll in powdered sugar until perfectly white.

Fried Pies—Roll out a good biscuit dough, about 7 or 8 inches in diameter, put a spoonful of any good jam near the centre, fold the dough over it, press the edges together, and fry like doughnuts in smoking hot fat.

FRITTERS

These are composed of batters and doughs of various kinds; usually enclosing fruits or sweets of some sort, and are fried in hot fat; they are eaten hot, and some sweet sauce or sugar served with them. They should be quickly made, and thoroughly beaten. The batter should be smooth and thick enough to cling to whatever is dipped into it without running off, and the fat should be very hot. When it gives off a blue smoke it is right; or test it by dropping in a teaspoon of the batter; if the temperature is right, the batter will quickly rise to the surface in a puff ball, sputtering and dancing, and will speedily become a light brown. When the fat is right, it will not soak into the dough, but will make it delightfully crisp, light and puffy. Take the fritters out with a skimmer, as soon as they are done, dislodge any fat which adheres, pile them in a hot dish, sift sugar over them, and serve at once.

Batter—Mix together $\frac{1}{2}$ cup water or milk, $\frac{1}{2}$ teaspoon of salt, 1 tablespoon melted butter, and the well-beaten yolk of the egg, then beat in 1 cup sifted flour and 2 level teaspoons Blue Ribbon baking powder.

Many cooks use 1 tablespoon of olive oil instead of the butter and prefer it. Just before using it, beat in the well-beaten white of an egg. If it is used for meat, oysters or clams, 2 teaspoons of vinegar or lemon juice will be an improvement; if for fruit, add instead 1 to 2 tablespoons sugar.

Fritters—1 cup sifted flour, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ level teaspoons Blue Ribbon baking powder, 1 level tablespoon sugar, $\frac{1}{2}$ cup water, 1 level tablespoon butter, 1 egg, 1 apple cut in eighths or sixteenths, or banana sliced, or orange in sections.

Mix all dry ingredients in a bowl. Put all wet ingredients except butter, together and add to dry ingredients. Last of all add butter. Cover piece of apple, banana, or orange with the batter and fry in deep hot fat. Sprinkle afterwards with sifted icing sugar.

Cannelons—These are made of puff paste rolled very thin, and cut in pieces about 2 inches wide and 6 inches long; place upon each piece a spoonful of jam, wet the edges with the white of egg, and fold the paste over twice to prevent the escape of the jam while frying; slightly press the edges of the cannelons, and fry in smoking hot fat until a nice brown. Lay them on blotting paper to absorb superfluous fat, and sprinkle with sugar before serving. Cannelons can be made with any kind of fresh fruit, and are delicious.

Banana Fritters—1 cup of flour, 2 eggs beaten separately, 1 tablespoonful butter, 2 cup of milk or water. Add the whites of the eggs last of all, whipped to a stiff froth. Slice the bananas (three will answer) around (sprinkling with a little lemon will improve the flavor).

Stir into the batter and fry by spoonfuls in hot lard, having a slice of the banana in each fritter. Sift powdered sugar over them and serve. The daintiest possible dessert.

Corn Fritters—Boil the corn, cut it from the cob; or use canned corn. Mix it in the fritter batter, and drop by spoonfuls into smoking hot fat.

Fruit Fritters—Almost every kind of fruit will make fritters. If the fruit is cut up, sprinkled with sugar, and allowed to stand 2 or 3 hours before being used, the flavor is improved; a little grated lemon peel can be added also, if desired. Then drain the fruit, dip or mix it in batter and fry in hot fat. Apricots, peaches, pears, pineapples, etc., make nice fritters in this way. Canned fruit can also be used, and makes nice fritters.

Lemon Fritters—The lemons must be sliced as thin as paper, the seeds carefully removed, and then cover them with batter, and fry in hot fat.

Orange Fritters can be made the same way.

Meat Fritters—Take cold meat of any kind, cut it into small pieces, season with pepper and salt, cover with fritter batter, and fry in smoking hot fat; drain on brown paper and serve. A few drops of lemon juice or vinegar on the meat and a little Blue Ribbon ground nutmeg will be an improvement, or the lemon juice or vinegar can be added to the fritter batter.

Tripe makes good fritters. Make like other meat fritters.

Oyster Fritters—Drain the liquor from the oysters, and to 1 cup of this liquor add 1 cup milk, 3 beaten eggs, a little salt, and flour enough to make a thin batter; chop the oysters, add them to the batter, and drop by the spoonful into smoking hot fat.

Serve immediately when done. Or (2) boil the oysters until the liquor flows; make a batter with the liquor, dip in each oyster whole, and fry in smoking hot fat. A little lemon juice or vinegar added either to the oysters or the batter will be an improvement.

Pork Fritters—Dip thin slices of fat pork, or breakfast bacon, in batter and fry in hot fat.

Potato Fritters—Use 2 cups mashed potatoes, 1 egg, $\frac{1}{2}$ teaspoon salt, and 3 tablespoons flour, into which $\frac{1}{2}$ teaspoon Blue Ribbon baking powder is sifted; make in rolls, roll in flour, and fry in hot fat.

These are a nice relish for breakfast.

Rice Fritters—Boil 1 cup of rice in 1 pint of milk until soft; add the yolks of 3 eggs, 1 tablespoonful sugar, 2 tablespoonfuls butter, 2 table-spoonfuls flour.

When cold, add the whites of the eggs whipped to a stiff froth; drop in spoonfuls in plenty of hot lard and fry to a light brown color. Serve with cream or lemon sauce.

Vegetable Fritters—Boil the vegetables until tender, and either cut in slices, dip them in the fritter batter and fry, or chop fine, mix the pieces into fritter batter, and drop it by spoonfuls into smoking hot fat, and fry a delicate brown. Celery, parsnips and other vegetables can be used.

PASTRY



Puff Paste—1 pound of sifted flour, 1 pound good butter, 1 teaspoonful salt, a cup or more of ice water. Scald a large bowl, then fill it with cold water and let stand until the bowl is cold. Wash the hands in hot soapsuds, then rinse them in cold water, but do not dry them. This prevents the butter from sticking to the hands and bowl. Turn the water out of the bowl, and nearly fill it with ice water, put the butter into it and wash by working it with the hands under the water until it becomes

soft and elastic; then put it into a cake, and beat all the water out of it by throwing it on the cake board several times, and put it on the ice until wanted. Put the flour on a marble slab or a very large meat plate, make a well in the centre of it, and put into this well a lump of the washed butter the size of an egg, and salt. Now work this with the thumb and two fingers to a paste, add gradually the ice water, and gradually work in the flour. Cut the paste into halves, roll out each half into a sheet, quickly break the butter into bits, and lay it over one sheet; dredge it thickly with flour; cover it with the other sheet, pound lightly with the rolling pin; roll from you into a long thin sheet; now fold in first the sides, then the ends; turn the paste around so that the fold will run to and from you. Now roll from you again, fold as before, place it on a tin pie dish and stand it away on the ice for 15 minutes, then roll and fold twice again, and again stand on the ice. Do this until you have rolled it eight times, and it is ready for use. Standing over night on ice is an improvement.

Plain Crust—1 pint of sifted flour, $\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup butter, nearly a cup ice water.

Put the flour into a mixing bowl, and with two knives cut the lard and butter, add the water gradually. Dredge the baking board lightly with flour, turn the paste out on this and roll from you into a long, thin sheet. Fold in the sides, then the ends; turn so that the last fold will run to and from you, and roll from you again. Never roll but the one way. Now fold the same as before, and roll out again; do this four times. Stand it on the ice, or in a cold place for 1 hour, and it is ready for use. It may be kept 2 or 3 days in a cool place.

To Glaze Pastry—To glaze pastry, which is the usual method adopted for meat or raised pies, break an egg, separate the yolk from the white, and beat the former for a short time. Then, when the pastry is nearly baked, take it out of the oven, brush it over with the beaten yolk of egg, and put it back in the oven to set the glaze.

PIES

TIME TO BAKE—Pies should bake, as a rule, in $\frac{1}{2}$ to $\frac{3}{4}$ hour. They should slip on the tin when done. Crust alone should brown in about $\frac{1}{4}$ hour.

Apple Custard Pie—Take 2 cups sweet milk, 2 cups apple sauce, 3 eggs; flavor and sweeten, and bake with an undercrust only. This will make 2 small or 1 large pie.

Apple Custard No. 2—Take $\frac{1}{2}$ cup melted butter, 2 cups sugar, 3 cups stewed apples, 4 eggs beaten separately. Bake in pie plates in bottom crusts only.

Banana Pie—Slice the bananas thinly, pour over them the grated peel and juice of a lemon, and let them lie in the acid for 1 hour before using; then sweeten to taste, and bake in two crusts.

Cherry Pie—Line deep pie plate with good paste, fill nearly full of stoned cherries, sprinkle over 1 cup sugar, and dredge this lightly with flour; cover with an upper crust rolled out as thin as possible, trim the edges neatly with a sharp knife. Make a vent in the centre; press the edges tightly together, so that the juices of the fruit may not run out while baking. Serve the same day they are baked, or the undercrust will be heavy.

Chocolate Pie—Take 2 cups milk, yolks of 2 eggs, $\frac{3}{4}$ of a cup of sugar, 2 level tablespoons of cornstarch, and 2 tablespoons of grated chocolate.

Heat the milk, sugar, and chocolate together; when hot, add the cornstarch, mixed in a little of the cold milk, then add the beaten yolks; let all come to a boil; line a pie tin with good pie crust, bake, and then pour in the chocolate cream; beat the whites of the eggs to a stiff froth with 2 tablespoons of white sugar; pour it over the pie, and set it in the oven to brown.

Cocoanut Pie—1 cup grated cocoanut; if shredded, soak over night in milk; if fresh, this will be unnecessary. Put this in large coffee cup and fill up with milk. When ready to bake, take 2 teaspoonfuls flour, mix smooth with 1 cupful milk, place on the stove and stir until it thickens. To prevent scorching it is best to put the dish in a kettle of boiling water. While warm add 1 tablespoonful butter. When cold put in 2 yolks of eggs, a pinch of salt, $\frac{1}{2}$ cup sugar, cocoanut. Beat all together. Fill the crust. When done, beat the 2 whites with 2 tablespoonfuls sugar, spread over the top, and brown lightly in the oven. This will make one pie. The whites of the eggs may be used instead of the yolks. If this is done, sprinkle powdered sugar thickly over the top before serving. The yolks of the eggs may be utilized by making lemon pie without a meringue, or gold cake, gingerbread or salad dressing.

Cranberry Pie—Line a dish with plain paste, then fill it with 1 pint uncooked cranberries; add 1 cup sugar, cover with an upper crust, and bake in a quick oven for 30 minutes.

Custard Pie—The proper proportions for a rich custard pie are 6 well-beaten eggs, 4 tablespoons white sugar, and 1 quart milk, or milk and cream mixed.

This makes the filling for a deep pie plate with a built-up edge of crust.

Custard Pie, Frosted—Use 1 pint milk, the yolks of 3 eggs and white of 1, 2 tablespoonfuls sugar, a pinch salt.

When baked, put on the frosting made of the two remaining whites of the eggs, beaten stiff, and 2 spoonfuls powdered sugar, a small pinch of salt, and any flavoring you choose; set it back in the oven and brown.

Fried Pies—(See Doughnuts).

Gooseberry Pie—Pick over the gooseberries. Take 1 pint of gooseberries, line a pie dish with good plain paste; fill with the gooseberries, add 1 cup sugar, cover with an upper crust, and bake in a quick oven 40 minutes. Serve with cream if desired.

Green Cocoanut Pie—Open the eyes of a cocoanut with a gimlet and pour out the milk into a cup; then break the shell, take out the meat and grate it fine; take the same weights of sugar and the grated nut, and stir together; beat 4 eggs, the whites and yolks separately, to a stiff foam; mix 1 cup of cream, and the milk of the cocoanut with the sugar and nut; then add the eggs. Line deep pie tins with a nice crust, fill them with the custard, and bake carefully $\frac{1}{2}$ hour.

Green Currant Pie—Currants fully grown, and just before turning red, make very nice pies; sprinkle over 1 cup sugar, and bake with an upper crust.

Green Gooseberry Pies are made in the same manner, first picking off the stems and blossom ends.

Lemon Pie No. 1—1 cup sifted flour, $\frac{3}{4}$ cup sugar, 1 tablespoon cornstarch, 2 eggs, 1 lemon, $\frac{1}{2}$ tablespoon butter.

First make the crust, using the flour and butter and a little water, and bake.

For the filling mix the cornstarch with the juice and grated rind of the lemon, and stir in sufficient boiling water to thicken. In another dish beat the sugar with the yolks of the two eggs. Stir the two mixtures slowly and carefully to avoid streakiness, pouring the hot mixture into the eggs, etc.; then pour into the crust already baked. Spread with the whites of the eggs beaten to a froth and sweetened, and place in oven till browned.

Lemon Pie No. 2—Line a pie plate with a good crust and bake. For the filling take 1 cup sugar, grated rind and juice 2 lemons, yolks 3 eggs, 2 tablespoons cornstarch.

Stir sugar and yolks together, then add the cornstarch and stir well together; add $1\frac{1}{2}$ cups boiling water, and 1 level tablespoon butter; put on stove and cook carefully until thick; add juice and rind before removing from stove, and then pour into the baked crust. For the meringue, beat the three whites of eggs stiff, add 2 tablespoons sugar, put over top and brown delicately in oven.

Mince Pie— $\frac{1}{2}$ pound suet, 3 pounds apples, $\frac{1}{2}$ pound raisins, $\frac{1}{2}$ pound sultana raisins, $\frac{1}{2}$ pound mixed candied peel, 1 pound currants, $1\frac{1}{2}$ pounds brown sugar, 6 level teaspoons Blue Ribbon pastry spice, 2 teaspoons salt, 1 cup molasses, cider or orange juice to moisten.

Clean and stone raisins, wash and dry currants, chop apples. Then mix raisins, peel, currants, etc., in a chopping bowl and chop with apples and molasses. Add cider or fruit juice to moisten. Fill jars, allow it to stand 3 weeks before using.

Mince Pie Hints—Dried apples soaked in water a few hours, or over night, make a very fair substitute for fresh apples in mince pies. Dried cherries and other fruit, prepared with sugar, can be soaked 10 or 12 hours in a very little water, and then both water and fruit used instead of raisins. They will be much cheaper and will answer very well. Economical housewives will often find hints like these very serviceable.

Orange Pie—Take 1 cup sugar, 1 tablespoon butter, 1 tablespoon cornstarch, 1 teacup boiling water, yolks of 3 eggs, juice and grated rind of 1 orange.

Mix all together. Bake in an open shell. When set, cover with a meringue made with the whites of the eggs, and brown in the oven.

Peach Cobler—Take a good-sized dish like a pudding dish; line the sides with good paste, and fill the dish with good peaches halved and pared; sweeten according to taste and the flavor of the peaches. Place a small cup in the centre to keep the crust from sinking down; roll out a crust considerably thicker than for pies, just large enough to cover top of dish, cut a slit each way in the centre and place over the peaches; bake a crisp brown and eat with cream and sugar, or sweet sauce. Canned peaches may be used if more convenient.

Apple Cobler may be made in the same way.

Prune Pie—Stew prunes as for sauce, stone them, have ready a deep pie dish lined with paste, fill this dish with the stoned prunes, sprinkle over them $\frac{1}{2}$ cup sugar and a little Blue Ribbon cinnamon, and grated rind and juice of $\frac{1}{2}$ lemon. Bake it with an upper crust or cover it with deep frosting made of the whites of 2 eggs, powdered sugar to taste, and any flavor desired.

Pumpkin Pie—The following recipe is a sufficient quantity for three pies. Take 1 quart rich milk, a little cream is an improvement, 3 cups boiled and strained pumpkin, 2 cups sugar, a little piece butter, 4 eggs, the yolks beaten thoroughly and stirred in and the whites beaten to a froth, and added just before putting the pie in the oven; a scant tablespoonful of Blue Ribbon ginger and cinnamon.

Have a rich crust and bake in a quick oven. Should you desire to use squash instead, you can make equally as good a pie as with the pumpkin.

Raisin Pie—Take the seeds from 1 cup raisins, add 1 cup water and boil until the raisins are soft. When cold, add the juice and grated rind of 1 lemon, 1 cup rolled crackers, and sweeten to taste.

Bake in one crust, and when cool cover with a meringue, and slightly brown in the oven.

Apple Tarts—Line patty pans with nice crust. Put in each, chopped apple and a little white sugar; bake in a moderate oven and let cool. Whip a little cream very stiff, sweeten slightly and flavor with a drop or two of Blue Ribbon extract of lemon or vanilla. Just before serving, cover the apple in each tart with the whipped cream. A drop of currant jelly on the top of each one adds to the effect.

Flauns (Parisian Tarts)—Stew fresh fruit of any kind as for a compote—that is, it should be somewhat sweeter than for fruit sauce, but not like preserves. Make a plain crust and line pie plates, cover them thickly with the stewed fruit, and bake without an upper crust. Have some nice puff paste, cut it with a heart-shaped cookie-cutter, and bake the hearts separately in a hot oven on baking tins; when the flauns are cold, and the paste cooled after baking, brush over the tops of the tarts with the beaten white of an egg; then place a heart of paste over each part of the tart to be cut for each person; the points of the hearts are to be turned toward the centre of the tarts.

PUDDINGS

(See Hints on page 96)

Angel's Food—10 sweet oranges, 1 cocoanut, pared and grated, 1 cup powdered sugar and 6 bananas.

Peel and slice the oranges. Put a layer in a glass bowl, then strew with sugar. Next, put a layer of grated cocoanut, slice the bananas thin, and cover the cocoanut with them. When the dish has been filled in this order, heap with cocoanut. Eat soon or the oranges will toughen. Cover with whipped cream or custard.

Apple Balls—24 apple balls cut from apples with vegetable scoop, $\frac{1}{2}$ cup water, $\frac{1}{4}$ cup sugar, 1 teaspoon Blue Ribbon lemon extract, 6 round slices bread, $\frac{1}{2}$ cup chopped nuts, 2 egg whites, 2 tablespoons powdered sugar, $\frac{1}{2}$ teaspoon Blue Ribbon vanilla extract.

Cook or steam the apple balls in the water and sugar with lemon extract until tender. Toast slightly the slices of bread and dip in melted butter mixed with hot milk. Pile the apple balls on the toast and cover with the meringue made with whites of eggs, powdered sugar and vanilla, brown in oven and serve at once.

Apple Indian Pudding—1 cup Indian meal, 1 cup molasses, $\frac{1}{4}$ teaspoon Blue Ribbon pastry spice, 2 quarts milk, 2 teaspoons salt, 3 tablespoons butter, 1 quart apples, pared and quartered (not too sour).

Scald the milk and pour it gradually on the meal; put this in the double boiler and cook $\frac{1}{2}$ hour, stirring often. Butter a deep pudding dish, add molasses, butter, spices and apples to this mixture, and bake in a slow oven 3 hours. If any remains, it may be eaten cold with cream or milk next day.

Apple Rolly Polly—Peel and core 1 dozen sour apples and plunge in cold water, make rich tea biscuit dough rolled thin, slice the apples, and lay on the crust, roll up, tuck ends in, prick deeply with a fork, lay in a steamer and place over a kettle of boiling water, cook $1\frac{1}{2}$ hours. Or place in a buttered tin and bake.

Cut across and eat with sweetened cream or butter and sugar. Cherries, peaches, dried fruit, any kind of berries, jelly, or apple butter can be used.

Rolly Polly is also very nice made of huckleberries or blackberries instead of apples. In this case sweetened cream is the proper sauce to serve with it.

Apple Tapioca—4 tablespoons pearl or granulated tapioca, 6 tart apples, 1 pint boiling water, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon Blue Ribbon pastry spice, $\frac{1}{2}$ teaspoon salt.

Soak the tapioca over night in 1 cupful of cold water; core and pare apples, slice one of them and cook it with the tapioca in the boiling water till the latter is translucent. Place the rest of the apples upright in a buttered baking dish. Sprinkle over them the sugar and spice, pour over them the tapioca mixture and bake till they are tender. Serve with sugar and cream or custard.

Berry Pudding—1 cup milk, 3 cups flour, 1 egg, 1 tablespoon melted butter, 6 level teaspoons Blue Ribbon baking powder, $1\frac{1}{2}$ cups berries or fruit of any kind.

Steam 2 hours.

Boiled Indian Pudding—Warm 1 pint of molasses and 1 pint milk, stir well together, beat 4 eggs, and stir gradually into the molasses and milk; add 1 pound beef suet chopped fine, and Indian meal sufficient to make a thick batter; add 1 teaspoon Blue Ribbon pastry spice, and a little grated lemon.

Peel, and stir all together thoroughly; dip cloth into boiling water, shake, flour, a little, turn in the mixture, tie up, leaving room for the pudding to swell, and boil 3 hours; serve hot with sauce made of drawn butter, fruit juice and nutmeg.

Bread Pudding (Steamed)—1 pint bread crumbs, 1 cup molasses, 1 cup hot water poured on the bread, 1 cup flour, 1 cup raisins, 1 teaspoon Blue Ribbon soda, 1 tablespoon melted butter, 1 egg, Blue Ribbon spices to taste.

Steam 2 hours. Good, and inexpensive.

Cake with Sauce—Any kind of cake is nice steamed and sliced with a rich, hot pudding sauce over it. Cake with raisins in served in this manner is a very good and wholesome substitute for plum pudding, which is a decidedly indigestible dainty. Stale cakes may also be served in this manner.

Baked Cherry Pudding—Put pitted and sweetened cherries an inch deep or so, in the bottom of a pudding dish. Take 1 cup sugar, beaten to a cream with 2 tablespoons butter, add 1 egg, 1 cup milk, 2 cups flour, and 4 level teaspoons Blue Ribbon baking powder, mix well, flavor with Blue Ribbon nutmeg or lemon, pour over the cherries, and bake.

Then turn from the dish, having the fruit on top; and serve with warm sweet sauce. Or (2) cherries can be stirred into a common bread pudding, and then baked.

Chocolate Pudding—Whip to a cream 1 cup sugar and $\frac{1}{2}$ cup butter; add $\frac{1}{2}$ pint milk, and the yolks of 2 eggs well beaten; add 1 pint flour, and 1 ounce chocolate, or Blue Ribbon cocoa which has been melted over hot water until smooth; then add the whites of the 2 eggs, beaten stiff, $3\frac{1}{2}$ level teaspoons Blue Ribbon baking powder; put it in cups and steam $\frac{1}{2}$ hour.

Chocolate Pudding—Flavor cornstarch pudding with Blue Ribbon vanilla, remove two-thirds of it, and add half a cake of chocolate softened, mashed, and dissolved in a little milk. Put a layer of half the white pudding into the mould, then the chocolate, then the rest of the white; or two layers of chocolate may be used with a white between; or the centre may be cocoa (made by adding half a coconut grated fine), and the outside chocolate; or pineapple chopped fine (if first cooked in a little water, the latter makes a nice sauce), or strawberries may be used.

Chocolate Sponge Pudding—2 eggs, 1 cup sugar, 6 tablespoons milk, 3 tablespoons grated chocolate, $\frac{1}{8}$ teaspoon salt, 1 cup sifted flour, 2 level teaspoons Blue Ribbon baking powder, Blue Ribbon chocolate icing—

(A) 1 cup whipped cream, 1 tablespoon sugar, $\frac{1}{4}$ teaspoon Blue Ribbon almond extract, $\frac{1}{2}$ cup chopped almonds;

Or (B) 1 cup plain custard, with whites beaten stiff and added while custard is hot, $\frac{1}{4}$ teaspoon Blue Ribbon almond extract.

Separate eggs, beat yolks, add sugar and continue beating until very light, add milk, chocolate and salt, and flour with baking powder in it. Beat whites quite stiff and fold in. Butter a ring mould and fill, steam 1 hour, turn out on plate, and cover with Blue Ribbon chocolate icing while warm. Fill the centre with either (A) or (B). Serve at once.

Cornstarch Pudding—1 pint sweet milk, whites of 3 eggs, 4 level tablespoons cornstarch, 3 of sugar, and a little salt.

Put the milk in a pan or small bucket, set in a kettle of hot water on the stove, and when it reaches the boiling point, add the sugar, then the starch dissolved in a little cold milk, boil 6 minutes, and lastly add the whites of the eggs whipped to a stiff froth; beat it, then pour into teacups, filling about half full, and set in a cool place.

For Sauce, make a boiled custard as follows: Bring to boiling point 1 pint milk, add 3 tablespoons sugar, then the beaten yolks thinned by adding 1 tablespoon milk, stirring all the time till it thickens; flavor with 2 teaspoonfuls Blue Ribbon extract of lemon or 2 of vanilla, and set to cool. In serving, put one of the moulds in a sauce dish for each person, and pour over it some of the boiled custard. Or the pudding may be made in one large mould.

Cottage Pudding— $1\frac{1}{2}$ cups sifted flour, 3 level teaspoons Blue Ribbon baking powder, 2 level tablespoons butter, $\frac{1}{2}$ cup sugar, 1 egg, $\frac{1}{2}$ teaspoon salt, 1 cup milk.

Cream butter, add to it the sugar, beat yolk of egg and add to sugar, stir in milk and the flour sifted with the salt, and baking powder last; fold in whites beaten stiff and put in buttered dish. Bake 20 minutes in moderate oven, serve with lemon sauce.

NOTE—A nice deep **Fruit Pudding** can be made by half filling a deep dish with either dried fruit stewed or fresh fruit, and covered with a crust made of batter—same as recipe for Cottage Pudding—only using half the recipe. With dried fruit add 1 teaspoon of Blue Ribbon lemon extract. Bake for 20 minutes.

Dandy Pudding—1 quart of milk, 4 eggs, 2 tablespoonfuls cornstarch, $\frac{1}{2}$ cup sugar, 1 teaspoonful Blue Ribbon vanilla.

