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from the Publishers' Note:

This book . . . is radically different from all others available in China, in that it deals solely with Chinese products and the many ways in which they can be used to satisfy both the foreigner's palate and his purse. The Publishers therefore feel that the recipes herein will appeal immediately to the very many who are concerned over the cost of foodstuffs.

from the Preface by Bernard E. Read:—

The most important observation is that generally speaking Chinese fruits and vegetables are in no way inferior in nutritive value to those growing in Western countries . . . Soybeans and their various preparations deserve special mention . . . The book of recipes is full of the most delectable nutritious dishes . . . We all owe a debt of gratitude to the people who brought these recipes together and made them available for our use.

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CHINESE FOODSTUFFS

and how to use them

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CHINESE FOODSTUFFS

and how to use them

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TESTED RECIPES FOR
FOREIGN DISHES MADE
FROM CHINESE PRODUCTS

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PREFACE BY BERNARD E. READ

*Henry Lester Institute of Medical Research
Shanghai*

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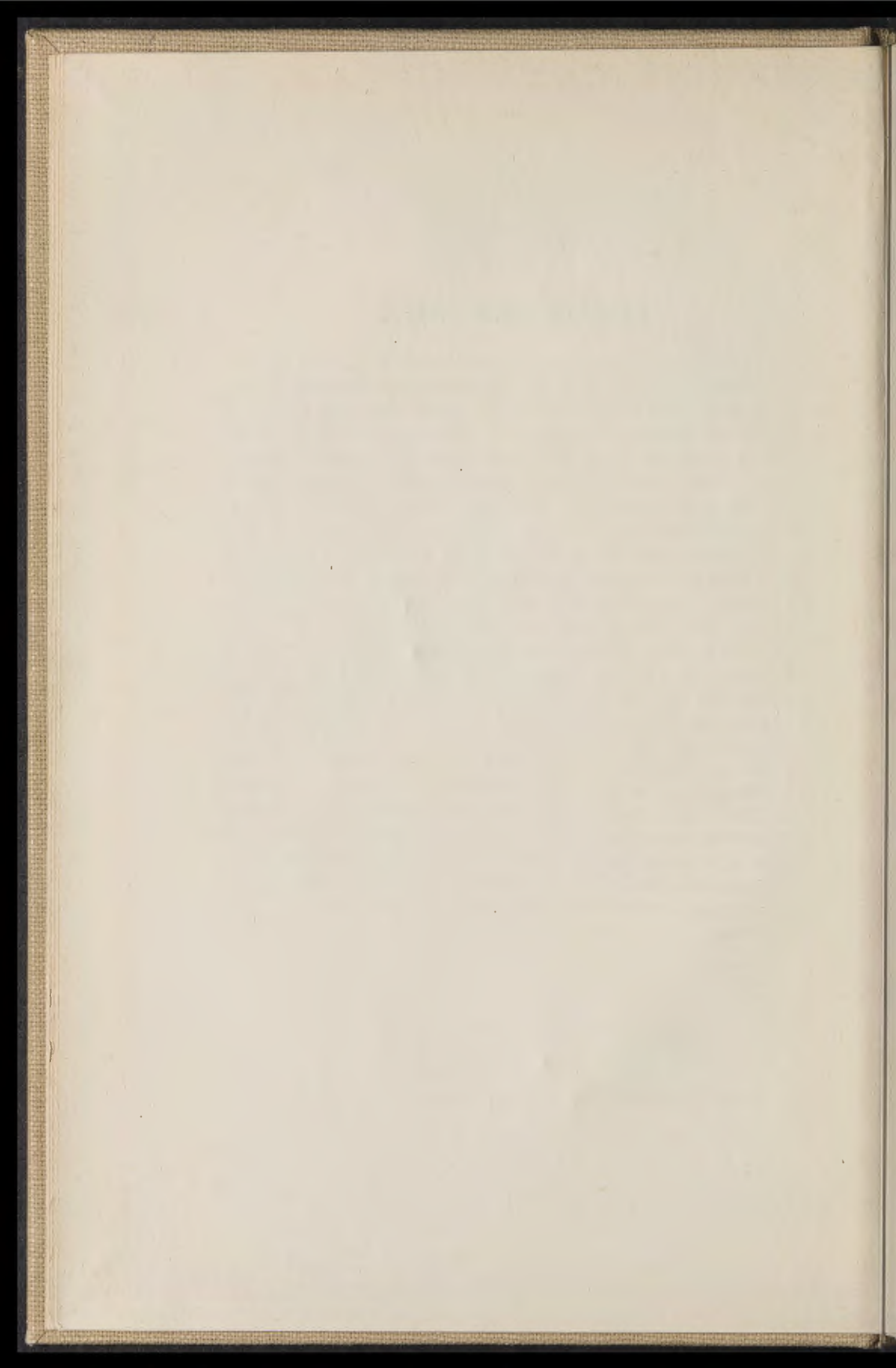
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PUBLISHERS' NOTE

This book is based on a similar book issued during the last European War by the Nanking Chapter of the American Red Cross in China. It is radically different from all others available in China, in that it deals solely with Chinese products and the many ways in which they can be used to satisfy both the foreigner's palate and his purse. The very few imported ingredients used are in the main certain spices and flavours with occasional other items. The Publishers therefore feel that the recipes herein will appeal immediately to the very many who are concerned over the cost of food-stuffs. All these recipes are well tested and are gathered mainly from foreign homes in the interior of China. As in the original edition, now long out of print, the source of each recipe is generally given. The main source of supply of all the foods used will be the Chinese market and the stores that sell Chinese foods, and, to facilitate purchase, a complete list with Chinese names and romanisation is given at the end of the book, while the romanised form of the Chinese characters is also given with the recipes as they occur. The romanisation is taken as far as possible from "Shanghai Foods," by Bernard E. Read and others, and where not included in that work, is based on the Wade system.



PREFACE

I take great pleasure in writing a brief introduction to this book of recipes dealing with Chinese foods which we have scientifically studied for many years.

The most important observation is that generally speaking Chinese fruits and vegetables are in no way inferior in nutritive value to those growing in Western countries. By chemical analysis and by the feeding and growth of animals they have been shown to be rich in mineral salts, vitamins and the proximate principles of nutrition.

Certain things can be commended as being of unusual value, and should be recognised as prized additions to our regular menus. Soybeans and their various preparations deserve particular mention. The legumes are rich in vitamin B, and China provides a wide range of peas and beans to tempt the appetite; mung beans, horse beans, cowpeas, broad beans and many others are found on the market. The brassicas which include the cabbages, mustard and colza are rich in vitamin C. Certain other leafy vegetables such as amaranth, alfalfa, and shepherd's purse are very rich in mineral salts as well as vitamins. Of the root vegetables, water chestnut, lotus root, taro, yam and the various turnips are recommended, and no one living in the Far East should miss the excellent dishes prepared from bamboo shoots, water bamboo, eggplant and red peppers.

Mushrooms with the meat dishes, and seaweeds in the soups are not just delectable fancy additions, they form part of the group of so called "protective foods", small amounts of which are absolutely essential for the maintenance of good health.

Chinese fruits are regarded by some folk as exotic and strange, and they cling to the old adage that only

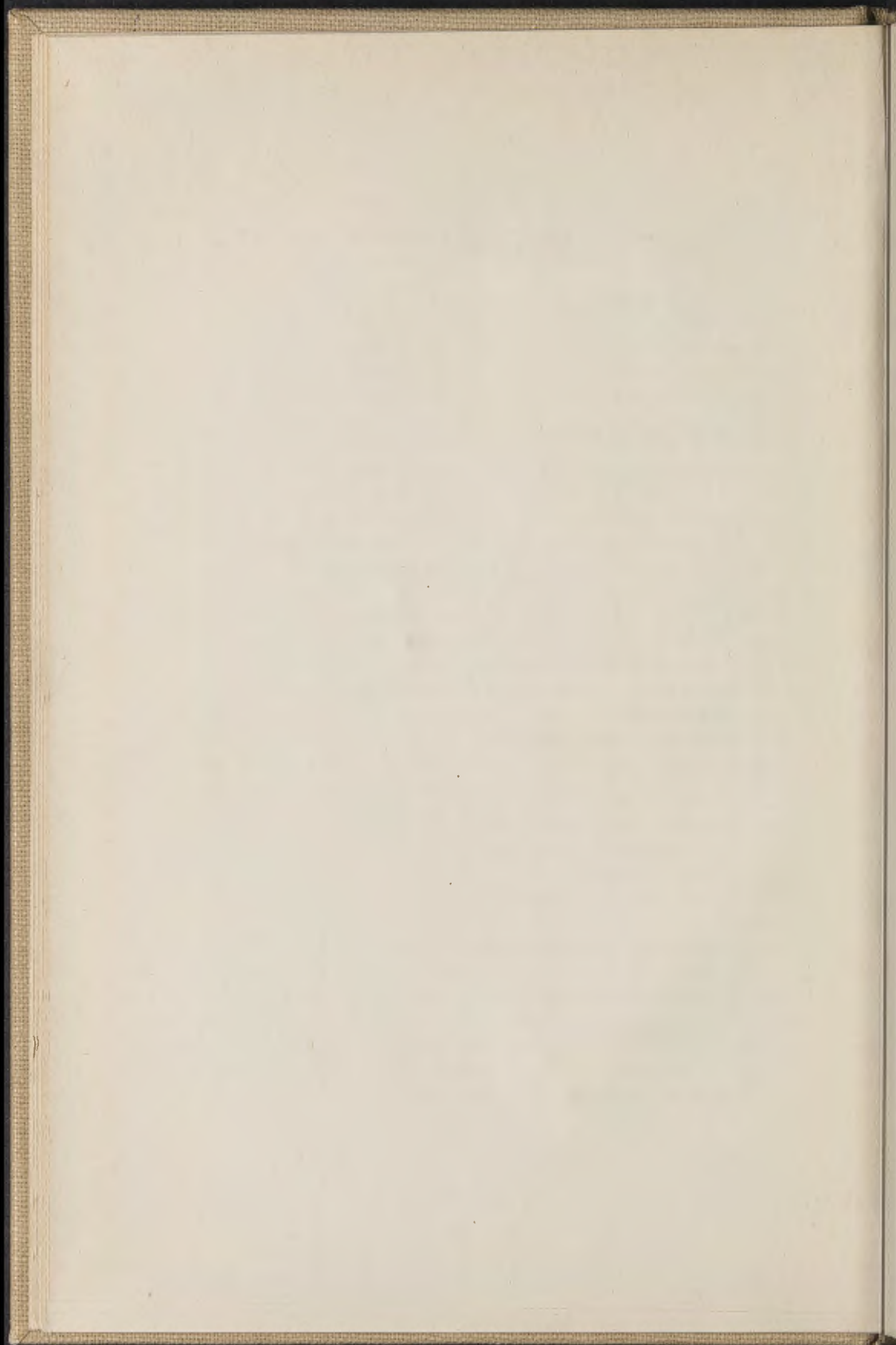
an apple a day keeps the doctor away. Litchis, loquats, mangoes, persimmons, pumeloes and red haws each have their own particular value in keeping some sickness away.

The science of nutrition is one thing, the culinary art another. Single handed they can be imperfect dull affairs, but happily united they offer us something for our highest physical good. This book of recipes is full of the most delectable nutritious dishes, concerning which one can only say "the proof of the pudding is in the eating". This is the crux of the matter in trying out new dishes. Scientifically speaking appetite may depend on the need of the body for food; lack of certain things leads to a craving, though lack of others like vitamin B just lessens the general appetite. Experience shows that appetite and the liking for certain foods or dishes is intimately associated with pleasant memories. Everyone knows that various psychological factors may contribute to create a good appetite; music, pleasant company, flowers, and a good table suitably lighted are real assets. Hence in trying out new dishes the experience should not be approached as a scientific experiment to be conducted in a cold-blooded critical manner, for one's judgment is so easily influenced by prejudice. An inappropriate name or a distasteful suggestion may prejudge the matter. *Try every new dish in cheerful company with the best setting possible.* Do not try eating out of the saucepan in the kitchen, all alone, between meals or after a heavy meal. You may burn your finger, the cat may knock over the milk jug, or you may be caught in the act by a jealous person creating a bad conditioned reflex which condemns the dish under trial for no fault of its own. These foods are good; these dishes delectable. We all owe a debt of gratitude to the people who brought these recipes together and made them available for our use.

BERNARD E. READ.

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FOOD VALUES

At the present day it is an accepted scientific fact that health is the result of a balanced diet. It would require an expert to formulate a dietary as accurate in its substances and combinations as a chemical formula. But such absolute accuracy is not necessary. The essential thing is to obtain such a general knowledge of foodstuffs and their use in the body as to discover when the diet is becoming one-sided and just what food material is lacking.

The human body is made up of about a dozen different chemical elements which have to be supplied constantly in the food. These are not all present in any one foodstuff and absent in others. All foodstuffs are a combination of several of these elements. A knowledge of the percentage composition of a number of common food materials as given in the accompanying table will help greatly in working out the dietary.

It is not necessary to consider foods in the terms of the elements which they contain. These elements are grouped into five compounds—proteins, fats, carbohydrates, mineral matter, and water. These are called the five foodstuffs. All of the foodstuffs occur in some foods, such as milk and grains, while only one occurs in sugar which is a pure carbohydrate.

Food is anything which, when taken into the body, will build tissue, yield heat and energy, and regulate body processes. Protein and mineral matter are the tissue builders. Carbohydrates supply heat and energy in the most economical form. Fats supply heat and energy in the most concentrated form, while the mineral matters and water regulate body processes.

The proteins are very complex substances and are absolutely necessary to the vigour and normal growth of the body. They cannot be replaced by any other

substance as they are the only group containing nitrogen. The human organism requires nitrogen for the continuance of life and cannot obtain it from any other source than food, therefore protein must be in the dietary.

Protein is found most abundantly in foods of animal origin but also occurs in smaller amounts in cereals, beans, and nuts. Animal proteins are thought to be more easily assimilated by the body than are those of vegetable origin but both are necessary for a properly balanced dietary.

Fats are the most important source of heat and energy. They do not build tissue. They occur in both animal and vegetable foods. Some fats are more easily assimilated than others, varying with the individual and the kind of fat.

The carbohydrates are the cheapest and most abundant of the foodstuffs. They furnish the body energy which may be utilized at once or stored for further use. Everyone knows that in order to avoid obesity, sugars and starches must be more or less eliminated from the diet. Carbohydrates are best known in the form of starch and sugar. Cereals, potatoes, rice, and flour all thicken whatever liquid they are cooked in, hence we know that they contain a large proportion of starch. Honey, fruits, and many vegetables contain sugar in large quantities. Sugar enters into the blood very quickly but has no staying qualities; it should be eaten after more substantial food as it irritates the lining of the stomach when eaten alone. Hence the best time to give candy to children is after meals. The craving for sugar between meals usually indicates a badly controlled appetite, or a poorly-fed individual, or it may be the outcome of a diseased condition of the body.

Mineral matter has to do with the healthy condition of all body fluids, such as the digestive juices, and the blood, as well as the healthful condition of muscles

and nerves. Green vegetables, although they do not yield many calories of energy, are still so valuable for their mineral-content that they are regarded as a very essential part of the dietary. Milk has a high mineral content, and it is nature's perfect food for the growing young of all mammals including man. Milk, beans, cereals, cabbage, wheat bran, celery, and walnuts furnish lime. Egg yolk, legumes, beef, and spinach are especially adapted to supply iron to the diet. Iron is necessary to the formation of red corpuscles. There is very little reserve iron in the body, hence the need of a constant supply.

Water is a carrier of building material to, and of waste from, one part of the system to another. Constipation is frequently the result of insufficient water in the dietary. If entirely eliminated it means death quicker than by any other means of starvation.

Crude fibre has not been given in the table. It is not a foodstuff, but has a decided value in the diet as it adds bulk which promotes digestion, and relieves constipation.

It is well to consider that each meal does not in itself need to be perfectly balanced, and that the five foodstuffs can be distributed throughout the meals of the day. Each meal may contain a predominance of one foodstuff, but the day's meals together can be made to form a well balanced whole. Variety in food is a great incentive to eating.

It is a rather difficult matter to choose the amount of different kinds of foodstuffs to supply our daily needs. As a rule the normal healthy appetite is a good index of the amount of food needed by the body. But it must be remembered that people often form habits of appetite as for instance one may do heavy work for a time and during that time require more food; later the habit of eating heavily may persist even though the person's work has lightened sufficiently to lessen materially the food requirement.

The following table shows percentage composition and food value of some of our most common foods. Food value is quoted in 100 calorie portion. A calorie is a standard measure of food energy, just as an inch is a standard measure of length or an ounce a standard measure of weight. In each, the weight of food given furnishes the same amount of nourishment to the body although that nourishment is furnished in different forms as will be seen by referring to the percentage composition. In the table, A. P. refers to the food "as purchased" while E. P. means "edible portion."

TABLE OF FOOD VALUES.