Put the milk on to boil. Moisten the cornstarch with a little cold milk, and add to the boiling milk. Stir and boil for 5 minutes. Beat the yolks of the eggs and sugar together till light, and add to the boiling milk. Take from the fire, add the flavoring, and pour it into a baking dish. Beat the whites of the eggs to a very stiff froth, add to them 2 tablespoonfuls of powdered sugar, and heap on the top of the pudding; put it in the oven for a few minutes until a light brown. Serve ice cold.

Feather Pudding—Use 1 egg, 1 cup sugar, 1 cup milk, 2 cups sifted flour, $3\frac{1}{2}$ teaspoons Blue Ribbon baking powder, 2 tablespoons melted butter; steam 1 hour. For sauce, cream $\frac{1}{2}$ cup butter with 1 cup sugar, add 1 cup raspberries and stir well together. Any jam or other fresh berries may be used instead of the raspberries.

Fig Pudding— $\frac{1}{2}$ pound figs chopped fine, 2 tablespoonfuls flour, 2 eggs, $\frac{1}{2}$ grated nutmeg, or 1 cupful candied lemon peel and citron can be added, if wished; an improvement. $\frac{1}{2}$ pound bread crumbs, 1 cup brown sugar or molasses, 1 cupful suet chopped fine, 1 teaspoonful Blue Ribbon cinnamon, $\frac{1}{2}$ teaspoonful Blue Ribbon soda, milk sufficient to mix well together.

Rub the figs and sugar to a paste, mix with the bread crumbs, flour and spice, beat the eggs light, add them, together with a little milk; very little milk will be required if molasses is used. Put the mixture in a buttered mould, tie a thick floured cloth over it tightly and boil 4 hours steadily. Serve with or without sauce. Egg, butter, or cream sauce will answer, or hard sauce.

Fruit Pudding—Into the farina boiler put 3 cups rich milk and 1 cup sugar, and bring to a boil; have 5 tablespoons sifted flour wet with 1 cup milk.

Pour on the hot mixture gradually, stirring all the time to prevent lumps; return to the kettle and cook till it thickens—about 10 minutes after beginning to boil; then take from the stove and heat while cooking; when half cooled add sliced peaches, apricots, bananas, whole raspberries, blackberries, huckleberries or strawberries. Serve ice cold. Vary the amount of fruit to suit taste.

This pudding may be varied by leaving out the fruit and using 2 cups strong Blue Ribbon coffee instead of that much milk, and proceed as before. Or, put 1 square chocolate in the milk, omit the fruit, and thus make a chocolate pudding.

Ginger Pudding—Take 1 cup molasses, 1 egg, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup hot water, 1 tablespoon Blue Ribbon ginger, 1 teaspoon Blue Ribbon soda.

Stir in flour enough to make pretty stiff, and add $\frac{1}{2}$ cup of any fruit if desired; put in a greased mould and steam $1\frac{1}{2}$ hours.

Gold Pudding—To the well-beaten yolks of 3 eggs add $\frac{1}{2}$ cup sugar, 1 tablespoon butter, 1 cup milk; add 3 level teaspoons Blue Ribbon baking powder in 2 cups sifted flour, $\frac{1}{2}$ level teaspoon salt, and 1 cup seeded raisins.

Beat all well together and steam 2 hours. Serve with white pudding sauce. The golden yellow pudding, with white sauce, will please both eye and palate.

Gooseberry Pudding—Cook the gooseberries until soft in as little water as possible, rub them through a sieve, and add 2 tablespoons butter, 3 eggs well beaten, 1 teacup bread crumbs, $\frac{1}{2}$ teacup sugar.

Put a border of puff paste around the side of a pudding dish, beat the mixture well, or until very light, put it in a dish and bake 40 minutes. As soon as it is done strew sugar over it thickly, and serve at once.

Graham Pudding—Take 1 cup raisins, seeded and chopped, 1 cup molasses, 1 teaspoon Blue Ribbon soda dissolved in 1 scant cup sweet milk, $\frac{1}{2}$ teaspoon salt, 2 cups sifted Graham flour; steam 3 hours.

Hanover Pudding—Sift 4 level teaspoons Blue Ribbon baking powder into $2\frac{1}{2}$ cups sifted flour, add $\frac{1}{4}$ level teaspoon salt and 1 level teaspoon Blue Ribbon pastry spice, 1 cup suet or $\frac{1}{2}$ cup butter, $\frac{3}{4}$ cup molasses, 1 cup milk, 1 egg, 1 cup stoned raisins.

Boil $2\frac{1}{2}$ to 3 hours. Eat with hard sauce or any liquid sauce preferred.

Lemon Pudding—Heat 4 cups milk, pour it over 2 cups bread crumbs to which the juice has been added, and add 2 tablespoons butter; when cold add beaten yolks of 4 eggs, $\frac{1}{2}$ cup sugar, the grated rind of 2 lemons.

Bake in a buttered dish till firm and slightly brown. When done, cover with a meringue made of 4 whites of eggs whipped with 4 tablespoons sugar and the juice of 1 lemon, and brown slightly in the oven. Eat warm with lemon sauce.

Plain Plum Pudding—1 pint stale bread crumbs, 1 cup flour, 1 cup stoned raisins, juice and rind of 1 lemon, 1 cup washed currants, 1 cup brown sugar, 1 teaspoonful Blue Ribbon cinnamon, 1 teaspoon Blue Ribbon nutmeg, $\frac{1}{2}$ cup molasses, 3 eggs, $\frac{1}{2}$ pound suet, $\frac{1}{2}$ pound citron, $\frac{1}{2}$ teaspoonful baking soda.

Mix well all the dry ingredients. Beat the eggs, add the molasses. Dissolve the soda in a tablespoonful of hot water, add it to the molasses and eggs, then mix into the dry ingredients, and pack into a greased mould; boil 4 hours. Serve with hard sauce.

Plum Pudding—1 cup suet, chopped fine, 1 cup raisins, seeded, 1 cup currants, $\frac{1}{2}$ cup citron, sliced fine, $\frac{1}{2}$ cup orange peel, sliced fine, 1 cup granulated sugar, 3 cups soft bread crumbs, 4 eggs, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup orange juice, 2 teaspoons Blue Ribbon pastry spice, rind and juice 1 lemon, $\frac{1}{2}$ cup sifted flour, $\frac{1}{2}$ cup almonds, blanched and chopped, $\frac{1}{2}$ teaspoon salt.

Mix all dry ingredients, then add well-beaten eggs, milk, etc. (beat well), pack tightly into buttered mould and tie on cover or well-glazed paper, and steam 7 or 8 hours.

Prune Pudding—Stew and chop 1 cup prunes; beat whites of 2 eggs, add 1 cup granulated sugar, beat well and mix with the prunes.

Bake in a buttered mould, in slow oven, about 30 minutes. Serve with whipped cream, mock whipped cream, or thin custard.

Puff Pudding (Steamed)—Make a batter by sifting 4 level teaspoons Blue Ribbon baking powder and $\frac{1}{4}$ teaspoon salt into 2 cups sifted flour, 2 level tablespoons sugar, and add milk enough to make it quite soft.

Butter coffee-cups and put them in the steamer; drop in first 1 spoonful batter, then 1 of berries, steamed apples, or any fruit or sauce you happen to have; then put in batter to fill the cup, and steam 25 minutes. Serve with pudding sauce, using the same fruit for the sauce that you have in the pudding.

Raisin Pudding—1 cup sweet milk, 1 cup butter or chopped suet, 1 cup raisins, 1 cup molasses, 3 cups sifted flour, 3 teaspoons Blue Ribbon pastry spice, 6 level teaspoons Blue Ribbon baking powder.

Raspberry Pudding—Rub together $1\frac{1}{2}$ cups sugar and $\frac{1}{2}$ cup butter; add $\frac{1}{2}$ cup milk and 2 eggs; stir together well, and add 2 cups sifted flour with $3\frac{1}{2}$ level teaspoons Blue Ribbon baking powder sifted in, and, lastly, add 2 cups fresh raspberries.

Steam 3 hours.

Rhubarb Charlotte—Wash and cut the rhubarb into small pieces, cover the bottom of a pudding dish with a layer of rhubarb and sugar, then a layer of bread crumbs and bits of butter, and thin slices of bread nicely buttered, and so on until the dish is full.

Bake $\frac{1}{2}$ of an hour in a moderate oven. Allow 1 pound of sugar to 1 pound of fruit. If preferred, turn over the charlotte a boiled custard when ready for the table.

Ribbon Pudding—1 pint of milk, $\frac{1}{2}$ cup sugar, 4 eggs, 4 tablespoons cornstarch, 2 ounces chocolate, 1 teaspoonful Blue Ribbon vanilla.

Put the chocolate in a saucepan, and stand it over the teakettle to melt; stir until perfectly smooth. Put the milk on to boil in a farina boiler; moisten the cornstarch with a little cold water (about $\frac{1}{4}$ cup), and add it to the boiling milk; cook and stir until thick and smooth. Beat the whites of the eggs to a stiff froth; add the sugar to the milk, then the whites and beat all well together over the fire. Take from the fire, add the vanilla. Now take out $\frac{1}{2}$ of the mixture, add to it the chocolate; mix well. Dip a plain pudding mould into cold water, put in the bottom of it half the white mixture, then all the dark, and then the remainder of the white. Stand on the ice for 3 hours to harden. Serve with vanilla sauce poured around it.

Rice Peach Pudding—To each cupful of boiled rice stir 1 tablespoonful butter, 2 tablespoonfuls sugar and 1 egg.

Butter a pudding dish, put in a layer of seasoned rice $\frac{1}{2}$ inch thick, then a layer of pared and sliced peaches. Sprinkle with sugar and rice alternately until the dish is full. Bake twenty minutes. Have rice for the last layer. Turn out and serve with vanilla, cream, or any other pudding sauce, or cream and sugar. Canned peaches may be used instead of fresh.

Rice Snow Balls—Boil 1 pint rice until soft in 2 quarts water, with a teaspoon salt; put in small cups, and when perfectly cold place in a dish. Make a boiled custard of the yolks of 3 eggs, 1 pint sweet milk, 1 teaspoon cornstarch, and 1 teaspoon Blue Ribbon lemon extract.

When cold, pour over the rice balls half hour before serving. This is a very simple, but nice dessert.

A HINT—It is not generally known that the cheap, broken rice is better for puddings than the more expensive article. One tablespoon of this, well washed, the usual quantity of milk and sugar, and a pinch of grated nutmeg, with a little butter, will make an excellent rice pudding. Bake very slowly.

Suet Pudding— $\frac{1}{2}$ cup beef suet, chopped fine and free from skin, $\frac{1}{4}$ cup sugar, 1 cup raisins, seeded and chopped, $\frac{1}{2}$ cup currants, $\frac{1}{2}$ teaspoon Blue Ribbon pastry spice, 2 cups sifted flour, 4 level teaspoons Blue Ribbon baking powder, $\frac{3}{4}$ cup milk.

Mix all dry ingredients together and then add milk. Butter, and three-quarters fill mould to allow for rising, cover top of mould with buttered paper so as to prevent water from falling on pudding; steam 3 hours. Serve with hard sauce or lemon sauce.

Tapioca Pudding— $\frac{1}{2}$ cup tapioca, 4 eggs, $\frac{1}{2}$ cup sugar, 1 quart milk, $\frac{1}{4}$ teaspoonful salt, 1 teaspoon Blue Ribbon vanilla.

Add tapioca to the milk and soak 2 hours. Beat the eggs and sugar together until light, add the salt, and bake in a moderate oven $\frac{1}{2}$ hour. Serve hot or cold.

Sago or Rice may be used in the same way. The whites of eggs may be beaten stiff with powdered sugar, flavored with grated rind and juice of lemon, and put on top after sago or rice are thoroughly cooked. Put back in oven to brown slightly.

DUMPLINGS

In putting dumplings of any kind into water to boil, put them in one at a time, as they will mix or stick if put in together.

Apple Dumplings—These may be either baked or boiled; if baked they should be made with pastry; if boiled, use a light suet crust. In either case pare the apples and scoop out the core, filling up the space with sugar and a clove, or some grated lemon peel.

For baked dumplings make a light puff paste, enclose the apples in it, making as many as desired, pinch the edges so closely that no seam can be seen, and bake 20 minutes in a good oven. Eat with a rich pudding sauce, or with maple syrup.

For boiled dumplings chop $\frac{1}{2}$ cup beef suet very finely, add 2 cups sifted flour, $\frac{1}{2}$ level teaspoon salt, and 4 level teaspoons Blue Ribbon baking powder, and mix with water enough to give it consistency; roll out twice on the pastry board, enclose the apples as for baked dumplings, put them in boiling water, and boil fast 1 hour. Drain, and serve with sweet sauce. This recipe can be used for suet crust.

Pandowdy—Pare, core, and slice thin, sour, juicy apples; butter a deep dish and put in a layer of apples, sweeten with sugar and flavor with lemon peel; strew over it a layer of bread crumbs and bits of butter; repeat alternately till the dish is full, finishing with a layer of bread crumbs. Bake till the apples are soft. A little lemon or orange juice improves it. To be eaten with sweetened cream.

Rice Dumplings—1 pound rice, 1 dozen tart apples, 2 quarts water, sugar and Blue Ribbon cinnamon.

Wash the rice through several cold waters, then boil gently in the water for 30 minutes; drain in a colander. Pare the apples and take out the cores. Fill the spaces from which the cores were taken with sugar and Blue Ribbon cinnamon. Then cover the apples all over with a thick coating of the boiled rice. Tie each dumpling tightly in a dumpling cloth, and put them in a pot of cold water. Bring the water quickly to a boil, and boil 40 minutes. When done, untie the cloth, turn the dumplings out carefully on a large plate. Serve with hard or cream sauce.

Steamed Dumplings—Pare and quarter nice tart apples, place them in a deep dish, adding a little water; make a crust as you would for tea-biscuit (see page 70); roll out about 1 inch thick, place it over the apples, and steam $\frac{1}{2}$ hour. Serve with a sauce made of $\frac{1}{2}$ butter and $\frac{1}{2}$ sugar, beaten to a cream.

Fruit Dumplings of any kind can be made in this way, using any kind of fruit, either fresh or canned, instead of the apples.

SAUCE FOR PUDDINGS

Wherever wine is found in a rule for sauce, juice of a lemon may be substituted in some cases; in others, a glass of rose water or an extra yolk of an egg.

Sweet cream used as a pudding sauce is one of the most wholesome as well as most convenient dressings, suitable to almost every pudding, nourishing and agreeable to the invalid as well as the epicure. It cannot occupy too large a place in the culinary department. It may be served plain, or white sugar may be sent round with it. Flavoring is sometimes used.

Currant Sauce—Dilute $\frac{1}{2}$ cup currant jelly with 1 cup boiling water; stir in 2 tablespoons butter and 4 of sugar.

When it boils, add the juice of 1 lemon, a little Blue Ribbon nutmeg, and 1 even teaspoonful cornstarch wet with cold water. Boil up again, and set in hot water until needed.

Custard Sauce—1 pint sweet milk, butter size of a walnut, 1 well-beaten egg, or the yolks of 2 eggs, 1 teaspoon Blue Ribbon vanilla extract or Blue Ribbon almond extract.

Melt the butter in the milk, stirring thoroughly. Let cool. Stir this gradually into the egg. Heat over a slow fire until the custard thickens. Sweeten to taste. Remove from the fire and stir until the sugar is dissolved. Add the flavoring just before serving. Serve with cornstarch or blanc mange. Very nice poured over fresh berries in the absence of cream.

Delicate Pudding Sauce—Scald 1 teacup sweet milk, beat the yolks of 2 eggs with $\frac{3}{4}$ cup sugar, and stir in; when it is thick as custard remove from the fire, and when cool, add whatever flavoring you choose, and the whites of the eggs beaten to a stiff froth.

Dominion Sauce—Bring the juice poured from a can of peaches to a boil. Dissolve 1 tablespoon cornstarch in $\frac{1}{2}$ cup cold water, add to the juice, boil 2 minutes and stir in 1 small cupful sugar.

This sauce is served with peach batter pudding, and may be used with any other. The juice of preserved fruit makes nice sauce.

Foam Sauce—Take the yolk of 1 egg and beat it with 1 cup powdered sugar and butter the size of an egg, until light, add boiling water; and set it over a kettle until cooked; flavor with 1 teaspoon Blue Ribbon lemon extract; beat the white of the egg to a stiff froth and add the last thing.

Golden Sauce—Beat 1 heaping tablespoon butter into 1 cup powdered sugar until light; stir into this the yolks of 3 eggs and 3 tablespoons milk or cream, and add the stiffly-beaten whites of the eggs.

Set the bowl in which the sauce is being made in a kettle of boiling water, and stir constantly until it thickens, but no longer; add 1 teaspoon Blue Ribbon lemon or vanilla extract when the sauce is done.

Hard Sauce— $\frac{1}{4}$ cup butter, 1 cup powdered sugar, 1 white of egg, 1 teaspoon Blue Ribbon vanilla extract, $\frac{1}{8}$ teaspoon Blue Ribbon pastry spice.

Cream butter and sugar, add the white of egg unbeaten and the vanilla, and beat together thoroughly. Heap roughly in a small glass dish, sprinkle pastry spice over the top and keep cool until served.

Hard Gold Sauce— $\frac{1}{2}$ cupful butter creamed with 1 cupful brown sugar. Flavor with Blue Ribbon vanilla.

Beat the butter to a cream, and add the sugar. Beat thoroughly. Smooth into shape and grate nutmeg thickly over the top. Keep cool. The yolk of an egg is a very nice addition beaten up with the sauce.

Hard Silver Sauce— $\frac{1}{2}$ cupful butter creamed with 1 cupful powdered sugar. Beat part of the juice of 1 lemon with the sauce, or flavor with Blue Ribbon lemon extract.

The stiffly-beaten white of an egg stirred in thoroughly with this is an improvement. The whole egg may be used if not too particular as to the whiteness of the sauce. Keep cool.

Lemon Sauce— $\frac{1}{2}$ cup sugar, 1 cup boiling water, 1 level tablespoon cornstarch, 2 level tablespoons butter, 1 teaspoon Blue Ribbon lemon extract.

Mix the sugar and cornstarch, stir into them the boiling water, and boil 5 minutes. Take from the fire and add butter and lemon extract.

Plain Pudding Sauce—Beat together thoroughly 1 tablespoon butter, 4 tablespoons sugar, and 1 tablespoon flour; add the white of 1 egg well beaten, and $\frac{1}{2}$ cup boiling water, and any flavoring desired.

This makes a good sauce for ordinary uses, although most sauce recipes call for more butter. It goes well with any hot pudding.

Simple Sauce—1 egg beaten thoroughly and stirred into 1 pint sweetened milk. Flavor with Blue Ribbon nutmeg. Nice for cornstarch pudding, or rice plain boiled, or a simple rice pudding.

Strawberry Sauce— $\frac{1}{2}$ teacup butter, 1 $\frac{1}{2}$ teacups sugar, and 1 pint strawberries mashed till juicy. (Canned berries may be substituted for fresh ones.)

Beat the butter and sugar to a cream; then stir in the berries and the beaten white of 1 egg.

Sweet Pudding Sauce—Beat to a cream $\frac{1}{2}$ cup butter and 1 cup sugar; thicken 1 $\frac{1}{2}$ cups boiling water with a very little cornstarch (just enough to make it creamy); let it boil, draw to the back of the stove, and stir the butter and sugar in quickly. Flavor with Blue Ribbon vanilla, lemon, nutmeg, or anything preferred.

Whipped Cream Sauce—Whip 1 cup ice-cold sweet cream and $\frac{1}{2}$ cup powdered sugar; add 1 teaspoon Blue Ribbon lemon or vanilla extract.

The beaten whites of 1 to 3 eggs are often added. Nice with fruit puddings, or to cover slices of sponge cake.

CAKES



All ingredients should be prepared before commencing to mix any of them. Flour should be sifted, and thoroughly mixed with the baking powder; sugar should be rolled and sifted; eggs fresh from the ice-box or cellar, as they beat up much lighter and quicker when cold; they should be well beaten, whites and yolks separately, the yolks to a thick cream, the whites to a stiff froth. Raisins, currants, and all fruit must be thoroughly dry before adding to other ingredients, or cakes are liable to be heavy. A handier and quicker way than cleaning currants at home is to obtain Blue Ribbon cleaned currants in packages.

How to Mix Cake—Probably as many cakes are wasted through improper mixing as by any other cause, unless it is insufficient beating. In mixing cakes in which butter is used proceed in the following order:

1. Cream the butter. If it is very cold, warm without melting it. (For the method of creaming butter, see next page.)
2. Add the sugar and beat it thoroughly. If a very large amount is used, part may be beaten into the eggs.
3. Add the seasoning—spices, lemon juice, flavoring extracts, etc., as given in each recipe, and incorporate them well with the butter and sugar.
4. Add the beaten yolks of eggs, and beat all well together.
5. Add the flour, which should be already thoroughly mixed with the baking powder. Stir it in, a little at a time, or add a little flour and milk alternately, stirring continually, and now beat long and vigorously to fill it with air and make the cake smooth and fine-grained.
6. Add the beaten whites of eggs.
7. Add the fruit, if used, which should be already dusted with flour. Make fruit cakes a little stiffer with flour than those without fruit.

Beat continuously from beginning to end of the process. Place the dough in the prepared cake tins and send to the oven as soon as possible, when finished, so that the air which has been beaten in (and which, by expanding, makes it light) may not escape.

Always work cake together with a spoon, if possible, but when a large quantity of fruit cake is made it is necessary to use the hands in order to mix it properly.

For sponge cakes (which are those made without butter or shortening) proceed as follows: (1) Beat the yolks. (2) Gradually add the sugar and beat well. (3) Add the flavoring and water, if used. (4) Add the

well-beaten whites of the eggs. (5) Sift in the flour and carefully fold it in. After adding the flour, sponge cakes, unlike other cakes, should not be beaten. If beaten like other cakes after adding the flour, sponge cakes will be tough and unwholesome, but if after folding in the flour, the cake is put directly into the oven, it will be tender and digestible. The lightness depends on the quantity of air beaten into the egg.

HINTS

To Cream Butter—In making cake and the better class of puddings it is often desirable to beat the butter to a cream before using it. Put the butter in an earthenware vessel (but do not use tin or iron, as they will discolor it), and beat it with a spoon or fork—a wooden or silver fork or spoon is best. After beating it about, the butter gradually comes back into a creamy state, but thicker than cream itself, and it is then “creamed butter.” If cold, warm the vessel by pouring hot water in it; then wipe it dry before using it.

Beating, Stirring and Folding—There is a good deal of difference between these. Stirring merely mixes the different ingredients together, while beating carries in air and thoroughly distributes it through the mass, and in baking this air expands and makes the cake light. Unless the air is well beaten into the dough, no after attention will make it light and wholesome. Folding one ingredient into another is to put the spoon in lengthwise, lift the ingredients and turn them over, repeat until thoroughly mixed. Avoid stirring after beating or folding.

To Grate Lemon Peel—There is a right and wrong way to grate it. The flavor comes from an essential oil found only in the yellow rind at the surface. The white part underneath is bitter, contains no lemon flavor, will curdle milk or cream, and is objectionable. Therefore, grate a lemon carefully, aiming to remove all the yellow surface, but no more.

Spices should be of the very best quality. According to government reports, a large proportion of the bulk spices sold are grossly adulterated. Blue Ribbon spices are not only absolutely pure but are ground from the best quality of whole stock.

Never move a cake in the oven until the centre is thoroughly set. Do not put anything in the oven while the cake is baking, or the cake will probably fall.

For all cake the temperature should be even. For this reason avoid stirring the fire or crowding on heat during the process of baking, and if the fire is replenished add a little fuel at a time to keep the heat uniform.

The old “test” for cake was to insert a piece of clean broom-straw or a fine knitting-needle free from rust, and if the cake was done it would come out free from dough. Another test is to hold the cake to the ear and listen closely; if done it will be silent; if there is the least noise, return it to the oven at once. Another sign is its settling down a little and shrinking from the pan.

COOKING IN HIGH ALTITUDES

In all high altitudes the rule is to use less butter and sugar, and more flour and eggs. If too much butter is used in such regions, the cake will fall, so that very rich cakes cannot be made there. The greater the elevation the more difficulty is experienced. Cakes having no butter, like sponge cakes, are easily made in high altitudes. The filling for layer cakes can be made quite rich in such regions, if desired.

LOAF CAKES

Time to Bake—Thin cakes will bake well in 15 to 20 minutes; thicker cakes require 30 to 40 minutes; and very thick ones will require about 1 hour. Fruit cakes will require from 2 to 3 hours.

Use a warm knife if you cut cake while it is warm.

Almond Cake— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, $\frac{1}{4}$ cup milk, 3 eggs, 2 cups flour sifted, $3\frac{1}{2}$ level teaspoons Blue Ribbon baking powder, 1 cup blanched almonds, $\frac{1}{4}$ teaspoon Blue Ribbon almond extract.

Blanch the almonds, split them lengthwise, dry them, and mix with the cake last.

Buttermilk Cake—1 tablespoon butter, 1 cup sugar, 1 cup buttermilk or sour milk, 1 egg, 2 cups flour sifted, 1 teaspoon Blue Ribbon soda, 1 teaspoon Blue Ribbon pastry spice.

Chocolate Marble Cake—1 cup butter, 2 cups sugar, 1 cup sweet milk, 4 eggs, 2 cups sifted flour, $\frac{1}{2}$ cup cornstarch, 1 teaspoon Blue Ribbon vanilla, 4 level teaspoons Blue Ribbon baking powder.

After mixing all, take out 1 cupful of the batter and stir into it a heaping tablespoon of grated chocolate; drop this into the greased pan alternately with the other part.