Food Materials	Protein	Fat	Carbohy- drates	Mineral Matter	Water	Wt. of food necessary to furnish 100 calo- ries of energy in grams.
Apples .. A. P.	.3	.3	10.8	.3	63.3	212
Apricots .. A. P.	1.0		12.6	.5	79.9	184
Asparagus .. A. P.	1.5	.1	2.8		94.4	450
Bamboo shoots ..	1.82	.12	5.64	.74		1,107
Bananas .. E. P.	1.3	.6	22.0	.8	75.3	101
Bean curd skin ..	51.60	15.62	6.65		2.82	27
Beef (lean) .. A. P.	22.4	2.9		1.2	73.8	86
Beets .. A. P.	1.3	.1	7.7	.9	70.0	271
Brains (beef) ..	8.8	9.3		1.1	80.6	84
Bread (white) ..	9.1	1.6	53.3	1.0	35.0	38
Buckwheat (flour)	6.4	1.2	77.9	.9	13.6	29
Butter ..	1.0	85.0		3.0	11.0	13
Cabbage .. E. P.	1.6	.3	5.6	1.0	91.5	317
Carrots .. A. P.	.9	.2	7.4	.9	70.6	286
Cauliflower .. A. P.	1.8	.5	4.7	.7	92.3	328
Celery .. A. P.	.9	.1	2.6	.8	75.6	612
Cheese ..	27.7	38.2	4.1	4.0	27.4	22
Chestnut .. A. P.	6.2	5.4	42.1	1.3	45.0	43
Chicken (fowl) E. P.	19.3	16.3		1.0	63.7	44
Chinese date E. P.	2.93		55.25	1.73		43
Corn ..	2.8	1.2	19.0	.9	76.1	102
Cornmeal ..	9.2	1.9	75.4	1.0	12.5	28
Cowpea (green) E. P.	9.4	.6	22.7	1.4		76
Dasheen ..	1.40	.08	11.70		.99	186
Eggs .. A. P.	11.9	9.3		.9	65.5	76
Figs (fresh) .. A. P.	1.5		18.8	.6	79.1	64
Goose .. E. P.	16.3	36.2		.8	46.7	26

FOOD VALUES

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Food Materials	Protein	Fat	Carbohy- drates	Mineral Matter	Water	Wt. of food necessary to furnish 100 calo- ries of energy in grams.
Grapes .. A. P.	1.0	1.2	14.4	.4	58.0	138
Hominy	8.3	.6	79.0	.3	11.8	28
Honey4		16.6	.2	18.2	135
Kaoliang	6.6	3.8	70.8	2.2	16.8	29
Lard (refined) ..		100.00				11
Lettuce .. E. P.	1.2	.3	2.9	.9	94.7	525
Lichee .. E. P.	2.91	1.44	71.05		2.21	32
Lima beans (fresh) .. E. P.	7.1	.7	22.0	1.7	68.5	82
Liver (beef) .. E. P.	20.4	4.5	1.7	1.6	71.2	78
Milk (whole) ..	3.3	4.0	5.0	.7	87.0	145
Millet	10.37	3.60	69.72	.91	13.60	32
Mutton .. E. P. (hind quarter)	16.7	28.1		.8	54.8	31
Onions .. E. P.	1.6	.3	9.9	.6	87.6	206
Oranges .. E. P.	.8	.2	11.6			195
Parsnips .. A. P.	1.3	.4	10.8	1.1	66.4	192
Peaches .. A. P.	.5	.1	7.7	.3	73.7	297
Peanuts .. A. P.	19.5	29.1	18.5	1.5	6.9	24
Peas (green) E. P.	3.6	.2	9.8	.6	40.8	100
Pine nuts .. E. P.	14.6	61.9	17.3	2.8	3.4	15
Pork (hind leg) ..	15.3	28.9		.8	53.9	31
Potato .. A. P.	2.2	.1	18.4	1.0	78.3	120
Pumpkin .. E. P.	1.0	.1	5.2	.6	93.1	389
Radishes .. A. P.	.9	.1	4.0	.7	64.3	488
Rice	8.0	.3	79.0	.4	12.3	29
Sesamum seed ..		50.+				
Soy bean, black ..	40.25	18.26	21.97		4.55	24
" " green ..	42.85	13.58	23.68		4.70	26
" " white ..	36.71	17.43	24.93		5.00	27
" " curd ..	13.15	7.09	1.40		2.21	28
Soy sauce	7.49		16.03		18.76	106
Spinach .. A. P.	2.10	.3	3.20	2.1	92.30	417
Squash .. E. P.	1.40	.5	9.00	.8	88.30	217
String beans E. P.	2.30	.3	7.40	.8	89.20	241
Sugar			100.00			25
Sweet potatoes ..	1.54	.25	23.43	.85		97
Tongue .. E. P.	18.90	9.20		1.00	70.80	63
Tomatoes .. A. P.	.90	.4	3.9	.5	94.3	438
Vegetable oils ..		100.00				11
Walnuts .. E. P.	16.6	63.4	16.1	1.4	2.5	15
Wheat flour ..	11.4	1.0	75.1	.5	12.0	28
Wheat flour .. (graham)	13.3	2.2	71.4	1.8	11.3	28

A FEW HINTS WHICH MAY BE HELPFUL IN
PLANNING THE FAMILY DIETARY.

1. Milk should be used liberally in children's diet because, of all foods, it is richest in lime. It also contains certain substances known as vitamins which are especially essential to body growth. When milk is boiled these are more or less destroyed, for that reason clean unboiled milk is always recommended for infant diet.

2. The strength of food in the diet of the child should be increased only as the muscles of digestion strengthen and develop.

3. Meat is a stimulating food not needed by children under six or seven years of age; it is the food most liable to encourage a putrefactive condition in the intestines.

4. Fruits and vegetables are nature's best body-cleansing and regulating agents. There is much truth in the saying: "An apple a day will keep the doctor away."

5. Those cereals and cereal foods that contain the larger part of the grain should be given preference (except for small children). They stimulate intestinal activity and being high in mineral matter help bone building and the formation of red blood corpuscles. Polished rice is an exception as most of the mineral content has been lost in the process of polishing. A diet of polished rice alone will result in a diseased condition known as beri-beri.

Cereals lack fat, so are generally combined with cream or butter to supply that deficiency.

6. One egg a day for each child in the family and two for each adult are sufficient.

7. Sweets are necessary, but they should be served in such a manner as not to reduce the appetite for other foods and not to satisfy the appetite with sweet foods only.

8. Persons doing outdoor work require more food per unit weight than those whose work is of a light indoor character. Such persons easily digest foods that are difficult of digestion—in fact they actually need food which will require a moderate amount of work on the part of the digestive tract.

9. Hard muscular work increases the need for energy-producing food, but does not affect the need for protein food.

10. In planning meals choose one dish to supplement another, e.g., a light dessert such as stewed or fresh fruit to follow an otherwise heavy meal. With a light meat for the main dish such heavy desserts as a substantial pudding or mince pie should be used.

11. Food must be properly cooked in order that the body may extract the maximum possible amount of nourishment. One of the most common forms of waste is by improperly cooked food.

FOREWORD TO RECIPES

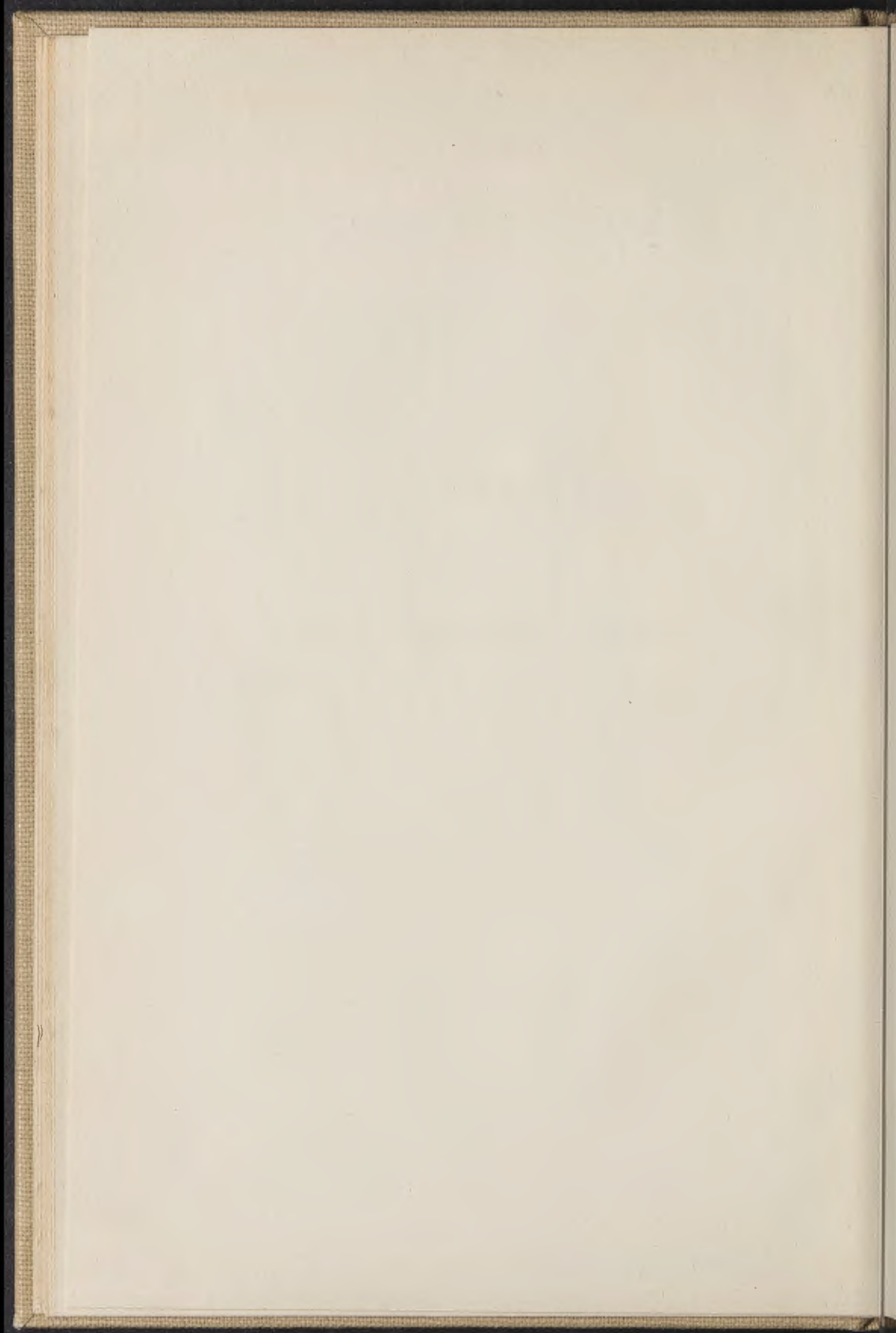
Absolute accuracy of measurements is necessary for the successful preparation of foods: especially is this true in flour mixtures. Care has been taken to record all recipes in this book in a uniform manner. In every case the dry measurements, i.e., spoon and cup, are LEVEL. The cup is $\frac{1}{2}$ pt. capacity. The following abbreviations are used:—

C for cupful	tsp for teaspoonful
T for tablespoonful	s.s. for saltspoonful
斤 for catty	

WEIGHT AND MEASURE EQUIVALENTS

2	teaspoonfuls	equal	1	dessertspoonful
3	„	„	1	tablespoonful
16	tablespoonfuls	„	1	cup
1	„ (liquid)	„	1	ounce
2	„ (butter or lard) „	„	1	„
2	„ (granulated sugar) „	„	1	„
4	„ flour	„	1	„
2	cups (butter or lard)	„	1	pound
2	„ (granulated sugar) „	„	1	„
2	$\frac{1}{2}$ „ (powdered „) „	„	1	„
2	$\frac{2}{3}$ „ (brown „) „	„	1	„
2	„ (chopped meat, solid) „	„	1	„
4	„ flour	„	1	„
2	„ meat from	„	3	„ chicken (live weight)
2	„ meats „	„	1 $\frac{3}{4}$	„ walnuts
1	catty	„	1 $\frac{1}{8}$	„

RECIPES



MEATS

Duck

1 qt. onions, cut very fine	1 tsp sage
2 carrots	1 tsp salt
4 turnips	Pinch of pepper
Bay leaf	1 qt water
2 cloves	

Fry all these ingredients in butter. Put two ducks in, breast down. Place vegetables on top. Cover the dish tight. Cook slowly on the top of stove 3 or 4 hrs. Skim off the grease.

Make sauce by adding flour to the vegetables and juice in which ducks were cooked. Also add some beef stock if you have it. Pour the whole thing over the ducks and serve.—Mrs. S. L. LASELL.

Roast Chicken with Rice

1½ C rice	2 C chicken broth
1 T raisins	1 tsp salt
2 T minced ham or bacon	½ C peanuts or walnuts

Roast desired number of chickens. Wash and cook rice as for dry rice using chicken broth instead of water. When well cooked add raisins, minced bacon or ham, and nuts, and about 2 T of the drippings from the roasted chickens. Cover and allow to steam on back of stove about 10 minutes, then heap about roast chicken and serve.—Mrs. A. J. BOWEN.

Chicken Impanada

1 raw chicken	6 tomatoes
3 sweet potatoes	1 tsp butter
6 white potatoes	1 T vinegar
½ onion	Pinch salt and pepper
3 slices bacon	

Flour each piece of chicken. Line a deep dish with slices of raw sweet potatoes and white potatoes. Put the chicken in with the other ingredients in layers between. Cover the top with potatoes. Bake very slowly from 2-3 hrs.—Mrs. S. L. LASELL.

Roast Venison

Venison is roasted like beef, requiring a longer time. It is nicer if incisions are made in the meat and small strips of pork inserted. Season with pepper and salt and taste often. Roast about two hours. Serve with "shan ch'a" (山楂) jelly.—Mrs. ALEXANDER PAUL.

Fried Mush with Beef

4 lbs. good beef	Salt
Corn meal	

Boil meat in plenty of water until it is in shreds. Stir in corn meal enough to thicken. Boil half an hour longer, stirring often.

Pour out into pans. When cold, slice and fry.—Mrs. A. W. GILBERT.

To Corn Beef

12 lbs. beef	Soak in 4 quarts water with 14 oz salt, 4 oz sugar, ½ tsp saltpetre
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After the meat has been soaked in the brine for about two weeks, it is ready for use. If kept longer change the brine every two weeks.—Mrs. B. L. ANCELL.

To Smoke Beef

Take some of the corned beef and hang in kitchen for a week or ten days until thoroughly dry. Then smoke it by shutting it up in a box with a small "fonglo" (風爐) with some charcoal covered with wet sawdust. If some bamboo poles are put across the box and the beef laid on them, it will smoke nicely. This is better done for ten successive days. The smoked beef will keep for months.—Mrs. B. L. ANCELL.

Boiled Beef

1 斤 beef	6 T soy sauce (醬油: <i>Chiang Yu</i>)
Cold water	1 tsp of "bah-goh" (八角) or
2 sticks of cinnamon	茴香 (<i>Hui Hsiang</i>)

Cover beef with water and boil until tender. Add cinnamon, bah-goh, and soy sauce. Cook slowly until almost dry. Serve cold or hot.—Mrs. LEAMAN.

Round Steak—Always Tender

Slash steak on both sides with sharp knife. Season well. Rub in flour. Have fat in skillet, $\frac{1}{2}$ in. deep, very hot. Put in steak, sear quickly on each side, pour in 1 C water, cover, set on back of stove and simmer $\frac{3}{4}$ hr.—PEARL TAYLOR SARVIS.

Ham (country style)

1 lb. ham	2 C milk
-----------	----------

Place a slice of smoked ham, cut $\frac{3}{4}$ in. thick, in a baking pan. Cover with milk. Bake slowly, basting frequently and turning once or twice, until ham is tender, has absorbed almost all the milk and is brown on top. This will take about $1\frac{1}{2}$ hr. Serve hot with potatoes and spinach.

Braised Tongue

1 ox tongue	2 T fat
1 C carrots (cut in cubes)	2 T flour
1 C mushrooms	Salt
1 C onions (cut in cubes)	Pepper

Boil tongue two hours and skin. Place meat in covered baking dish (casserole). Brown flour and butter in frying pan, stir into it 4 C of juice from boiled tongue. Pour gravy over tongue, add vegetables and seasonings and bake 2 hours.

1 T of soy sauce is a great improvement.—Mrs. J. H. REISNER.

Pilau

½ C lard or butter	2 C rice
1 chicken	Onions
1 stick cinnamon	Almond substitute (杏仁:
12 cloves	<i>Hsing Jen</i>)
½ C raisins	Salt

Cut up chicken and brown in lard in frying pan. Put chicken in kettle and add water to cover, salt, spices tied in cheese cloth, and raisins. Boil slowly until chicken is tender. Take out the chicken and put the uncooked rice into the liquid, cook until soft. Dry in oven and serve with rice covering the chicken. On top put onions fried in chicken fat and salted kernels with the spices.—HELEN M. GODDARD.

Sausage (country style)

Put sausage into shallow pan, cook slowly until nearly done. Fill a baking dish with creamy mashed potatoes. Arrange sausage on top of potato. Bake in hot oven until sausages are well browned.

Pork Sausage

2 lbs. fresh pork	1 tsp (or more according
1 tsp black pepper	to taste) dried sage
2 tsp salt	

Use best quality pork with plenty of fat, too much lean makes tough sausage. Grind pork in meat chopper, mix in seasoning thoroughly, make into small cakes and fry brown. They are better if prepared some time before cooking and are wholesome only in cold weather. Good cold for boat lunches and sandwiches.—Mrs. J. M. BLAIN.

Fowl Stuffing

2 C puffed rice (pounded fine)	½ C butter
½ seedless raisins (Chinese)	½ C walnut meats, chopped
½ C ground or crushed peanuts	Seasoning
	Sage if preferred

Mrs. ALEXANDER PAUL.

Chinese-Irish Lamb-Stew

3 lbs. lamb from the forequarter	2 onions
½ C carrot cut in ½ inch cubes	4 C potatoes
½ C turnip cut in ½ inch cubes	Chinese "wo sun" (高筍) cut in pieces. The tender hearts as well as the young shoots and leaves are used

Cut the lamb in pieces, cover with boiling water, and cook slowly two hours or until tender. Fifteen minutes before serving add potatoes, cut in ¼ inch slices, previously parboiled 5 minutes in boiling water. Thicken with ¼ C flour, diluted with enough cold water to form a thin paste. Season with salt and pepper, and serve with dumplings if desired.

Beef and Pork Loaf

1½ 斤 beef	Pepper
½ 斤 pork	s.s. salt
1 onion	1 egg
2 C bread crumbs	

Beef, pork, and onion put through mincing machine, add bread crumbs, salt, pepper, mix well and bind together with the egg, then bake in greased pan. For the first $\frac{1}{3}$ hr. meat should be covered with another tin and the last half hour tin to be removed and meat baked brown.—Mrs. R. M. HUNT.

Ox Tongue Jelly

1 ox tongue	40 strands Chinese gelatine (洋菜: <i>Yang Tsai</i>)
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Take an ox tongue and make a cut about an inch deep and 3 or 4 inches long, on the under side. Rub coarse salt into the cut and place in a small crock covered with salt. Leave for 3 or 4 days turning it over at half time to insure salt getting to both sides. Then place to soak in cold water overnight, and in the morning put on to boil with just sufficient water to cover. Boil very gently until tender. Remove the outer skin.

Soak about 40 strands of native gelatine in a little cold water for about half an hour, add this to the liquid in the saucepan and boil together again until tongue is very tender. Place the tongue in a tin (a 2 lbs. butter tin does well), pour some of the liquid over it to fill up spaces. Place saucer with a weight on top and leave to cool. In the morning the jelly should be quite firm. Turn out on dish and serve. Long cooking is necessary. Not suitable for warm weather as tongue spoils quickly.—Mrs. THOMPSON.

Shrimps on Toast

1 C shrimps
1 T flour

$\frac{1}{2}$ C milk
1 T butter

Shell and wash the shrimps in boiling water. Boil 8 to 10 minutes in salt water and drain. Make white sauce after usual method and add shrimps. Serve on toast or crackers. 1 C of peas may be added. This is the college girls' "shrimp wiggle."—AGNES M. HUTCHINSON.

Fish with Peas and Cream Sauce

Bake or steam any good white fish; cook green peas until tender, and season. Make white sauce as follows:

1 T butter
2 T flour

1 C hot milk

Melt butter, stir in flour, add milk and seasoning. Cook ten minutes. Pour over hot fish, and garnish with peas.—PEARL TAYLOR SARVIS.

Crabs in the Shells

Crabs are in season in China in the autumn, and are called "ch'iang hsieh" (螃蟹) by the Chinese. They should be bought alive, and are prepared as follows: Plunge into boiling water and boil. Remove from fire and scrape out all meat.