Christmas Cake—Use 2 cups butter, 2 cups brown sugar, 5 eggs, $\frac{1}{2}$ cup sour cream, 2 cups raisins, 1 cup almonds, 1 cup currants, 1 cup citron, 3 cups flour, 1 teaspoon Blue Ribbon baking soda, 2 teaspoons Blue Ribbon pastry spice, $\frac{1}{4}$ cup orange juice.

Cream butter, add sugar, beat and add egg yolks beaten thick and some cream; beat thoroughly. Flour fruit, add flour and fruit and orange juice alternately, last of all add soda sifted with a little flour. Fold in the whites—which should be beaten quite stiff. Bake 40 minutes in moderate oven. This cake will keep fresh several weeks.

Coffee Cake—1 cup butter, 2 cups brown sugar, 1 cup strong Blue Ribbon coffee (cold), 1 cup molasses, 3 eggs, $4\frac{1}{2}$ cups flour sifted, 8 level teaspoons Blue Ribbon baking powder, 1 cup raisins (chopped), 2 teaspoons Blue Ribbon ground cinnamon, 1 teaspoon Blue Ribbon ground cloves.

Cold Water Cake—2 tablespoons butter, 1 cup sugar, 1 cup cold water, 1 egg, 2 cups flour sifted, $\frac{1}{2}$ teaspoon Blue Ribbon soda, 1 teaspoon Blue Ribbon cream tartar.

Cream Spice Cake—2 cups brown sugar, 2 cups flour, $\frac{1}{2}$ cup butter, 1 cup sour cream, yolks of 5 eggs, or 3 whole ones, 1 teaspoon Blue Ribbon soda, 2 teaspoons Blue Ribbon cloves, 2 teaspoons Blue Ribbon cinnamon, 3 teaspoons Blue Ribbon allspice, 1 little Blue Ribbon ginger and nutmeg. If cream is too rich, add a little sweet milk.

Date Cake— $\frac{1}{2}$ cup butter, 1 cup sugar, 1 cup sweet milk, 2 eggs, $2\frac{1}{2}$ cups flour sifted, 2 teaspoons Blue Ribbon cream of tartar, 1 teaspoon Blue Ribbon soda, $\frac{1}{2}$ teaspoon Blue Ribbon lemon extract, a dash of Blue Ribbon nutmeg, 1 heaping cup of finely chopped dates.

Stir dates in the last thing. Bake in a shallow pan. Cut in squares to serve.

Fruit Spice Cake—1 cup butter, 1 cup brown sugar, $\frac{1}{4}$ cup molasses, 3 eggs, 1 cup water, $\frac{1}{2}$ teaspoon Blue Ribbon baking soda, 2 cups sifted flour, 2 teaspoons Blue Ribbon pastry spice, 1 cup raisins, $\frac{1}{2}$ cup currants, $\frac{1}{2}$ cup citron.

Cream butter, add sugar, then the well-beaten yolks of eggs and molasses, add flour with spice sifted through it and water alternately. Add fruit well floured, and last of all, the soda sifted with a little of the flour.

NOTE—A very nice Coffee Cake can be made from this recipe by using strong Blue Ribbon coffee instead of water. Bake 40 minutes in moderate oven.

Gingerbread— $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup boiling water, $1\frac{1}{2}$ cups sifted flour, 1 egg, 1 teaspoon Blue Ribbon baking soda, 2 teaspoons Blue Ribbon ginger, 2 teaspoons Blue Ribbon cinnamon.

Cream butter, add sugar, beat well and add egg, beat again, then add flour with spice in it and molasses alternately, last of all add hot water with soda dissolved in it. Bake in a greased pan in moderate oven.

Gingerbread (No. 2)— $\frac{1}{2}$ cup butter, 2 cups sugar, 1 cup sweet milk, 2 eggs, 3 cups flour sifted, $5\frac{1}{2}$ level teaspoons Blue Ribbon baking powder, 1 teaspoon Blue Ribbon ginger.

Bake in a thin sheet, and while hot sprinkle granulated sugar on top. Cut in squares.

Sour Cream Gingerbread— $\frac{1}{2}$ cup shortening (part butter and part meat dripping), 1 cup molasses, 1 cup thick sour cream, 1 egg, 1 teaspoon Blue Ribbon soda, 1 cup sugar, 1 tablespoon Blue Ribbon ginger or more to suit taste.

Stir all together, dissolve the soda in a little water, use flour enough to make a medium stiff batter, but not too stiff as that will spoil the effect. Bake in a good-sized dripping pan so the cake will be $1\frac{1}{2}$ inches thick.

Sugar Gingerbread— $\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup sour milk, 2 eggs, $\frac{1}{2}$ teaspoon Blue Ribbon soda, 1 level teaspoon salt, 1 heaping teaspoon Blue Ribbon ground ginger.

Mix hard and roll thin. Bake on sheets of tin or in the dripping pan.

Graham Cake— $\frac{1}{2}$ cup butter, 1 cup sugar, 1 cup sour milk, $3\frac{1}{2}$ cups Graham flour sifted, 1 teaspoon Blue Ribbon soda, $\frac{1}{2}$ cup raisins (seeded), 1 level teaspoon Blue Ribbon ground nutmeg.

Johnny Cake—2 eggs, $1\frac{1}{2}$ cups sweet milk, $1\frac{1}{2}$ cups flour, $\frac{3}{4}$ cup cornmeal, 4 level tablespoons butter, 4 level teaspoons Blue Ribbon baking powder, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon salt.

Cream butter, add sugar and beat, add eggs and beat till foamy, add flour with baking powder sifted in it and milk alternately. Bake 20 minutes in hot oven.

Molasses Cake (Without eggs)—1 cup butter, lard or dripping, 1 cup sugar, 1 cup hot water, 1 cup molasses, 4 cups flour sifted, 1 teaspoon Blue Ribbon soda, 1 cup currants, 1 teaspoon each of Blue Ribbon cinnamon, Blue Ribbon cloves and Blue Ribbon allspice.

Put in bread pan, with buttered paper, and bake 1 hour in a slow oven.

Plain Cake (1 large loaf)— $\frac{1}{2}$ cup butter, 2 cups granulated sugar (sifted), 4 eggs, 1 tablespoon Blue Ribbon vanilla, 3 cups sifted flour, 6 level teaspoons Blue Ribbon baking powder, $1\frac{1}{2}$ cups milk.

Cream butter, add sugar, add well-beaten yolks and vanilla, beat thoroughly, add flour with baking powder well sifted through it and milk alternately, beat again, add, if you like, 1 cup chopped nuts, currants or raisins (slightly flouring before being mixed keeps them from sinking), then fold in well-beaten whites and bake 30 or 40 minutes in moderate oven.

Plum Cake—Make a cake of 2 cups of butter, 2 cups of molasses, 1 cup sweet milk, 2 eggs well beaten, 1 teaspoonful Blue Ribbon soda, dissolved with a little hot water, 1 teaspoonful of Blue Ribbon ground mace or nutmeg, 1 teaspoonful of Blue Ribbon ground allspice, a teaspoon Blue Ribbon cloves, and a tablespoonful of Blue Ribbon cinnamon, $\frac{1}{2}$ cup blanched almonds chopped, $\frac{1}{2}$ cup of orange juice and 1 tablespoon Blue Ribbon vanilla.

Stir in flour to make a batter as stiff as may be stirred easily with a spoon; beat it well until it is light, then add 2 pounds of raisins, stoned and cut in two, 2 pounds of currants, picked, washed and dried, and $\frac{1}{2}$ pound of citron, cut in slips. Bake in a quick oven. This is a fine, rich cake, easily made, and not expensive. If kept in a cool tight place (a tin cake box is the best), this cake will keep a long time before getting stale.

Raisin Cake—1 cup butter, 2 cups sugar, 1 cup milk, 1 cup molasses, 1 teaspoon Blue Ribbon rose extract, 4 eggs, $3\frac{1}{2}$ cups flour sifted, 1 teaspoon Blue Ribbon soda, juice of 1 lemon, 2 cups seeded raisins.

Spanish Bun—4 eggs (leaving out the whites of 3), 2 cups brown sugar, $\frac{1}{2}$ cup butter, 1 cup milk, 2 level teaspoons Blue Ribbon pastry spice, 3 cups flour, 4 level teaspoons Blue Ribbon baking powder, $\frac{1}{2}$ teaspoon Blue Ribbon cinnamon.

Cream butter, add sugar, then cream again, add eggs and a little milk, mix baking powder through flour, pat flour and milk alternately in the creamed butter, etc., bake in shallow pans. When baked, beat the whites of eggs, adding some sugar and $\frac{1}{2}$ teaspoon of cinnamon with which ice the cake, and put in the oven to brown slightly.

Spanish Bun (made with sour milk)—3 eggs, 2 cups brown sugar, $\frac{3}{4}$ cup butter, 2 $\frac{1}{2}$ cups sifted flour, 1 scant teaspoon Blue Ribbon baking soda, $\frac{1}{2}$ cup sour milk, 2 level teaspoons Blue Ribbon pastry spice.

Cream the butter, add sugar and cream again (keep out the whites of 2 eggs to make icing), add eggs—dissolve soda in a little warm water, then add to sour milk. Put flour and milk alternately into the creamed butter, etc. Bake in shallow pans. When baked, ice, and put in the oven to brown slightly.

Sponge Cake—1 cup bar sugar, $\frac{1}{2}$ teaspoon salt, 6 eggs, beaten separate, $\frac{1}{2}$ the juice and grated rind of a lemon, 1 cup flour, sifted twice.

After baking, while hot, dredge powdered sugar on top.

Cocoonut Sponge Cake can be made from this recipe by adding shredded cocoonut and 1 teaspoon Blue Ribbon ground nutmeg. Put in a loaf tin lined with well-buttered paper. Bake in quick oven about 30 minutes.

Sponge Cake, No. 2 (1 large loaf)—3 eggs, 1 $\frac{1}{2}$ cups sifted bar sugar, 1 cup cold water, 2 cups flour, 4 level teaspoons Blue Ribbon baking powder, 1 lemon, grated rind and juice, or 1 tablespoon Blue Ribbon flavoring, $\frac{1}{2}$ teaspoon salt.

Separate eggs, and beat yolks very light, add sugar and beat until smooth, add $\frac{1}{2}$ the amount of flour and beat about 1 minute, then add cold water and beat thoroughly, then add remainder of flour with baking powder and salt in it, and the grated rind and juice of lemon. Have whites beaten perfectly stiff. Beat well and fold in the beaten whites. Bake in a slightly floured, buttered pan 40 minutes.

Washington Fruit Cake—2 cups butter, 3 cups very brown sugar, 4 cups browned flour, 5 eggs well beaten, 1 cup sweet milk, 6 level teaspoons Blue Ribbon baking powder. Mix as usual, and stir in at the last, $\frac{1}{2}$ pound currants, washed and dried, $\frac{1}{2}$ pound raisins, seeded, 1 pound dates seeded and chopped, 1 teaspoon Blue Ribbon ground cinnamon, 1 of nutmeg.

Bake slowly and steadily until done. If any of the fruit is omitted, add a little less of the flour.

Watermelon Cake— $\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup sweet milk, 3 whites eggs, 2 cups flour sifted, $3\frac{1}{2}$ level teaspoons Blue Ribbon baking powder, flavor with lemon.

Take a little more than $\frac{1}{2}$ of the mixture and to it add 1 teaspoon liquid cochineal and $\frac{1}{2}$ cup raisins. Put the red part in the centre and bake. Cover with a frosting colored green with spinach.

Wedding Cake—4 full cups butter, 4 cups bar sugar, heaped, 1 cup molasses, juice of 2 lemons, 3 tablespoons Blue Ribbon cloves, ground, 2 tablespoons each Blue Ribbon mace, allspice and nutmeg, 18 eggs, beaten separately, 4 cups sifted flour, 1 teaspoon Blue Ribbon soda, $\frac{1}{2}$ cup citron, cut thin and small, 4 cups seedless raisins, 4 cups currants, 1 cup blanched almonds chopped.

Cream the butter and add the sugar, then the molasses, lemon and spices, then the beaten yolks, beating all well together, then the flour, with soda sifted in, and last the beaten whites; beat all together thoroughly. Flour the fruit and add last. Bake slowly 4 hours, or longer, if needed. The cake will keep for years.

White Fruit Cake (2 loaves)— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups granulated sugar (sifted), 3 eggs, $2\frac{1}{2}$ cups sifted flour, 5 level teaspoons Blue Ribbon baking powder, $1\frac{1}{2}$ pounds seeded raisins, 1 pound currants, $\frac{1}{2}$ cup citron shredded, $\frac{1}{2}$ cup candied orange peel shredded, $\frac{1}{2}$ teaspoon nutmeg, 1 cup milk.

Cream butter, add sugar, then add yolks beaten thick and beat thoroughly, add flour with baking powder in it and milk alternately. Dredge all your fruit with a little of the flour, and add to batter. Have whites beaten perfectly stiff and fold them into batter. Bake in buttered, papered pans 40 minutes. This will keep several days.

LAYER CAKES

Apple Jelly Cake—2 tablespoons butter, 1 cup sugar, 1 cup sweet milk, 1 egg, 2 cups sifted flour, 4 level teaspoons Blue Ribbon baking powder.

Bake in layers, and use the apple filling given among the following fillings:

Beaten Cream Cake— $\frac{1}{2}$ cup butter, 1 cup sugar, 1 cup milk, 3 whites of eggs, 2 cups flour sifted, $3\frac{1}{2}$ level teaspoons Blue Ribbon baking powder.

Bake in 2 layers and put together with thick sweet cream beaten with a little pulverized sugar, or use the "mock whipped cream" given among the fillings.

Cheap Layer Cake— $\frac{1}{2}$ cup butter, 1 cup sifted granulated sugar, 2 eggs, $1\frac{1}{2}$ cups sifted flour, 3 level teaspoons Blue Ribbon baking powder, $\frac{3}{4}$ cup milk, $\frac{1}{4}$ teaspoon Blue Ribbon almond extract, Blue Ribbon lemon icing.

Cream butter, add sugar, cream again, add egg yolks beaten thick, add flour with baking powder sifted through it, and milk alternately. Fold in the whites beaten stiff, and bake in buttered pans 15 minutes.

Chocolate Cake—1 cup butter, 2 of sugar, 5 eggs, leaving out 2 of the whites, 1 scant cup of milk, 5 level teaspoons of Blue Ribbon baking powder; mix well in 3 cups sifted flour; bake in 2 long, shallow tins.

Filling—Beat the whites of 2 eggs to a stiff froth, add scant $1\frac{1}{2}$ cup sugar; flavor with Blue Ribbon vanilla, add 6 tablespoons grated chocolate; add the filling when the cake is cold, and cut in diamond slices.

Chocolate Cake No. 2— $\frac{1}{2}$ cup butter, 1 cup sugar, 1 cup sweet milk, 2 eggs, 2 cups sifted flour, 3 level teaspoons Blue Ribbon baking powder. Bake in layers.

Chocolate Cream for Filling—Take $\frac{1}{2}$ cup milk, yolk of 1 egg, $\frac{1}{2}$ cup Blue Ribbon chocolate icing, 1 teaspoon Blue Ribbon vanilla; boil until thick as jelly. Spread between layers when cold.

Chocolate Cake No. 3— $\frac{1}{2}$ cup butter, 1 cup bar sugar, 1 egg, 2 cups sifted flour, 4 level teaspoons Blue Ribbon baking powder, 1 cup milk, 1 teaspoon Blue Ribbon vanilla extract, 6 level tablespoons Blue Ribbon chocolate icing, $\frac{1}{2}$ cup boiling water, 1 cup chopped nuts, Blue Ribbon lemon icing.

Cream butter, add sugar, and cream again, add the well-beaten egg, add flour with baking powder sifted in it and milk alternately, beat thoroughly. Dissolve the chocolate by pouring the $\frac{1}{4}$ cup boiling water over it, allow to slightly cool, then add the batter. Bake 20 minutes. When cool, fill with nut filling and cover with Blue Ribbon chocolate icing.

Chocolate Marshmallow Cake— $\frac{1}{2}$ cup butter, 1 cup sifted bar sugar, 2 cups sifted flour, 4 level teaspoons Blue Ribbon baking powder, 1 cup milk or water, 1 teaspoon Blue Ribbon vanilla, 4 egg whites beaten very stiff.

Cream butter, add sugar, add flour with baking powder sifted thoroughly in it, and wetting alternately, beat thoroughly, fold in whites of eggs beaten stiff; without further beating bake on shallow tin 30 minutes. When cold, pin a strip of wax paper around cake and cover $\frac{1}{2}$ inch deep with marshmallow filling; when cold, cover with Blue Ribbon chocolate icing.

Economical Layer Cake— $\frac{1}{2}$ cup butter, 1 cup sugar, 1 tablespoonful cornstarch made smooth in 1 cup sweet milk, 2 cups sifted flour, 4 level teaspoons Blue Ribbon baking powder, 1 teaspoon Blue Ribbon vanilla extract.

Bake in thin sheets. Use cream, cocoanut, jelly, or any filling desired.

Minnehaha Cake— $1\frac{1}{2}$ cups white sugar, $\frac{1}{2}$ cup butter, 3 eggs, 2 cups flour, $3\frac{1}{2}$ level teaspoonfuls Blue Ribbon baking powder, 1 cup sweet milk. Flavor.

Filling—1 cup granulated sugar and 4 tablespoons water. Boil till it shreds from the spoon. Pour over white of 1 egg beaten to a stiff froth, 1 cup chopped seeded raisins, and $\frac{1}{2}$ cup chopped blanched almonds. Use at once, before it hardens.

Orange Cake—1 cup butter, 2 cups sugar, $\frac{3}{4}$ cup water, 5 yolks of eggs, 3 whites of eggs, 2 cups flour sifted, 3 level teaspoons Blue Ribbon baking powder, 1 orange, juice and grated rind.

Use the Orange Filling given among our fillings.

Rolled Jelly Cake—1 cup sugar, 3 eggs, 2 tablespoons milk, 1 cup flour sifted, $1\frac{1}{2}$ level teaspoons Blue Ribbon baking powder, $\frac{1}{2}$ teaspoon Blue Ribbon lemon extract.

Bake in a long tin, and while warm spread with jelly or jam (raspberry is best) and roll thus; spread a damp towel on the table, lay on the cake and roll, keeping towel over it to prevent its cracking. Do not take off towel until the cake is cold.

Romeo and Juliet Cake (Light part)—1 cup of white sugar, whites of 6 eggs well beaten, 1 tablespoonful of butter, $1\frac{1}{2}$ cups of flour, 3 level teaspoonfuls of Blue Ribbon baking powder, 4 tablespoonfuls of sweet milk.

(Dark part)—1 cup of sugar, 1 tablespoonful of butter, yolks of 6 eggs, 1 cup of flour, 4 tablespoonfuls of sweet milk, 2 level teaspoonfuls of Blue Ribbon baking powder. Bake in separate tins.

The layers being light and dark, then spread a custard between them which is made with 2 eggs, 1 pint milk, $\frac{1}{2}$ cup sugar, 1 tablespoonful flour or cornstarch; when cool, flavor with 2 teaspoonfuls Blue Ribbon vanilla.

Standard Cake— $\frac{1}{4}$ cup or 4 level tablespoons butter, 2 eggs, $\frac{1}{2}$ cup of bar sugar, $1\frac{1}{2}$ cups flour, $\frac{1}{4}$ cup milk, $2\frac{1}{2}$ level teaspoons Blue Ribbon baking powder, $\frac{1}{2}$ teaspoon Blue Ribbon vanilla or lemon extract.

Cream butter, add sugar and beat. Add beaten yolks of eggs to creamed butter, etc. Sift flour before measuring. To flour add the Blue Ribbon baking powder. Add flour and milk alternately to butter, etc. Last of all, add the well-beaten whites of eggs.

Can be used for Layer or Loaf Cake. For Layer Cake, bake in two well-buttered pans for 20 minutes in moderate oven. For Loaf Cake, bake 40 to 50 minutes in slow oven.

This recipe can be used for several kinds of cake, namely: Spice, Light Fruit, etc.

FILLINGS FOR CAKES

Apple Filling—Cook 2 large apples until soft, then add 1 cup sugar, the well-beaten yolk of 1 egg, and the juice and grated rind of 1 lemon. Cook all about 5 minutes and spread between the layers while warm.

Banana Filling—Mash 6 bananas, add the juice of 1 lemon, and 3 tablespoonfuls of sugar—more if liked—the well-beaten whites of 2 eggs, and beat a couple of minutes. Or (2), mix sliced bananas with the whipped cream or icing fillings given below.

Caramel Filling—Take 1 cup granulated sugar, 1 cup brown sugar, $\frac{1}{2}$ tablespoon butter (scant), $\frac{1}{2}$ cup sweet milk; boil about 7 minutes; add 1 teaspoon Blue Ribbon vanilla, beat and spread on cake.

Chocolate Filling (Eggless)—Use Blue Ribbon chocolate icing, following directions on package.

Chocolate Caramel Filling— $\frac{1}{2}$ pound sugar, 1 teaspoonful of butter, 1 teaspoonful of Blue Ribbon vanilla, 2 squares of chocolate, $\frac{1}{2}$ cupful of water or milk.

Stir, setting the dish in boiling water until stiff enough to spread. Set the cake in the oven to dry a short time.

Cocoanut Filling—Use Blue Ribbon icing, and stir in either grated or desiccated cocoanut. The cocoanut is sometimes soaked in milk for $\frac{1}{2}$ hour before using it.

Cream Filling—1 pint of sweet milk; 1 small cup of sugar; put it over the fire, in a double boiler, or pail set in a kettle of boiling water; just before it boils add 2 well-beaten eggs, a pinch of salt, and 2 tablespoons of cornstarch dissolved in a little cold milk; stir until it thickens. When cool, flavor with 1 teaspoon Blue Ribbon vanilla or lemon extract.

Cream Chocolate Filling—Take half a package of Blue Ribbon chocolate icing and just enough sweet cream to moisten; mix well, set the vessel containing it in a kettle of hot water and let it come to the boiling point; then add the whites of 2 eggs beaten to a stiff froth. Beat until cool and stiff; then add a teaspoon of Blue Ribbon vanilla; spread between and on the top of layer cakes.

Fig Filling—Take 1 pound of figs, chop fine, and put into a stew pan on the stove; pour over them 1 teacupful of water, and add $\frac{1}{2}$ cup of sugar.

Cook all together until soft and smooth. When cold, spread between layers of cake. Dates may be used the same way.

Lemon Filling— $\frac{3}{4}$ cup water, $\frac{3}{4}$ cup sugar, 3 level tablespoons cornstarch, 2 teaspoons butter, 2 egg yolks, 3 tablespoons lemon juice or 1 lemon.

Beat yolk till light yellow, then add water, mix cornstarch and sugar together in a saucepan, then add egg, etc., to cornstarch, then butter. Cook to a paste. When nearly done add lemon, spread between layers of cake when cake is cold. Cover cake with Blue Ribbon lemon icing and sprinkle with cocoanut.

Marshmallow Filling—5 tablespoons very clean gum arabic, $\frac{1}{2}$ cup cold water, dissolve, add $\frac{1}{2}$ cup powdered sugar, 1 egg white beaten very stiff, 1 teaspoon Blue Ribbon Vanilla extract.

Cook dissolved gum arabic and sugar together until thick enough to form soft ball when put in cold water, strain and pour slowly over well-beaten white of egg, beating constantly, add flavoring and a few drops of lemon juice, cover cake, smooth with knife dipped in hot water.

Mock Maple Filling—Take 2 cups good brown sugar, $\frac{1}{2}$ cup sweet cream, butter size of large egg; boil together carefully 12 minutes; strain through a hair sieve or double cheese cloth. Flavor with 1 $\frac{1}{2}$ teaspoons Blue Ribbon vanilla. Let it cool and thicken before spreading on cake.

Mock Whipped Cream—Take 1 large sour apple, peeled and grated, 1 cup white sugar, white of 1 egg; beat all together a long time. Flavor with Blue Ribbon vanilla. Mix the apple with the sugar as soon as possible after grating, or it will turn dark. Use like whipped cream.

Nut Filling—1 cup chopped nuts, $\frac{1}{2}$ cup Blue Ribbon lemon icing, water to make a thick paste.

Mix icing with water, add nuts and beat. Spread between layers.

Orange Filling—White of 1 egg beaten to a froth, juice and grated rind of 1 orange, with powdered sugar enough to make a stiff cream.

Heat on the stove, and spread between and over top. Either orange or lemon juice may be stirred stiff with powdered sugar, and used in the same way. Use perfectly cold, however.

Pineapple Filling— $\frac{1}{2}$ tin shredded pineapple, add $\frac{1}{2}$ cup sugar, and add to $\frac{1}{2}$ package Blue Ribbon pineapple jelly powder dissolved in $\frac{1}{2}$ cup boiling water.

When thick, spread between the cake.

Raisin Filling—Take 1 cup maple syrup, add a little vinegar to prevent its graining, boil till it threads from a spoon, then add 1 cup raisins, seeded and chopped, and stir till cold.

Whipped Cream Filling—Whip 1 cup sweet cream to a stiff froth; sweeten and flavor to taste, and spread on. The cream will froth easier if put on ice $\frac{1}{2}$ hour before whipping.

FROSTINGS AND ICINGS FOR CAKES

Easily Made Frosting (without eggs)—Mix the required quantity of Blue Ribbon icing to a paste with very little cold water (except in making chocolate icing, when boiling water must be used).

When you have icing the required consistency, spread it over the cake with a broad-bladed knife. The cake should be thoroughly cold before the icing is put on. Set in a cool place and the icing will harden in a few minutes.

Frosting—Beat the white of 1 egg to a stiff frosting, and to this add slowly pulverized sugar until it is as thick as it can be.

Spread on the cake with a knife dipped in water. You can double this recipe if necessary.