For each cup of the shedded meat, melt 1 T butter over the fire, and in this fry 1 tsp chopped onion. Add 1 tsp vinegar and 1 C hot water. Mix the crab meat with 2 tsp fine bread crumbs and add to the boiling water. Boil a few minutes, add salt and pepper. Serve in the crab shells or on toast. Generally the meat, prepared this way, is more than sufficient to fill the shells, and in this case slices of bread, 1 in. thick, may be cut into squares about the size of the shells, the middle

scraped out, then toasted or fried in deep fat to a golden brown, and filled with the meat.—PEARL TAYLOR SARVIS.

Creamed Salt Fish

(東洋魚 : *Tung Yang Yu*)

Pick salt fish into pieces (there should be $\frac{3}{4}$ C) and soak in lukewarm water overnight. Drain, add 2 C of water and stew until tender. Then $\frac{1}{2}$ C milk slightly thickened with flour. Add one beaten egg just before sending to the table. Garnish with slices of hard-boiled eggs.—Mrs. ALEXANDER PAUL.

LUNCHEON DISHES AND MEAT SUBSTITUTES

In this chapter are assembled a number of recipes for dishes which may be used as the main course for a meal. Some of these dishes such as those containing eggs, nuts, milk or beans, are practically equal to meat in food value, while others should not be classed as meat substitutes except for the fact that they may be used for the main part of a meal. If the latter are used, care should be taken to furnish a meal some time in that day's dietary which will be over-rich in protein in order to maintain a proper daily balance.

The composition of some of the important foods used is as follows:—

Walnut: Water 2.5%, Protein 16.6%, Fat 63.4%, Carbohydrates 16.1%, Ash 1.4%. Fuel value 3180 calories per pound.

Chestnut: Water 5.9%. Protein 10.7%, Fat 7%, Carbohydrates 74.2%, Ash 2.2%. Fuel value 1820 calories per pound.

Peanut: Water 9.2%, Protein 25.8%, Fat 38.6%, Carbohydrates 24.4%, Ash 2%. Fuel value 2485 calories per pound.

Peanut Butter: Water 2.1%, Protein 29.3%, Fat 46.5%, Carbohydrates 17.1%, Ash 5%. Fuel value 2735 calories per pound.

Cocoanut (dessicated): Water 3.5%, Protein 6.3%, Fat 57.4%, Carbohydrates 31.5%, Ash 1.3%. Fuel value 3025 calories per pound.

Puffed Rice Omelet

1 C puffed rice (炒米: <i>Chow Mi</i>)	1 tsp parsley
$\frac{1}{2}$ C sweet milk	Salt
3 eggs	Pepper

Put the puffed rice through a meat chopper. Soak for half hour in the milk. Add egg yolks beaten and whites beaten stiffly. Season with salt and pepper. A little ham, parsley, or red pepper may be added. Pour into omelet pan, and cook slowly.—Mrs. J. E. WILLIAMS.

Pilau

2 C rice	Salt to taste
$1\frac{1}{2}$ C bread (cubes)	Pepper to taste
$1\frac{1}{2}$ C potatoes (cubes)	$\frac{1}{2}$ C currants
1 onion (large)	$\frac{1}{2}$ C raisins

Boil rice until tender. Cut bread, potatoes, and onion in cubes and fry in deep fat, also drop raisins and currants in fat for a moment or two. Put small piece of butter or crisco in hot pan, scramble rice in same until piping hot. Arrange on large platter and over the top of rice place the cubes of bread, potato, onion, currants, and raisins. May be served with roasted chicken and good, rich gravy.—Mrs. CHAS S. KEEN.

Turkish Pilau

1 C rice	1 C tomato juice
$\frac{1}{4}$ C butter or dripping or both mixed	1 C boiling water
1 C soup stock	Salt to taste
	Fat

Wash rice and drain well, stir in frying pan with the fat till well mixed and hot. Meanwhile heat liquids together till boiling. Add rice and boil rapidly till it thickens up, then set back or stand in boiling water, cover with a clean cloth doubled to let steam escape. The whole process takes a little over an hour.—Mrs. R. E. ABBEY.

Turkish Pilau

6 C boiled rice	$\frac{1}{2}$ C honey dates (chopped)
$\frac{3}{4}$ C stale bread (diced)	2 eggs
$\frac{1}{2}$ C peanuts	$\frac{1}{2}$ C cold meat (diced)

Put the rice into a skillet; break the eggs over it and mix thoroughly; heat until the eggs are cooked and the rice slightly browned, stirring constantly. Brown the bread dice in deep fat and mix with the other ingredients. Heap the rice on a platter and cover with the mixture.—GINLING COLLEGE FACULTY.

A Savory Dish of Rice

1 C rice	1 T butter
4 C beef stock	1 tsp celery salt
$\frac{1}{2}$ C water	$\frac{1}{4}$ tsp curry powder
$\frac{3}{4}$ C walnut meats broken up	Salt and pepper to taste

Add the water to the stock, let it come to a boil, then add the rice well washed and the nut meats; cook slowly until tender, then add the butter, celery salt, and curry powder, and salt and pepper to taste. Butter a baking-dish, pour in the rice mixture, dot the top with pieces of butter and bake in a moderate oven for twenty minutes.

Spanish Rice

2 tsp butter	1 C strained tomato pulp
1 onion	2 C water
$\frac{1}{2}$ C rice	Salt and pepper

Heat butter in pan. Add onion chopped fine, and brown. Add rice carefully washed and thoroughly drained and heat with onions for five minutes. Put all in double boiler, adding tomato, water, and seasoning. Cook at least one hour.—Mrs. W. G. HILTNER.

Porto Rican Rice

1 C rice	1 green pepper
2 raw tomatoes or $\frac{1}{2}$ C stewed tomatoes	1 onion
	1 small slice of ham

Cut fat from ham, put into a sauce-pan and let it partly fry out. Cut lean ham into dice and put into the pan; cut onion in half and let it fry awhile. Remove seeds from the pepper and put it in pan. If raw tomato is used add this next but if stewed tomato is used wait till later. It may be necessary to add a little lard if the ham is not very fat. Next add rice which has been washed, letting each kernel become covered with fat. Add the tomato and three cups of water, either cold or warm but not hot. Do not stir as the pan is now well greased on the bottom. Let the mixture come to a boil rather quickly, then boil slowly for about 45 minutes. You may have to add salt but this is determined by the saltiness of the ham used. The mixture should be dry and not too mushy. Remove the fat and the onion if you wish.

Rice Loaf

$1\frac{1}{2}$ C cooked rice	1 egg
1 C bread crumbs	3 T melted butter
$\frac{1}{2}$ C nut meats (chopped)	

Mix ingredients in the order named, season as desired. Peppers may be added. Bake till well browned, using butter to baste it with.—EDITH M. CRANE.

Savory Rice Croquettes

2 C boiled rice	$\frac{1}{2}$ tsp salt
1 egg beaten	White or cayenne pepper
Few drops of onion juice	to taste
1 T lemon juice	2 T minced parsley
	2 T melted butter

Mix all ingredients together, and shape the mixture first into balls and then into cylinders. Roll them in

sifted bread crumbs and then in slightly beaten egg until every part is covered; roll in crumbs a second time. Fry in deep fat until golden brown. Test the fat with small cubes of dry bread; when it will turn the cube a golden brown in forty seconds, it is hot enough for any cooked mixture. Drain the croquettes on brown paper. Serve plain or with tomato or cheese sauce.—Mrs. J. H. REISNER.

Rice Croquettes

1 pt cooked rice
2 eggs

1 T butter
Bread crumbs

While the rice is still hot stir in the butter and the well beaten eggs. Mix well together and set aside to cool; then form into balls or cones, dip in egg and bread crumbs and fry.

Serve with syrup, cheese or tomato sauce.—MARION V. MOSS.

Rice as a Luncheon Dish

Rice baked en casserole with various other things is very satisfying as the main dish of a meatless meal. Butter the casserole or baking dish well, put in alternate layers of rice and the combining material, and cover with milk, meat broth, or tomato juice as seems most suitable considering the material used to combine with the rice. Any of the following ingredients may be used:—

- Sliced or stewed tomatoes.
- Boiled chestnuts.
- Left-over fowl, diced.
- Grated cheese.
- Boiled onions.
- Cold diced meat.
- Flaked or diced fish.
- Hard boiled eggs, chopped fine.
- Fresh meat, put through food chopper.
- Fresh chopped cucumbers with a little meat.

—PEARL TAYLOR SARVIS.

Spiced Rice

1 C rice	2 T butter	$\frac{1}{4}$ tsp cloves
$\frac{1}{2}$ C raisins	1 onion	$\frac{1}{2}$ tsp cinnamon
$\frac{1}{2}$ C nuts	3 C water	2 tsp salt

(1) Boil the rice in water with salt, pepper, butter, raisins, and spices until the rice is soft.

(2) Fry the onion in fat or butter.

When ready to serve, mix (1) and (2) adding walnuts. Serve as a vegetable, where a change is wanted from plain rice.—Mrs. J. W. STAFFORD.

Chinese Vermicelli

(筒子麵: *Tung Tzu Mien*)

Chinese vermicelli is prepared just as foreign macaroni or spaghetti, boiled in salted water, drained, and baked with cheese or any of the ingredients listed under "Rice as a Luncheon Dish" (page 13). Bake in the same way and serve as luncheon dish, or main dish at a meatless dinner. It is also used in soup, or may be boiled, drained and dressed with a cream sauce in which grated cheese has been melted.—PEARL TAYLOR SARVIS.

Chinese Noddles

(切麵: *Chieh Mien*)

These may be prepared as the Chinese vermicelli above, and served as same. Boiled in beef broth this makes a very satisfying breakfast dish for grown-ups.—PEARL TAYLOR SARVIS.

Bean Curd and Celery

1 C celery	Salt and pepper
$\frac{1}{2}$ C bean curd (豆腐: <i>Tou Fu</i>)	Cream sauce

Clean and cut the celery. Wash the bean curd and slice in long strips, or dice. Boil for 8 to 10 minutes. Add cream sauce and serve hot.—AGNES HUTCHINSON.

Cheese and Rice Batter

1 C flour	$\frac{1}{2}$ tsp baking powder
1 egg	4 T grated cheese
1 C milk	$\frac{1}{2}$ tsp salt
$\frac{1}{2}$ C boiled rice	Cayenne pepper

Make a batter of the first two ingredients and $\frac{1}{2}$ the milk, beat thoroughly and set aside at least $\frac{1}{2}$ hour. Then add other ingredients, mix well and put in a buttered baking dish. Bake in a hot oven 20 or 30 minutes.

This must not stand after being taken from the oven.—Mrs. A. J. BOWEN.

Cheese Souffle

1 T butter	2 C milk
$\frac{1}{4}$ C flour	1 C chopped waterchestnut
3 eggs	1 T chopped green pepper
1 C grated cheese	$\frac{1}{2}$ tsp salt

Melt butter. Make a sauce out of the flour, cheese, and milk. Add waterchestnut, egg yolks, and seasoning. Cut and fold in stiffly beaten egg whites. Turn into buttered baking dish and bake in moderate oven for thirty minutes.

Bean Flour Spaghetti

(麵條: *Mien T'iao*)

Bean flour spaghetti is sold ready to use on the Chinese market, either dried or fresh. It is delicious cooked with gravy and meat scraps of any kind. It is prepared by being dropped into boiling water a few minutes until cooked, then the water poured off, gravy added, and then the meat, chopped or minced, put on top. This *mien* can also be satisfactorily used with tomato sauce and a bit of red pepper added instead of the meat and gravy. It is very useful as a dish to use up leftovers.—Mrs. J. L. BUCK.

Bean Spaghetti

(粉條: *Fên T'iao*)

Bean spaghetti may be prepared just like our foreign macaroni except that it does not need the preparatory cooking when baked, as with cheese. It is delicious when cooked with boiled cabbage in the proportion of about two parts cabbage and one spaghetti. The spaghetti comes in long strips and should be cut in about inch lengths when preparing for the table.

Bean Spaghetti with Meat

(粉條: *Fên T'iao*)

Slice thin either pork or beef and fry brown. Put in 粉條 (*Fên T'iao*) with enough water to cover, cook slowly for $\frac{1}{2}$ hour or more, then add soy sauce to season and boil slowly 15 minutes more.—Miss RELYEA.

An Egg Luncheon Dish

Boil spinach until tender, drain, and mould on a hot platter making several nests in it. In each nest drop a poached egg, and surround all with French-fried potatoes.

Egg Turnovers

$\frac{1}{2}$ C chopped meat
2 eggs

1 tsp chopped onion
Salt and pepper

The meat may be any leftover meat. If ham is used omit salt. Beat the eggs and season to taste with salt and pepper. Add onion to meat. Have the frying pan very hot, then with a tablespoon drop a spoonful of the egg into the pan. Take a smaller spoonful of meat and lay on one-half of the egg, which has spread out like a thin griddle cake. Fold the other half of the "egg cake" over the meat. Fry until lightly browned on both sides. Use very little fat for frying.—Mrs. J. L. BUCK.

Rice, Ham, and Eggs

4 C rice 7 eggs ½ lb cured ham

Wash and cook rice for eating as a vegetable. Cut ham very small and fry thoroughly done. Whip the eggs well. Scramble rice, ham, and eggs, cooking until the eggs are done. Serve hot.—N. B. MCDANIEL.

Ruby Royal

A very nice luncheon dish is made by poaching eggs in a tomato purée. Stew the tomatoes well done, put through a sieve, and season with salt, pepper, and butter. Turn into a shallow vessel, carefully break in the eggs and poach until set. Arrange slices of toast on a platter, remove eggs carefully to top of toast and pour purée of tomatoes about them.—PEARL TAYLOR SARVIS.

Baked Eggs

8 eggs 3 tsp cream Seasoning

Break eggs into a well-buttered dish. Add seasoning and cream, and bake twenty minutes.—Mrs. ALEXANDER PAUL.

Egg Timbales

(6 medium size)

4 eggs ½ tsp pepper
1 C milk Few drops onion juice
½ tsp salt

Slightly beat the eggs. Mix all ingredients thoroughly, turn into buttered cups and bake as for custard. Serve with white sauce or tomato sauce.—Mrs. J. H. REISNER.

Eggs with Creamed Celery

Arrange a circle of poached eggs on a platter and fill the centre with the creamed Chinese celery. Use as luncheon dish.—PEARL TAYLOR SARVIS.

Eggs in Consommé

Poach eggs in any good rich consommé, and serve in the consommé with croutons as a luncheon dish.—PEARL TAYLOR SARVIS.

Eggs in Nests

Cook Chinese vermicelli (筒子麵: *Tung Tzu Mien*), in salted water till tender. On a platter coil the vermicelli to form nests, and drop a poached egg in the centre of each. Over all pour a rich tomato sauce, and serve as a luncheon or breakfast dish.

Egg à la Cream

Hard boil 6 eggs.

Make a cream sauce using,

6 T butter

6 T flour

3 C milk

Salt and pepper

Chop eggs. In buttered baking dish place alternate layers of eggs and cream sauce, beginning and finishing with cream sauce. Place buttered crumbs on top and bake.—PEARL TAYLOR SARVIS.

Egg à la Victoria

6 duck livers

6 eggs

Saute in butter six circular pieces of bread and six duck livers. Place a liver on each round of bread and season with butter, salt, and pepper. On top of each place a poached egg. Serve at once.

Nut Loaf

1 C rice	1 T butter
2 C toasted bread crumbs	1 egg
1 T chopped parsley	1 C milk
1½ C peanuts (ground fine)	2 tsp salt
	Pepper

Cook rice in boiling salted water and drain. Add to it all the other ingredients, using enough milk to hold the whole together. Shape into a loaf, place in a baking pan with a little water to prevent scorching, and bake 20 minutes. Serve hot or cold with tomato sauce or white cheese sauce.—MARION V. MOSS.

Nut and Cheese Roast

1 C grated cheese	1 T butter
1 C chopped walnuts	½ (juice of) lemon
1 C bread crumbs	Salt
2 T chopped onion	Pepper

Cook onion in the butter and a little water until tender. Mix other ingredients and moisten with water, using the water in which the onion was cooked. Pour into a shallow baking dish and brown in the oven.—ESTHER N. NASMITH.

Chicken Souffle

1½ T butter	½ tsp salt
1½ T flour	1 C cold chicken
1 C milk	4 egg whites
¼ C bread crumbs	

Make butter, flour, and milk into white sauce. Add crumbs and salt. Cook 1 minute. Add finely chopped chicken. Fold in stiffly beaten egg whites. Turn into buttered moulds set in pan of hot water. Cover with buttered paper and bake in moderate oven until firm.—Mrs. J. H. REISNER.

Chicken Short Cake

Fricasseed or stewed chicken	2 tsp baking powder
1 pint flour	1 tsp butter
$\frac{3}{4}$ C milk	1 tsp lard
	$\frac{1}{2}$ tsp salt

This is a good way to convert the remnants of a chicken stew or fricassee into a tempting and savory dish: Free the chicken from skin and bones and cut into small slivers. Put the meat on to heat in enough gravy to make it quite moist. Sift the baking-powder and salt with the flour. Rub the lard and butter into the flour, then stir in the milk. Stir the dough into a smooth ball and roll it into a round cake about an inch thick. Bake in a quick oven for about fifteen or twenty minutes. When done open the edge with a sharp knife and then tear the cake in two. After spreading the hot chicken on the lower half replace the upper half. Over the whole pour a generous amount of hot chicken gravy.

Peanut Roast

1 C peanuts	1 T butter
1 C potatoes	1 onion
2 C cooked rice	1 egg
1 C cooked tomatoes	1 tsp salt

Roast and chop peanuts; mash potato; beat egg; chop raw onions. Mix into loaf and bake three-quarters of an hour in moderate oven. Serve with white sauce or tomato sauce.—Mrs. D. W. LYON.

Tomato Sauce (to be served with Peanut Roast)

1 C tomatoes	$\frac{1}{2}$ tsp salt
1 T flour	1 C water or stock
1 T butter	

Rub butter and flour together and heat in a saucepan, adding gradually the liquid and lastly the salt. Cook about ten minutes, until the flour is cooked. Pour around the loaf.—Mrs. D. W. LYON.

Chestnut Roast

1½ C cooked chestnuts	1 tsp salt
3 C stale bread crumbs	1 tsp sage
1½ C milk	1 tsp grated onion
2 eggs	

Boil chestnuts 10 minutes; while still hot remove shells and inner skin with sharp paring knife. Chop but not too finely. To prepare the bread crumbs use stale bread and rub the edges of two pieces together, thus producing fine crumbs. Beat the eggs slightly, add milk, the chopped chestnuts and seasoning, fold in bread crumbs last. Turn into an oiled tin and bake in a moderate oven about 20 minutes.—Miss EMMA A. LYON.

Savory Roast

2 C bean puree	1 C strained tomatoes
2 eggs	2 C nuts chopped fine
½ C toasted bread crumbs	¼ C milk
½ C brown flour	1 tsp salt
2 tsp celery salt	Juice of medium size onion
2 tsp sage	if desired

Cook beans until quite dry, and mash through a colander. Beat the eggs slightly. Add the puree and other ingredients in order given. Bake in loaf in hot oven 20 or 30 minutes or until nicely browned.

Serve with cream sauce or brown sauce.—Miss EMMA A. LYON.

Walnut Roast

2 eggs	1¼ bread crumbs
2 C milk	1 C walnut meats
1 tsp salt	2 tsp grated onion

Beat the eggs until light. Add milk and bread crumbs. Let stand 20 minutes. Add other ingredients, turn into buttered bread tins, bake in a moderate oven 30 minutes. Serve with sauce.—Miss EMMA A. LYON.

Quick Nut Loaf

2 C flour	2 T lard
$\frac{3}{8}$ C sugar	1 C milk
4 tsp baking powder	1 egg
1 tsp salt	1 egg yolk
2 $\frac{1}{2}$ T butter	$\frac{1}{2}$ C English walnuts

Mix and sift bread-flour, sugar, baking-powder and salt. Work in butter and lard, then add milk, egg and egg-yolk well beaten, and walnut meats broken in small pieces. Beat thoroughly, put in a buttered bread-pan, cover and let stand twenty minutes. Bake in a moderate oven from forty to forty-five minutes. If allowed to stand twenty-four hours, this makes delicious sandwiches.

Casserole of Rice and Meat

2 C cold chopped meat	$\frac{1}{2}$ tsp salt
1 beaten egg	1 T finely chopped onion
2 T fine crumbs	Pepper

This is an excellent way of using the tough meats so common in China, as fresh meat put through a food chopper is even better than the cold meats, though the original recipe was devised as a way of using leftover cold roasts or even soup meat. Mix the dry ingredients with meat stock or water. Line a well-oiled mould with the rice, fill with the meat mixture, cover with the rice and steam 45 minutes. Do not use the glutinous rice for this, as it sticks to the sides of the mould too badly. When done turn out on a platter and surround with tomato sauce.—PEARL TAYLOR SARVIS.

Chestnut Croquettes

1 C mashed chestnuts	1 tsp sugar
2 T cream or milk	$\frac{1}{4}$ tsp salt
2 egg yolks	

Mix ingredients in the order given. Shape into balls, dip in crumbs, egg, and crumbs again. Fry in deep fat and drain.

Peanut Cutlets

1 C ground peanuts	Salt and pepper
1 C bread crumbs	Sage
1 beaten egg	

Shape into cutlets, after mixing well. Dip each into the white of an egg, beaten with a teaspoonful of water, then into crumbs, and fry, or bake in a quick oven until brown. Serve with tomato sauce.—ANNE RUSSELL TAYLOR.

Chop Suey

2 lbs pork	1 C mushrooms (菌: <i>Chün</i>)
1 C celery	Salt
1 C onions	Pepper
1 C bean sprouts (豆芽: <i>Tou Ya</i>)	Soy sauce (醬油: <i>Chiang Yu</i>)
1 T flour	

Use a very hot iron skillet, brown the diced pork thoroughly, and remove excess fat. Add water to cover; then season and thicken. Add onions, mushrooms, celery, and sprouts. Cover and cook slowly for 1½ hr. Serve with rice. Shredded ham or chicken may be laid on top.—Mrs. J. H. REISNER.

Peanut Croquettes

1 C peanuts	½ tsp onion juice
2 C mashed potato	½ tsp salt
3 T milk	½ tsp chopped parsley
1 egg	(may be omitted)

Roast and chop peanuts. Mix all ingredients and shape into croquette forms. When ready to serve dip into beaten egg then roll in fine bread crumbs and fry in hot oil. Drain for a minute on brown or any kind of absorbent paper. Serve at once. Will make 8 medium size croquettes.—Mrs. J. H. REISNER.

Baked Beans

Use 金果苳: *Chin kuo tou* beans and treat just as making Boston baked beans.

Baked-bean Croquettes

1 C baked-bean pulp	$\frac{1}{2}$ C white sauce
1 tsp onion juice	Salt and pepper
Bread crumbs	Egg

Combine the ingredients, and allow them to stand for two or three hours. Shape this mixture into croquettes. Roll them in beaten egg, bread crumbs, and crumbs again. Fry in deep fat.

Chicken and Mushroom Croquettes

$1\frac{1}{2}$ C chicken (cooked)	1 tsp lemon juice
$\frac{2}{3}$ C mushrooms (菌: <i>Chün</i>)	Few drops onion juice
$\frac{1}{2}$ tsp salt	1 tsp parsley (chopped)
$\frac{1}{4}$ tsp celery salt	1 C thick white sauce

Chop the chicken and mushrooms. Mix all ingredients, chill, mould into croquettes, roll in egg and bread crumbs and fry in deep fat.—Mrs. J. H. REISNER.

Cabbage Rolls—Käldolmar

1 head cabbage	$\frac{1}{4}$ C bread crumbs
1 lb Hamburger beef	1 C boiled rice
1 egg	Salt and pepper

Cut off cabbage leaves; trim down their large stems and boil them a few minutes to make soft.

Mix together beef, egg, crumbs, and rice. Season and wrap cabbage leaf around a large spoonful of the meat mixture. Place close together in a pan and fry in dripping, then simmer in water or bake like roast.

—Mrs. J. H. BLACKSTONE.

Baked Fish Cakes

1 C cold cooked fish	1 tsp salt
2 C cold mashed potatoes	Pepper
Milk or cream	1 egg
Butter	

Very nice fish cakes or croquettes may be made of the remains of a fish dinner served the night before. Almost any kind of cold fish may be used. After removing the skin and bones, flake the meat very fine. Mix together the fish and cold mashed potatoes. If a sauce was served with the fish at dinner and some of it was left over it is well to add about three tablespoonfuls. Season the dish with salt and pepper. Add the egg, well beaten. If the mixture does not seem moist enough add a little milk or cream. Make into flat cakes, put into a buttered pan, and bake in a hot oven until brown. If there is a little more fish and less potato, or a little more potato and less fish, than called for, it will not make any great difference.

Water Chestnut and Fish

1 C Kuei yü (鱈魚)	2 T onion
1½ C water chestnut (荸薺: <i>Pi Ch'i</i>)	3 C cooked rice
¾ T soy sauce (醬油: <i>Chiang Yu</i>)	

Remove skin and bones from the fish and shred the flesh; pare and slice the water chestnut; cut the onion into small pieces. Fry the onion brown in a small amount of fat. Add fish, and cook slowly (covered) 5-10 minutes. Then add water chestnut and soy sauce and cook until done, stirring occasionally. Serve surrounded with boiled rice.—Mrs. J. H. REISNER.

Shrimp Cakes

1 C shrimps (蝦: <i>Shia</i>)	½ C milk
2 T flour	1 egg
1 tsp butter (melted)	Salt

Mix all together and drop from a spoon into hot fat.—Mrs. F. W. GODDARD.

Polenta (Luncheon dish)

Make a thick cornmeal mush and pour out into tins to harden. When ready for use, slice off and arrange a layer in a well-greased baking dish. Add a layer of stewed tomatoes, sprinkle with pepper and salt and dot with butter. Continue alternate layers of mush and tomato until dish is full. Over all pour the juice of the tomatoes and bake in a moderate or quick oven until browned on top.—PEARL TAYLOR SARVIS.

Italian Polenta

Make Indian meal mush. When quite thick add a small piece of butter, a little grated cheese and an egg beaten light. Pour into tins moistened with cold water and set away to cool and harden. Later cut into slices, and arrange in baking dish in layers. Sprinkle each layer with grated cheese and butter. Bake until melted cheese forms a crisp coating over the top. Serve with thick, concentrated tomato sauce poured over just before serving. Serve very hot.—PEARL TAYLOR SARVIS.

Hash That You Will Like

Cold meat	3 T butter
Carrots	1 T flour
12 Potatoes	Salt and pepper

Do not use pork, but any other kind of meat will do. Free it completely of bone and gristle, and put it through a meatchopper to cut it fine. Season with salt and pepper and put in a cool place until ready to serve. Scrape some carrots and cut them into slices; boil in plenty of water for three-quarters of an hour. Peel the potatoes, which should be of medium size, and put them in a stewpan. Cover with boiling water and cook for just half an hour. When they are done drain off the water into a bowl and put two generous cupfuls of this water into a saucepan on the fire. Mash the potatoes, season with salt, and add a tablespoonful

of butter. Put a cupful of the mashed potatoes into the stewpan with the potato-water. Beat together one tablespoonful of butter and one of flour. Put into this mixture a few tablespoonfuls of warm water and then stir into the potato-water. Season with salt and pepper, and, if you like, a little onion juice. Add the minced meat—there should be about three cupfuls—and simmer gently for about eight or ten minutes. Heap the mashed potatoes in a mound in the centre of a hot platter and pour the meat around it. Have the carrots nicely seasoned with salt and butter, and arrange them in a circle outside the meat. Serve at once while everything is very hot. It will really be as good as it looks.

Escalloped Chicken with Celery

2 C chicken (cooked)	2 T butter
1 C celery (cooked)	Salt
1 C milk	Pepper
2 T flour	Parsley

Chop chicken and celery. Make milk, flour, and butter into white sauce. Mix all ingredients together and place in a buttered dish. Cover with buttered crumbs and bake.—Mrs. J. H. REISNER.

Meat Omelet

6 eggs	1 T corn meal
1½ lbs chopped pork	½ C soy sauce (醬油: <i>Chiang Yu</i>)

The meat should be mixed with the soy sauce, one egg, and 1 T of corn meal. A little salt may be added. The eggs should be beaten and poured into a frying pan. Then spread the meat on the egg in a thin layer. After this is done add a little water, flavoured with soy sauce and steam for 15 minutes. The egg is folded over the meat, as is usual with omelets.—Miss MARY G. KESLER.

Meat with Pine Nuts

Pine nuts (松子: *Sung Tzu*) are very good served with meat, as follows: In a frying pan place a little chopped onion, pine nuts, left over roast chopped rather fine, and suet, or other fat; fry until brown; add a little water and let stand covered on back of stove to simmer for 20 minutes. Serve on hot boiled rice.—A. W. MARCH.

Escalloped Clams

20 large clams	2 T butter or other fat
2 medium onions	Bread crumbs
2 tomatoes	Salt
2 eggs	Pepper

Cut the onions fine and saute in a small amount of fat. Chop the clams, pour them into the pan with the onion and cook until nearly done. Add the chopped tomatoes and the well beaten eggs and stir until the mixture thickens. Season with salt and pepper. Pour the mixture into a baking dish, cover with buttered crumbs and brown in the oven.—Mrs. J. H. REISNER.

CEREAL BREAKFAST FOODS

The cereals are one of the most important groups of foodstuffs. The reasons for this are quite evident. They furnish a good proportion of the necessary food ingredients with only a small proportion of waste. They are compact and keep well, hence are easy to store, and above all are palatable and digestible when properly prepared.

In the raw state the cereals are not palatable and are difficult of digestion. They must be cooked in some manner and are generally crushed in addition. The primitive mode of preparation was by parching. Later the grain was crushed, mixed with water and either roasted or boiled. To-day there is an almost endless variety of cereal products on the market.

Practically all our prepared breakfast foods, and fancy flours and starches have heretofore been sent from either England or the United States. Luckily the Chinese market furnishes very good wheat flour, graham flour (when it can be bought free from grit) and a wide variety of spaghetti, macaroni, vermicelli, and like products made from beans as well as from cereals. Flours of various sorts (cornmeal, kaoliang meal, buckwheat, etc.), can be satisfactorily ground in a common stone mill.

The most difficult problem is to prepare the so-called Breakfast Foods. Wheat, rye, corn, millet, kaoliang, rice, and barley, can all be used for this purpose. The exact methods employed by the patent breakfast food producers are jealously guarded but in general

enough is known to give a fairly correct idea of their processes. In general these products may be grouped under three heads: 1. Those prepared by simply grinding the grain. 2. Those steamed or otherwise partially cooked and then ground or rolled. 3. Those which have been acted upon by malt which induces a certain amount of chemical change in the starch.

The earliest breakfast foods were coarsely ground and required long slow cooking. This is impractical unless a fireless cooker is used or a fire is kept all day, although cornmeal and hominy are still used to a great extent. Most of the prepared cereal foods have, at least a part of, the cooking done at the factory. Some are cooked in water, dried and crushed, some are roasted before crushing, some have molasses or sugar added, and some are made of a mixture of grains.

By experimenting with the various methods of preparation it is quite possible to produce many kinds of palatable breakfast cereals. The underlying principle of all the methods is that long cooking is necessary to produce a digestible product.

The composition of some of the important raw products is as follows:

Corn: Water 10.8%, Protein 10%, Fat 4.3%, Carbohydrates 73.4%, Ash 1.5%. Fuel value 1685 calories per pound.

Wheat: Water 10.6%, Protein 12.2%, Fat 1.7%, Carbohydrates 73.7%, Ash 1.8%. Fuel value 1625 calories per pound.

Buckwheat: Water 12.6%, Protein 10%, Fat 2.2%, Carbohydrates 73.2%, Ash 2%. Fuel value 1595 calories per pound.

Oats: Water 11%, Protein 11.8%, Fat 5%, Carbohydrates 69.2%, Ash 3%. Fuel value 1670 calories per pound.

Rye: Water 10.5%, Protein 12.2%, Fat 1.5%, Carbohydrates 73.9%, Ash 1.9%. Fuel value 1620 calories per pound.

Rice: Water 12%, Protein 8%, Fat 2%, Carbohydrates 77%, Ash 1%. Fuel value 1620 calories per pound.

Rice Water for Invalids

2 T rice	Milk
3 C cold water	Salt

Wash the rice, add the cold water, and soak for thirty minutes. Bring gradually to the boiling point, and cook for one hour or until tender. Strain, reheat, and dilute with hot water or hot milk. Season with salt. Add sugar if desired.

Fried Millet Mush

Grind the millet and make into a thick mush. Pour into moulds, let stand over night, slice, and fry as corn-meal mush.—Dr. RUTH MORGAN.

Fried cornmeal or millet mush with syrup served after the fruit course makes a very satisfactory breakfast.

Breakfast Porridge

4 C glutinous rice	25 prunes
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Wash rice and prunes. Wrap rice and prunes in *tsung jo*: 粽箬 (Bamboo leaves in the form of the cornucopia) putting one prune in each leaf. Put them on in cold water and boil for 3 or 4 hrs. Remove leaves and eat warm with sugar and milk. They can be heated from time to time as needed. Makes a good breakfast food.—Mrs. McDANIEL.

Rice Spaghetti as Breakfast Cereal

(筒子麵: *Tung Tzu Mien*)

Rice-flour spaghetti bought in the Chinese market may be fried in deep fat until crisp, then used as a dry cereal for breakfast, with sugar and cream.—MARION DOWIE.

Malted Wheat Breakfast Food

Wash wheat, just cover with water and place near a stove or warm spot, for several days till the grains just begin to germinate. Drain, dry and slightly brown in the oven; grind into meal. Boil as mush for breakfast.—A. W. MARCH.

Burghul is used as breakfast food or as a vegetable like rice or hominy. Take wheat, wash thoroughly, boil till soft and tender, dry in the oven or in the sun, and grind into coarse meal about the size of fine hominy. For breakfast food boil it like hominy with a little salt and serve with cream and sugar. For entree, boil with a piece of ham, bacon, or pork. Used commonly in Syria.—A. W. MARCH.

Cornmeal mush for breakfast we make using half cornmeal and half rice flour, cooked over night in a fireless cooker.—A. W. MARCH.

Puffed Wheat

Boil whole wheat grains until very soft. Drain and spread out on trays to dry. After sunning for several days, and the grains are thoroughly dry, send to a puffed rice shop to be puffed. The result is a hard nutty, puffed grain.—ANNE LOUISE FILLMORE.

Cereal Coffee

3 C wheat bran	1 C molasses
2 C corn meal	3 T salt
(2 C rolled oats or oatmeal)	

Mix ingredients together and brown in a moderate oven, stirring frequently. (Rolled oats are not necessary, but greatly improve it. When using oats add about $\frac{1}{2}$ C molasses.) Use about 2 heaping tsp for each cup of coffee (strong). Boil one half-hour.—Mrs. SETTLEMYER.

Postum

1 C yellow cornmeal ½ C black molasses
4 C wheat bran 1 C warm water

Mix molasses and water. Moisten the bran and cornmeal until all is moistened but not wet. Roast in a hot oven, or on top of the stove in an iron pan, until dark brown.

Boil 1 T of above mixture with 1 C water. The longer it is boiled the better it is. Serve with cream, and add sugar if molasses does not sweeten enough.—Mrs. J. R. JONES.

Hominy

1 qt corn 1 T soda Water

Soak corn in boiling water over night. In morning drain off water, and add soda. Use sufficient boiling water to more than cover, and boil till the hulls loosen. Turn into a large receptacle and wash in several waters till hulls are removed and soda taste gone. Then place on stove in boiling water and boil until tender.—Mrs. A. J. BOWEN.

Hominy Croquettes

2 C cooked hominy 1 tsp salt
2 well beaten eggs 1 s. s white pepper
1 T flour

Slightly warm grits, mix other ingredients, shape into croquettes, dip in egg, roll in fine bread crumbs, and fry in deep fat; being careful not to fry too many at once, as it cools the fat too much.

Chinese Noodles or Substitute for Macaroni

1 C flour 1 egg 1 tsp milk

Stir egg into flour without beating, add milk. Knead thoroughly. Roll out and cut into thin strips. Bake or boil. If desired use cheese or tomato sauce.—J. W. NICHOLS.

Queen of Muffins

$\frac{1}{4}$ C butter	1 egg
$\frac{1}{3}$ C sugar	3 tsp baking powder
$\frac{3}{4}$ C milk	$\frac{1}{2}$ tsp salt
2 C flour	

Sift the flour, baking powder and salt together. Beat the egg, sugar and butter, to the consistency of cream, add the milk, and gradually stir in the sifted flour. Mix until smooth; pour into warm, buttered tins and bake in a quick oven.—A. M. WIXON.

Whole Wheat Muffins

4 C whole wheat flour	2 T butter or lard, unmelted
4 tsp baking powder	2 tsp salt
2 eggs	2 C milk
1 C sugar	

Bake in quick oven for 20 minutes.—Mrs. ROWE.

Buckwheat Muffins

1 C buckwheat	$1\frac{1}{2}$ C milk
1 C wheat flour	1 egg
4 tsp baking powder	1 T melted fat
$\frac{3}{4}$ tsp salt	2 T molasses

Sift together the dry ingredients. Combine the milk, beaten egg, melted fat, and molasses. Add the liquid to the dry ingredients. Mix well and bake one-half hour in a moderately hot oven. (10-12 muffins.)

Brown Lazy Bread

$\frac{2}{3}$ C Chinese graham flour	$\frac{1}{3}$ C white flour
2 tsp baking powder	$\frac{1}{2}$ tsp salt
Sweet milk	$1\frac{1}{2}$ T lard

Prepare exactly as for soda biscuit except much softer. Drop by spoonfuls on greased biscuit pan and bake in a quick oven.—Mrs. J. M. BLAIN.