Boiled Frosting—Boil 1 cup granulated sugar with $\frac{1}{2}$ cup water till it threads from the spoon. Beat white of 1 egg to stiff froth, and add $\frac{1}{2}$ teaspoon Blue Ribbon cream of tartar. Remove syrup from stove, allow it to cool a little, pour over the froth, beating all the time until thick enough to spread. Flavor to suit the taste with Blue Ribbon vanilla, lemon juice, or Blue Ribbon rose extract. Fruit can also be added: 1 cup of seedless raisins chopped and stirred in is most excellent. This frosting must be used at once.

Chocolate Cream Frosting—1 cup granulated sugar boiled in $\frac{1}{2}$ cup of water until it threads. Let cool slightly and beat until creamy, then stir chocolate in to taste.

Milk Frosting—Boil together 2 cups sugar, $\frac{1}{2}$ cup of milk, and 1 tablespoon of butter for 10 minutes; remove from the stove, and beat until creamy and thick enough to spread. Add 1 teaspoon of Blue Ribbon vanilla extract.

Tutti Frutti Frosting—Prepare in the same manner as almond icing, adding instead of the pounded almonds 1 ounce of almonds chopped, $\frac{1}{2}$ cup of seedless raisins and citron sliced thin. Particularly nice for sponge, delicate or white cake. Delicious used as filling for some nice layer cake.

Almond Icing—Whites of 3 eggs, whipped to a standing froth, $\frac{1}{2}$ pound of powdered sugar, $\frac{1}{2}$ pound of sweet almonds, blanched by pouring over boiling water and removing the skin, then pounded in a mortar to a paste. When beaten fine and smooth, work gradually into the icing; flavor with lemon juice and rose water. This frosting is delicious. Dry in the open air.

Caramel Icing—Take $\frac{1}{2}$ pound brown sugar, scant $\frac{1}{2}$ cup of chocolate, $\frac{1}{2}$ cup milk, butter size of an egg, 2 teaspoons Blue Ribbon vanilla; mix thoroughly and cook as syrup until stiff enough to spread.

Prepared Caramel—Caramel is crystallized sugar heated to 420° Fahr., when it decomposes, loses its power of crystallizing and fermenting, and acquires a dark brown color and a bitter flavor. It can be prepared as following: Put 2 cups of granulated sugar in the frying pan, add 1 tablespoon of water, and heat it over a clear fire, stirring continually, till it assumes a dark brown color, is brittle, and bitter to the taste, but do not burn it. Then add slowly 2 cups hot water, stir constantly and boil

10 minutes and let it cool. If it candies when cool, add water and boil again. Bottle when cold, keep corked, and it will never spoil. It is used to flavor or color custards, sauces, cakes, soups, broths, gravies, etc., and has so many uses that it is well to always keep it on hand.

Chocolate Icing—Use Blue Ribbon chocolate icing, following directions, or $\frac{1}{2}$ cake of chocolate grated, $\frac{3}{4}$ cup of sugar, $\frac{1}{2}$ cup of milk; boiled until it threads from a spoon. Spread at once upon the cake.

Coffee Icing is made same way as boiled icing, only using $\frac{1}{4}$ cup of strong Blue Ribbon coffee instead of water.

Icing Cookies, etc.—Before putting in the oven, dredge or sprinkle sugar-gingerbread, cookies, and other small cakes not to be frosted, with fine sugar, and it will give a rich brown glaze and add much to their flavor.

Almond Paste (for Christmas, Birthday and Wedding Cakes)— $2\frac{1}{2}$ cups minced blanched almonds, $2\frac{1}{2}$ cups icing sugar, 1 tablespoon Blue Ribbon rose extract, 1 teaspoon Blue Ribbon almond extract.

Blanch almonds, and pass them through a mincing machine. While passing through add a few drops of the almond extract to keep the oil of the nuts from clogging. After they have passed through once, measure and add the sugar and rose extract and mix thoroughly. Pass through a second time, then add enough yolks of eggs to form a stiff paste. Dredge moulding board with icing sugar, and knead paste well, roll out to size of cake.

Dredge cake with a little flour, moisten top with a little orange juice and place on top and press down so it will stick. Do not let it bulge. Allow it to stand over night so it will set before putting on the icing.

The almond paste should be $\frac{1}{2}$ the depth of the cake.

SMALL CAKES

Almond Drops—1 cup butter, $1\frac{1}{2}$ cups sugar, 3 eggs, 1 cup almonds (blanched and chopped), flour to drop, $\frac{1}{2}$ teaspoon Blue Ribbon almond extract.

Beat the sugar and eggs well for $\frac{1}{2}$ hour, then add the other ingredients; drop on buttered pans and bake in a moderate oven. The secret lies in beating rapidly and thoroughly. Each teaspoon is dropped separately so as to make separate cakes.

Cocoanut Jumbles—2 cups sugar, 2 cups butter, 1 cup milk, 4 well-beaten eggs, and the white meat of a cocoanut grated. Use as much sifted flour as will make a rather stiff batter.

Beat it well, butter square tin pans, line with white paper, and put in the mixture 1 inch deep; bake in a moderate oven. When cold, cut in small squares or diamonds; this is a rich cake and is much improved by a thin icing.

Cocoanut Thumbs or Squares— $\frac{1}{2}$ cup butter, 1 cup sifted granulated sugar, 1 cup milk, 2 cups sifted flour, 1 tablespoon cornstarch, 4 level teaspoons Blue Ribbon baking powder, 3 whites of eggs beaten stiff, 1 teaspoon Blue Ribbon vanilla extract, Blue Ribbon lemon icing, 1 cup grated cocoanut.

Cream, butter, add sugar, add flour with baking powder in it and milk alternately. Mix well, fold in egg whites with flavoring in them. Bake in small, round, deep tins, about size of your thumb, or bake in shallow tins, cut in squares, ice, and sprinkle with cocoanut.

Cookies—2 cups sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup lard, 4 eggs, 3 cups sifted flour, 5 level teaspoons Blue Ribbon baking powder.

Cream butter and lard, add sugar and beaten eggs, then add flour with baking powder in it. Chill dough, flour moulding board and pin, roll thin, cut, sprinkle with sugar, bake in quick oven.

Cream Cookies— $1\frac{1}{2}$ cups butter, $1\frac{1}{2}$ cups sugar, 1 cup thin sweet cream, 1 egg, 3 level teaspoons Blue Ribbon baking powder, flour to roll soft.

Sprinkle with sugar and cut.

Nut Cookies— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, 4 tablespoons milk, 3 eggs (well beaten), flour enough to roll thin, 1 level teaspoon Blue Ribbon baking powder, 1 cup nut meats chopped rather fine.

Bake in quick oven.

Orange Cookies— $\frac{1}{2}$ cups butter, 1 cup sugar, 3 eggs, flour to roll out, 2 level teaspoons Blue Ribbon baking powder, grated rind of 2 or 3 oranges and juice of 1.

Peanut Cookies—4 tablespoons butter, $\frac{1}{2}$ cup granulated sugar, 2 egg yolks, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon salt, 1 teaspoon lemon juice, $1\frac{1}{2}$ teaspoons Blue Ribbon baking powder, 1 cup sifted flour, 2 cups chopped peanuts.

Cream butter, add sugar and yolks, beat thoroughly, add milk, salt and lemon juice, add flour with baking powder in it and chopped peanuts, drop from spoon on buttered paper or tin, place whole peanuts in centre of each. Bake 12 minutes in slow oven.

Soft Cookies— $\frac{1}{2}$ cup butter (scant), 1 cup sugar, $\frac{1}{2}$ cup milk, 2 eggs (well beaten), 3 level teaspoons Blue Ribbon baking powder, $\frac{1}{2}$ cup cocoanut stirred in.

Mix soft with flour. Roll about $\frac{1}{2}$ inch thick. Take white of 1 egg beaten stiff, add 4 tablespoons granulated sugar, and cover top with this frosting; sprinkle with cocoanut. Bake a light brown in a quick oven. Watch closely as they burn easily.

Sugar Cookies or Jumbles—1 cup butter, 2 cups sugar, 3 eggs, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon Blue Ribbon pastry spice, 1 teaspoon Blue Ribbon vanilla extract, 1 cup sifted flour, 2 level teaspoons Blue Ribbon baking powder.

Cream butter, add sugar and eggs beaten slightly, then the milk, spice and flavoring. Mix thoroughly and add the flour with baking powder in it, and adding enough flour to make a soft dough. Roll out $\frac{1}{4}$ inch thick, using as little flour as possible, cut and bake, remove from oven as soon as done, sprinkle with granulated sugar, put one raisin in each cookie. For jumbles, cut with hole in centre.

Vanilla Cookies— $\frac{1}{2}$ cup butter, 2 cups sugar, 1 cup milk, 1 teaspoon Blue Ribbon vanilla, flour enough to roll soft, 3 level teaspoons Blue Ribbon baking powder.

Sprinkle on sugar as you roll them out.

Cream Cakes—1 tablespoon butter, 1 cup sugar, $\frac{1}{2}$ cup milk, 3 yolks of eggs, 3 level teaspoons Blue Ribbon baking powder, sifted flour to make stiff batter.

Bake in patty pans in a quick oven. Cut a cone shaped hole in the centre of each and fill with whipped cream, sweetened and flavored with vanilla; or use our "mock whipped cream," given among our fillings for layer cakes. Sprinkle a little desiccated cocoanut on top. This makes about 1 dozen cakes.

Cream Puffs—Use same mixture as for "eclairs," but drop it into the buttered baking tins by tablespoonfuls, making round balls instead of fingers. When done and cool, cut open and fill same as "eclairs."

Eclairs—1 cup butter, 2 cups water, $\frac{1}{2}$ teaspoon salt, 3 cups flour, 5 eggs beaten separately.

Put the water and butter (cut small) on the stove till melted; bring to a boil, beat in the flour, stir 2 or 3 minutes; let cool and then beat in the beaten yolks and then fold in the beaten whites. Spread on buttered baking tins, in strips about 4 inches long and $1\frac{1}{2}$ inches wide (squeeze through the nozzle of a pastry bag if you have one) leaving them 2 inches apart to allow for swelling. Bake 15 to 20 minutes. When cool, cut open and fill with whipped cream, flavored to taste, or with mocked whipped cream, or with any fruit jelly desired. Cover with Blue Ribbon chocolate icing, vanilla or almond frosting.

Fruit Snaps—1 cup butter, 1 teaspoon Blue Ribbon soda, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup molasses, 3 eggs, 1 cup each raisins and currants, 1 teaspoon each of Blue Ribbon ginger, cloves, cinnamon and allspice.

Flour to roll out as soft as can be cut. These will keep several months.

Ginger Biscuits—1 cup butter, 2 cups sugar, $\frac{1}{2}$ cup sweet milk, 2 eggs, 2 level teaspoons Blue Ribbon baking powder, 1 teaspoon Blue Ribbon ground ginger.

Beat the butter and sugar together; add the eggs and beat again; then add the milk. Have the baking powder and ginger well mixed in a cup of flour; add this and more flour to make a stiff dough. Cut out little cookies and bake.

Ginger Drops— $\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup molasses, 2 eggs, 2 level teaspoons Blue Ribbon baking powder, 1 teaspoon Blue Ribbon ground ginger.

Beat all well together, adding flour till stiff enough to drop from the spoon in drops the size of an egg. Bake on tins in a moderate oven.

Ginger Nuts (without eggs)— $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup sour milk or buttermilk, 1 cup molasses, 1 teaspoon Blue Ribbon soda, 1 teaspoon Blue Ribbon ginger.

Mix very soft, form into round balls like nuts, and bake in a rather quick oven.

Ginger Snaps—1 cup butter, 2 cups molasses, 2 eggs, 2 teaspoons Blue Ribbon soda, 2 tablespoons Blue Ribbon ginger, flour to roll out.

Stir in flour until the dough can be made into marbles between the palms; flatten and place in tins far enough apart not to touch each other in rising, and bake in moderate oven.

Ginger Snaps (without eggs)— $\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup butter, 1 tablespoon Blue Ribbon ginger, 1 cup sugar, 2 cups molasses, $\frac{1}{2}$ cup water, 1 teaspoon Blue Ribbon soda, flour to roll out.

Horns of Plenty—2 tablespoons powdered sugar, 1 tablespoon (heaping) flour, 1 egg.

Beat thoroughly with an egg beater until air bubbles rise all through it. Have the pan warmed and buttered. Take 1 teaspoonful at a time. Spread out. Bake quickly; 5 minutes ought to be sufficient. Carefully roll them into horns or cones. They must not dry on the edges, or they will not roll. When cold fill with whipped cream, chocolate filling, or any kind of jelly.

Kisses—Take the well-beaten whites of 3 eggs, add 5 tablespoons powdered sugar, and flavor with Blue Ribbon lemon, vanilla or rose extract.

Drop on buttered paper with a spoon, sift sugar over them and bake 30 minutes in a slow oven.

Lady Fingers—Take the yolks of 5 eggs (beaten light), 1 cup white sugar, 2 level teaspoons Blue Ribbon baking powder, flour to roll thin, 1 teaspoon Blue Ribbon vanilla.

Cut in strips the size of a finger. Do not let them touch in the pan. Bake in a quick oven, watching them as they readily scorch.

Lemon Snaps— $\frac{3}{4}$ cup butter, 1 cup sugar, 4 tablespoons hot water, 2 eggs, flour to roll soft, $\frac{1}{2}$ teaspoon soda, 2 teaspoons Blue Ribbon lemon extract.

Bake in a quick oven.

Little Plum Cakes—1 cup of sugar and a $\frac{1}{2}$ cup of butter, beaten to a smooth cream; add 3 well-beaten eggs, 1 teaspoonful of Blue Ribbon vanilla extract, 4 cups of sifted flour, 1 cup of raisins, and 1 of currants, dissolved in a little water, and milk enough to make a stiff batter; drop this batter in drops on well-battered tins, and bake in a quick oven.

Macaroons— $\frac{1}{2}$ pound sweet almonds, 1 teaspoon Blue Ribbon rose extract, $\frac{1}{2}$ pound sifted loaf sugar, the whites of 3 eggs, wafer paper.

Blanch, skin and dry the almonds, and pound them well with 1 teaspoonful Blue Ribbon rose extract, then add to them the sifted sugar and the whites of the eggs, which shall be beaten to a stiff froth, and mix all the ingredients well together. When the paste looks soft, drop it at equal distances from a biscuit syringe on to sheets of wafer paper; put a strip of almond on the top of each; strew some sugar over, and bake macaroons in rather a slow oven, till a light brown color.

Rolled Oat Macaroons—1 level cup rolled oats, $\frac{1}{2}$ level cup bar sugar, 1 level teaspoon Blue Ribbon baking powder, 1 teaspoon melted butter, $\frac{1}{2}$ teaspoon Blue Ribbon almond extract, 1 teaspoon Blue Ribbon rose extract, 1 white of egg (beaten stiff).

Put all dry ingredients into mixing bowl. Add the melted butter. Mix the extracts together and add to dry ingredients. Last of all, add the well-beaten white of egg. Form into little balls the size of a marble, and place them some little distance apart on buttered pans. Bake 15 to 20 minutes in slow oven.

Rock Cakes—1 cup butter, 1 cup sugar, 2 eggs, 1 cup sifted flour, 2 level teaspoons Blue Ribbon baking powder, $\frac{1}{2}$ pound currants or seeded raisins, $\frac{1}{2}$ pound chopped almonds or walnuts, 3 tablespoons orange juice.

Cream butter, add sugar and beat until very smooth, add eggs and beat thoroughly, add sifted flour mixed with baking powder, and beat all for 5 minutes, add fruit, etc., and enough flour to make soft batter; drop from spoon on buttered paper, and bake in quick oven.

Trifles—2 cups butter, 1 cup sweet milk, 2 cups sugar, 4 cups sifted flour, 1 teaspoon Blue Ribbon vanilla or rose extract.

Cream the butter and sugar, sift in the flour, add the milk, turn the dough on to a bread-board and work well; roll out in as thin sheets as possible, cut in small round cakes, and bake in a very moderate oven.

Variegated Drop Cakes—2 cupfuls sugar, 1 cupful butter, 1 cupful sweet milk, 4 cupfuls flour (rather scant), 4 eggs, 6 level teaspoons Blue Ribbon baking powder.

Beat the butter to a cream; add the sugar gradually, beating all the while; then the flavoring (Blue Ribbon lemon or nutmeg). Beat the eggs very light. Add them and the milk. Measure the flour after it has been sifted. Return it to the sieve, and mix the baking powder with it. Sift this into the bowl of beaten ingredients. Beat quickly and vigorously, to thoroughly mix, and then stop. Divide in 3 parts; to 1 part stir in a little strawberry jam; to another stir in a few chopped raisins, currants, a little Blue Ribbon cinnamon and cloves. Put in gem tins a drop of each kind of the above mixture; bake in a moderate oven, and ice.

COLD DESSERTS



APPLE Charlotte—Prepare 1 pint of Blue Ribbon lemon jelly in the usual way. Then take 1 pint cooked apples strained and rubbed through a *siève*; pour the jelly over the apples, add 1 cup sugar and stir with your dish placed on ice until mixture begins to thicken; add the whites of 3 eggs beaten to a stiff froth; pour into a mould lined with sponge cake. Serve with soft custard. A delicious and wholesome dessert.

Blanc Mange Meringue—1 quart milk, 4 level tablespoons cornstarch, 2 eggs, 4 level tablespoons granulated sugar, 1 teaspoon Blue Ribbon vanilla extract, 2 tablespoons powdered sugar.

Scald milk in a double boiler, saving out about $\frac{1}{2}$ a cup to moisten cornstarch. Mix cornstarch and granulated sugar together, and moisten with the $\frac{1}{2}$ cup of milk and stir into the scalded milk. Cook directly over the heat, and allow it to boil 5 minutes; remove from fire and allow it to cool slightly. Separate the eggs, beat the yolks slightly by themselves, stir into thickened milk, cook all together for 1 minute; remove from fire and add vanilla, pour into baking dish.

For the Meringue—Beat the whites till frothy, add the powdered sugar, and beat until quite stiff. When stiff enough to hold its shape, spread meringue over the pudding, heaping it in the middle, sprinkle with powdered sugar, and brown slightly in a warm oven. Serve cold.

Charlotte Russe—Have a glass dish ready, lined with slices of sponge cake or lady cake. Dissolve 1 box of Blue Ribbon calf's-foot jelly powder in $\frac{1}{2}$ cup boiling water and allow to cool, and add to $\frac{1}{2}$ pint of rich sweet cream; sweeten this with $\frac{1}{2}$ cupful of white sugar. Put $1\frac{1}{2}$ pints of rich cream in a large bowl. Flavor with Blue Ribbon vanilla or orange extract, or both. Set the bowl in a pan of ice-water or snow. When well chilled whip thoroughly with an egg beater. Add, if wished, the well-beaten whites of 2 eggs and whip again; they will give the cream a little more consistence and make it a little richer. Pour the dissolved jelly powder and milk into a broad, shallow dish, stirring all the time to prevent lumps. When it is nearly cold stir the whipped cream in slowly; pour it into the dish containing the cake, and set away to cool on ice, if possible; $\frac{1}{2}$ pint of cream may be reserved, whipped to a froth, and spread over the top. The cream may be whipped while the jelly powder is cooling.

Charlotte Russe, Plain—1 cupful thick whipped cream, 1 cupful rich sweet milk, 1 package Blue Ribbon jelly powder, $\frac{1}{2}$ cupful pulverized sugar, 3 whites of eggs, well beaten, flavor with Blue Ribbon vanilla or almond extract.

Dissolve the sugar and jelly powder in the milk, stirring continually. Keep hot, but do not let boil; pour into a dish set in ice-water. When

nearly cold enough to harden pour in half the whipped cream and beat 10 minutes. Whip the whites of the 3 eggs and stir in, beating 5 minutes longer. Flavor. Fill the dish or mould with slices of sponge cake or lady-fingers; pour in the prepared cream. Beat the remaining $\frac{1}{2}$ cupful of cream and spread over the top. Cool on ice, if convenient. If in a mould it will turn out nicely. This may be made without cream, but is not as rich. In this case the whites of 2 more eggs must be sweetened, whipped stiff, flavored and spread over the top; grated cocoanut sprinkled over this will be an improvement, and spoonfuls of jelly dotted over all beautify what is at once a plain, delicious, economical and ornamental dish.

Charlotte Russe (without eggs)—Take 1 pint cream, 1 teacup milk; whip the cream stiff in a large bowl; set on ice. Boil the milk, and pour over 1 package Blue Ribbon vanilla jelly powder, stir till dissolved, then strain; when nearly cold add the whipped cream, a spoonful at a time. Sweeten with pulverized sugar. Line a dish with lady-fingers or sponge cake; pour in the cream and set in a cool place to harden.

Cherry Tapioca— $1\frac{1}{2}$ pounds of sour cherries, 1 cup of tapioca, sugar to taste.

Cover tapioca with cold water, and soak over night. In the morning put it on the fire with 1 pint of boiling water, simmer slowly until the tapioca is perfectly clear.

Stone the cherries, stir them into the boiling tapioca, sweeten to taste. Take from the fire, turn into the dish in which they are to be served, and stand away to cool. Serve very cold, with sugar and cream. Oranges, peaches, raspberries or strawberries may be used instead of cherries.

Coffee Mange—3 cups milk, 1 cup strong Blue Ribbon coffee, 8 level tablespoons cornstarch, 8 level tablespoons sugar, 1 egg.

Scald milk in double boiler. Mix cornstarch, sugar and egg together, blend with little milk, add coffee and pour into milk. Boil for 5 minutes, beating well to make it smooth. Put in moistened mould to set. Serve with custard.

Chocolate Cream—1 package Blue Ribbon chocolate jelly powder, 1 pint boiling water, 1 cup whipped cream or 1 pint milk, and white of 2 eggs.

Make jelly according to directions on package. When as thick as honey beat until foamy, then add whipped cream and turn into a moistened earthenware mould to set. If milk is used, bring to boiling point and pour over jelly powder, boil 2 minutes, set aside to cool. When as thick as honey, beat well and fold in the stiffly-beaten white of an egg, then set aside to mould. Make a custard of the yolk and serve with it.

Italian Cream—1 quart of milk, 2 packages of Blue Ribbon calf's-foot jelly powder, $\frac{1}{2}$ cup sugar, 4 eggs, 1 teaspoonful of Blue Ribbon vanilla.

Put the milk on to boil in a farina boiler. Beat the yolks of the eggs and sugar together until light, then stir them into the boiling milk; stir over the fire $\frac{1}{2}$ a minute; take from the fire, add the jelly powder and vanilla, stir well, and stand aside to cool. When slightly cool, not stiff, add the whites of the eggs beaten to a stiff froth, turn into a mould, and stand away in a cool place to harden.

This is sufficient to fill a mould holding $1\frac{1}{2}$ quarts, and will serve 9 people.

Mock Cream—Take 1 quart of new milk, 1 fresh egg, 1 teaspoon of cornstarch, 1 teaspoon of white sugar.

Scald the milk in a double boiler, or tin pail set in a kettle of boiling water. Beat the starch, sugar and egg thoroughly, and stir into the milk when it is scalding hot. Let it get thoroughly cold before serving.

Tapioca Nut Cream—Soak $\frac{1}{2}$ pound of pearl tapioca over night in $1\frac{1}{2}$ cups of cold water. Cover with 3 cups of cold water and cook in a double boiler until transparent, then add $\frac{1}{2}$ cup of sugar, and the juice and grated rind of a lemon; turn into small moulds. Chill and turn into a glass dish garnished with apricots and whipped cream, sweetened and flavored with chopped walnuts and Blue Ribbon vanilla.

Orange Cream—Dissolve 1 package of Blue Ribbon orange jelly powder in $1\frac{1}{2}$ cups boiling water; allow to cool, add 1 cup sugar, the juice of 1 lemon, the juice of 2 oranges, with the grated rind of 1 orange, and the well-beaten yolks of 2 eggs. Put it over a gentle fire, stir until it just boils (no more), pour it into a mould, and set it in a cool place.

Peach Cream—Cut a can of peaches into very small pieces; dissolve 1 package Blue Ribbon lemon jelly powder in $\frac{1}{2}$ cup boiling water, add 1 cup juice, then add the fruit, and when partly cooled, beat a pint of sweet cream until stiff; add sugar to taste. Mix all together and pour into a mould to harden.

Pineapple Cream—Peel and shred a pineapple, add $\frac{3}{4}$ cup of powdered sugar and the juice of a lemon; beat till stiff 1 cup sweet cream; dissolve 1 package Blue Ribbon jelly powder in 1 cup boiling water; when cool, mix all together lightly and pour into a mould; serve cold.

Raspberry Cream—1 pint red raspberries, 1 package Blue Ribbon raspberry jelly powder dissolved in $\frac{1}{2}$ cupful boiling water, 1 cupful powdered sugar dissolved in 1 cupful boiling water, 1 pint whipped cream, whites of 4 eggs.

To this add the jelly powder, stir, and set aside to cool. Beat the whites of the eggs stiff, and when the jelly is growing firm whip this into the frothed whites. Stir in the berries and turn into any mould, plain or fancy. Turn out on an ornamental glass plate and heap the freshly whipped cream about it.

Vanilla Cream—Soak 1 package Blue Ribbon vanilla jelly powder in $\frac{1}{2}$ pint boiling water and cool. Thoroughly beat the whites of 2 eggs and beat in 1 pint of whipped cream, add sugar to sweeten, and flavor with $\frac{1}{2}$ teaspoon Blue Ribbon vanilla; then add the dissolved jelly powder, beat until it begins to thicken, and pour into moulds. Serve very cold with cream.

Velvet Cream—Dissolve 1 package Blue Ribbon jelly powder in 1 pint boiling water; when nearly cold, but before it begins to stiffen, add 1 cup whipped cream, and beat in thoroughly together until stiff; then pour into moulds, and set on ice to harden. Half fill the moulds first with nice strawberries, raspberries, or other fruits, if desired, for a variety.