Ground Wheat Biscuits

1 C flour	2 eggs
1 C wheatmeal	1½ tsp baking powder
2 T fat	¼ tsp salt

Rub the fat into the flour to which the baking powder and salt has been added. Gradually stir in the beaten eggs. Roll out and cut into shapes. Bake in moderate oven.—Mrs. FREDERICK JOHN HOPKINS.

Scotch Potato Scones

1½ C flour	2 tsp baking powder
⅓ C butter	½ tsp salt
1 C mashed potatoes	1 egg

Sift the flour, salt, and baking powder together, and after adding the mashed potatoes rub in the butter lightly. Make a soft dough by adding the egg, well beaten, and, if necessary, a little milk. Make the dough of the right consistency to roll out. If the potato happens to be moist no milk will be required. Divide the dough into three parts and roll into rounds half an inch thick. Cut each of these across three times, so as to make four parts. Bake in a quick oven or on a griddle, and when they are done split and butter them, and serve hot.

Peanut Butter Scones

2 C flour	1 egg
4 tsp baking powder	4 T peanut butter
½ tsp salt	½ C milk

Sift dry ingredients, cut in the peanut butter, add the egg (reserving part of white to brush scone before baking), then mix in milk with a knife. Roll ½ inch thick and cut in diamond shapes. Brush top with egg white and a little water and sprinkle it with sugar. Bake in a moderately hot oven on the bottom of an up-turned pan.—Mrs. J. H. REISNER.

Crisp Cornmeal Cake

1 C milk
 $\frac{1}{2}$ C cornmeal

$\frac{1}{2}$ tsp salt

Mix the ingredients and heat slowly until the boiling point is reached. It is not necessary to stir. Spread on a shallow buttered pan to a depth of about one-fourth of an inch. Bake in a moderate oven until crisp.

Parched Corn-meal Biscuits

1 C yellow cornmeal
 2 tsp salt

2 C peanut cream

Put the meal into a shallow pan and heat in the oven until it is a delicate brown, stirring frequently. Make the nut cream by mixing peanut butter with cold water and heating. It should be the consistency of thick cream. While the nut cream is hot, stir in the cornmeal, which should also be hot. Beat thoroughly. The mixture should be of such consistency that it can be dropped from a spoon. Bake in small cakes on a greased pan.

Beaten Corn Bread

$\frac{3}{4}$ C white cornmeal
 $\frac{3}{4}$ C wheat flour
 1 tsp sugar

$\frac{1}{2}$ tsp salt
 1 T lard
 Water

Mix and sift the dry ingredients and rub the lard thoroughly into the mixture by means of a fork. Add a little water, enough to moisten the mixture throughout, but not too much, as it must be crumbly. Spread on a board and beat thoroughly with a rolling pin or mallet, as is done with beaten biscuits, folding it over frequently to introduce air. Roll out about one-half inch thick, cut into small pieces, and bake in a moderate oven.

Breakfast Coffee Cake

$\frac{1}{2}$ C sugar	1 egg
$\frac{1}{4}$ C shortening	2 tsp baking powder
$\frac{3}{4}$ C sweet milk	$\frac{1}{2}$ tsp salt
$1\frac{1}{2}$ C flour	1 tsp cinnamon

Mix together the sugar, egg, shortening, and salt. Add the milk and flour gradually, then the cinnamon and baking powder.

Bake in a pudding tin in a quick oven about twenty minutes. When done sprinkle with sugar and cinnamon.—A. M. WIXON.

Corn Muffins with Chinese Dates

(蜜棗: *Mi Tsao*)

1 C cornmeal	1 C wheat flour
2 T brown sugar	4 tsp baking powder
1 tsp salt	1 egg
2 T butter	$\frac{1}{2}$ C dates cut into small pieces
$1\frac{1}{4}$ C milk	

Cook together the first 5 ingredients for 10 minutes in a double boiler. When cool, add the eggs, the dates, and the flour sifted with the baking powder. Beat thoroughly and bake in muffin pans in a quick oven, or bake in a loaf. The bread will keep in good condition longer if the dates are cooked with the cornmeal and other ingredients in a double boiler.

Spoon Corn Bread

2 C water	1 T butter
1 C milk	2 eggs
1 C cornmeal	2 tsp salt

Mix the water and the cornmeal, bring slowly to the boiling point and cook five minutes. Add the eggs well beaten and the other ingredients. Beat thoroughly and bake in a well-greased pan for 25 minutes in a hot oven. Serve from the same dish with a spoon.

Delicate Spoon Corn Bread

$\frac{1}{4}$ C cornmeal	1 tsp salt
1 tsp butter	2 eggs
1 T sugar	2 C milk

Mix the cornmeal and water and bring slowly to the boiling point and cook a few minutes. Add the butter, sugar, salt, and yolks of eggs. Lastly, fold in the whites of eggs beaten stiff. Bake in a hot oven for thirty minutes. Serve in a dish in which it is cooked.

Corn Cake

$\frac{3}{4}$ C yellow cornmeal	1 T melted butter
$1\frac{1}{4}$ C flour	1 C milk
2 T sugar	4 tsp baking powder
$\frac{1}{2}$ tsp salt	1 egg

Sift the dry ingredients together. Beat the egg, add the milk, stir in the dry ingredients and mix quickly. Then add the melted butter. Turn into a buttered pan and bake in a quick oven twenty or thirty minutes.—Mrs. WILSON.

Cornmeal and Rice Waffles

$\frac{1}{2}$ C cornmeal	1 T melted butter
$\frac{1}{2}$ C flour	$\frac{1}{2}$ tsp soda
1 C boiled rice	1 tsp salt
2 eggs well beaten	1 C sour milk

Sift together the flour, soda, and salt. Add the other ingredients and beat thoroughly.

Cornmeal Pancakes

2 C flour	$\frac{3}{8}$ C sugar
$\frac{1}{2}$ C cornmeal	$1\frac{1}{2}$ C boiling water
$1\frac{1}{2}$ T baking powder	$\frac{1}{4}$ C milk
$1\frac{1}{2}$ tsp salt	1 egg

Add meal to boiling water and boil 5 minutes; turn into bowl, add milk and remaining dry ingredients mixed and sifted, then the egg well beaten, and butter. Cook on a greased griddle.

Cornmeal Gems

$\frac{1}{2}$ C cornmeal	1 T melted lard
1 C flour	$\frac{1}{2}$ tsp salt
3 tsp baking powder	$\frac{3}{4}$ C milk
1 T sugar	1 egg

Mix and sift dry ingredients. Add milk gradually. Egg well beaten, and melted butter; bake in hot oven in buttered (or oiled) gem pans twenty-five minutes.

If salt is coarse dissolve in the milk.—Mrs. MACKLIN.

Cornmeal and Wheat Waffles

$1\frac{1}{2}$ C water	$1\frac{1}{4}$ T baking powder
$\frac{1}{2}$ C cornmeal	$1\frac{1}{2}$ tsp salt
$1\frac{1}{2}$ C milk	Yolks 2 eggs
3 C flour	Whites 2 eggs
3 T sugar	2 T melted butter

Cook the meal in boiling water 20 minutes; add milk, dry ingredients mixed and sifted, yolks of eggs well beaten, butter and whites of eggs beaten stiff. Cook in a greased waffle iron.

Potato Crackers

$1\frac{1}{2}$ C warm, smoothly-mashed potatoes	2 T fat
4 T cornstarch	3 tsp baking powder
1-2 T malt syrup	Flour to make a dough stiff enough to roll
1 tsp salt	

Add no liquid. Knead well, roll out very thin, cut in squares and bake a delicate brown. By adding grated cheese, this dough makes nice cheese straws. These crackers are excellent with salads.—Miss EFFIE B. McCALLUM.

Batter Bread

1 C Chinese yellow corn-meal	$\frac{1}{2}$ tsp salt
	Pepper
3 C hot water or sweet milk	Butter

Pour hot water or sweet milk over the meal, and make quite thin. Season with salt, pepper, and butter. Bake a long time, stirring occasionally. Serve with roast beef and brown gravy.—Mrs. J. E. WILLIAMS.

Cornmeal Crisps (Salad Wafers)

$\frac{1}{2}$ C cornmeal	1 T fat
$\frac{1}{2}$ C wheat flour	3 T milk (about)
$\frac{1}{2}$ tsp salt	

Sift together the dry ingredients. Cut the fat into the flour and add sufficient liquid to make a dough that can be rolled thin. Cut into diamonds or other shapes. Bake in a quick oven until golden brown. This makes 60 to 65 wafers 2 by 2 inches.

Walnut Bread

1 egg	$\frac{1}{4}$ tsp salt
$\frac{3}{4}$ C milk	3 C flour
$\frac{3}{4}$ C sugar	4 tsp baking powder
1 C walnuts	

Beat the egg in a cup and fill the cup with milk. Mix dry ingredients then add milk and walnuts (cut fine) and mix thoroughly. Let stand in the pans about 20 minutes. Then bake in a moderate oven.—Mrs. J. H. REISNER.

Graham Nut Bread

$\frac{1}{2}$ C molasses	1 tsp salt
1 tsp soda	1 C white flour
$\frac{1}{2}$ C sugar	2 C graham flour
2 C milk	1 C walnuts

Mix well in the order given. Dredge walnuts with $\frac{1}{8}$ C flour before adding to mixture. Pour into a long, narrow, well greased pan. Bake in moderate oven 1 hour.—Mrs. L. B. Moss.

Peanut Butter Bread

2 C flour	1 C milk
4 tsp baking powder	½ C sugar
1 tsp salt	2 eggs
1 C peanut butter	

Sift flour, baking powder, and salt into a bowl, add peanut butter and sugar, and mix well. Beat eggs and milk together, add to flour and mix well. Put in a greased bread pan, and bake in a moderate oven, 30 to 35 minutes. This is best when a day old.—Mrs. G. H. MALONE.

Brown Bread

2 eggs	1 C flour
½ C sugar	1½ C graham flour
3 T molasses	1 tsp baking powder
1 C sour cream	1 tsp soda
1 C cornmeal	

The eggs should be beaten well before adding the sugar. Other ingredients should be added in the order given. Use a silver knife to press the small lumps from the soda then mix very thoroughly with the flour.

If sour cream is not to be had use sour milk and a tablespoon of some shortening. Put in a well greased round tin and steam 2½ hours, or bake 45 minutes.—Mrs. ANNIE WALDRON TODNEM.

Boston Brown Bread

1 C flour	1½ C milk
1 C graham flour	1 tsp salt
1 C cornmeal	1 tsp soda
1 C brown sugar molasses	1 C walnut meats (if desired)

Add soda to molasses. Stir in the dry ingredients. Pour into buttered baking powder or other covered tins, set in a kettle of boiling water and steam for three and a half hours. Serve hot.—Mrs. A. W. GILBERT.

Boston Brown Bread

1 C millet flour	$\frac{3}{4}$ C hot molasses
1 C graham flour	2 T melted lard
1 C white flour	3 eggs, well beaten
1 tsp salt	$1\frac{1}{2}$ C sweet milk
$\frac{1}{2}$ tsp soda	

Mix thoroughly and steam 3 hours. This amount makes 2 loaves. Use 1 lb. baking powder tins for steaming—the lid must be tied on carefully.—Mrs. WILMOT BOONE.

Boston Brown Bread

1 C wheat flour	$1\frac{1}{2}$ tsp salt
1 C graham flour	2 C sweet milk
1 C cornmeal	$\frac{3}{4}$ C molasses
6 tsp baking powder	2 eggs

Mix all together. Chinese dates and nuts may be added if desired. Steam 3 hours. If sour milk is used instead of sweet milk use $\frac{1}{2}$ tsp soda for each C milk, and omit baking powder. This takes longer to steam.—Mrs. J. H. REISNER.

Boiled Potato Yeast

3 large potatoes	$\frac{3}{4}$ C sugar
$\frac{1}{2}$ C loose hops	$\frac{3}{4}$ C yeast
2 qts water	$\frac{1}{4}$ C salt
$\frac{3}{4}$ C flour	

Pare and boil potatoes until they break. Boil the hops in 1 qt. water and strain. Drain and mash the potatoes (do *not* use the water in which the potatoes were boiled), add the hop water and enough more hot water to make 2 qts. Strain, rubbing all the potato through strainer, and put on to boil. When boiling, add flour, which has first been wet to a smooth paste with cold water, and then add the sugar. Boil 5 minutes, stirring well. When cool add yeast, and after it has risen, add salt. Keep in a cool place. Bread made with this yeast will not sour even in the hottest weather.—LOTTIE H. UFFORD (from Mrs. M. J. LINCOLN).

Liquid Yeast

4 medium-sized potatoes	1 tsp salt
1 quart hot water	1 C liquid yeast
$\frac{1}{4}$ C sugar	

Wash, pare, and cook the potatoes in the water. Drain, mash, and return to the water. Make up to 1 quart. Add the sugar and salt and allow the mixture to cool. When lukewarm add the yeast. Keep at room temperature (65 to 70 F.) for 24 hours before using. If kept for a longer time it should be poured into a sterilized jar and put in a dark, cool place.

"Fluff" Rolls

5 C flour	1 tsp salt
2 T sugar	6 T yeast
2 T lard (Chinese lard, "tried out" at home)	1 C milk, more or less, pending on differences in flour

Beat, and let rise, roll to $\frac{1}{8}$ inch thickness, brush with melted lard, fold over, brush tops with lard, and let rise again. Bake in a hot oven. Many people speak of experiencing difficulty in making light rolls with Chinese flour, but this recipe never fails if the yeast is good.—Mrs. R. V. TAYLOR.

Raised Biscuit (Rusk)

4 C milk	1 C yeast
$\frac{1}{2}$ C sugar	1 tsp soda
2 T shortening	Flour
1 T salt	

Boil the milk and while still hot add the sugar and shortening. When cool, add salt, yeast, and enough flour to make a batter as for pancakes. Cover and set away till morning. Then add the soda dissolved in water and knead in enough flour to make it like biscuit dough. Make into small biscuits, let them rise, and then bake in a hot oven.—ADELAIDE M. WIXON.

White Bread

For the sponge

1 qt warm water	2 T sugar
6 T yeast	1 tsp of soda
2 T lard	6 C of flour

Melt the lard in the warm water, add the sugar, then the flour by degrees. Next comes the yeast, then the soda, dissolved in a very little hot water. Beat thoroughly and set to rise in a warm place (over night). In the morning add 8 C of flour (more or less, according to the quality of the flour) and knead for 30 minutes. Let rise in a warm place until the original bulk is trebled, then knead again for 15 minutes. Divide into loaves and set away for the final rising. If the place is warm 1 hr. is long enough. Bake about 1 hr. in a moderate oven. In summer the sponge is unnecessary. Add all the flour at once and make up on the day of baking.

Cornmeal Yeast Bread

1¼ C water, or milk and water	2½ C flour
¼ C yeast	⅔ C cornmeal, white or yellow
1½ tsp salt	

Cook the cornmeal in the liquid, cool to about 90 F., add the yeast and flour to make a stiff dough. Knead a few minutes until the dough is smooth and elastic, cover and let rise at a temperature of about 80 F., until double in bulk. Then shape into a loaf, cover and let rise in the pan until double in bulk. Bake 50 to 60 minutes, starting in a hot oven and lowering temperature gradually at the end of 10 minutes. A pan of water set in the oven will keep the air moist and give a soft brown crust. If the pan of water is not used the temperature should be lower.

Kaoliang Yeast Bread

2 C kaoliang meal (高粱)	3 tsp salt
2 C water	Wheat flour
2 T sugar	$\frac{1}{2}$ C yeast
2 T butter, lard, or other fat	

Cook the meal, sugar, salt, and water together in double boiler for an hour; add the butter and cool. Stir in the yeast. Add enough wheat flour to make a soft dough (about 1 cupful). Turn onto a board and mold thoroughly. Form into a loaf and put in a warm place to rise. When light, bake in a moderate oven.

Brown Nut Bread

1 C water	2 T liquid yeast
3 C flour	$\frac{1}{2}$ C sugar
1 T lard	$\frac{1}{2}$ C bran
1 tsp salt	1 C nuts

Stir salt, lard, sugar, and $\frac{1}{2}$ the flour into the water. In winter the water should be tepid. Into this sponge stir the yeast and beat hard for several minutes, add the bran and beat again. Set to rise in a warm place. In the morning add nuts and rest of flour. Rise again, then knead and mold into loaves.—Mrs. P. F. PRICE.

FAT IN COOKERY

Food materials differ in price with place and with season, and when a housekeeper wishes to follow a recipe she often finds that some of the ingredients called for are either too expensive or are very difficult to obtain. If she understands the composition of foods, she can often under these circumstances, substitute some other material with good results. In order to do this, the housekeeper needs at least a general knowledge of the composition and properties of foods and is greatly helped by experience. In the main it is knowledge of foods and experience which free the cook from slavery to a recipe.

For example, chicken fat or sour cream can often be substituted for part or all of the butter in cake making, but if this is to be done successfully the cook must know how much of either one it takes to supply the fat contained in the amount of butter for which the recipe calls. Cream contains more water than butter does, and rendered chicken fat usually far less, because it has been heated and the water which it originally contained driven off.

Egg yolks, which are rich in fat and which are often left over from cake making, may be used to enrich soups or may be combined with milk to make custards which resemble the cream in composition and can be used as cream is on desserts. Cheese is often added to soups or milk sauces to flavour them and also to make them richer in protein, but one should remember that it adds greatly to the fat also, and so the amount of butter should either be lessened or left out

entirely, according to the amount of cheese used. It is convenient in these cases to know just how much fat is contained in an egg yolk or in a given amount of cheese.

Sometimes chopped nuts, which contain much fat, are added to recipes which did not originally call for them, with the idea of making the dish more appetizing. In this case also the nut fat should be taken into account, and the amount of butter or other shortening should be reduced accordingly; otherwise the dish is almost sure to be overfat.

The following table has been made to show in housekeepers' terms the volume of fat in several commonly used food materials.¹

<i>Food material.</i>	<i>Quantity.</i>	<i>Fat content.</i>
Whole milk	1 cup	About 2 level teaspoons.
Ordinary cream (18 per cent)	1 cup	About 3 level table- spoons.
Double or whipping cream (40 per cent)	1 cup	About 6 level table- spoons.
Butter	1 cup	14 level tablespoons.
English walnut meats (finely chopped) ..	1 cup, or 8 ounces	Nearly $\frac{3}{8}$ cup.
Peanuts (finely chopped)	1 cup, or 8 ounces	A little more than $\frac{1}{2}$ cup.
Chocolate	1 square, or 1 ounce	1 scant tablespoon.
Cheese (grated)	1 cup, or 4 ounces	2 $\frac{1}{2}$ level tablespoons.
Egg	1	A little more than 1 level teaspoon.
Egg yolk	1	Do.
Egg white	1	Only a trace.
Egg yolks	1 cup	About 5 level table- spoons.
Egg whites	1 cup	$\frac{1}{4}$ level teaspoon.
Vegetable oil or lard or drippings from which all water has been driven off by heat ..	1 cup	1 cup.