NOTE—For variety add to the cream $\frac{1}{2}$ teaspoon Blue Ribbon extract of ginger and a few pieces of preserved ginger cut very fine, instead of fruit.

Almond Custards—Make a boiled custard with 1 pint of milk, the yolks of 4 eggs, 2 tablespoons of sugar, and 1 saltspoon of salt. When cold, add $\frac{1}{2}$ cup of finely chopped almonds and 1 teaspoon of Blue Ribbon vanilla. Serve in glasses with whipped cream sprinkled with finely shredded almonds.

Apple Custard—Take 1 pint stewed apples, sweetened and cooled; 1 pint sweet milk, 4 eggs, well beaten. Mix the apple, milk and eggs, put in the baking dish, grate a little nutmeg over the top, and bake $\frac{1}{2}$ hour.

Arrowroot Custard—2 cups of boiling milk, 3 heaping teaspoons arrowroot wet with a little cold milk, 2 tablespoons of sugar, 1 egg. Mix the paste with the boiling milk, add sugar, stirring briskly; boil 2 minutes; pour over well-beaten eggs and stir while adding; flavor to taste and add a pinch of salt. This is very light and delicate, and suitable for invalids.

Bengal Custard—Take 1 quart of milk, 3 level teaspoons of rice flour, 3 well-beaten eggs, 3 tablespoons of sugar or more if liked.

Scald the milk in a double boiler, beat the eggs, rice flour and sugar together, and flavor with nutmeg or 1 teaspoon Blue Ribbon vanilla. Bake or steam in custard cups. If baked, place the cups in a dripping-pan of hot water and the cups will not be discolored.

Caramel Custard—2 cups milk, 3 eggs, 1 cup sugar for caramel, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon butter, 1 teaspoon Blue Ribbon vanilla extract, $\frac{1}{2}$ tablespoon sugar, 1 tablespoon water.

Melt sugar for caramel, stirring it constantly until light brown in color. Reserve $\frac{1}{2}$ of it. Butter custard cups, and pour a little caramel into each; tip the cups so as to coat them with it. After beating the egg slightly, beat in the sugar, stir in the milk and vanilla, and fill the cups nearly full. Place in pan of cold water, and bake in slow oven like cup custards. When cold turn out. Serve with cold caramel sauce.

To Make Caramel Sauce—Add to the caramel reserved a cup of boiling water, and keep it hot until the caramel dissolves. Set aside to cool.

Chocolate Custard—Use $\frac{1}{2}$ pound Blue Ribbon prepared cocoa to 1 quart of milk. Mix the milk and scraped chocolate to a thick paste; boil 15 minutes; while warm stir in 3 tablespoons sugar, and set it away to cool. Beat 6 eggs well, and stir into this mixture. Bake in cups. It may be served with a macaroon on top of each.

Lemon Custard—3 eggs, 1 tablespoonful butter, 2 level tablespoons cornstarch, $\frac{1}{4}$ cup of sugar, 2 cups of water, 1 large lemon, or 1 teaspoon Blue Ribbon lemon extract.

Beat the yolks of the eggs, the butter and sugar together. Mix the cornstarch with a little of the water. Stir all together and cook as for boiled custard. Remove from the stove and stir the beaten whites in lightly. The eggs may be beaten together if there is any haste.

Custard Souffle—Use 2 cups milk, 2 tablespoons butter, $\frac{1}{2}$ cup sugar, 4 eggs, 2 teaspoons flour, 1 teaspoon Blue Ribbon vanilla.

Scald the milk in a double boiler, and when hot add the yolks of the eggs well-beaten with the sugar and flour; take from the fire as soon as it begins to thicken, and stir in the butter; beat the whites of the eggs to a stiff froth, and cut it into the custard lightly and bake it $\frac{1}{2}$ hour in a slow oven. Serve as soon as taken from the oven.

Soft Custard—1 cup milk, 2 egg yolks; 1 dessertspoonful granulated sugar, $\frac{1}{4}$ teaspoon Blue Ribbon vanilla extract. Put milk on to heat in double boiler, beat yolks of eggs and add sugar, pour warm milk gently over egg yolks, stirring all the time. Put back in double boiler, and cook until it coats back of spoon. Set aside to cool, when cold add flavoring.

Steamed Custard—Take 5 eggs (throw out the whites of 2 and beat), 3 tablespoons sugar, a pinch of salt, a chip or two of lemon or orange, and a little Blue Ribbon vanilla extract. Scald 1 quart milk, take off the scum, and pour it on the beaten eggs. Set it to steaming in a closed-covered vessel, and steam 5 or 6 minutes; then set on ice.

Dessert Puffs—Take the well-beaten whites of 4 eggs, 2 cups cream, 2 cups milk, 1 cup sifted flour, 1 cup powdered sugar, a little salt, and a little grated rind of lemon.

Beat them all together until very light; bake in gem pans, and then sift pulverized sugar over them. Eat with sauce flavored with lemon.

Floating Island—1 quart of sweet milk, boil. Stir in the beaten yolks of 6 eggs, 2 tablespoonfuls of white sugar and flavor with Blue Ribbon vanilla, lemon, rose or almond. Stir until it thickens. Pour into a wide shallow dish. Beat the whites of the eggs to a stiff froth, sweetening and flavoring slightly. Spread the frothed eggs smoothly over the boiling hot custard (doing it in this manner cooks the whites sufficiently without the trouble of setting them over boiling water). Grate loaf sugar over the top, and sprinkle grated cocoanut over that.

This last is not necessary, but is a great improvement. Spoonfuls of jelly or jam may be scattered over the top. Set the dish in a pan of ice-water and serve cold as possible. This rule may be made with 4 eggs to the quart in place of 6, but is not so rich. Serve with cake for tea or lunch.

Fruit Charlotte—1 package Blue Ribbon calf's-foot jelly powder, $1\frac{1}{2}$ cups boiling water, 1 cup fresh sliced fruit, $\frac{1}{4}$ cup bar sugar, 1 cup cream whipped, or whites of 2 eggs beaten stiff.

Dissolve jelly powder with boiling water, set aside to cool. When cool, pour over fruit when stiff as honey, beat until it is frothy, then add either whipped cream or whites of eggs beaten very stiff. Set away in earthen moulds to set.

Fruit Short Cakes—2 cups sifted flour, 4 level teaspoons Blue Ribbon baking powder, $\frac{1}{2}$ teaspoon salt, 6 tablespoons butter, $\frac{1}{4}$ cup milk, whipped cream or fruit sauce.

Sift flour well before measuring. After measuring flour sift baking powder and salt through it. Cut in shortening with 2 knives, add milk. Flour board and turn out dough on it, roll in the flour, but do not knead, then roll out half-inch thick, cut in two, spread one half with butter, place the other on top, bake until light brown, split open, fill and cover with fruit. Serve with either whipped cream or fruit sauce.

Fruit Sauce—1 cup stewed fruit, 1 cup water, $\frac{1}{4}$ cup sugar, 2 level tablespoons cornstarch, 1 egg.

Mix the sugar and cornstarch, stir into them the boiling water and boil 5 minutes. Add stewed fruit, and add well-beaten egg after taking the sauce from the fire.

Whipped Cream Sauce—1 cup cream whipped stiff, $\frac{1}{2}$ cup powdered sugar, 1 egg white beaten very stiff, 1 teaspoon Blue Ribbon vanilla extract, 1 teaspoon Blue Ribbon almond extract.

Mix carefully and serve very cold.

Baked Apples with Jelly—Pare and core 6 large apples; bake in usual way, and when done pour over them 1 pint of Blue Ribbon jelly (any flavor). Set on ice to cool. Serve with whipped cream.

Cake in Jelly—Bake a sponge cake of pretty shape. Make sufficient Blue Ribbon jelly (any flavor) and into dish pour part of jelly; when almost firm place cake upon it and cover with remaining jelly; when firm turn on to a platter. Serve with whipped cream.

Apricot Jelly—1 package Blue Ribbon orange jelly powder, 1 cup boiling water, 1 tin of apricots.

Pour boiling water on jelly powder and stir till dissolved. Heat the apricot juice, and when hot, strain in with the jelly powder. Peel apricots, and put in mould; then pour over the jelly. Let it set in a cold place. Serve with whipped cream seasoned to taste.

Macedonian Jelly—Dissolve 1 package of Blue Ribbon lemon jelly powder in 1 pint boiling water. Cool a little of the jelly in a mould by setting it on ice; when solid, add a layer of nicely-washed currants, seeded raisins and stoned dates, then cover the fruit with more of the warm jelly; harden again on the ice, and repeat the process until the mould is full. Fresh grated or desiccated cocoanut may be used instead of fruit, if preferred.

Rainbow Jelly (sufficient for two quarts)—1 package lemon Blue Ribbon jelly powder, 1 package cherry Blue Ribbon jelly powder, 2 packages pistachio Blue Ribbon jelly powder.

Dissolve each package of jelly with $1\frac{1}{2}$ cups boiling water. First dissolve lemon jelly powder and put half of it into each mould; when thick as honey put in slices of fruit and allow jelly to stand until it is quite set. Then put on next flavor of jelly. Be sure jelly is only lukewarm when you put it on the jelly that is set. Allow it to stand until thick as honey and add fruit. Continue adding jelly and fruit until mould is filled.

Russian Jelly—1 package Blue Ribbon jelly powder (any flavor), $1\frac{1}{2}$ cups boiling water, 2 whites of eggs beaten very stiff.

Dissolve jelly powder with boiling water, set aside to cool. When thick as honey whip until it is frothy, add well-beaten whites of eggs. Set away in earthen moulds to stiffen. Serve with custard.

Tea or Coffee Jelly—One packet of Blue Ribbon calf's-foot jelly powder dissolved in 1 pint of hot Blue Ribbon tea or coffee, and add $\frac{1}{2}$ cup of sugar, will produce a delicious tea or coffee jelly. Serve with whipped cream or cream and powdered sugar.

Lemon Sponge—Dissolve 1 package of Blue Ribbon lemon jelly powder in the usual way; add the yolks of 4 eggs and cook in a double boiler until it begins to thicken. Strain the mixture into an agate pan, which place on broken ice and beat contents occasionally until it has cooled, but not hardened. Now add the beaten whites of the eggs and beat until it begins to thicken; then turn into moulds and set away to harden. Serve with cream and powdered sugar. Orange Sponge may be prepared in the same way.

A Luncheon Dish—Hollow out the centre of a square sponge cake leaving the bottom and sides thick enough to hold 1 pint of jelly. Make lemon jelly from Blue Ribbon jelly powder, and when it is nearly cold fill up the space in cake and set in cold place to harden. Chopped nuts added to jelly improve it. When ready to serve cover with whipped cream.

Moulded Apple—Boil 1 pound of loaf sugar in 1 pint of water 5 minutes. Add 2 pounds of tart apples prepared as for sauce. Let boil until the mixture grows thick. Add the grated rind and the juice of 1 lemon, or flavor with Blue Ribbon lemon extract.

Press into moulds that have been dipped in cold water, and not wiped. When the moulded apple is turned out ornament by sticking blanched almonds over it. Pour whipped cream or soft custard around it.

Orange Dressing—Take the juice of 3 oranges and 1 lemon; add $\frac{1}{2}$ cup sugar and 1 egg; beat all together, bring to the boil, simmer 5 minutes and strain. Add a little grated peel of orange and lemon if desired. It makes an excellent dressing for fruits like sliced oranges, bananas, etc. Keep on ice till ready to serve.

Pear Meringue—Cook 8 canned pears in their syrup until clear and the syrup is thickened, then lay them in a glass dish, or one that may be sent to the table. Beat the whites of 3 eggs to a stiff froth with sugar, spread it over the pears and brown the top in the oven. Serve with cake—sponge cake is nice with it.

Other canned fruits can be prepared the same way, and many varieties produced.

Prune Whip—Take 2 cups prunes, sweeten to taste and stew; add 1 teaspoon Blue Ribbon lemon extract; when cold add whites of 4 eggs, beaten stiff, stir all together till light, put in a dish and bake 20 minutes. Serve with cream.

Other fruit whips can be made the same way.

CREAMS AND FRAPPES

EASILY Made Ice Cream—1 quart of either milk and cream mixed, or all cream, 1 package Blue Ribbon Ice Cream Powder (either vanilla, strawberry, chocolate or unflavored). Empty the powder into a dish, add a small portion of the cream, and stir to a thick paste to avoid becoming lumpy. Then add balance of cream, and heat in a farina or double boiler for about 10 minutes, or until scalding hot, stirring constantly. Then let it become cool, and freeze. Sugar may be added if desired. This makes about 2 quarts of most delicious ice cream.

Freeze as follows, or according to directions on your freezer, if different:

Directions for Freezing Creams—Put ice in a strong canvas bag and pound it fine, use rock salt—fine will not do. Scald can, dasher and cover. Fit the can into the socket in the pail, pour in mixture to be frozen, put on cover, adjust the cover to the cross-piece, and turn the crank to make sure that all is in working order.

Packing—Fill space between can and pail with alternate layers of ice and salt, putting in 3 measures of ice, then 1 of salt. The ice should come a little above the height the cream will stand in the can. Never fill can more than $\frac{3}{4}$ full, as it expands on freezing. Pack ice and salt solidly, turn crank a few times and let mixture settle.

Freezing—Turn crank slowly and steadily until cream is rather stiff, then turn more rapidly. Do not drain off water unless there is danger of water getting into can. The cream should take about 20 minutes to freeze. Cream frozen too rapidly, or not well stirred, is coarse grained. When dasher turns very hard cream is sufficiently frozen. Remove dasher, wipe the outside of the cover and upper part of can so salt will not get in. Scrape cream from the sides of can and pack down evenly. Put cock in hole in cover and replace. Draw off water from hole near bottom of pail, repack with ice and salt, and cover with an old blanket or piece of carpet. Let cream stand at least 1 hour—2 if possible—to “ripen” before serving.

How to Make Ice Cream Without a Freezer—Ice cream can be made in a tin pail packed in a wooden pail. Whirl the pail round by the handle, taking off cover occasionally to scrape down and beat the cream. A small quantity can be made in a baking-powder can set in a pail or saucepan. Before using see that can has no leaks.

Ice creams should seem quite sweet and highly flavored before being frozen, as after freezing they will seem less so.

Almond Ice Cream—After blanching the almonds pound them to a paste, adding a little rose-water to prevent their oiling; then add it to any of the above ice creams for flavor. Use about 3 oz. almonds to the quart of ice cream. Another flavor is produced by blanching the almonds, roasting them in the oven to a golden brown, and pounding to a smooth paste in a mortar with a little sugar and cream.

Coffee Ice Cream—Use about 4 tablespoons of very strong Blue Ribbon coffee to each quart of ice cream. If preferred, ground coffee can be boiled with the milk. A little arrowroot is sometimes added with coffee cream.

French Ice Cream—1 pint milk, 4 eggs, 1 cup sugar, 1 tablespoon Blue Ribbon flavoring, 1 cup cream whipped stiff, $\frac{1}{2}$ teaspoon salt.

Scald milk and pour slowly over the yolks beaten stiff with the sugar and salt, and cook until it coats the spoon; remove from fire. Have whites beaten perfectly stiff, and add flavoring. Pour over the whites the custard, and beat until cold, then add cream, and freeze.

Fruit Juice Ice Cream—Mix any desired fruit juice with sugar to form a clear syrup, and then beat it into the ice cream after it is frozen, or stir it in after beginning the freezing. Fruit juice should never be cooked with the cream or milk. Use 1 cup of the prepared juice to 1 quart cream.

Picnic Ice Cream—Take 3 pints milk, 1 pint cream, $1\frac{1}{2}$ cups sugar, whites of 3 eggs beaten to a stiff froth; flavor and freeze without cooking. It can be made and served in 1 hour.

Philadelphia Ice Cream— $1\frac{1}{2}$ pints cream and 1 cup milk, or 1 quart thin cream, 1 scant cup sugar, $\frac{1}{2}$ teaspoon salt, 2 tablespoons Blue Ribbon flavoring.

Scald cream with sugar in it, but do not boil; beat until cold, add flavoring, and freeze. These creams may be removed from freezer, put in moulds and packed in ice and salt, covered, and allowed 2 to 5 hours to "ripen." One-pound baking powder tins make very pretty moulds, which are quite convenient for serving in slices.

Plain Ice Cream—1 pint milk, 2 level tablespoons cornstarch, 1 cup sugar, 1 tablespoon Blue Ribbon vanilla extract, 1 pint cream, 2 eggs.

Scald the milk, mix the sugar, cornstarch and eggs together, and make a custard according to directions for soft custard. When cold, stir the cream into it, and just before freezing add the flavoring.

Strawberry Ice Cream—1 quart strawberries, $\frac{1}{2}$ pint of cream, 1 pint sugar, $\frac{1}{2}$ pint milk.

Mash the berries and sugar together; add cream and milk, rub through a fine strainer into the freezer.

Fruit Ice Cream—Fruit ice creams of all kinds can be made in the above manner. Crush all the small fruits with the sugar, being guided as to the amount of sugar by the acidity of the fruit. If large fruits are used, such as pears, pineapples, peaches, apples, etc., grate them. Mix with the sugar, and proceed as for strawberry ice cream.

Canned Fruits, etc., when used in creams, should be opened an hour before using, and turned into a pitcher to aerate; this improves their flavor very much.

Tea Ice Cream—Strong Blue Ribbon tea can also be used for a flavor the same as coffee.

Iced Strawberry Pudding—Boil 2 heaping cups sugar and 2 cups water together for 30 minutes, watching carefully that it does not get too thick. Beat the yolks of 6 eggs very light, and add to the boiling syrup; stir a moment over the fire, then turn into a large bowl, and beat continually until cold and thick like a sponge-cake batter; then add 1 pint of strawberry juice and freeze. Other fruit juices can be used instead of strawberry if desired, and so produce varieties.

CREAMS FROZEN WITHOUT STIRRING

White Parfait—1 cup sugar, 1 cup water, 3 eggs, 1 pint cream whipped very stiff, 2 teaspoons Blue Ribbon rose extract, $\frac{1}{2}$ teaspoon Blue Ribbon almond extract.

Cook sugar and water together until it spins a thread, pour it slowly over the whites of eggs which were beaten very stiff. Beat thoroughly until cold, add the whipped cream, mix thoroughly, turn into moulds, pack in ice and salt, allow it to stand 4 or 5 hours to "ripen."

This recipe can be varied by putting in different flavorings and colorings.

Yellow Parfait—6 egg yolks beaten thick, 1 cup sugar boiled in $\frac{1}{2}$ cup water 5 minutes, 1 pint cream whipped very stiff, 1 tablespoon Blue Ribbon vanilla extract.

Cook sugar and water together and pour over yolks slowly, return to double boiler, cook until mixture coats spoon, strain, beat until cold, add whipped cream which has had flavoring added, mix thoroughly, turn into moulds, pack and cover well with ice and salt, and leave 4 or 5 hours to ripen.

Frappes are soft water ices with or without cream. Freeze like creams, except that crank need not be turned constantly, a few turns every 5 minutes are enough. Freeze to the consistency of mush or wet snow.

Cafe Frappe— $3\frac{1}{2}$ cups strong Blue Ribbon coffee, 1 scant cup sugar, 1 cup cream.

Add sugar to coffee while hot, cool, strain, add cream and freeze, or omit cream and freeze, and serve with 1 cup whipped cream. Put teaspoon whipped cream on top of each glass when serving.

Pour mixture in freezer, using half ice and half salt, freeze to consistency of mush.

Tea Frappe—4 teaspoons Blue Ribbon tea, cover with 1 pint freshly boiling water, and steep 5 minutes; 1 cup sugar, 2 cups water, boil 5 minutes; juice 3 oranges, juice 2 lemons, 1 cup pineapple. Strain tea and add to other liquids and fruits and freeze.

HOME-MADE CANDIES

B **UTTER Scotch**—Take 3 cups of white sugar, $\frac{1}{2}$ cup of water, $\frac{1}{2}$ teaspoon of cream tartar and 1 tablespoon of butter; boil, without stirring, to the "crack" degree; add $\frac{1}{4}$ teaspoon of soda and 8 drops of Blue Ribbon lemon extract, and turn it into well-greased pans, having it about $\frac{1}{2}$ inch thick; when partly cool, mark into inch squares with a well-greased knife.

Caramels (Chocolate)—Take 4 cups brown sugar, 2 cups New Orleans molasses, $\frac{1}{2}$ cup of milk, 2 cups Baker's chocolate (grated), and butter the size of an egg; stir all together, and boil slowly over a slow fire until it "cracks" in water, add Blue Ribbon vanilla extract and turn it about $\frac{1}{2}$ inch deep, into large, flat, well-greased tins; when nearly cold, mark it deeply into squares with a greased knife. Break apart when cold, and wrap in waxed paper.

Cream Candy—Delicious candies may be made from the white of an egg and a tablespoonful of cream or cold water lightly beaten together. Into this the sugar should be stirred until it is the consistence of stiff dough.

Work until smooth, form into small balls the size of a cream chocolate, stand on greased paper, and put in a cool dry place to harden (about 2 hours).

A variety of flavors of Blue Ribbon extracts may be used, and the candy may be colored with the usual materials used for coloring rose and orange cakes.

Everton Taffy—To 1 pound coffee or granulated sugar add 1 teacup of water; cream $\frac{1}{2}$ pound butter and have it ready, and when the sugar is dissolved, stir it in; flavor with Blue Ribbon lemon, cook to the "crack" degree, turn it into greased pans, and with a greased knife mark into blocks when partly cold.

Fondant for Making Creams—2 cups granulated sugar, $\frac{1}{2}$ cup water, $\frac{1}{2}$ teaspoon Blue Ribbon cream tartar, 1 tablespoon Blue Ribbon extract.

Boil sugar, water and acid until a soft ball can be formed in cold water, cool slightly, beat until thick, turn out on a large buttered platter and knead until creamy. Form into shapes and press nuts on top or roll in nuts or dip next day in Blue Ribbon chocolate icing and set aside to dry.

Fruit Creams—Take some fondant, and while it is warm work in grated cocoanut or finely-chopped citron, currants, figs, or other fruit; it can then be formed into balls, bars, or flat cakes, and these set aside to dry.

Fudge— $1\frac{1}{2}$ cups white sugar, $\frac{1}{2}$ cup milk, 2 teaspoons butter, $\frac{1}{2}$ cup Blue Ribbon chocolate icing, $\frac{1}{2}$ teaspoon Blue Ribbon vanilla extract.

Boil everything together until it forms a soft ball in cold water. Remove and beat until thick, put on a greased plate.

Lemon Candy—2 cups granulated sugar, $\frac{1}{2}$ cup water, $\frac{1}{2}$ teaspoon Blue Ribbon cream tartar, $\frac{1}{2}$ teaspoon Blue Ribbon lemon extract, $\frac{1}{4}$ teaspoon tartaric acid.

Put sugar, water and cream of tartar on, allow it to boil. When a little dropped in cold water becomes brittle, it is done. Pour in a shallow buttered dish. When cooled sufficiently to handle, add the extract of lemon and tartaric acid mixed, and work thoroughly into the candy until the acid has been evenly distributed. Don't work too much, or the transparency of the candy may be destroyed.

Melting Fondant—In melting fondant put some of it in a cup and set it in a dish of boiling water instead of setting it directly on the stove; when melted, the cup can be held in the hand while the dipping or dropping is being done.

Molasses Candy—1 cup New Orleans molasses, 1 cup brown sugar, 1 tablespoon vinegar, 1 ounce melted butter.

Mix all together and boil without stirring until it hardens when dropped in cold water; then add a teaspoon of baking soda, and pour into buttered tins.

Or, when cool, pull out and cut in sticks. While pulling, brush the hands with butter or moisten them with ice-water. The longer it is pulled, the whiter and nicer it will become, both in color and taste.

Molasses Taffy—2 cups brown sugar, 1 cup molasses, 1 tablespoon vinegar, 2 tablespoons butter, 1 teaspoon Blue Ribbon vanilla extract.

Boil the mixture for 10 minutes, then add flavoring and pull when sufficiently cooled.

Orange or Lemon Creams—Grate the yellow rind of an orange carefully into a plate, and add the juice of $\frac{1}{2}$ an orange and $\frac{1}{2}$ a lemon, and just a dash of tartaric acid; then mix it with enough confectioner's powdered sugar to make a stiff paste, form it into little balls, and set away to dry for a few hours; then melt a little fondant in a cup as before directed, and drop in each little ball, lift it out with a fork, and lay it on oiled paper. If the cream gets too thin to cover the balls well, let it cool a minute; if it gets too thick warm it again. Lemon Creams are made by using lemon in the same way.

Peanut Candy—Take 1 cup coffee or granulated sugar, 1 tablespoon of water, and boil till it will harden in cold water; add a pinch of Blue Ribbon cream tartar, and stir in 1 cup of shelled peanuts; finish as for hoarhound candy.

Pinoche— $1\frac{1}{2}$ cups brown sugar, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup chopped nuts, $\frac{1}{4}$ teaspoon Blue Ribbon almond extract, 2 teaspoons butter.

Put sugar, milk and butter in sauce-pan, and boil together till it forms a soft ball in cold water. Add nuts and flavoring and beat till it gets thick. Pour out on a greased plate.

Taffy (Lemon)—Put 1 cup of water and $1\frac{1}{2}$ pounds coffee, sugar over the fire; stir until dissolved, then add $\frac{1}{4}$ teaspoon of cream tartar; wipe down the sides of the pan with a damp cloth or sponge to remove the crystals, and boil until it reaches the "crack" degree; then turn it into shallow greased pans to cool, sprinkling on 1 teaspoon of Blue Ribbon lemon extract. Mark into squares with a sharp, greased knife, when it is partly cold.

Walnut Creams—Melt a little fondant in a cup, as before directed; color it with cochineal, and flavor with vanilla or not, as preferred; then drop in walnut meats, one at a time, taking them out on the tines of a fork, and placing them on buttered paper to harden; then repeat the operation, giving each one a second coat. Another way is to flavor a little fondant with vanilla, form it into small balls, press the 2 halves of a walnut on opposite sides of each one, and set it on an oiled dish to harden. If the nuts are slightly salted before being used it will improve the flavor.

Almond Creams can be formed by using almonds instead of walnuts.

BEVERAGES

TEA



The quantity of dry tea to be used per cup depends on the taste of the drinker and the quality of the tea. As Blue Ribbon tea is richer and stronger than any other, less of it is required.

Scald out the pot with boiling water, put in the tea, pour on the water boiling hot, cover closely, and set for 6 or 7 minutes where it will keep hot without boiling.

The water should be freshly boiled; long boiling expels the air, and makes the water flat and tasteless. It should be boiling furiously when poured on the tea, so that the valuable properties of the latter may be extracted without stewing out the injurious tannin.

Iced Tea (Russian)—Is served a great deal with the dinner during the summer months. It should be made rather stronger than when intended drinking hot, as when cold it will not seem so strong. Sweeten to taste, and when convenient leave in refrigerator for several hours. Serve it in a bowl with lumps of ice and slices of lemon floating in it. Have a pitcher of ice-water at hand to weaken it for those who think it too strong. In serving it each person should receive a lump of ice and a slice of lemon.

COFFEE

Essentials of Making Coffee—(1) Have good coffee, and be sure it is fresh roasted, the fresher the better; coffee roasted even a month has lost the best of its fragrance and aroma; Blue Ribbon is the best and freshest coffee in tins. (2) See that the coffee-pot is absolutely clean—not even milk-pans require more scrupulous cleanliness. (3) Do not cook long enough to extract the injurious tannic acid; if you boil it at all, never boil it over 3 minutes. (4) Serve hot at once, and with hot milk or cream.

Amount of Coffee to Use—This varies according to the taste and the quality of the coffee used, but the general rule is to allow a heaping tablespoon of ground coffee for each cup.

The Coffee Pot—A tin or iron pot should not be used, as it taints the coffee; a worn enameled pot has the same objection. The French pots are a great convenience, but with any earthenware pot good coffee can be made.

Every time the coffee-pot is used it should be thoroughly cleaned, spout and all. If neglected, or if the coffee is allowed to stand long in the pot, a sort of black, greasy deposit will form on the inside, and it will spoil all coffee made in the pot while it is there. So wash, scald and dry the pot each time after being used. Dry each piece of a French coffee pot separately. Scald it out with hot water—cold water sets the greasy film, and is worse than useless. Do not use any soap or soapy water, but fresh, hot water merely.

If the pot has been neglected, and is coated, put in a tablespoon of washing soda, fill it with water, and boil it for a long time; then scrub it out well, rinse it with hot water, and dry it. Boil the strainers and all parts in the soda water, and scrub them also. Do not heat the coffee-pot too hot in drying it, or the next coffee made in it will taste burnt.

Coffee by a Simple Method—Heat the coffee and tie it in a muslin bag, scald the coffee-pot, suspend the bag in it, pour on the water boiling hot (be sure it covers the bag), let it stand 10 to 15 minutes where it will keep hot but not boil, then put to front of fire and just bring to boiling point, remove bag, and serve. This answers somewhat the same purpose as the French biggin, but can be used by those who do not have one. Change bag frequently.

Filtered Coffee without Egg—Have the coffee heated hot, pour on the water boiling hot, cover closely, let it stand 5 minutes, strain it through muslin (having it wrung out of hot water) into the coffee-pot (having that heated); cover it, set it on the stove and heat a moment (not boil) and serve. Have the milk thoroughly hot. The coffee may be heated in a pan or pitcher if more convenient. Cloth should be changed frequently.

French Coffee with Boiling Water—Heat the coffee, put it into the filter of the biggin, and pour on just enough boiling water to moisten it well; let stand 5 minutes, and pour on the balance of the water slowly, a cupful at a time, and wait 2 or 3 minutes between each cup; if wanted very strong turn out the coffee and pour it through the filter again; serve at once. This coffee should never boil; the best way to avoid this is to set the coffee-pot in a pan of boiling water while the water is being filtered through the coffee.

Cafe Noir—This is a French term meaning literally "black coffee." It can be made like other coffee, but very strong, using twice as much coffee (2 tablespoons) for each cup of water. It is served in small cups with sugar, but no milk or cream are served with it.

Cafe au Lait—This is a French term meaning "coffee and milk." It is simply very strong coffee, to which is added a large proportion of good hot milk—half and half being the proportions. Sweeten to taste.

Vienna Coffee—This consists simply in adding to each cup of coffee 3 tablespoons of whipped cream. Equal parts of whipped cream and beaten white of egg are sometimes used.

Iced Coffee—Make 1 quart of extra strong coffee and let it get cold; beat 2 eggs very light, stir into them 2 cups milk and 4 tablespoons cream;

sweeten to taste, and stand in the refrigerator 5 or 6 hours. Serve with a lump of ice in the pitcher. If no refrigerator is at hand, the pitcher can be set for 1 hour in a pail of ice and salt ($\frac{3}{4}$ ice to $\frac{1}{4}$ salt); take care that it does not freeze. Iced tea can be cooled the same way.

OTHER BEVERAGES

To Use Prepared Cocoa—Take 2 level teaspoons Blue Ribbon cocoa, 2 teaspoons sugar, add 2 tablespoons cold water until it forms a smooth paste, then add by degrees $\frac{1}{2}$ cup milk, or $\frac{1}{2}$ boiling milk and boiling water, and stir all together well, heat with a Dover egg beater. There are many preparations of cocoa, some of which are recommended for preparation at the table, but all cocoa is better for being boiled 1 or 2 minutes.

Iced Cocoa—Make the cocoa in the usual way, and for each 2 cups beat in $\frac{1}{2}$ cup whipped cream; sweeten to taste, let stand till cold, and serve in glasses containing a little chipped ice.

Chocolate—Put 4 ounces of chocolate into a farina boiler, stand it over the fire to melt. When melted, add 1 quart of new milk slightly warmed, and 2 tablespoons of sugar.

Cover the farina boiler and boil 5 minutes, then, with a whip churn or an egg beater, beat the chocolate until smooth and creamy. Serve with whipped cream.

Apple Water—Take tart apples, quarter and core; add $\frac{1}{2}$ their weight of sugar, cover with water, and simmer till tender; strain through a jelly bag and cool, add a little lemon juice. Put pounded ice in the glass when you drink it.

Grape Water—Squeeze 4 lbs. grapes through a coarse cloth, and add $\frac{1}{2}$ cup of white sugar and 1 pint water to the juice. Serve with crushed ice in the glass.

Lemonade—Squeeze the juice from lemons, add a little of the thin yellow rind, with water, and sugar enough to sweeten to taste.

Adding ripe strawberries, mashed, is a great improvement to lemonade, So also is adding either grated or sliced pineapple. Remember in using either lemon or orange peel that the thin yellow rind (called zest) is all that is used; the white part of the rind is bitter and injurious. Boiling water is sometimes poured over the thin yellow rind and allowed to stand a while; then the lemon juice, water and sugar are added.

Oatmeal Drink—(1) Dissolve $\frac{1}{2}$ cup of oatmeal in a jug of water; let settle, and drink cold. (2) Take $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ a lemon, sliced small, and $\frac{1}{2}$ lb. fine oatmeal; mix them with a little warm water first, and then pour on 4 quarts boiling water; stir well together, let settle, and use cold. Any other flavoring can be used instead of the lemon if desired. (3) Mix together gradually, in 4 quarts of boiling water, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. fine oatmeal, and 4 oz. Blue Ribbon cocoa. Use when cold.

Orangeade—(1) In 1 cup boiling water infuse the thin yellow rind of 2 oranges; then add $\frac{1}{2}$ cup of sugar and the juice of 6 oranges; ice

Dried Apple Sauce—Look over and wash the apples, and let them soak over night in soft water; cook them next morning slowly and without stirring, until they are tender; about 5 minutes before taking from the stove add sugar to sweeten; mash through a sieve, and flavor with Blue Ribbon cinnamon or lemon.

Dried Peach Sauce can be made the same way, but do not mash it, and season it less.

Cranberry Sauce—Pick over the berries, wash and scald them, and put on to stew over a moderate fire, adding 1 cup water for each pound of cranberries; cover, and stew slowly, stirring as little as possible. If boiled hard, especially when first put on the stove, it is apt to separate the skin from the berry. Sweeten them to taste on taking them from the stove. Part of the acid can be extracted from the cranberries, so that less sugar will be needed to sweeten them, if they are allowed to stand first for about 5 minutes in boiling water; then drain them out, and set them on to stew with fresh water. A few raisins added make a pleasant combination.

Fig Sauce—Scald and wash $\frac{1}{2}$ lb. of nice figs; take every seed from $\frac{1}{2}$ lb. of raisins, tearing them in two pieces as you seed them; cut the figs in very small pieces and mix with the raisins; add water enough to cover them, and steam 1 hour in a pudding dish.

Gooseberry Fool—Take off the tops and stems from 1 lb. of gooseberries and stew them with $\frac{1}{2}$ cup sugar in $\frac{1}{2}$ cup water; then pulp through a sieve. Whip 2 cups cream and beat into the pulp.

Stewed Pears—Cover medium-sized pears with water, adding 4 to 6 ounces of sugar for each pint of water; cook in a slow oven until done—1 or 2 hours or more according to ripeness. Take out and when cold remove the cores, using a long cutter; reduce the syrup well; fill the interior of the pears with whipped cream flavored with vanilla and pour the syrup around them. Serve more whipped cream with them. For a change gelatine may be added to set the syrup; when cold, chop it, and pile around or over the fruit.

Apples are also nice thus treated.

Baked Pears—Pare and core the pears without dividing; place them in a pan and fill the hole in each pear with brown sugar; add a little water and bake until perfectly tender. Serve cold with cream or boiled custard. (2) Hard pears or "windfalls" can be pared, quartered and cored, and put into a deep pudding dish; add 1 cup water and 1 cup sugar for each 2 quarts of pears; cover closely, and bake in a moderate oven—it will take several hours. They will keep then indefinitely, if sealed in self-sealers as soon as they are done, and while still hot. Fruit that is often left on the ground to waste, may be saved thus and made useful.

Plum Charlotte—Take 1 quart of ripe plums, stone, stew, and then sweeten them; place slices of bread and butter in the bottom and around the sides of a large bowl or deep dish, and pour in the plums, boiling hot; cover the bowl and set it away to cool gradually. Send it to the table cold, and eat with cream.

Stewed Prunes—Select good prunes, wash them, and let soak 1 or 2 hours if dry and hard; then cover them with cold water, cover closely, and boil until tender and swollen; then for each quart of prunes add $\frac{1}{2}$ cup of sugar, and boil a little more, but not long enough to break the skins. A little lemon juice may be added if they are deficient in flavor.

Prunes are simply dried plums. They are often used for their laxative effect by persons subject to habitual constipation.

To Skin Peaches—If peaches are dipped in boiling water for an instant the skins will readily slip off, saving labor in paring them.

COMPOTES

Compotes consist of any kind of fresh fruit, partly cooked in a syrup less strong than that used for preserves or jam, and are used the same day they are made. If enough sugar is allowed they will keep good for 2 or 3 days, in a cool place. If there is any sign of mould or fermentation, it may be checked on its first appearance by boiling the preparation a second time for 1 or 2 minutes. They are more economical and wholesome than pastry, and superior compotes can be served for dessert.

The fruit should not be cooked as thoroughly as when it is to be served as stewed fruit; it must not cook enough to lose either its form or color.

Syrup for Compotes—A good rule is to allow 3 cups of water for each pound of sugar; boil it 15 minutes, removing the scum carefully as it rises; the syrup is then ready for use.

Strawberry Compote—Put alternate layers of strawberries and sugar in a stew-pan, add a gill of currant syrup for each lb. of fruit, shake it over the fire for a minute or two and then turn it out to cool. Flavor it if liked.

Raspberry Compote—Use ripe fruit and allow just enough red currant juice to cover, or a little water may be mixed with it. Use a shallow dish, add a little granulated sugar to the currant juice and as soon as it boils put in the raspberries and cover; then remove from the fire, and when cold pour into a dish.

This is delicious with puddings hot or cold, or with plain or frozen cream, and is also excellent iced.

Rhubarb Compote—Cut the rhubarb into inch lengths, and boil it fast in plenty of water until soft; at once drain it from the water, put it in a dish and sprinkle on sugar ($\frac{1}{2}$ lb. or so for each lb. of fruit); leave until cold, and there will be plenty of syrup.

Compote of Apples—Select moderate-sized apples; either pare, halve and core them, or cook them whole if preferred; then add prepared syrup and let them simmer until tender, adding a little lemon juice; lift out the apples and boil the syrup a little to thicken it, cool it and pour it over the apples. Garnish it with strips of green angelica, candied citron, or a border of rice jelly or plain boiled rice, or put a slice of lemon on each apple.

Pears, Peaches, Apricots, Bananas, and other fruit may be prepared the same way, but it is best to stone peaches or apricots.

JAMS, JELLIES AND PRESERVES

The Utensils Used—The best vessels to use in cooking fruits for preserves or canning are aluminum, or porcelain lined kettles, or yellow-ware dishes. Never use tin vessels, as the acid of the fruit acts on the tin.

Putting in Jars and Keeping—The usual method has been to lay on top a piece of paper dipped in brandy or alcohol and cut to fit nicely, and then paint a larger piece with white of egg and tie it on over the other—some people tie on parchment. A much simpler and easier method for jellies is when they get cold to pour on melted parafine. It hardens almost immediately, and then a piece of brown paper can be tied on to keep out the dust. The parafine will lift off easily, and it can be washed, kept and used again by remelting.

Jellies are made with clear fruit juice and sugar, the usual rule being to mix them in equal proportions. As, owing to the change in its pectose, fruit will not make jelly when it is over-ripe, it should be gathered for this purpose just as it turns ripe. If you wish clear, firm jelly, do not make it in damp or rainy weather.

To Test Jelly—There are various ways: (1) Drop a little into cold water or on a cold plate, stirring it for a few seconds, and if it coagulates it is done; or (2) let 1 or 2 drops fall from the skimmer into a glass of

cold water; if it reaches the bottom a solid drop of jelly, without dissolving in the water, it is done; or (3) dip the skimmer in and out, holding it sideways over the jelly; if it runs off in only one place it is not cooked enough; if it runs around the skimmer and drips off in 2 or 3 places in wide thick drops, it is done.

Hardening Jelly—Jelly which is not quite as firm as desired can be shrunk by setting the glasses in the sun.

To Prevent Breaking the Glasses when pouring in the hot jelly, several plans are in use. One plan is to rub the glass over on the outside with lard or butter, and then pour in the first 1 or 2 spoonfuls slowly. Another is to stand the glasses while being filled on a folded towel wet with cold water. Another plan is to put a silver spoon in the jar; but the folded towel is the best plan.

Cooking the Fruit for Preserves—Large fruits should cook until a broom straw will readily pierce them. To avoid burning, boil them, gently. They must be soft enough to be readily penetrated by the sugar (as that is what preserves them), but that is all. Over-boiling is to be avoided, and small fruit especially, like strawberries and raspberries, are spoiled if much cooked. The object aimed at is to have the sugar thoroughly permeate the fruit enough to preserve it, but without injuring its shape more than necessary. Fruit is darkened in color and its flavor injured by long boiling.

Crab Apple Jelly—Cut them into pieces, but do not pare or remove the seeds; boil until soft, adding barley water enough to cover them; mash them, drain off the juice without squeezing; use 1 lb. sugar for each pint of juice, and finish as before directed. A little lemon juice can be added for flavor if desired; or a little stick cinnamon boiled with the juice and taken out before putting in the sugar, is good.

Cranberry Jelly—Pick over the cranberries carefully, and put 2 cups water in 2 quarts of cranberries; let boil, stirring occasionally, until soft enough to mash; strain, and finish like other jellies. Use 1 lb. of sugar to 1 pint of juice.

Plum Jelly—Choose the common blue plums, wash them, cook until soft in a porcelain kettle, adding 1 cup water to each 2 quarts plums; then drain through the jelly bag, and finish like other jellies.

Damson Jelly is made the same way.

Quince Jelly—Cut the quinces into small pieces, and put them, skin, seeds and all, into a preserving kettle (a large part of the pectose is found in the seeds); cover with water and boil till soft; mash, and drain in the jelly bag over night; allow 1 lb. sugar to each pint of juice, and boil to the jelly degree.

Quince Jam—Cook any desired amount of quinces until soft, in as little water as possible without burning; pour off the water and rub the fruit with a wooden spoon until smooth; add 10 oz. sugar to 1 lb. fruit, let it boil 20 minutes, and remove it from the fire, put up like other jams.

Plum Jam—Allow $\frac{3}{4}$ lb. sugar to 1 lb. fruit before it is stoned; then take out the stones and stew the fruit in a little water till soft; pass it through a coarse sieve, add the sugar, and cook till done. Put up like other jams.

Rhubarb Jam—Allow 1 lb. sugar for 1 lb. rhubarb; cut up the fruit into small pieces, put on the sugar, and let it stand several hours, or until next morning; then take out the fruit, and boil the syrup with a few pieces of bruised white ginger until it thickens; then put in the fruit and let it simmer gently until done, stirring it to prevent its burning; then put in glasses.

Strawberry Jam—Hull the berries, put them over the fire, and boil gently $\frac{1}{2}$ hour, keeping them constantly stirred; allow $\frac{3}{4}$ lb. sugar to 1 lb. fruit; remove the berries from the fire, add the sugar, and then boil them again $\frac{1}{2}$ hour. Then put in jars as before directed. Raspberries can be done same way.

Orange Marmalade—Pare the yellow rind carefully off the oranges; remove the thick white rind and squeeze the pulp through a sieve; add $\frac{1}{2}$ cup of water to 4 lbs. fruit, and set on to boil; add the yellow parings of the rind, cut into pieces, and boil $\frac{1}{2}$ hour, or until the rind is soft; the juice, pulp and yellow peel of a lemon can be added if liked; add 1 lb. sugar to 1 lb. pulp, boil a few minutes and put into jelly glasses.

Rhubarb can be added instead of the lemon if desired; use 1 quart of sliced rhubarb for 6 oranges and boil with them. It makes a fine combination and gives a variety.

Seville Orange Marmalade—Cut the oranges in slices as thin as possible, using every part except the pips. To every pint of cut-up fruit add 2 pints of cold water. Let this stand over night. Next day boil it quickly for 1 hour and put back into the crock. The following day weigh the boiled liquid, and to every pound add $1\frac{1}{2}$ lbs. granulated sugar, then boil for about $1\frac{1}{2}$ hours. When cutting the oranges save the pips and to them add a little water. The next day there will have formed some stiff jelly, which you can add to the other.

Peach Marmalade—Choose fine, ripe peaches; pare, stone and cut them up; add a very little water and cook in the farina boiler until reduced to a pulp; pass through a colander and allow $\frac{3}{4}$ lb. sugar to each lb. pulp; put it on the stove and boil until it will jelly, or until it will drop

from the spoon in clots. Stir it from the bottom with a wooden spoon all the time it is on the fire to prevent burning. When done, seal in jars.

Apricots, Apples, Pears, Quinces and other fruits can be prepared in the same way.

Preserved Cherries—Select short-stemmed red cherries, or Morelloes, as sweet cherries are not suitable for preserving. Stone them, and save every drop of the juice; allow 1 lb. sugar to each pound of fruit; first put in a layer of sugar, then a layer of fruit, and so on until all are put in; let them stand 2 or 3 hours, and boil gently until the syrup begins to thicken; then put in jars. Adding 3 tablespoons of red currant juice to each lb. of fruit is an improvement.

Currants may be put up the same way. White Currants make fine preserves.

Preserved Black Currants—Pick over the currants and cook till all are broken. Add $\frac{1}{2}$ as much sugar (measured) as you have fruit. Cook $\frac{1}{2}$ hour longer and seal. This is excellent for sore throat.

Grape Preserves—Pick from the stem, wash, drain, and weigh, and allow an equal weight of sugar; then press the skin from the pulp with the thumb and finger, and cook the pulp gently; when the seeds loosen pass it through a sieve to remove them. Then put the skins into the juice, cover, and simmer gently until tender; add the sugar, simmer 15 minutes, and can.

Orange and Rhubarb Preserves—Take 6 oranges and carefully peel off the thin yellow rind; remove the white rind and the seeds, and slice the pulp into a preserving pan, adding the yellow rind cut very fine. Add 1 quart of rhubarb cut fine, and 1 lb. to $1\frac{1}{4}$ lbs. sugar, and boil the whole down and put up like any other preserves.

Preserved Pears—If large, they can be pared and quartered; if small, they can be pared and put up whole. Allow equal weights of fruit and sugar; make the sugar into a syrup, using $\frac{1}{2}$ cup of water to the pound; when clear, put in the fruit and cook until soft, and then put in jars. A clove stuck in the end of each pear before cooking imparts a pleasant flavor. Some people stew a few slices of lemon peel in the syrup for flavoring.

Greengage and Plum Preserves—Prick the plums with a fine needle to prevent breaking. Use 1 lb. of sugar to 1 lb. of plums. Put sugar in preserving kettle, add enough water to moisten, boil it quickly, skimming it as the scum rises, until it thickens on the spoon, then put in plums, let them boil until tender but not break. Put into jars and pour the syrup over. Seal immediately.

Damsons can be put up in the same way.

CANNING OF FRUIT, VEGETABLES, Etc.

Sealing—When fruit is otherwise properly put up it often fails to keep because of improper sealing; covers should be screwed on reasonably tight at first, and tightened often till quite cold; the glass shrinks by cooling, and the covers should be tightened up on it as it shrinks. Be sure the rubbers used are close-fitting and firm.

A fruit jar for canning hot fruit need never be heated by rolling in hot water or otherwise; a cloth wrung from hot water and completely swathing the jar will ensure against cracking, if the jar is perfect, and if it is not it will be likely to crack in any event. The cloth should be soft, and touch the jar in every part.

When canning fruit the juice remaining can be bottled in the same manner. For pudding sauces, etc., these can be used in place of wines and intoxicating liquors; they can also be used for water ices and summer beverages.

Canning Quinces—Pare, quarter, core, and let them simmer merely, in water until tender; then drain them from the water, put them into the hot syrup (allow $\frac{1}{2}$ lb. sugar and 1 cup water in which they simmer, to 1 lb. quinces), let simmer 10 minutes (at 170 degrees) and put into jars. The core, seeds and parings can be made into jelly.

Strawberries—To preserve the color and flavor of strawberries requires care. They should go directly from the field or garden to the preserving kettle—even washing them injures their keeping qualities. Use $\frac{1}{2}$ lb. sugar to 1 lb. fruit. Place alternate layers of sugar and berries in a preserving kettle and let stand 1 hour; then heat slowly just to the boiling point; fill into jars and seal hot.

Canning Apricots—Pack them whole into the jars, packing them full, and as closely as possible without mashing or pressing the fruit; fill the jars with syrup made of 1 lb. sugar to $\frac{1}{2}$ cup water, up to the shoulder, put on the cover loosely, and set them in a wash-boiler so that they do not touch the metal bottom (by placing a piece of shaped wood under bottles), and fill cold water around them up to their necks; put on the cover, bring it to a boil, and keep it boiling 12 to 15 minutes, or until they can be pierced with a broom straw, so that the fruit in the jar may be heated thoroughly through; then remove from the stove, fill one jar at a time with hot syrup (have some surplus syrup ready, and bring it to a boil at the same time as the fruit), screw on the cover, set it back in the water, and let all cool together. Practically this is a very good method, as it kills all germs, without overcooking the fruit.

Cherries—Put up like apricots; boil 10 minutes.

Nectarines—Put up like apricots; boil 12 minutes.

Plums—Put up same way; boil 8 minutes.

Peaches can be put up the same way, but they should be pared and halved; if 2 or 3 kernels are put in the centre of each jar they will flavor all the fruit in it; and this should be done, as they lack flavor without the kernels.

Pineapples can be put up in the same way, but they should be first pared and sliced, using a silver knife. Boil $\frac{1}{4}$ hour.

Canning Pears—Steam them until tender in a steamer, then put them into jars and fill with boiling syrup in which, for each jar, $\frac{1}{4}$ teaspoon tartaric acid has been dissolved in a little water, or juice of half a lemon. This acid gives a piquant flavor to the otherwise sweet or insipid fruit, and is harmless.

Fruit Juices—Select the best fruit, squeeze out the juice, strain it through fine muslin (4 thicknesses) or through flannel cloth, add sugar in the proportion of $\frac{3}{4}$ lb. sugar to 1 quart of juice, and bring to a boil; use an earthen or porcelain-lined kettle, remove all scum which rises, and put, while hot, into small bottles, and keep closely corked; or it can be kept in Mason jars.

Canned Rhubarb (Cold Process)—Take fresh green stalks, and slice as if for pies; then take fruit jars and pack this in up to the neck, and then fill the jars with cold water; now seal up air tight and it will keep any number of months. To see if the jars are tight set them bottom up for a little while and see if any water escapes; if not, they are all right. To use it, pour off the water and use like fresh rhubarb; but to sweeten it, not over $\frac{1}{4}$ the sugar ordinarily used will be needed, as the water will extract some of the acid. The method is simple, and it will be equal to fresh rhubarb when used.

Canned Tomatoes (Whole)—Select good small ones, rejecting all that are soft or spotted; put them whole into the cans, peel, fill with cold water, and proceed as directed for peas, but omit the salt and sugar, and boil only $\frac{1}{2}$ hour.