¹ In making these estimates it is assumed that 3 level teaspoons make 1 level tablespoon, and 16 level tablespoons 1 cup.

An illustration of how the fats in the table may be used is given below. The proportions for a good cup cake, in which fat is supplied by butter and milk, are as follows:

$\frac{3}{8}$ cup butter.	1 cup milk (containing 2
2 cups sugar.	teaspoons fat).
4 eggs.	$3\frac{1}{4}$ cups flour.
	4 teaspoons baking powder.

In this recipe a cupful of sour cream (18 per cent) can be substituted for the cupful of milk. It contains, as the table shows, a little more than 2 tablespoonfuls more fat and, of course, correspondingly less water. The 2 tablespoonfuls of fat can be taken from the butter, which will reduce the butter to $\frac{1}{2}$ cupful, and 2 tablespoonfuls of water can be added. The regular allowance of soda, $\frac{1}{2}$ teaspoonful for a cupful of sour milk or cream, should be used and the baking powder reduced to $3\frac{1}{2}$ teaspoonfuls.

This illustration will serve to show how a knowledge of facts will help housekeepers to use fats economically in cookery.

The composition of some common fats is as follows:

Vegetable oils (such as olive, peanut and cottonseed):—

Fat 100.00%. Fuel value 4080 calories per pound.

*Bacon:—*Water 18.8%, Protein 9.4%, Fat 67.4%, Ash 4.4%.

Fuel value 3090 calories per pound.

*Beef Suet:—*Water 13.2%, Protein 4.7%, Fat 81.8%, Ash 0.3%.

Fuel value 3425 calories per pound.

*Butter:—*Water 13%, Protein 1%, Fat 83%, Ash 3%. Fuel value 3405 calories per pound.

*Lard:—*Fat 100.00%. Fuel value 4080 calories per pound.

CAKES AND COOKIES

To obtain success in cake making, and this is true with all flour mixtures, absolute accuracy as to measurement of materials is necessary. It is most satisfactory to keep three or four standard $\frac{1}{2}$ pt tin measuring cups hanging in the kitchen and not allowing any other cup or small bowl to be used as a measure.

All the present-day recipes are given with measurements level as this is the only accurate way to measure, especially when using a spoon.

The best materials possible should be used. Inferior materials will make an inferior cake. Poor butter is decidedly inferior to good clean chicken fat or any other clean fat or oil. It is possible to use chicken fat in the most delicate cake by adding a trifle more salt than the recipe calls for to make up for that lost in the butter. In making any highly flavoured cake or cookies any clean not rancid fat may be used.

Chinese flour is improved by the addition of 2 T cornstarch in every cup of flour, the cornstarch making part of the cupful, not extra.

In a mixture which contains not more than one egg, 2 teaspoonfuls of baking powder should be used for each cup of flour.

With eggs cheaper in China, it is often advisable to use more eggs than a recipe calls for and deduct baking powder. Beginning with the second egg $\frac{1}{4}$ teaspoonful of baking powder may be deducted for each egg used.

If soda is used as leavening agent the following table of proportions is correct:

1 tsp soda	to	1 pt thick sour milk
$\frac{1}{2}$ tsp soda	to	2 tsp lemon juice
1 tsp soda	to	1 C molasses (in batters)
$\frac{1}{2}$ tsp soda	to	1 C molasses (in dough)

Proper baking is as important as proper mixing. A well-known rule is to divide the time allowed for baking into quarters. During the first quarter the cake should rise but not brown. In the second quarter it should continue rising and brown in spots. The third quarter should complete the browning and during the fourth quarter the cake should go through a drying-out process with the oven moderately hot.

Baking Powder

8 oz cream of tartar 4 oz cornstarch
4 oz soda

Have materials perfectly dry. Mix soda and starch by shaking thoroughly in glass or tin can.

Add cream of tartar last and shake again very thoroughly. Thorough mixing is essential.

Home-made baking powder should be made in small quantities only, as the materials are not so dry as in commercial baking powders and therefore do not insure its keeping qualities.—Mrs. J. H. REISNER.

Angels' Food

12 eggs (whites only) ½ tsp cream of tartar
1½ C granulated sugar 1 tsp vanilla
1 C white flour

Sift sugar 4 times. Sift flour with cream of tartar 4 times, or when the eggs are slightly beaten put the cream of tartar in the eggs and beat until very light. Carefully fold the sugar into the egg white, then sift the flour over the mixture and fold in gradually; add the vanilla. Bake 45 to 55 minutes in a moderate oven. Use an unbuttered round cake pan which has a hole in the centre. Turn upside down while cooling.—Mrs. W. E. MACKLIN.

Fruit Cake

½ lb lard	¼ lb candied melon (糖瓜: <i>Tang Kua</i>)
¼ lb butter	½ lb English walnut meats
1 lb sugar	2 lbs raisins
1 doz eggs	¼ lb crystalized plums (糖李 子: <i>Tang Li Tzu</i>)
1 lb flour	
1 tsp nutmeg	
2 tsp cinnamon	

Mix in order given, and bake as ordinary fruit cake. All ingredients in this can be bought in the Chinese market.—Mrs. P. F. PRICE.

Spiced Layer Cake

¾ C butter	2 tsp cinnamon
2 C sugar	1 tsp nutmeg
3 C flour	1 C milk
8 eggs (whites)	½ tsp vanilla
3 tsp baking powder	

Cream sugar and butter (or 1 part butter and 2 parts lard) *thoroughly*. Then *gradually* add flour and milk, the baking powder having been mixed with the flour and thoroughly sifted. Add the whites of eggs well beaten. Use ½ of the mixture and make two layers. Then to the rest add the spices and bake two layers. Put them together alternately with white icing.—Mrs. P. F. PRICE.

War Cake

½ C granulated sugar	½ tsp cloves
¾ C dark brown sugar	½ tsp nutmeg
1 T lard	1 tsp cinnamon
1 T butter	3 eggs (whites added last)
½ tsp soda	1½ C flour
1 C sour milk	s.s. salt

If baked in a loaf it takes little more than one hour in a moderate oven.—Mrs. CASSAT.

Apple Sauce Cake

½ C butter	1 tsp nutmeg or cloves
1 C sugar	1 C unsweetened apple sauce
1 C raisins	1 tsp soda
1½ tsp cinnamon	2 C flour

Mix soda with apple sauce. Sift dry ingredients and combine with the rest. Bake in moderate oven.—Mrs. J. H. REISNER.

Ginger and Peel Cake

2 C flour	3 eggs
1 C sugar	2 T ginger
3 T butter	1 T mixed peel
2 tsp baking powder	

Cream the butter and sugar, add yolks of eggs. Sift flour to which has been added the baking powder, then mix in the ginger and peel which has previously been put through the mincer. Gradually stir this into the first mixture adding lastly the whites of eggs. Bake in moderate oven for about 1 hour.—Mrs. F. J. HOPKINS.

Fairy Sponge Cake

½ C flour	½ tsp cream of tartar
½ C sugar	½ tsp lemon flavouring
4 eggs	

Beat the sugar and eggs for 20 minutes. Gradually stir in flour to which the cream of tartar has been added. Bake in a quick oven.—Mrs. FREDERICK JOHN HOPKINS.

Ginger Bread

1 C molasses	1 tsp cloves
½ C butter	1 s.s. salt
½ C sugar	2 eggs (well beaten, added last)
2½ C flour	2 tsp soda in 1 C boiling water
1 tsp cinnamon	
1 tsp ginger	

Bake 25 minutes in very slow oven. Do not add more flour.—Mrs. H. F. EVANS.

Golden Nut Cake

6 T chicken fat	$\frac{1}{2}$ C milk
1 C sugar	3 tsp baking powder
11 egg yolks	1 C walnut meats (chopped)
2 C flour	$\frac{1}{4}$ tsp salt

Cream the butter, add sugar gradually, and yolks of eggs beaten until thick and lemon coloured. Mix and sift flour, baking powder and salt, and add alternately with milk to first mixture. Stir in nut meats last and bake in individual tins. This is a good way to use the yolks left from Angels' Food. The two cakes are very nice to serve together.—Mrs. J. H. REISNER.

Kaoliang Ginger Bread

2 C kaoliang meal (高粱)	2 tsp powdered ginger
$2\frac{1}{2}$ C sour milk or butter-milk	1 tsp powdered cinnamon
1 tsp salt	$\frac{1}{2}$ tsp powdered cloves
2 T butter	$1\frac{1}{2}$ tsp soda
1 C wheat flour	$\frac{3}{4}$ C sugar
	1 egg

Mix thoroughly the meal, buttermilk, and salt in a double boiler, and cook over hot water one half-hour or longer. Stir the butter into the mush while it is still warm. Sift together the flour, spices, and soda. When the mush is cool combine all the ingredients. Beat thoroughly and bake in a moderate oven in shallow iron pans.

My Mother's Ginger Bread

$1\frac{1}{2}$ C brown sugar molasses	$\frac{1}{2}$ C sweet milk
$\frac{1}{2}$ C soft white sugar	2 tsp allspice
$\frac{1}{2}$ C fresh lard	2 tsp cinnamon
3 C flour	2 tsp ginger
2 tsp baking powder	Pinch salt
3 eggs	

Beat together eggs, sugar, milk, molasses, and melted lard. Add spices. Mix in flour thoroughly. Bake in a moderate oven in a loaf 2 inches thick.—Mrs. J. M. BLAIN.

Nut Honey Cakes

2 C brown sugar	½ tsp ground nutmeg
2 C honey	½ tsp allspice
6 egg yolks	1 C Chinese dates (蜜棗: <i>Mi Tsao</i>)
3 C flour	½ lb walnut meats
1½ tsp soda	3 egg whites
3 tsp ground cinnamon	Salt
½ tsp ground cloves	

Mix sugar, honey, and egg yolks and beat thoroughly. Sift together the flour, spices, and soda. Combine all ingredients except the whites of eggs. Beat whites of eggs stiff and add last. Pour the dough to the depth of about ½ inch into well buttered tins and bake in slow oven for ½ hour.—Mrs. J. H. REISNER.

Nut Cakes

1 C butter	3 C flour
2 C sugar	2 tsp baking powder
½ C milk	1 lb shelled walnuts
4 eggs	1 tsp lemon extract

Cream butter and sugar, add yolks of eggs and milk. Sift flour and baking powder well, and beat into the mixture a little at a time. Stir in the nuts, after they have been dredged with flour, and lastly add flavouring and well beaten whites of eggs.—Mrs. H. W. MALONE.

Drop Cakes

2 C flour	3 T butter
1 C sugar	2 tsp baking powder
½ C Sesamum seeds (芝蔴: <i>Chih Ma</i>)	3 eggs

Cream butter and sugar, add the eggs well beaten. Gradually stir in the flour to which the seeds and baking powder have been added. Drop on greased tins and bake.—Mrs. F. J. HOPKINS.

Hard Honey Cakes

$\frac{3}{4}$ C honey	1 tsp ground cinnamon
$\frac{1}{2}$ C sugar	$\frac{1}{2}$ tsp ground cloves
$2\frac{1}{2}$ C flour	1 T water
1 egg	Pinch salt
$\frac{1}{2}$ tsp soda	Pinch white pepper
$\frac{1}{4}$ tsp ground ginger	$\frac{1}{2}$ C walnuts chopped

Sift dry ingredients, dissolve soda in water, and beat egg. Combine all ingredients and beat or knead mixture thoroughly. Cook a small sample—if it does not rise sufficiently, add a little more soda and honey; if it falls add a little more flour. Roll out the dough to thickness of $\frac{3}{4}$ inch and bake in a hot oven. When the cake is done glaze it with a thick syrup of sugar and water, and allow to dry in a slow oven. While still warm cut into strips. This will become hard on cooling and will not be soft enough to eat for several weeks. Will keep in good condition a long time.—Mrs. J. H. REISNER.

Macaroons

1 C granulated sugar	} or 2 C granulated sugar	
1 C pulverized sugar		
2 C of chopped nuts, wal-		Whites of 3 eggs
nuts, and peanuts mixed		Bitter almond essence

Beat the whites of eggs very light—gradually add the sugar, then the flavouring, and the nuts. Stir lightly, and drop a teaspoonful for each macaroon into pans that have not been greased. Bake in a moderate oven until a light brown. Leave in the pans until cold. The macaroons are much improved by putting on the top of each one, two or three apricot kernels which have been blanched. These cakes can also be made without nuts by using 2 cups of stale cake crumbs, or can substitute 1 cup crumbs for part of the nuts.—Mrs. B. L. ANCELL.

Potato Drop Cakes

1½ C hot mashed potatoes	1 tsp cinnamon
1¼ C sugar	½ tsp cloves
1 C beef or mutton fat	½ tsp nutmeg
1¼ C flour	½ C raisins, chopped
2 tsp baking powder	¼ C nuts, chopped

Combine the ingredients in the order given, and drop the mixture by spoonfuls on a slightly greased tin. Bake the cakes in a moderate oven.

Ginger Snaps

1 C molasses	½ tsp salt
1 C sugar	1 tsp soda
1 C lard	4 tsp ginger
3 T boiling water	Flour to stiffen

As little flour as possible. Roll very thin, cut and bake brown in a quick oven.—LOTTIE H. UFFORD.

Kaoliang and Peanut Cookies

2 T butter	½ C kaoliang flour (高粱)
¼ C sugar	2 T milk
2 eggs	½ C finely chopped peanuts
1 tsp baking powder	1 tsp powdered ginger
¼ tsp salt	

Cream the butter, add the sugar and the eggs, and beat well. Mix and sift baking powder, salt, flour, and ginger, add them to the first mixture. Add the milk and the peanuts, and again beat thoroughly. Drop the mixture from a teaspoon onto an unbuttered pan, bake 15 minutes in a slow oven. Or spread it in a very thin layer on the bottom of a dropping pan, bake in a slow oven, and while still warm cut into squares.

Filled Raisin Cookies

1 C sugar	2 tsp cream of tartar
$\frac{1}{2}$ C lard	1 tsp soda
1 tsp salt	$3\frac{1}{2}$ C flour
1 egg	1 tsp vanilla
$\frac{1}{2}$ C milk	

Roll thin. Cut half with cookie cutter and half with doughnut cutter, the same size as cookie cutter. Put a teaspoonful of filling on each cookie, cover with doughnut shaped piece, press edges together and bake.

Filling

1 C raisins	$\frac{1}{2}$ C water
$\frac{1}{2}$ C sugar	$\frac{1}{2}$ T flour

Chop raisins, mix and cook till thick. Cool.—
LOTTIE H. UFFORD.

Peanut Cookies

1 C sugar	$\frac{1}{2}$ tsp cream of tartar
2 T lard	$\frac{1}{4}$ tsp soda
1 tsp salt	1 qt peanuts
1 egg	1 C flour
2 T milk	

Dissolve soda in milk. Chop peanuts fairly fine but do not grind as for peanut butter. (Peanuts are measured before shelling). Roll as for other cookies. If too thin add flour, but the less flour the better the cookies.—LOTTIE H. UFFORD.

Peanut Wafers

2 C peanut butter	$\frac{1}{2}$ C baked flour
1 C malt syrup	Salt

Brown flour in oven. Mix all together, roll. Cut into size desired and bake in oven.—EMMA A. LYON.

Peanut Crisps

3 C peanuts
5 eggs (whites)

1 C sugar

Crush the peanuts with a rolling pin. Beat whites of eggs and stir into the peanuts, add the sugar. Spread very thin in a greased pan and bake for about 20 minutes. Cut into squares while hot.—Mrs. P. F. PRICE.

Peanut Macaroons

1 lb peanuts roasted
1 lb white fine sugar

Whites of 7 eggs

Crush the peanuts by passing them through a meat grinder. Mix with the sugar and whites of eggs. Mould into small flat cakes, put $\frac{1}{2}$ a peanut on top of each, and place on a buttered tin and cook in the oven for 15 minutes.—Mrs. E. W. BURT.

Peanut Drop Cakes

2 T sugar
2 eggs (whites)

$\frac{1}{2}$ C peanuts

Beat whites of eggs stiff, add sugar. Lastly add peanuts after rolling them with pie crust roller; drop from spoon and bake in a moderate oven.—Mrs. WM. R. STEWART.

Doughnuts with Kaoliang

2 C milk, or milk and water
1½ C kaoliang (高粱)
1 tsp salt
¼ C butter
¾ C sugar

1¼ C wheat flour
1 tsp cinnamon
2 tsp baking powder
2 eggs

Cook the first three ingredients for a half hour or longer in a double boiler. Add the sugar and butter, and cool. Sift together the flour, cinnamon, and baking powder, and add to the cooled mush. Add the eggs well beaten and proceed as with other doughnuts.

Recipe for Kisses

3 whites of eggs 8 tsp sugar

Beat the whites of three eggs until stiff, then beat in thoroughly eight teaspoonfuls of sugar. When stiff drop on buttered baking pan. On the top of each place a nut. Bake in a moderate oven very slowly. This will make 45 small-sized kisses.—Mrs. A. W. MARTIN.

Crackers

2 C flour 1 tsp salt
2 T lard Milk
2 tsp baking powder

Mix with enough milk to roll easily. Roll out very thin and cut into squares.

Sweet Crackers

$\frac{3}{4}$ C beef suet About 2 C flour (enough to
(or chicken fat) make a dough stiff
1 C hot water enough to roll out thin)
 $\frac{2}{3}$ C sugar $\frac{1}{2}$ tsp salt
 $\frac{3}{4}$ C native wheat ground 1 tsp baking powder
fine

Roll out thin, cut into round cakes and bake in moderate oven until a light brown.—Mrs. B. L. ANCELL.

Bran Crackers

2 C graham flour 1 tsp salt
2 C white flour 3 tsp baking powder
 $\frac{1}{2}$ C sugar Sweet cream

Mix flour, sugar, salt, and baking powder, add sweet cream (or evaporated milk) for a very stiff dough. Knead well, roll thin, cut into squares and bake in a slow oven until crisp and a very light brown.—Mrs. J. M. WILSON.

Cracked Wheat Biscuits

$\frac{1}{2}$ C butter	$\frac{1}{2}$ tsp baking powder
1 C cracked wheat	A few drops of flavouring
1 C flour	essence
$\frac{3}{8}$ C sugar	$\frac{1}{2}$ tsp salt
2 eggs	

Mix all the ingredients into a stiff paste. Roll out to about $\frac{1}{2}$ inch in thickness. Cut into rounds and bake on a buttered tin until the biscuits are light brown.

DESSERTS

Mignonnes

1 C chestnuts (boiled and mashed)	1 C cream
$\frac{1}{2}$ C sugar	1 C sweetened orange pulp
$\frac{1}{2}$ C milk	Cake

Boil up sugar and milk and add chestnuts and mix well (adding more milk if too dry). When cool add to whipped cream. Spread this mixture thick on rounds of cake. Add layer of orange, cover with plain whipped cream topped with Chinese brandied cherry 糖櫻桃: *Tang ying tao* (found at Cantonese stores), "Shan Cha Kao" (山楂糕), or "Ching Mei" (青梅), candied lime. The chestnut mixture is best of all with 2 T shredded coconut added.—MARGARET BEEBE NILES.

Pear Betty

3 C chopped pears	$\frac{1}{4}$ tsp nutmeg
2 C bread crumbs	$\frac{1}{2}$ lemon juice
$\frac{1}{2}$ C sugar	$\frac{1}{2}$ C water
$\frac{1}{4}$ tsp cinnamon	2 T butter or oil

Mix sugar with spices. Arrange one half of the crumbs in the bottom of the pan. Place one half of the pears, one half of the sugar, one half of the lemon juice and one half of the butter over them. Then one fourth of the bread crumbs and the remainder of pears, sugar, lemon, and melted butter. Over all these pour water. Cover with the remaining fourth of bread crumbs. Put in moderate oven, cover and bake until pears begin to get tender, then remove cover, and brown.

Peach Betty

2 C fine bread crumbs 3 C stewed sweetened
3 T butter peaches

Melt the butter and add the crumbs, stirring until they have absorbed it all. Grease a pudding-dish, put a layer of the buttered crumbs in the bottom, then a layer of peaches, then more crumbs and so on, till the dish is full or the ingredients all used. Have crumbs for the top layer and dot with butter. Bake in a moderate oven three-quarters of an hour.

Peach Soufflé

2 T butter 3 eggs
2 T flour 3 T sugar
1½ C milk 2 C crushed peaches

Place the butter and flour together in a saucepan, cook until smooth but not browned, add the milk, stir until thick, and add the sugar and crushed peaches. Separate the whites from the yolks of the eggs, beat the yolks into the fruit mixture and whip the whites of the eggs to a stiff froth; fold these in very gently and bake in a deep dish for about thirty-five minutes. Serve immediately with hard sauce flavoured with a little almond-extract.

Nursery Peach Pudding

Slices of stale bread Peaches Sugar
Jam Butter

Butter a baking-dish and cover the bottom of it with slices of stale bread from which the crusts have been removed. On each piece place half a firm, ripe peach, skin side down; fill each cavity with sugar and a small piece of butter, cover closely, and bake until the peaches soften. A few minutes before they are done place on top of each half-peach a spoonful of any preferred jam. Finish baking and serve the pudding cold with cream or custard.

Rice Pudding

- | | |
|----------------------|--------------------------|
| 1 C glutinous rice | 2 tsp sesame seeds (芝麻子: |
| (糯米: <i>No Mi</i>) | <i>Chih Ma Tzu</i>) |
| ½ C soft brown sugar | ½ T butter |

Soak the rice in water two hours; tie in a cloth and steam three hours. Put in a pudding dish, spread over with butter. Cover with sugar, and lastly sprinkle over with the sesame seeds. Brown the sesame seeds before using them, to freshen them. Walnuts, chopped, are very good in place of the sesame seeds.—MINNIE MOORE GRAY.

Orange Short Cake

- | | |
|----------------------|----------------------------|
| 2 C flour | ¾ C milk |
| 3 tsp baking powder | 5 or 6 Canton oranges (廣橘: |
| 1 tsp salt | <i>Kwang Chü</i>) |
| 1 T sugar | ½ C sugar |
| 2 T lard (or butter) | |

Mix dry ingredients, work in lard and add milk gradually. Put in round pie or cake tin and bake in hot oven.

Cut up oranges and sugar them an hour or two before serving. Split short-cake and put in the oranges and juice. Serve with whipped cream or hard sauce.—Mrs. C. S. KEEN.

Angel Food Pudding

- | | |
|----------------------|---------------------|
| 2 eggs | 1 tsp baking powder |
| 1 C sugar (powdered) | 1 C walnut meats |
| 1 T flour | 1 C dates |

Beat together eggs, powdered sugar and flour, then add nuts and dates. Pour into a baking dish, set in a pan of hot water, and bake ½ hour. Let cool still standing in the water, chill, and serve with whipped cream, or custard sauce.

Indian Pudding

2 C brown sugar	1 C fat
1 C whole wheat flour	1 C sweet milk
1 C cornmeal	3 eggs
1 C white flour	1 C chopped honey date (蜜棗: <i>Mi Tsao</i>)
6 tsp baking powder	1 C chopped dried persimmon (柿餅: <i>Shih Ping</i>)
1 tsp cinnamon	1 C chopped walnuts
1 tsp cloves	
$\frac{1}{2}$ C salt	

Mix all dry materials by sifting together several times. Melt fat (lard, or half lard and butter, butter, vegetable oils or crisco. In case of crisco or vegetable oils, use only $\frac{3}{4}$ C). Add to milk and beat into dry ingredients. Stir in eggs unbeaten. Dredge fruit and nuts in flour and stir in. Sour milk and soda ($\frac{1}{2}$ tsp to 1 C) may be used instead of sweet milk and baking powder. Bake or steam and serve with any sauce.—PEARL TAYLOR SARVIS.

Pudding Sauce for Indian Pudding

2 T flour	1 orange
$\frac{1}{2}$ C brown sugar	1 tsp vinegar
1 C hot water	1 T butter

Thoroughly mix flour and sugar, add boiling water, stirring until smooth, and put over fire. Cook ten minutes slowly. Just before removing add vinegar, butter and juice and grated rind of one small orange. Instead of orange any favourite flavoring or spices may be used.—PEARL TAYLOR SARVIS.

Creamy Hard Sauce

1 C soft cooking sugar	1 egg
2 T butter	

Cream the butter in a bowl and mix it with sugar. Break the egg into the bowl and beat the whole until light and creamy.

Serve with steamed or baked puddings.—Mrs. J. H. REISNER.

Carrot Pudding

1 C suet	1 C currants
1 C carrots	1 C flour
1 C potatoes	1 tsp soda (in a little water)
1 C sugar	1 tsp salt
1 C raisins	

Grate or grind through meat grinder, potatoes and carrots, add suet (also ground), sugar, raisins, and currants and let stand overnight. In the morning add the flour and soda. If placed in 8 oz. baking powder tins steam for one hour. If whole amount is placed in one utensil it will require two hours.—Miss EFFIE B. McCALLUM.

Carrot Pudding

3 C grated carrots	1½ C flour
¾ C chopped beef suet	1 tsp cinnamon
1 C sugar	1 tsp nutmeg
1 tsp salt	½ tsp cloves
2 tsp baking powder	½ C raisins or currants

Mix suet (chopped fine) with raisins, then add grated carrots. Sift dry ingredients with flour and combine. Steam 3½ hours. Serve with hard sauce.—Mrs. T. J. PRESTON.

Apple Dumplings

1 C sugar	1 T butter
2 C boiling water	2 tsp baking powder
2 C sliced apples	½ tsp salt
1 C flour	¾ C milk

Put sugar, water, and apples in a broad-topped kettle and cook till apples are nearly done, then make dumplings with flour, butter, baking powder, milk, and salt.

Drop in 8 spoonfuls in the boiling syrup. Cover and cook 20 minutes without lifting the lid. Instead of 2 cups apples, 1 cup apples and 1 cup raisins may be used.—Mrs. GALE.

Dried Persimmon Pudding

3 T butter	$\frac{1}{4}$ tsp cloves
$\frac{1}{2}$ C molasses	$\frac{1}{4}$ tsp allspice
$\frac{1}{2}$ C milk	$\frac{1}{4}$ tsp nutmeg
$1\frac{7}{8}$ C flour	$\frac{1}{2}$ lb dried persimmons (柿餅: <i>Shih Ping</i>), steamed and cut in pieces
$\frac{1}{2}$ tsp soda	
$\frac{1}{2}$ tsp salt	

Melt butter, add molasses, milk, and dry ingredients mixed and sifted. Save enough flour to roll persimmons in. Add persimmons, turn into buttered mould, cover, and steam two and one half hours.

Serve with any hot sauce.—STRAUSIE M. HUTCHESON.

Cherry Pudding

1 C suet (chopped fine) or lard	2 C cherries (stewed and drained)
1 C sugar	3 C flour
1 C milk	1 tsp soda
1 C raisins or dates (chopped)	1 tsp salt
$\frac{1}{2}$ lb walnuts (shelled and chopped)	

The Chinese graham flour is an improvement over white. Any stewed fruit, or a mixture can be substituted for cherries. Steam 3 hours. Serve with hard sauce, or sauce made of cherry juice.—MARGARET BEEBE NILES.

Peach Cobbler

1 qt peaches	$1\frac{1}{2}$ tsp baking powder
$1\frac{1}{2}$ C sugar	$\frac{1}{8}$ tsp salt
1 C water	2 eggs
$1\frac{1}{2}$ C flour	Milk

Remove the peel and cut some of the less perfect peaches, place in a deep baking-dish with water and one cupful of the sugar specified. Cook slowly for twenty minutes. In the meantime, sift together the flour, baking-powder, and salt. Add the remaining

half-cupful of sugar and mix to a thick batter with the eggs and a little milk. Pour this over the partly-cooked peaches and bake half an hour in a moderate oven. Serve either in the dish in which the pudding is cooked, or invert onto a deep dish, letting the fruit and juice flow over the upper part of the pudding.

Chinese Date Pudding

(蜜棗: *Mi Tsao*)

$\frac{3}{4}$ C soft bread crumbs	$\frac{1}{2}$ C nuts
$\frac{1}{2}$ C milk	$\frac{1}{2}$ C Chinese dates steamed and chopped
1 egg	1 T butter
$\frac{1}{2}$ C sugar	$\frac{1}{2}$ tsp baking powder
$\frac{1}{2}$ tsp baking powder	Salt

Mix dry ingredients; add melted butter, milk, and beaten egg. Pour into greased gem tins. Bake until well browned. Serve warm with whipped cream or hard sauce.—Mrs. E. N. NASMITH.

Chinese Date Steamed Pudding

3 T shortening	$\frac{1}{2}$ or $\frac{3}{4}$ C of Chinese dates (蜜棗: <i>Mi Tsao</i>) cut in pieces, and floured
$\frac{3}{8}$ C Chinese soft sugar	$\frac{1}{8}$ C of candied Chinese ginger-root (糖生薑: <i>Tang Sheng Chiang</i>) finely cut
1 egg	
1 C milk	
$2\frac{1}{4}$ C flour	
$4\frac{1}{2}$ tsp baking powder	
$\frac{1}{4}$ tsp salt	

Cream the shortening, add sugar gradually, and egg well beaten. Mix and sift flour with baking powder and salt, and add alternately with liquid to first mixture, then add chopped dates and ginger-root. Turn into a greased mould. Cover and steam two hours. Serve with Cream Sauce or Lemon Sauce made with the Chinese lemon (*hsiang yuen*: 香椽); chopped walnuts may be added to the Lemon Sauce.—Mrs. O. D. KENNINGTON.

Date Pudding

1 C chopped Chinese dates	1 T flour
蜜棗: <i>Mi Tsao</i>)	1 tsp baking powder
1 C chopped walnut meats	2 eggs well beaten
2 T sugar	

Bake in a shallow tin or individual moulds for $\frac{1}{2}$ hour in a moderate oven. Serve warm with whipped cream.

This recipe may also be used for drop cookies.—Mrs. P. C. CASSAT.

Popped Rice Pudding

(炒米: *Chow Mi*)

2 C popped rice (finely pounded)	$\frac{1}{2}$ C brown sugar or molasses
3 C milk	1 T butter
3 eggs (slightly beaten)	$\frac{3}{4}$ tsp salt

Scald milk, pour over rice, and let stand one hour. Add remaining ingredients, turn into a buttered dish, and bake in a slow oven until firm. Serve with cream, or maple syrup, or Sterling Sauce.

Sterling Sauce.— $\frac{1}{2}$ C butter, 1 C brown sugar, 1 tsp vanilla, 4 T cream. Cream the butter, add sugar gradually, and cream and flavouring drop by drop to prevent separation.—Mrs. ALEXANDER PAUL.

Plum Pudding

$\frac{1}{4}$ C lard and butter mixed	$\frac{1}{2}$ tsp soda dissolved
$\frac{1}{4}$ C milk	$\frac{1}{4}$ tsp salt
1 C molasses	$\frac{1}{4}$ tsp cloves
2 eggs	$\frac{1}{4}$ tsp allspice
$\frac{1}{2}$ C white flour	$\frac{1}{4}$ tsp nutmeg
$\frac{1}{2}$ C millet flour	1 C shredded dates or raisins
$\frac{1}{2}$ C brown flour	

Mix and cook in usual manner for fruit cake or pudding. The spices and dried fruits are native.—Mrs. W. BOONE.

Indian Pudding

5 C milk	1 tsp salt
$\frac{1}{2}$ C corn meal	1 tsp ginger
$\frac{1}{2}$ C molasses	

Cook milk and meal in a double boiler 20 minutes; add molasses, salt, and ginger; pour into buttered pudding dish and bake 2 hours in slow oven. Serve with cream or custard sauce.

Indian Peach Pudding

1 C milk	2 T melted butter
$\frac{3}{4}$ C flour	6 peaches
$\frac{3}{4}$ C yellow cornmeal	3 tsp baking powder
$\frac{1}{2}$ C sugar	$\frac{1}{2}$ tsp cinnamon
2 eggs	$\frac{1}{2}$ tsp salt

Separate the eggs, beat yolks until light, add milk, salt, and flour, corn meal and baking powder. Beat well. Add melted butter. Mix. Fold in stiffly beaten whites. Pour into greased shallow pan. Have ready the peaches peeled and cut into halves. Cover top of batter with peaches. Mix cinnamon with sugar and sprinkle over peaches. Add few bits butter. Bake in moderate oven 35 minutes. Serve warm with cream or peach syrup.—Mrs. E. N. NASMITH.

Mock Lemon Pie

1 Chinese lemon (香椽: <i>Hsiang Yuen</i>)	$\frac{1}{2}$ C sugar
grated peel and juice	2 T corn flour or bean flour
1 C water	1 T butter

Combine the last four ingredients as for cornstarch and cook at least eight minutes. Grate off the yellow skin from about half the fruit, then halve and press out all the juice. Just before removing from the stove, add the juice and grated peel to the cornstarch, and fill a baked pie crust with the mixture. Cover with meringue and brown in the oven.—PEARL TAYLOR SARVIS.

Glutinous Rice Pudding

1 C glutinous rice (糯米: <i>No Mi</i>)	1 tsp baking powder
2 eggs	$\frac{1}{2}$ C flour
$\frac{1}{2}$ C sugar	Vanilla to taste
$\frac{1}{2}$ T lard	$\frac{1}{2}$ to 1 C chopped honey dates
$\frac{1}{2}$ T butter	

Mix as a batter pudding and steam two hours. Serve with hard sauce.—Mrs. CHAS. JOHANNABER.

Boiled Cornmeal and Apple Dumpling

6 tart apples, medium-sized	2 C cornmeal
1 tsp salt	Boiling water

Pour boiling water over the cornmeal, to which the salt has been added, using enough water to make a thick paste; stir thoroughly; with the hands flatten out the paste until it is about 1 inch thick and wrap it around the apples, which have been pared, cored, and quartered. Enclose in a pudding cloth and cook in boiling salted water. If preferred, the pudding may be put in a bowl, covered with a plate, and steamed.

This is an old-fashioned dish which was commonly served as an accompaniment to roast pork.

This pudding may be used as a dessert by cutting it open before serving, scattering sugar and bits of butter over it and then a little cinnamon or grated nutmeg. Cream or any of the usual pudding sauces may be served with it if desired.

Mince Meat

2 C chopped meat	1 tsp cloves
8 C apples	1 tsp cinnamon
2 C raisins	1 tsp salt
3 C sugar	$\frac{1}{2}$ C candied ginger
2 C vinegar (1 C if strong)	1 glass jelly
2 C hot water	1 cup molasses (native)

Prepare as for any other mince meat and keep in sealed jars.—Mrs. CHARLES.

Sweet-potato Pie

3 C steamed and strained sweet-potatoes	½ tsp ginger
1 C sugar	1 tsp nutmeg
½ tsp cinnamon	1 tsp salt
½ tsp cloves	3 eggs
	3 C milk

Mix ingredients in the order given and bake in one crust. Bake half hour in a moderate oven. Enough filling for two pies.

Mock Cranberry Sherbet

1 斤 "Shan Cha Kao" (山楂糕)	1 lemon (juice)
2 C sugar	3 C boiling water
	2 eggs (white)

Mash the "Kao" with a fork, add sugar, lemon, and water. Let boil till "Kao" dissolves and mixture is smooth. Strain, cool, add beaten egg whites, and freeze.

Orange juice may be used (with less sugar) instead of the lemon, but is not quite so good. Sometimes more sugar is needed. 山楂糕 is the cake-like jelly made of the little red crab apples or haws and rice flour. It is served always at feasts in Hwai Yuan and can be bought at any time during the year. If bought in bulk and the outside trimmed off it is considered safe to eat raw. It is delicious with meat and fowl, and also in fondant candies either chopped fine and mixed through with nuts, or cut into larger squares and folded in the cream.

In cooking it can be used with dates to stuff baked pears, also as a delicious substitute for part of the raisins in fruit puddings and cakes. With melted butter and sugar it makes a very good sauce for graham puddings. If one has no ice, add Chinese gelatine to the sherbet recipe and mould. Serve with powdered nuts and whipped cream.—Or make in smaller quantity, omit egg, and pour over Spanish cream. With more lemons, it is fine flavouring for punch.—MARGARET BEEBE NILES.

Nut Cream Pie

1 C sweet milk	1 T flour
1 C sugar	3 egg-yolks
$\frac{1}{2}$ C chopped nut meats	Flavouring to taste

Cook as custard in a double boiler, when cool add nut meats and flavouring; fill a pie crust with the mixture, cover with meringue, brown in oven and serve. The juice of a lemon may be used as flavouring.—PEARL TAYLOR SARVIS.

Mock Ginger

$1\frac{1}{2}$ 斤 squash	1 C cold water
4 oz ginger	$1\frac{1}{4}$ 斤 light-brown sugar

Scrape the ginger, wash and cut into pieces about the size of a thimble. Put on a slow fire with the cold water. Cut squash into pieces about one inch across and the thickness of the squash. If wanted soft, use at once; if tougher in texture, let it be prepared earlier and partly dry out, before putting with the ginger and water. Add the sugar and boil until clear.—Mrs. W. F. MACKLIN.

Gingered Pears

2 斤 pears	$\frac{1}{2}$ C sugar
2 C ginger	Water

Pears should be pared and cut into eighths. Cook for two hours. The ginger should be fresh. The above recipe is sufficient to serve six people.—MARY G. KESLER.