Canned Tomatoes No. 2—Scald and skin them; bring them gradually to a boil in the preserving kettle, and let them simmer merely $\frac{1}{2}$ hour (at 170 degrees) season with salt, put into the cans while hot, and seal.

Canned Tomatoes No. 3—Select the tomatoes before they are ripe. As soon as they are gathered from the vines remove the skins, cut them in small pieces and drain; boil them 20 minutes, stirring often, and adding salt freely while boiling. Can in the usual way. One can determine by tasting just how much salt can be used. They are less likely to sour when salt is used.

PICKLES, CATSUPS, ETC.

NOTE—All vegetables and fruit used for pickles should be sound and not over-ripe. Fruits can be pickled as well as vegetables.



THE VINEGAR—Use only pure vinegar in making pickles, catsups and sauces. Cider vinegar is usually considered about the best for this purpose. As vinegar is weakened by boiling, it should be merely brought to the scalding point and then poured on the pickles; if not scalded but put on raw, however, it will not keep well. Have the vinegar strong or the pickles will seem “insipid.”

Coloring Pickles—A green color can easily be obtained, if desired, by soaking cabbage or vine leaves or the leaves of parsley or spinach in the vinegar, and the color thus obtained is harmless. Or to have cucumbers green put them into cold vinegar and heat them slowly over a moderate fire until they become green.

A CAUTION—Bright green pickles have been popular, merely because of their looks. To gratify this taste pickles have been boiled in copper kettles with vinegar and a little alum. The acetic acid of the vinegar acts on the copper and forms acetate of copper, which is commonly and well known as verdigris. This penetrates the pickles and colors them green, but it should be understood that this acetate of copper (verdigris) is really a most active poison, and that pickles thus prepared are poisonous and unhealthy.

Spices—The flavor of pickles, etc., depends very largely upon having a proper combination of pure spices. Most satisfactory results will be obtained by using whole Blue Ribbon pickling spice, which is a secret blend of 16 different spices judiciously combined into a most pleasant and well balanced flavor.

Brine—The rule for the brine used for pickles is “strong enough to float an egg.” The proportion is about 1 quart of water to 1 cup of salt.

The Kettle, Etc.—Use porcelain-lined or granite kettles for putting up pickles. The acid in vinegar will act on the lead in tinned vessels, and produce the poisonous acetate of lead, and in brass or copper vessels it produces the poisonous acetate of copper (verdigris). As the mild acids, however, do not affect aluminum, utensils made of that metal are excellent to use for this purpose.

SOUR PICKLES

Pickled Beets—(1) Wash them, and be careful not to prick the outside skin or they will lose their beautiful color; put them in boiling water, simmer gently until $\frac{3}{4}$ done (about $1\frac{1}{2}$ hours), take out and cool; then peel, and cut in slices $\frac{1}{2}$ inch thick. Take vinegar enough to cover, add 1 package Blue Ribbon pickling spice to each gallon, and boil 5 minutes; when cold pour it on the beets and cover closely. They can be used in 1 week.

Pickled Cabbage—Slice the cabbage fine, and cover with boiling water, drain off the water when cold. Season with red and black Blue Ribbon pepper in equal parts, salt, Blue Ribbon cinnamon and Blue Ribbon cloves, and grated horse-radish. Cover with strong vinegar.

Pickled Cauliflower—Break the head into small pieces, and boil in salt and water 10 or 15 minutes; then drain carefully, and place in jars when cold; tie $\frac{1}{2}$ package Blue Ribbon pickling spice in a bag, put it in vinegar and scald; take the vinegar from the stove, take out the bag, and to each quart add $\frac{1}{2}$ cup sugar, and 1 tablespoon Blue Ribbon mustard; pour it over the cauliflower, and cover tightly.

Cucumber Pickles—Cut cucumbers from the vine instead of twisting or pulling them off, as that injures them. Fill a jar with cucumbers, and pour boiling water over them with a little salt; let stand 6 hours or over night, and then put them into cold vinegar. To 1 gallon vinegar add 1 cup salt and 1 tablespoon pulverized alum, and scald the pickles in this mixture; pour it off and pour on new vinegar, with Blue Ribbon pickling spice.

Cucumber Pickles—Pick when 2 or 3 inches long, no larger. Wash, dry, and put a layer in the bottom of a glass fruit jar. Take 3 tablespoons Blue Ribbon pickling spice, sprinkle the cucumbers in the jar with the spice, add more cucumbers, then more spice, and so on alternately until the jar is full. This amount of spice is for 1 quart can. Fill the can with strong vinegar, cold, screw on the cover, and in about 4 or 5 weeks they will be ready for use. By this method one can pick cucumbers each day, using as many cans as they will fill. It is sure and easy, as there is no trouble salting, boiling, etc.

Large Cucumber Pickles—Very nice pickles may be made with the large cucumbers that would be considered unfit for use by some people. Peel them, and take out the seeds and soft part; cut them the long way of the cucumber, cover them with cold vinegar, and let them stand 1 day and night; drain them well and put on fresh vinegar, with 2 lbs. sugar;

put 1 oz. cassia buds in 1 quart vinegar and add to the pickles. Boil 20 minutes and put them away in jars, well covered.

Pickled Gherkins—Put them in strong brine until they are yellow; then remove them and pour on hot, spiced vinegar, and keep them in a warm place until they turn green; take them out and cover with good vinegar, boiling hot and spiced to taste.

Jersey Pickles—Take 1 peck ripe tomatoes, 3 peppers, 3 tablespoons salt, 1 tablespoon Blue Ribbon pickling spice, 4 cups sugar, 2 cups vinegar; boil $1\frac{1}{2}$ to 2 hours.

Mixed Pickles—Take 2 heads cauliflower, 2 heads cabbage, 50 small cucumbers, 8 small carrots, 2 quarts string beans, 12 sticks celery, 6 red peppers (without seeds) and 3 green peppers; chop these vegetables separately, and let them soak over night in salt and water; in the morning wash and drain them. Take 2 level tablespoons Blue Ribbon nutmeg, 3 tablespoons Blue Ribbon pickling spice, tie in a muslin bag, and put into vinegar enough to cover the vegetables; scald, pour over the vegetables hot, put in jars and cover closely.

Mixed Pickles No 2—300 small cucumbers, 4 green peppers sliced fine, 2 large or 3 small heads cauliflower, 3 heads white cabbage sliced fine, 9 large onions sliced, 1 large horse-radish, 1 quart green beans cut 1 inch long, 1 quart green tomatoes sliced; put this mixture in a pretty strong brine 24 hours; drain 3 hours; then sprinkle in $\frac{1}{4}$ lb. black and $\frac{1}{4}$ lb. white mustard seed; also 1 tablespoonful black ground pepper; let it come to a good boil in just enough vinegar to cover it, adding a little alum; drain again and when cold put in $\frac{1}{2}$ pint ground Blue Ribbon mustard; cover the whole with good cider vinegar; add turmeric enough to color if you like.

Piccalilli—Slice 1 peck green tomatoes, add 1 cup salt, cover with water and let stand 24 hours; then drain through a sieve, add 4 green peppers and 8 onions and chop fine; cover with vinegar and scald; drain off, add 1 cup sugar, 1 package Blue Ribbon pickling spice, and cover with cold vinegar.

Chili Sauce—Take 18 large tomatoes (not too ripe), 1 green pepper, 3 onions; chop fine and add 2 tablespoons salt, $\frac{1}{2}$ cup sugar, 2 cups vinegar, 1 teaspoon each Blue Ribbon cloves, nutmeg and cinnamon; boil 2 hours and put in cans.

Chili Sauce—8 quarts tomatoes, 3 cups peppers, 2 cups onions, 3 cups sugar, 1 cup salt, $1\frac{1}{2}$ quarts vinegar, 3 teaspoons Blue Ribbon cloves, same quantity cinnamon, 2 teaspoons each ginger and nutmeg; boil 3 hours; chop tomatoes, peppers and onions very fine; bottle up and seal.

Pickled Onions—Peel the onions until they are white, scald them in strong salt and water, then take them up with a skimmer; make vinegar enough to cover them, boiling hot; strew over the onions whole pepper and white mustard seed, pour the vinegar over to cover them; when cold, put them in wide-mouthed bottles, and cork them close. The best sort of onions for pickling are the small, white buttons.

Chow Chow— $\frac{1}{2}$ pound Blue Ribbon mustard, $\frac{1}{2}$ ounce turmeric, 2 tablespoonfuls mustard seed, 1 quart string beans, $\frac{1}{2}$ gallon vinegar, 1 cup sugar, 1 gill salad oil, 1 head cauliflower, 1 quart tiny cucumbers, 1 quart button onions. Boil the cauliflower, beans and onions separately until tender. Cover the cucumbers with strong salt water, and soak 24 hours. Then mix all together. Put the vinegar in a porcelain-lined kettle. Mix the mustard and turmeric together, and moisten them with a little cold vinegar, then stir them into the hot vinegar and stir continually until it begins to thicken; then add the sugar, mustard seed and oil, stir again and pour this, while hot, over the vegetables. Put away in glass or stone jars.

Chow Chow No. 2—Take 2 large heads of cauliflower, 2 quarts green peppers, 3 quarts green cucumbers, 3 quarts green tomatoes, 2 quarts small onions; slice about $\frac{1}{2}$ inch thick, and sprinkle with salt in alternate layers of tomatoes, onions and cucumbers; boil the cauliflowers about 5 minutes; let them stand over night, then strain all carefully and free from water. Then place in jars and make a seasoning as follows: Take 1 pound Blue Ribbon mustard, $\frac{1}{2}$ pound mustard seed, $\frac{1}{2}$ pound whole allspice, $\frac{1}{2}$ pound whole black pepper, 1 gallon vinegar, 1 tablespoon Blue Ribbon curry powder, 1 cup salt; boil strongly 15 minutes, and pour over the vegetables. If too thick, add vinegar. Mix the mustard with vinegar, and tie the spices all together in a muslin bag; they should all boil with the vinegar.

Green Tomato Pickles—Slice 1 peck green tomatoes and let them stand over night with a little salt sprinkled between them; in the morning put them in weak vinegar and salt, and scald; remove the tomatoes and when cold put in jars. Take strong cider vinegar to cover, add 1 cup sugar, 4 green peppers, mustard and spice to taste, bring it to a boil, and pour over the tomatoes.

Pickled Red Cabbage—Slice it into a colander, and sprinkle each layer with salt; let it drain 2 days, then put it into a jar, and pour boiling vinegar enough to cover, and put in a few slices of red beet root. Observe to choose the purple red cabbage. Those who like the flavor of spice will boil it with the vinegar. Cauliflower cut in branches and thrown in after being salted, will look a beautiful red.

Pickled Cauliflower—Cut the cauliflower into any shaped pieces desired, put them into strong brine, and leave 24 hours; then take out, boil the brine, and pour it on the pickles scalding hot; let it stand until next day and drain them out. Prepare a spiced vinegar, boiling Blue Ribbon spices desired in it; let it get cold, and pour it cold on the pickles.

SWEET PICKLES

Apples, melon rinds, cucumbers and pears should be steamed until tender enough to pierce with a broom straw or fork before pouring the hot syrup over them, as it then penetrates them more readily. Smooth skinned fruits, like plums, etc., should be pricked with a needle before being cooked in the syrup. Peaches, if very ripe, do not need steaming, but otherwise they do. They are sometimes merely rubbed well with a cloth, and some cooks peel them.

The method of making Sweet Pickles is to prepare the syrup, bring it to a boil, put in the pickles, and boil until tender; then put into jars and put away when cold. Another way is to prepare the syrup and pour it boiling hot on the pickles, let stand until next day, drain off the syrup, boil it, pour on hot again, and repeat this for four or five days; then seal hot. Either plan works well.

A HINT—Many people do not know that sweet pickles can be made from preserves of almost any kind. All that is needed is to take the syrup, add vinegar and any spices desired, boil it up, and pour it again on the fruit.

Crab Apples—Select good apples, take out the blossom end, steam until a fork will readily pierce them; prepare a rich syrup of $3\frac{1}{2}$ pounds sugar to 1 pint vinegar, add 1 tablespoon Blue Ribbon pickling spice (tied in a bag), bring to boil, put in apples, let it simmer quietly 2 minutes, then put in jars and seal.

Pickled Red Cabbage—Cut fine 8 heads red cabbage, pack in a crock in layers, sprinkling salt between each layer, and let it stand over night. Drain off the brine in the morning, then put 3 pounds sugar in $\frac{1}{2}$ gallon vinegar, add 2 tablespoons Blue Ribbon pickling spice (tied in a bag), boil it and pour hot on the cabbage.

Pickled Plums—Gather the plums with the stalks, prick them with a needle, and put them with layers of Blue Ribbon cloves and cinnamon into glass jars. For every 4 pounds plums boil up 2 pounds sugar and 1 quart vinegar, and pour it hot over the plums. Next day pour off the vinegar, boil it up again, and pour it over the fruit again; repeat this twice, then tie up. It improves by keeping.

Pickled Peaches—If hard, steam them until tender; if soft, wipe them only, then pack them in jars. Take 1 quart sugar and 1 tablespoon Blue Ribbon cloves and broken stick Blue Ribbon cinnamon (tied in a bag) to each quart vinegar; boil it 5 minutes and pour hot over the fruit; the next day turn it off, boil again and pour hot on the peaches again; repeat once, seal up and put away.

Pears and Quinces can be put up the same way, but the latter can be pared, cored and quartered before steaming, and the parings and cores used for making jelly.

Green Tomato Pickles—Slice 1 peck green tomatoes and 6 large onions (or 1 quart small ones); sprinkle on 1 cup salt, and let stand over night; in the morning drain; then boil them 5 minutes in 2 pints vinegar and 4 pints water, and again drain in a colander. Then take 1 gallon vinegar and 2 pounds sugar, $\frac{1}{2}$ package Blue Ribbon pickling spice (tied in a bag), and 6 green peppers, chopped, or $\frac{1}{2}$ teaspoon Blue Ribbon cayenne pepper instead; boil all gently 15 minutes, and pour over the chopped tomatoes and onions. They will keep a year or more. If desired, the onions can be omitted, and the tomatoes put up alone the same way.

Green Tomato Pickles (Sweet)—Slice 1 peck tomatoes into a jar and sprinkle a little salt over each layer; let them stand 24 hours, drain off the liquor; put the tomatoes into a kettle with a teaspoonful each of the following Blue Ribbon spices; ground allspice, cloves, mace, cinnamon; 1 teaspoonful scraped horseradish, 12 small or 3 large red peppers, 3 onions, 3 pounds brown sugar; cover all with vinegar; boil slowly until tender.

SPICED FRUIT

NOTE—Some people confound spiced fruit and sweet pickles, but they are not the same. Sweet pickles are really a pickle, but spiced fruit is a spiced preserve, usually boiled down thick.

Spiced Fruit—Sprinkle $1\frac{1}{2}$ pounds sugar over $3\frac{1}{2}$ pounds fruit and let it stand over night; then take the juice, add 1 cup vinegar and Blue Ribbon cinnamon, mace and clove to taste, and boil 15 minutes, then put the fruit in and boil 10 minutes and put in jars.

Spiced Currants—Take 4 pounds sugar, 2 cups vinegar, 4 teaspoons each Blue Ribbon allspice, cinnamon and cloves (tied in a bag), add 5 pounds currants and boil 2 to 3 hours.

Spiced Grapes—Pulp 7 pounds grapes and scald until the pulps will pass through a sieve; then put them in the preserving kettle, add 5 pounds sugar, 1 quart vinegar, and ground Blue Ribbon cinnamon, cloves and allspice to taste; let boil, add the skins, and boil 1 hour, or longer if they are wanted very thick.

Spiced Peaches—Wipe $2\frac{1}{2}$ pounds peaches and boil them until tender in 2 cups vinegar and 1 pound white vinegar; then take them out and put in $\frac{1}{2}$ teaspoon each Blue Ribbon cinnamon, mace and cloves, ground, and pour over the peaches.

Spiced Tomatoes—To each pound ripe tomatoes (peeled), allow $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ pound sugar, and Blue Ribbon pickling spice (tied in a bag) to taste; boil all together gently until the tomatoes are cooked; take out the tomatoes and put them on a dish till cold, but let the syrup simmer; put back the tomatoes when cold, and cook till they are a dark red; then take them out and boil the syrup down thick. When cold, put in jars and seal.

CATSUPS

If mould is found on top when catsup is opened, it can all be removed, and the contents will not be seriously injured; but if mould is scattered in spots throughout the mass, it is worthless. If when a can is opened there is danger that the balance of the contents will spoil, it should be thoroughly heated. Vinegar can then be added if too thick.

Catsups, like preserves, should be kept in a dark, dry, cool place. A few whole cloves laid on top will prevent mould from forming.

Grape Catsup—Take 6 pounds grapes, boil in a little water and strain; add 3 pounds sugar, 2 cups vinegar, $\frac{1}{2}$ tablespoon each Blue Ribbon cloves and cinnamon, 1 tablespoon Blue Ribbon extract of lemon, and salt; boil until thick, and bottle.

Mushroom Catsup—Put the mushrooms in layers, with salt sprinkled on each layer, and let stand 4 days; then mash them fine, and to each quart add $\frac{3}{4}$ teaspoon Blue Ribbon black pepper, and boil it 2 hours in a crock set in boiling water; strain it from the liquor without squeezing; boil the liquor, and let it stand to cool and settle, then bottle and seal securely.

Tomato Catsup—Tomatoes for catsups are best gathered in August, as they become acid and watery later on. Select good tomatoes, scald and strain through a sieve; to each 2 quarts sifted tomatoes, allow 2 $\frac{1}{2}$ tablespoons each Blue Ribbon white pepper, salt and Blue Ribbon mustard, 1 tablespoon Blue Ribbon cloves, and 2 cups vinegar; boil 3 hours and bottle for use.

Crab Apple Catsup—Take $\frac{1}{2}$ peck chopped crab apples (do not remove the skins), 3 cups sugar, 1 pint vinegar, 1 even tablespoon salt, 1 teaspoon each Blue Ribbon ground cinnamon, pepper and cloves. Cook slowly until soft, strain through a sieve, then put in jars.

Currant Catsup—Take 6 quarts currant juice, 2 pounds sugar, 1 teaspoon Blue Ribbon cloves, 1 tablespoon each Blue Ribbon cinnamon and allspice, and salt. Boil half down, then add 1 cup vinegar. Cork tightly.

CHUTNEY

Chutney—4 pounds ripe tomatoes, 4 pounds sour apples, 2 pounds raisins stoned, 2 pounds brown sugar, $\frac{1}{2}$ pound salt, 10c dredge tin ground Blue Ribbon ginger, $5\frac{1}{2}$ dessertspoons Blue Ribbon cayenne pepper, 2 small onions, 10c dredge tin Blue Ribbon allspice, 1 nutmeg, grated, juice of 3 lemons, 2 quarts malt vinegar. Boil until rich-looking (about 2 hours), and bottle when cool. Chop tomatoes, apples, raisins and onions very fine.

Green Tomato Soy—2 gallons green tomatoes sliced without peeling; slice also 12 good-sized onions, 2 quarts vinegar, 1 quart sugar, 2 tablespoonfuls each salt, Blue Ribbon mustard and black pepper, 1 tablespoonful Blue Ribbon cloves and allspice. Mix all together and stew until tender, stirring often lest they scorch. Put up in small glass jars. A good sauce for all kinds of meat or fish.

Plum Soy—Take 1 gallon plums, boil gently until tender, rub through a sieve, and add 2 tablespoons sugar, the same of salt, 3 tablespoons Blue Ribbon pickling spice, 2 cups vinegar. Boil gently 1 hour, bottle and seal.

Grape Soy—Take 5 pounds grapes and let them simmer gently until soft; strain through a sieve and add 4 tablespoons Blue Ribbon pickling spice, $\frac{1}{2}$ tablespoon Blue Ribbon grated nutmeg, and salt, 3 cups sugar (heaped), and 2 cups vinegar. Mix all thoroughly, boil until thick, bottle and seal.



INVALID COOKERY



IN feeding the sick two objects should be kept in view: (1) To choose the food that will give least work to the part of the digestive canal which is most deranged; (2) to compensate for the waste or drain upon the system. As the doctor should thoroughly understand the process of digestion, the needs of the system and the composition of foods, he will be able to make the selection of foods more skilfully than an untrained person.

Give little food and often. Let the food come at stated times and punctually. As a rule patients should not be awakened to be fed, though it may sometimes be necessary to do so. When there is no appetite, give such food as affords the most nourishment for the least work to the system.

Endeavor to give the food most appreciated by the patient, provided it is not injurious. Do not let a convalescent know beforehand what the bill of fare will be, as surprises are often very pleasing to him.

The food should be as varied as possible, for invalids easily tire of the same thing. If the food may not be varied, the mode of serving it may, and a stray flower or a new plate is better than no variety at all. Only as much food as the patient is likely to eat should be taken into the sick room, and at once remove what remains.

In case of infectious fevers all remains of food should at once be burned, and on no account be eaten by another person. The nurse should not eat in the sickroom.

Have everything tempting in appearance and daintily served. See that the linen is spotless, and the prettiest china used to hold the sick one's food.

Do not put a very little broth in a very large basin. If a limited amount of drink is to be given it is better to put the right amount in a small glass than to hand a large glassful and tell him how many swallows to take. Gruel served in a tumbler is more appetizing than when served in a basin or cup and saucer.

Sponge the hands and face of an invalid carefully before serving any meal.

In Chronic Disorders of the Stomach and Bowels a milk diet is most valuable. It allows the stomach to have almost absolute rest, which is often all that is required. As it is already prepared for

absorption into the system it, in fact, requires no digestion. When milk is constipating, a little salt sprinkled in each glassful will obviate the difficulty. When it has an opposite effect a few drops of brandy in each tumbler of milk will prevent purgation.

Cream can often be taken freely when nothing else will remain on the stomach. It should always be fresh, and may be diluted with water or given pure. In many chronic diseases it is irreplaceable by any other article whatever. With many people it is easier of digestion than milk, and it seldom disagrees.

Buttermilk is often very useful. It is almost always allowable in sickness, especially in fevers with gastric symptoms.

Whey is often found useful when every preparation of fresh milk disagrees. It is not very nourishing, but is digestible, and is a refreshing drink in inflammatory disorders. It is rich in organic salts.

Beef Tea is not a nourishing food, although it used to be so considered, and it is now known to have more value as a stimulant than as food.

Broth made from chicken is more nutritious than that made from either beef or mutton, and the sick often find it very useful.

Toast is valuable for invalids, because, by toasting, part of the starch is turned into dextrin, which is easily digested. Cut the bread thin, hold it a little ways from the fire to dry, then hold it closer till it browns. Serve it dry, or buttered lightly, or with hot water or milk poured on it.

Flour, Rice, Barley and Oats are preferable to arrowroot, sago, tapioca, etc., for nourishment, if suitably prepared.

When a Patient Suffers from Sickness and Nausea every food should be given iced, or as cold as possible, and in the smallest quantities, and it will be a good plan to slip a little piece of ice into the patient's mouth immediately after giving the food.

Fat may be Removed from Beef Tea or Broth by letting it get cold, when it can all be taken off; or, if in haste, by drawing a piece of blotting paper edgewise over the surface, it will take up the fatty particles. It is better to remove all fats.

Milk Soup—Use 1 quart new milk, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon Blue Ribbon cinnamon, 1 teaspoon granulated sugar; scald all together for an hour in a pitcher set in a kettle of water; then add the well-beaten yolks of 2 eggs. Good for delicate persons and children.

Mutton Broth—Simmer slowly about 2 pounds of lean mutton for 2 hours; skim it carefully; do not put in too much salt—more can be added, if needed; a little barley or rice may be added, strain, and take off all fat with blotting paper drawn across it.

Chicken Broth—Put half the chicken into a small stew-pan with a teaspoon of rice, a little pepper and salt. Cover with cold water and boil slowly until the meat falls from the bones; then take out the chicken, leave the rice in, and serve. Very nutritious.

Essence of Meat—Take 1 pound of good lean beef (have it free from fat and skin), chop it into small pieces, and put it into a glass fruit jar adding 1 tablespoon water, and screw on the cover; set it in a kettle of cold water, heat gradually to 150° to 160° (don't let it boil), and keep it there 2 hours; the water in the outside kettle must not get into the fruit jar; remove all fat with a piece of clean blotting paper, and add salt and pepper to taste. Chicken or any other meat can be treated in the same way. The pure essence of meat thus extracted will be received by the most delicate stomach, and is also valuable where considerable nutriment is required in a concentrated form. A single teaspoon can be taken by an invalid, and would afford as much sustenance as $\frac{1}{2}$ pint broth.

Meat Patty—Scrape a piece of lean beefsteak with a very dull knife, holding it with the left hand and scraping from you with the right. This removes the tender meat fibre and the leaves the tough connective tissue. Press the former into a thin cake or patty, and broil on a toasting-fork over a very hot fire. When done, season to taste. Eaten with toast or thin cut bread and butter it makes a very delicate dish.

Stewed Beef Essence—Cut $\frac{1}{2}$ pound beef into bits, salt it, and in a few minutes squeeze it, let it stand $\frac{1}{2}$ hour, heat hot, but do not boil it, and serve at once.

Broiled Beef Juice—Broil $\frac{1}{2}$ pound of round steak 1 or 2 minutes on each side, cut in bits, squeeze out the juice, salt, and serve.

Stewed Beef Tea—Use $\frac{1}{2}$ pound of round steak, cut fine, soak it in 1 cup of water $\frac{1}{2}$ hour, let it heat (not boil), strain, salt and serve. (In making beef tea it is well to know that 1 pound of the round will yield 4 ounces beef extract, and contains more nutriment and is much cheaper than extract bought ready prepared.)

Beef Tea—Mince 1 pound of tender beef, free from fat, and put it into a covered crockery jar; pour on barley enough cold water to cover the meat, and allow it to soak 2 or 3 hours, then place it on the stove or in a moderate oven, and let it simmer (don't let it boil—it should not go above 160°) for 2 or 3 hours longer, adding a little water from time to time as it evaporates; strain and season to taste. To make it more nourishing a little arrowroot, rice or barley may be added.

Mutton or Veal may be treated in the same way.

If Beef Tea must be had quickly broil a thick piece of steak, turning it often, to keep in the juices, as explained elsewhere for broiling, then cut it into small pieces and press it in a lemon squeezer.

Broiled Beefsteak—Many times a small piece of “tenderloin” or “porterhouse” is more wholesome, for an invalid, than broths and teas; and with this may be served a potato, roasted in the ashes, dressed with sweet cream (or a little butter) and salt, or nicely cooked tomatoes. Have the steak an inch thick, broil carefully 5 or 8 minutes over hot coals, turning often with a knife so as not to pierce it. When done put on a small dish, season slightly with salt and pepper, and a small bit of butter, garnish with the potato, and serve hot.

Steamed Eggs—Put 1 or 2 tablespoons of new milk in plain patty tins and break fresh eggs into them; add a little salt and put into the steamer and steam until white over the yolks, but not long enough to harden them. Eggs thus prepared are very nice and look very inviting.

Oyster Stews—Remove all bits of shell from a half dozen fresh, select oysters, place in a colander, drain, place liquor drained off in a porcelain-lined sauce-pan, let come to boiling point, skim well. Pour off into another heated dish, all except the last spoonful, which will contain sediment and bits of shell which may have been overlooked, wipe out sauce-pan, return liquor, add oysters, let come to the boiling point, add a small lump of butter, a teaspoon of cracker dust, a very little cayenne pepper and salt, and a half teacup of fresh, sweet cream, or all milk can be used instead of water and cream.

Barley Water—To 1 cup barley (first washed) add 1 quart water. Allow to simmer until $\frac{1}{4}$ has boiled away. Strain, and to this add 1 tablespoon sugar dissolved in 1 cup of hot water. This is an excellent drink in febrile affections; also it is very refreshing and somewhat nourishing. To make a mild laxative drink, for children, add to the barley 8 or 10 figs cut in pieces. It is a delightful drink, and quite laxative.

Rice Water—Wash 2 ounces rice, boil 1 hour in 2 quarts water, strain and sweeten; flavor with nutmeg. It is a very pleasant drink, and efficacious in the bowel troubles of children.

Toast Water—Cut 4 slices of bread thin, toast to a golden brown. Pour over them 1 quart of boiling water and allow to cool, and strain. It may be flavored with a little lemon juice. This is a most wholesome and refreshing drink.

Egg and Lemon Juice—Dissolve 1 ounce of sugar in 1 pint of water, and stir in the juice of 1 lemon. Add the white of 1 egg and froth up. Ice it if desired.

Flaxseed Tea—To 1 cup water allow 1 tablespoon flaxseed. Pour on the water boiling hot, boil 5 minutes and strain. Sweeten with sugar, and for flavor add a little lemon or orange juice.

Linseed Tea—Boil 2 tablespoons of the unground linseed in 3 pints of water until reduced to a quart; strain, and add lemon juice to relieve the flat taste. A very useful drink in colds and coughs. It is also good in affections of the urinary organs.

Rice and Milk—Wash 3 tablespoons of rice; put in a double boiler with a pint of milk; allow to steam until rice is soft, stirring with a fork from time to time to prevent burning; sweeten and flavor to taste. This is a nice dish for children, especially when troubled with summer complaint.

Tapioca, Macaroni, Vermicelli, etc., may be treated in the same way. They make very palatable dishes.

Arrowroot—Mix 2 teaspoons arrowroot with 1 tablespoon cold water, then add $\frac{1}{2}$ pint boiling milk and boil 10 minutes. Sweeten to taste, and add Blue Ribbon nutmeg or powdered cinnamon. It is light and agreeable for a delicate stomach.

Plain Milk Toast—Cut a thin slice from a loaf of bread, neither stale nor yet new; toast very quickly and pour upon it 3 tablespoons boiling milk or cream, pleasantly salted. Jelly can often be served with this toast as an appetizer.

GRUELS

Cornstarch, Rice, Wheat Flour or Arrowroot—Wet 2 teaspoons of the flour in cold water or milk, stir it into 1 cup of boiling water, add 1 saltspoon of salt, boil 10 or 15 minutes. Thin it with $\frac{1}{2}$ cup milk.

Barley Gruel—Wash $\frac{1}{2}$ cup of pearl barley and boil it in 1 pint of water for 20 minutes. Pour off this water and add 1 quart of fresh boiling water. Let it boil until reduced one-half, strain, add the rind of a lemon, and sweeten to taste.

Cracker Gruel—To 4 tablespoons of powdered cracker, wet with boiling water, add 2 cups of hot milk.

Egg Gruel—Beat well 1 egg, white and yolk separately. Pour 1 cup of boiling water or milk on the yolk, add 1 teaspoon of sugar, mix well, and stir in the white.

Onion Gruel—Slice and cut finely 2 or 3 small onions, stew them in a quart of water until they are soft, then add a teaspoon of good extract of beef. This is excellent for a cold. Or the onions may be stewed in milk instead of water, and a sprinkle of oatmeal and a pinch of pepper stirred in, instead of the meat extract, if preferred. Take it just before getting into bed.

Oatmeal or Rolled Oat Gruel—1 cup oatmeal or rolled oats, 1 teaspoon salt, 1 quart cold water. Cover oatmeal with water, let stand $\frac{1}{2}$ an hour and stir several times. Press through a sieve and put liquid on to cook; add salt and stir constantly. Boil about $\frac{1}{2}$ an hour. Dilute with milk or cream. Serve hot.

Rice Jelly—Make a thin paste of 2 ounces of rice flour and 3 ounces of loaf sugar; boil them in a quart of water till transparent. Flavor with Blue Ribbon rose, orange or cinnamon extract. It can be made also by boiling whole rice long and slowly. A pinch of salt improves it.

Tapioca Jelly—Choose the largest sort, pour on cold water to wash it 2 or 3 times, then soak it in fresh water 5 or 6 hours, and simmer it in the same until it becomes clear, adding the peel of 1 lemon; then add sugar and lemon juice. It thickens very much. Wine is also sometimes added for invalids.



*BACHELOR COOKERY



REGULAR Home Cookery is based on milk, butter and eggs, and a large majority of the recipes in other parts of this book call for one or more of these ingredients. It very often happens, however, that in "batching" on a remote homestead or elsewhere one cannot always have a supply on hand. The recipes included in this section are the "do-without" kind, and also include only such dishes as can be cooked if necessary with the most primitive utensils. It would open the house-wife's eyes to see how well one can get along under these conditions when one knows how.

It is absolutely necessary, however, that the directions given be followed carefully and exactly. Experience is not essential, but carelessness and inattention to details are sure to result in failure.

A bad mess, as Kephart so well says, is sure to follow from (1) a poor fire, (2) too little heat at the start or too much thereafter, (3) handling or kneading dough made from baking powder, (4) guessing at quantities instead of measuring them, or (5) seasoning too much or too early in the game.

Camp Biscuit—6 level cups flour, 1½ teaspoons salt, 6 level teaspoons Blue Ribbon baking powder, 3 level tablespoons lard, 2 cups cold water (scant).

Mix thoroughly, with big spoon or wooden paddle, first the baking powder with the flour, then the salt. Rub into this the lard until there are no lumps left, and no grease adhering to bottom of pan. This is a little tedious, but do not shirk it. Then gradually stir in the water and work it with spoon until you have rather a stiff dough. Do not mix with the fingers. Do not squeeze or mould the dough any more than necessary, or the biscuit will not be light. Flop the mass of dough to one side of the pan, dust flour on bottom of pan, flop dough back over it, dust flour on top of loaf. Now rub some flour over the bread board, flour your hands, and gently lift loaf on board. Flour the rolling-pin, also the edges of can or can-cover used as biscuit cutter. Gently roll loaf to three-quarter-inch thickness. Stamp out the biscuits and lay them in pan. Roll out the remaining fragments of dough and cut them out in the same way. Bake until edge of front row turns brown,

*We wish to acknowledge our indebtedness to that most excellent and conveniently arranged work, Kephart's Book of Camping and Woodcraft, published by the Musson Book Co., Toronto.

then reverse pan and bake until rear row is similarly done. Time, 20 to 25 minutes in a reflector; 10 to 15 in a closed oven. Do not expect to brown the tops in a reflector. Have spare split sticks in reserve with which to replenish fire.

Different brands of baking powder vary in strength and action. Blue Ribbon is understood here.

The amount of water varies according to flour. Too much water makes the dough sticky and prolongs the baking.

Batter Biscuit—Use same ingredients as for Camp Biscuit, only use enough water to make a thick batter. Drop from a big spoon into the pan. Do not stir batter more than you can help.

Dumplings—If you are going to have boiled meat, or a stew for dinner, make enough extra biscuit dough as for Camp Biscuit so you can drop small pieces into the pot about half an hour before the meat is done. They make very nice dumplings.

Bannocks—Army Bread—4 level cups flour, 1 level teaspoon salt, 4 level teaspoons Blue Ribbon baking powder, 1 level tablespoon sugar, about 3 cups cold water.

As this is made without lard, it is easier to mix than biscuit dough. Mix the ingredients thoroughly, and stir in enough cold water to make a thick batter that will pour out level. Mix rapidly with spoon until smooth, and pour out at once into bake-pan. Bake about 45 minutes, or until no dough sticks to a sliver stuck into the loaf.

This is the bread to bake when preparing a three days' supply. It keeps longer than yeast bread and does not dry up and mould. It is best eaten cold.

Flapjacks—4 level cups flour, 1 level teaspoon salt, 2 level tablespoons Blue Ribbon baking powder, 2 teaspoons sugar, 3 level tablespoons lard.

Rub in the lard dry. If you have none, do without. Make a smooth batter with cold water, just thin enough to pour from a spoon. Stir well, to smooth out lumps. Get frying pan quite hot, and grease. Pan must be hot enough to make batter sizzle as it touches. Pour from end of big spoon enough batter to fill pan within half an inch of rim. When cake is full of bubbles and edges have stiffened, shuffle pan to make sure cake is free below and stiff enough to flip. Then hold pan slanting in front of and away from you, go through the preliminary motion of flapping once or twice to get the swing, then flip boldly so cake will turn a somersault in the air and come into the pan bottom side up. Beginners usually lack the nerve to toss high enough. Grease pan and stir batter each time before pouring.

This may not be quite equal to what mother used to make, but it fills a long felt want when a quick meal is demanded.

Light Corn Bread—3 level cups yellow corn meal, 1 level cup flour, 5 level teaspoons Blue Ribbon baking powder, 1 level tablespoon sugar, 1 level teaspoon salt, 1 cup lard, cold water to make stiff batter.

Mix together the meal, flour, baking powder, salt and sugar. Work in the lard, as explained under Camp Biscuit. Add enough cold water or milk to make a stiff batter (about 3 or 4 cups). Grease and flour your baking pan or frying pan, pour batter in and bake 40 minutes. This makes a cake about 2 by 9 inches, weighing nearly 4 pounds.

Buckwheat Cakes—2 level cups buckwheat flour, $\frac{1}{2}$ teaspoon salt, 1 level cup wheat flour, 2 tablespoons Blue Ribbon baking powder. Mix to a thin batter with milk, if you have it, otherwise with water.

Rice Cakes—When you have cold boiled rice left over, mix with an equal bulk of flour, and proceed as with Flapjacks. They are best when mixed with the water in which rice has been boiled.

Cold, boiled potatoes or oatmeal may be used in the same way.

Stale Bread—Biscuit or bread left over and dried out, can be freshened by dipping quickly in and out of water and placing in the oven until heated through.

Or the biscuit may be cut open, slightly moistened and toasted in the broiler.

Or if you have eggs, make a French Toast by dipping the slices in whipped egg and frying them.

Plain Plum Duff—4 level cups flour, 2 level cups stoned raisins, 2 tablespoons sugar, 1 cup water, 2 level teaspoons Blue Ribbon baking powder, $\frac{1}{2}$ pound fat salt pork, or suet.

Mix the flour and baking powder, stone the raisins, wash the fat well and cut into dice or chopped into small pieces. Place all these ingredients, including the sugar, into a basin, add the water and mix well together. Take a cloth bag large enough to hold the pudding, dip it into boiling water, wring it out and apply flour well to the inside. Put in the pudding and fasten it up, leaving a little room in the bag for the pudding to swell. Now place the whole in enough boiling water to cover the bag, and boil 2 hours, turning the bag several times to prevent its scorching against the bottom or sides of the pot. If necessary add boiling water to keep the bag covered. When done, take the pudding from the pot, plunge it into cold water for an instant, then turn out and serve.

Spices and molasses may be added if you have them.

Pie—2 level cups flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon Blue Ribbon baking powder, 6 level tablespoons lard, sugar and spice to taste.

Mix into a soft dough with cold water, following directions for making dough as given in recipe for Camp Biscuit. The quantity mentioned is sufficient for a pie filling an 8 by 12 reflector pan.

Roll the dough into a thin sheet, as thin as you can handle, rolling as gently as you can. From this sheet cut a piece large enough to lap over edge of pan and lay it on greased pan. Into this put your fruit (dried fruit is previously stewed and mashed) and add sugar and spice to taste. Carefully moisten edge of lower crust, lay upper crust on top, and with thumb press edges of top and lower crusts together all round. Trim off by running a knife around edge of pan. Then prick a number of small holes here and there in top crust for steam to escape when fruit boils. Bake as you would biscuits.

Better not give it a name until it is baked, then if you have made crust too thick for pie, call it a cobbler or shortcake.

MEATS AND VEGETABLES

Reasonably full directions for preparing and cooking these will be found under their proper headings in this book, but perhaps a few hints may not be out of place here.

MEAT, GAME AND FISH

The main secrets in preparing these are to have a proper fire, good materials, and then to imprison in each dish at the outset its natural juice and characteristic flavor. Also do not over-season meats like a French chef, as with good materials the only seasoning needed is a little pepper and salt, which should not be added, except in soups and stews, until the dish is nearly or quite done. Remember that salt draws the juices.

The juices of meats and fish are their most palatable and nutritious ingredients. We extract them purposely in making soups, stews and gravies, but in so doing we spoil the meat. Fish, flesh and fowl should be cooked by first "sealing" the outside by searing in a very hot pan, or by plunging into smoking hot grease or furiously boiling water. Then move further from the fire to cook gradually until done. The first process preserves the juices, and in the case of frying, seals the meat or fish in a grease-proof protection.

Game and all fresh meat should be hung up till it has bled thoroughly and cooled through and through. Salt meats of all kinds should be soaked over night in cold water or par-boiled in two or three waters before cooking. Frozen meat or fish should be soaked in ice-cold water and then cooked immediately. Canned meats should at least be heated through, and should never be left standing in the can. All animals from 'coon size down, also duck and grouse, unless young and tender, should be parboiled ten to thirty minutes, according to size, before frying, boiling or roasting.

Meat, game and fish may be fried, boiled roasted, baked, broiled or stewed. Frying and broiling are the quickest; roasting, baking and boiling take an hour or two; a stew of meat and vegetables, to be good, takes half a day. Tough meat should be boiled or braized in a pot.

GENERAL RULES FOR COOKING VEGETABLES

Do not wash fresh vegetables until just before they are to be cooked or eaten. They lose flavor quickly after being washed. This is true even of potatoes.

Green vegetables go into boiling salted water. Salt prevents their absorbing too much water. The water should be boiling fast, and there should be plenty of it. They should be boiled rapidly, with the lid off the pan. This has the same effect as in the case of meats; the surface is sealed and retains the flavor instead of letting it soak out. In making soup, of course, the rule is reversed.

Dried vegetables, as peas and beans, are to be cooked in unsalted water. If salted too soon they become leathery and difficult to cook. Put them in cold, fresh water, gradually heated to the boiling point, and boil slowly.

Desiccated vegetables are first soaked in cold water, according to directions on package. Place in boiling water slightly salted, and proceed as with fresh vegetables.

To clear cabbage, etc., from insects, immerse stalk upward in plenty of cold water salted in proportion of a little over a tablespoon to 2 quarts, or vinegar may be used instead of salt.

To keep vegetables put them in a cool dry place where conditions will be similar to those in a good cellar. Be careful to keep the various kinds separate, or they will absorb each other's flavor.

WASHING UP

This is the pet aversion of the cook, but there is no getting out of it, so the thing is to find the easiest and most satisfactory way to go about it. In brief, the art of dish washing consists in first cleaning off nearly all the grease before using your dishcloth on it, and in using plenty of very hot water.

The frying pan is usually greasiest of all. Pour it nearly full of water, put over the fire and let it boil. Then pick it up, give a quick rinsing motion to empty it, and hang it up to dry itself. Greasy dishes are scraped as clean as possible, washed with scalding water, and wiped. Greasy dishes can even be cleaned without hot water, if first wiped with a handful or two of moss or hay to take up the grease. A very dirty pot is cleaned by first boiling in it some wood ashes, or may be scoured out with sand and hot water. Greasy knives and forks are scoured by simply jabbing them once or twice into the ground. Rusty ones can be burnished by rubbing with a freshly cut potato dipped in wood ashes.



It Pays To Ask For What You Want

So long as you buy food in the old, careless way, taking whatever kind is handed out, you are liable to be disappointed.

The only satisfactory way is to find a brand which is always pure and reliable—then insist on having that brand and no other.

Don't be put off with "something just as good."

The much-praised "just as good" article is usually some inferior brand pushed for the sake of a big profit. Or it may be stock which the seller wishes to get rid of because it is stale, or for other reasons.

In any case the Buyer is the one who suffers.

Just remember that the food is for **your** family.

Any honest grocer **who values your trade** will give you what you ask for.

If you accept something else, it is your own fault.

Why Cooks Prefer

BLUE RIBBON

BAKING POWDER



First—Because every spoonful in every can is of exactly the same strength and quality. **There is no guessing,** no allowances to be made, not the slightest chance of the cake being spoiled by variations in the baking powder.

**It may be relied on
with perfect confidence**

Second—Because it produces pure and wholesome food, containing no harmful residue whatever.

Third—Because a little less is required of Blue Ribbon than of most other kinds, on account of its greater rising strength.

Why Blue Ribbon Excels Other Baking Powders

Because Blue Ribbon Baking Powder is manufactured with special care from the very highest grade of pure ingredients.

Such ingredients cost more, of course, but they are worth it, because they are free from all impurities. It is these impurities in low-grade ingredients that are apt to set up chemical reaction, cause variations in quality, reduce the strength and even injure the quality of the food made with such baking powders.

As a further precaution, every ingredient is carefully tested, and if not fully up to our high standard, is rejected.

Lastly, all the ingredients are thoroughly incorporated with each other in just the right proportions.

Young cooks will be saved untold worry, disappointment and loss of time, temper and good materials if they use Blue Ribbon right from the start, instead of experimenting with ordinary kinds.

Although Blue Ribbon costs more to manufacture than most other kinds, it costs you no more—XXXXXXXXXX Our advantage comes from the largely increasing sales.

When ordering baking powder, don't simply ask for "a pound of baking powder." **Ask for Blue Ribbon.** We have shown you why.

An Easily Made Dessert



Simply dissolve the contents of a package of Blue Ribbon Jelly Powder in a pint of hot water, and set to cool.

The result is a clear, sparkling jelly, so pure and easily digested that it is much used in the sick room for invalids and convalescents.

It makes an ideal dessert for dinner or tea, being light, wholesome, delicious and easily prepared. As a 10c packet makes sufficient for about six persons, it is very inexpensive.

Your choice of Lemon, Orange, Cherry, Raspberry and many other delightful fruit flavors. It is perfectly flavored with Blue Ribbon Extracts—the finest made.

The rich colors lend themselves especially well to Table Decoration. A simple plan is to use contrasting shades, as lemon, orange, cherry and pistachio (natural green). By using fancy moulds the effect is extremely pleasing, but even plain moulds will answer very well.

The crystal clearness of Blue Ribbon Jelly is a sign and proof of its high quality.

In many jelly powders a cheap, inferior quality of gelatine is used, making the jelly more or less cloudy, not brilliantly clear and transparent as when made from Blue Ribbon Jelly Powder.

Only the finest grade of materials is allowed in Blue Ribbon. A fairly good quality could be had for less money, and many people might not notice the difference. The cheaper grades, however, are apt to contain impurities of various kinds, so only the very best is used in Blue Ribbon.

It will pay you to insist on getting Blue Ribbon Jelly Powder—not some cheap, gluey, artificially flavored substitute.

Just try the Lemon, Orange and Cherry. Tell your grocer you want Blue Ribbon.

TRUE FRUIT FLAVORING EXTRACTS



Blue Ribbon Extract of Vanilla is prepared from the finest quality of vanilla beans procurable, properly cured and aged, the flavor and natural color extracted, and the Extract fully matured.

It carries in a marked degree the fine flavor and delicate aroma so characteristic of choice vanilla.

No substitutes of any kind whatever are used.

Blue Ribbon Extract of Lemon is prepared from the fresh, pure, essential oil extracted from the peel, and is not adulterated in any way.

The result is a fine, delicate, fruity flavor and odor, and an unusual strength which makes it very economical. Another advantage is that it will dissolve readily in water when used in cooking, so the food will be evenly flavored throughout.

Blue Ribbon Extract of Orange is prepared in a similar way, and is fully as fine as the Extract of Lemon.

Other True Fruit Flavors are the Blue Ribbon Extracts of Almond, Peppermint, Pistachio, Wintergreen and Rose.

Don't Have to Apologize for Your Tea!

When your friends gather round the table, isn't it humiliating to have to offer excuses because the tea doesn't taste quite right—so hard to get a kind you like, and so on.

Nor is it much use to complain to the grocer, for the trouble lies further back.

Yet such embarrassments and apologies may be made forever a thing of the past by simply seeing that you always get



Its rich, distinctive flavor and outstanding excellence appeal to and satisfy the most exacting tastes.

Best of all, it is always exactly the same. If one package pleases you, the next and each succeeding one will please you just the same.

In fact, if you made two cups from two different packages of Blue Ribbon Tea you would not be able to distinguish any difference between one cup and the other.

You owe it to yourself, your family, and your friends to give Blue Ribbon Tea a trial.

Any good grocer can supply you.

Blue Ribbon Coffee



Delicious

Invigorating

Wholesome

Has all the Latest Up-to-Date Features
Steel Cut, Chaffless, etc.

Combined with the old fashioned good qualities—
AROMA—FLAVOR—STRENGTH and UNIFORMITY

Sold in 1-lb. and 2-lb. Tins

ALL GROCERS

See pages 125, 126 for instructions how to make and serve

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Parsnips Wine

5 lb. Parsnips

clean, cut up & boil in 1 gal.
of cold water until tender
but not mushy. strain, do
not squeeze, add 1oz Cream
of Tartar to every gallon.

4 lb Sugar to every gallon
and when cool add 1
slice of Toast and 1 Yeast
Cake to each gallon
Stir every day until
working is finished
Strain & bottle.

(You can add 1 lb of
raisins to each gallon
(put thro' mincer) if preferred)

Beet Root Wine

10¢ worth of Beet (2 bunches)
1 gal. water
cut beet into pieces & boil
for 5 hours then strain
next morning and boil
with $2\frac{1}{2}$ lbs of sugar &
enough cayenne that will
lie on a 10¢ piece
boil 20 minutes, take off &
strain.

When luke warm add
1 Yeast Cake on a slice
of toast & $\frac{1}{2}$ lb. Raisins
Let stand 7 days (7)
Then bottle

Hop. Beer.

To 5 gallons water add 3oz. hops.
boil 2 hours. then add 2 lbs. malt.
extract & 2 lbs. brown sugar, which has
first been boiled together for 2 minutes.
boil altogether 20 minutes set aside
until lukewarm add $\frac{1}{2}$ yeast cakes
and two sheets of gelatine
stand 6 or 8 hours. then frequently then
bottle.

chutney.

$\frac{1}{2}$ st apples.
2 quarts vinegar.
1 lb. brown sugar.
2 lb. sultanas
1 onion.
1 tomato.
 $\frac{1}{2}$ salt.
 $\frac{1}{4}$ whole ginger
 $\frac{1}{4}$ mustard seed.
 $\frac{1}{4}$ of cayenne pepper

chop apples, onions
simmer with part vinegar
then add. ingredients
with rest of vinegar
put whole ginger in
a bag boil 2 hours

Black Fig Wine.

2 lbs. Black Figs.

1 lb. raisins. put through
mincer

add 3 lbs. sugar.

1 1/2 gallon boiling water.

when lukewarm add

1 yeast cake. let stand

10 days. strain & bottle.

In Brandy.

14 oranges.

8 Lemons.

12 spuds

2 yeast cakes.

12 lbs. sugar.

4 1/2 gallons, warm water.

Let stand 10 days. strain
stand strained wine 1 day
before bottling.

Ginger Wine

2 drs. Essence Cayenne

2 lb Ginger.

2 " Lemon

2 " burnt sugar

$\frac{3}{4}$ oz Tartaric acid

3 lb. sugar.

3 quarts boiling water

melt sugar + Tartaric acid in boiling water when cold. mix

altogether then bottle

3 lump sugar equal

2 drams burnt sugar

Cherry cake (Mrs Brown)

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

2 cup Brown sugar.

5 eggs.

1 bleached Raisins.

little Citron Peel.

2 Rings Pineapple Red & Green.

$\frac{1}{2}$ almonds

1 lb. Cherries Red & Green.

2 $\frac{1}{2}$ cups. sifted Flour.

2 teaspoons Baking Powder.

juice of 2 L. Lemons + 2

oranges

Bake 2 $\frac{1}{2}$ hours in modern
oven.