Baked Pears

Chinese pears	Sugar
Cinnamon	Walnuts

Peel and take out the cores, fill cavity with cinnamon, sugar, and chopped walnuts, baste with weak tea, cook in a slow oven until thoroughly done.—LILIAN C. WILLIAMS.

Baked Pears

6 large pears 1 C sugar Water

Boil until almost done. Then put in oven and bake for one hour.—MARY G. KESLER.

Stewed Pears

1 qt pears 1 tsp green ginger
½ C quince Sugar

Pears to be pared and sliced. Put in stew pan with either quince cut fine or green ginger. Stew fruit till tender, add sugar to taste. Cook five minutes more and keep tightly covered till used.—E. F. DRUMMOND.

Baked Peaches

Sugar Cream Peaches

Baked peaches are as different from the stewed fruit as baked apples are from apple sauce. You begin by pouring boiling water over the peaches until the skin will easily slip off. Place them in one layer in a pan, sprinkle liberally with sugar and pour half an inch of water over them. Bake until tender and slightly brown, and serve with rich cream, either plain or whipped.

Brown Betty

In a buttered dish place a layer of chopped apples, cover with rolled bread crumbs, butter in small dabs, sugar and cinnamon. Alternate such layers until pan is full. For 2 qt pan, pour over 1 C boiling water. Cover closely and bake. Serve with sour sauce, hard sauce, or cream.

Baked Custards

Soft

(To serve with desserts as a cream.)

½ egg	Pinch of salt
1 C milk	Flavouring to taste
4 T sugar	

Medium

(Usual form for dessert.)

1 egg	Pinch of salt
1 C milk	Flavouring to taste
4 T sugar	

Thick

(Usual as garnishing custard.)

2 eggs	Pinch of salt
1 C milk	Flavouring to taste
4 T sugar	

Bake in slow oven until just "set," no longer or it will separate.—PEARL TAYLOR SARVIS.

Chinese Gelatine

(Agar Agar)

One may get anywhere in China a gelatine which is made from sea weed, and may be used exactly as we use our gelatine. It is called 洋菜: *Yang tsai*. It comes as a dry, stringy substance, which must be melted in water. The water is cold when the weed is put in and gradually heated to boiling point and kept there until the gelatine is melted. It takes more time than our foreign gelatine, and makes a more brittle jelly, but is very good to use in all desserts and meat jellies. If it does not entirely melt when boiled for some time, it should be strained before using so as to take out all small lumps. It sets very quickly—much more quickly

than foreign gelatine. One should use about a third more per cup than of foreign gelatine. Practically all cooks know how to prepare the gelatine. The difficulty is sometimes to get them to procure the dry weed. They will often think one means the opaque white jelly which results after melting, and which cannot be used.—Mrs. J. L. BUCK.

Chinese gelatine has no food value but is of value as a laxative.

Snow Pudding

Lotus root starch (藕粉: *Ou fên*) has been found a very good substitute for cornstarch or arrowroot.

Into a pint of hot milk put enough lotus root starch to thicken a good deal and boil for two minutes—sugar and salt should have been added in the milk; set aside to cool but while still warm add whites of two eggs well beaten and flavouring—almond is good. Serve with a custard sauce.—Mrs. A. W. MARCH.

Red Haw (山楂) Gelatine

1 pt red haws (山楂:	8 strings gelatine
<i>Shan Cha</i>)	1 pt sugar
1 pt chestnuts	

Halve and core fruit. Add sugar and gelatine and cover fruit with water. Boil until the jelly stage is reached. Turn into a hollow mould. Boil and shell chestnuts, put through a sieve or potato ricer; when jelly is firm turn out and heap grated chestnuts in the centre. Serve with whipped cream or mock whipped cream sauce.—Mrs. A. W. GILBERT.

Mock Whipped Cream Sauce

1 T malt syrup	1 egg white
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Beat together until the consistency of whipped cream.—Mrs. A. W. GILBERT.

Gelatine "Charlotte" or Custard Pudding

(洋菜: *Yang tsai*)

1 C thick or clotted cream	$\frac{1}{2}$ C water
4 eggs	2 tsp vanilla
2 T sugar	1 tsp lemon extract
5 sticks gelatine boiled with the water	Lady fingers or sponge cake

Beat yolks of eggs and sugar until lemon-coloured. Beat whites stiff. Add cream to egg whites and whip just a little. Strain jelly into egg yolks and sugar and mix well. Add three-quarters of the cream and the egg whites. Save quarter of the cream for the top. Add extract and pour into dishes lined with lady fingers. A few nuts or cherries make a pretty garnish for the top.—ALINE STUART.

Lemon Gelatine

24 sticks gelatine (洋菜)	s.s. salt
4 C water	2 Chinese lemons (juice only)
1 C sugar	

Boil together gelatine, water, and sugar for about half an hour, or until all is dissolved. Strain; add lemon juice when nearly cool.

Colour pink or yellow and pour in cups, as many as required. When hard remove from cups and turn out into glass saucers and pour custard over each or around each.—ALINE R. STUART.

Fruit Gelatine

2 C fruit juice	$\frac{1}{4}$ oz gelatine (洋菜)
1 C sugar	1 C boiling water
$\frac{1}{4}$ C lemon juice	

Soak the gelatine for 20 minutes or more in warm water. Drain and put to cook in the boiling water. Let boil five or ten minutes, or until perfectly clear, and strain into the fruit juice to which has been added

the sugar. Stir until the sugar is dissolved. Turn into moulds wet with cold water and let stand until ready to serve, then unmould. This is nice poured over sliced bananas or other fresh fruit.—EDITH M. CRANE.

Orange Gelatine (洋菜)

12 or 15 sticks of gelatine (洋菜)	1 C sugar
3 C boiling water	2 or 3 oranges (juice)
	½ lemon (juice)

Boil the gelatine, water, and sugar until dissolved, add juice and strain into bowl. Or use the juice unstrained. Vary with any fruits or nuts desired.—Mrs. T. D. SLOAN.

Gelatine (洋菜) with Grape Juice

26 sticks gelatine (洋菜)	s.s. salt
1 C sugar	1 C grape juice
3 C water	

Boil together gelatine, water, and sugar for about half an hour, or until thoroughly dissolved, then strain. When nearly cooled add grape juice and (some prefer also) the juice of a lemon or orange. Whipped cream is a great addition.

To make coffee gelatine. Use same recipe as above substituting coffee for grape juice.

Serve with milk or cream.—ALINE R. STUART.

Gelatine with Fruit

1 C sugar	24 sticks gelatine (洋菜)
3 C water	1½ C stewed fruit
1 C fruit juice	Must have 4 C liquid to boil
s.s. salt	with 24 sticks gelatine

Boil together gelatine, sugar, water and fruit juice for about 20 minutes or until well dissolved. Strain through cheese cloth or linen, and when cooled add the fruit. Nuts also may be added or sliced bananas. Serve with whipped cream or milk.—ALINE R. STUART.

Peanut Brittle Candy

2 C granulated sugar 2 C peanuts (roasted)
2 T butter $\frac{1}{8}$ tsp soda

Heat sugar slowly to prevent burning, until it caramelizes a light brown. Beat in quickly the butter, soda, and nuts, and pour at once in a thin sheet on to a greased pan.—Mrs. J. H. REISNER.

Apple and Nut Whip

3 apples $\frac{1}{2}$ C walnuts
3 egg whites $\frac{1}{2}$ C dates
2 T sugar

Peel and grate apples into a large bowl. Add whites of the eggs and beat constantly from 15 to 30 minutes, adding sugar gradually. When stiff and light add nuts and dates chopped fine and serve in stemmed glasses with the following custard sauce.

Custard Sauce

1 C milk Nutmeg
2 egg yolks Pinch of salt
 $\frac{1}{4}$ C sugar

Beat yolks, add sugar, salt, and milk. Boil as for custard. Remove from fire and add nutmeg. Will serve six persons.—MARION V. MOSS.

Angel Surprise Cakes

5 egg whites $\frac{1}{2}$ tsp cream tartar
 $\frac{3}{4}$ C sugar 1 tsp vanilla
 $\frac{1}{2}$ C flour

Beat whites of eggs until stiff and dry, then add gradually, while beating constantly, sugar mixed and sifted with cream of tartar. Sift the bread flour into the mixture, add vanilla, and cut and fold until blended. Turn into small buttered individual tins and bake in a moderate oven. When cool, invert the cakes, remove centres and fill with chocolate filling. Cover with white frosting and place a walnut meat in centre of each.

Chocolate Filling

1 T butter	$\frac{1}{2}$ C chopped walnuts
6 tsp cocoa	Pinch of salt
$\frac{2}{3}$ C soft cooking sugar	$\frac{1}{2}$ tsp vanilla
6 tsp cream or 1 egg white	

Cream butter and add cocoa mixed with sugar. Then add cream or egg white as preferred, nuts, salt, and vanilla. Will make nine cakes.—MARION V. MOSS.

Three Ice

3 bananas	3 C water
3 oranges (juice)	1 C sugar
3 lemons (juice)	

Peel and crush the bananas. Make a syrup of the sugar and water and mix all ingredients together. Cool and freeze.—Mrs. J. H. REISNER.

VEGETABLES

Potato Puffs

Mould warm mashed potatoes into balls about the size of walnuts. Place in a buttered tin, brush with beaten egg, and put into the oven to brown. Garnish with finely-chopped parsley, and serve hot.—Mrs. ALEXANDER PAUL.

Potato Croquettes

2 C hot mashed potatoes	Pinch of cayenne
2 T butter	$\frac{1}{4}$ tsp onion juice
$\frac{1}{2}$ tsp salt	1 tsp finely chopped parsley
$\frac{1}{8}$ tsp pepper	

Mix ingredients in order given and beat thoroughly. Shape, roll in flour, then in beaten egg, and lastly in fine bread crumbs. Fry in deep fat, one minute. Drain on paper.—Mrs. J. H. REISNER.

Southern Sweet Potatoes

6 sweet potatoes, boiled	2 C brown sugar
2 T chicken fat	1 C water
Pinch of salt	

Slice potatoes lengthwise and put in a buttered baking dish. Make a syrup of the sugar, water, and butter and pour over the potatoes. Sprinkle more sugar and small pieces of butter over the top and bake in a slow oven $1\frac{1}{2}$ hrs. or until the potatoes have absorbed the syrup.—Mrs. J. H. REISNER.

Scalloped Sweet Potatoes and Apples

2 C sweet potatoes	4 T butter
$\frac{1}{2}$ C brown sugar or	1 tsp salt
$\frac{3}{4}$ C malt syrup	3 T water
$1\frac{1}{2}$ C sour apples	

Use cold boiled potatoes cut in $\frac{1}{4}$ inch slices and apples thinly sliced. Place in baking dish in layers dusted with sugar and dotted with butter. Bake until the apples are done and the whole is nicely browned on top.—Mrs. HAYES.

Light Potato Puff

2 C mashed potato	1 tsp butter
2 eggs	1 s.s. salt

Boil potatoes and beat until light. Beat in yolks of 2 eggs. Add salt and butter. Add whites of 2 eggs which have been beaten stiff. Bake until delicate brown.—Mrs. C. R. BAKEMAN.

Vegetable Hot Pot

2 carrots	1 T butter
1 turnip (med. size)	3 or 4 potatoes
2 onions	$\frac{1}{2}$ tsp salt
6 T tomatoes (stewed)	Pepper
Rice or hominy (cooked)	

Cook first three ingredients 20 minutes. Boil potatoes 3 minutes. Slice first 3 ingredients, add tomatoes and arrange in a baking dish, sprinkling salt, pepper, and rice or hominy over each layer. Half fill the dish with tomato juice and arrange the sliced potatoes on top—slices lapping. Dot over with butter or drippings and bake for 2 hours in a moderate oven or until the potatoes are soft and browned.—Mrs. A. J. BOWEN.

Chinese Sticks

1 C mashed white potatoes	Flour
1 yolk of egg	Smoking-hot lard

It is easy to prepare these for luncheon, and they are as palatable as they are attractive. You may use any mashed potatoes that have been left over from another meal, mixing with each cupful the beaten yolk of an egg. After sprinkling a board with flour put the mixture upon it and sprinkle it, too, with flour. Roll down to a thickness of less than an inch, and cut in narrow strips. Have ready some smoking-hot lard, and, dropping the strips into it, fry them until they have turned a delicate brown. When they are done lift them out, drain, and serve immediately on a hot dish.

Mock Corn Pudding

2 C water chestnut (荸薺: <i>Pi Chi</i>)	2 C milk
3 eggs	1 tsp salt
1½ T melted butter	½ tsp pepper

Beat the eggs slightly and add the salt, pepper, butter, and scalded milk. Stir in the chopped water chestnuts, pour into a buttered baking dish and bake until firm.—GINLING COLLEGE FACULTY.

Scalloped Chestnuts

(栗子: *Li Tzu*)

12 chestnuts	1 T butter
3 T milk	Pepper and salt
1 tsp chopped onion	Bread crumbs

Remove shells and boil chestnuts ten minutes, drain, and remove skins. Boil in salted water until soft, drain, mash, and rub through a sieve. Add milk, salt, and pepper, put in ramakins, cover with bread crumbs, dot with butter, and put in oven to brown.—Mrs. D. B. S. MORRIS.

Cabbage, Spinach, or Celery

1 T butter or other fat Salt
1 qt vegetable Pepper

Wash vegetable thoroughly and cut in small pieces. Place butter in frying pan and heat. Then throw in prepared vegetable and turn briskly to bring all parts in contact with hot butter. Add seasoning and put on side of stove to cook slowly 15 minutes.—Mrs. E. J. DRUMMOND.

Stuffed Cucumbers

Peel the cucumbers, boil whole in salt water. When tender, remove from fire and split lengthwise and remove seeds and seed pulp. Stuff with raw beef which has been ground and seasoned with salt, pepper, and a little chopped onion. If the meat is insufficient some fine bread crumbs may be added to increase the bulk. Place in baking pan with a little hot water and butter and bake till meat is done. May be served with cream or brown sauce or with a little melted butter to dress.—PEARL TAYLOR SARVIS.

Button Onions

Scald three pints button onions, remove skins, and boil in salted water until tender. Cook very slowly, so that they will retain their shape. Drain and add one cup cream sauce. These are very delicate, and persons who cannot eat other onions can eat them.—Mrs. ALEXANDER PAUL.

Creamed Leek

2 C leek 1 C white sauce
1 tsp salt

Trim and cut the leeks into small sections. Boil in salted water ten minutes, drain, add white sauce made in the usual way.—AGNES M. HUTCHINSON.

Baked Cowpeas

Cook 1 quart of large, white, dry cowpeas slowly in water until they begin to soften. This will require five or six hours. Put them into a bean pot, add one-half pound of salt pork, and either 1 tablespoonful of molasses or a small onion cut up fine. Cover with water and bake slowly six or seven hours. It is well to have the pot covered except during the last hour.

Vegetable Short Cake

1 C cornmeal	$\frac{1}{2}$ tsp salt
1 C flour	1 C milk or water
1 egg	2 tsp baking powder
2 T sugar	4 T fat

Mix dry ingredients well. Melt fat, add milk and stir into dry ingredients. Add egg, slightly beaten, last. Bake in two layers, or in one cake and split through middle with two forks. Put between and on top, the creamed vegetable prepared as follows:—

2 C cooked vegetable	1 T butter
1 C milk	Salt and pepper
2 T flour	

Boil vegetable tender, prepare cream sauce by heating milk, stirring flour up with a little cold milk and adding to hot milk carefully. Cook 8 minutes. Add butter and seasoning.

Chinese vegetables suitable for use in Vegetable Short Cake.

Lima or any similar beans, green or dry peas, with or without carrots. Celery, with grated cheese and hard-boiled egg. Cabbage and pork cooked together. Any left-over meat or hard-boiled egg may be chopped and added to the creamed vegetable. Tomato, half in half with some other vegetable, is also nice. Makes a good luncheon dish.—PEARL TAYLOR SARVIS.

Baked Yellow Beans

Soak beans all one day and night. On the second day, add a little soda, and boil until done. On the third day, put into a bean pot, adding two tablespoonfuls of molasses for each quart of beans and covering with thin slices of pork. Bake until thoroughly done.

—Mrs. J. T. ANDERSON.

MILK OR CREAM SOUPS

There are many vegetables in the Chinese markets suitable for making delicious milk or cream soups. In general these soups are prepared in about the same way. The vegetables are diced, sliced, or grated, or, if cooked whole, are afterwards mashed or put through a sieve. For one cup of the vegetable or vegetable pulp, use one cup of water (in which it has been cooked) and two cups of milk. For each cup of liquid, use 1 T flour, 1 T butter, and salt and pepper to taste. Rub flour and butter together, adding a little of the milk to moisten, add slowly to the hot soup, taking care there are no lumps. Cook at boiling point for at least eight minutes after the flour is added, season and serve very hot. Below is given a list of vegetables and the way in which each should be prepared for the making of milk soup. Milk soup may be used for a luncheon dish. When it is served do not follow by creamed vegetables.

<i>Vegetable</i>	<i>Method of preparation</i>
Red water chestnut (荸薺: <i>Pi Chi</i>)	grate
Green beans (綠豆: <i>Lu Tou</i>)	cut fine
Green peas (豌豆: <i>Wan Tou</i>)	whole or mash
Dried beans (several kinds)	put through sieve
Dried peas	put through sieve
Spinach	cut very fine after being cooked
Chinese cabbage	cut fine
<i>Hsien Tsai</i> (莧菜)	cut fine after cooking
Potato	dice or mash through sieve
Chestnuts	mash through sieve
Celery	cut fine
Onion	cut fine
<i>Wo Sun</i> (蒿笋)	grate
Carrots	grate or dice

Dried Shell Fish Soup

(象牙竹: *Hsiang Ja Chu*)

1 oz dried fish	3 T flour
3 C milk	Salt
1 T butter	Pepper

Soak dried fish in cold water until it separates into shreds, and boil in very small amount of water until soft. Add milk and bring to a boil. Add thickening made of flour and a little cold milk saved out from 3 C. Add butter, salt and pepper to taste.—PEARL TAYLOR SARVIS.

Purée of Cowpeas

1 pt cowpeas	2 tsp brown sugar
$\frac{1}{2}$ C milk	Salt
1 T fat	Pepper

Soak dry cowpeas in cold water over night. Cook until soft in just enough water to cover. Drain and pass through a sieve. Season with salt and pepper. Add milk, butter (or other fat), and brown sugar. Beat thoroughly, reheat, and serve like mashed potatoes.

Fish Chowder

3 lbs fish	$\frac{1}{2}$ C onion
2 C diced potatoes	2 tsp salt
2 C tomatoes	$\frac{1}{8}$ T paprika
$\frac{1}{4}$ C salt pork or bacon	$\frac{1}{4}$ C flour
2 C milk	Parsley or celery

Put fish into a saucepan with 1 qt. boiling water, boil for 15 minutes. Remove fish with skimmer, strain stock, and add the potato to the stock. Fry pork and onion until light brown. Add this and the tomatoes to the stock. Boil slowly 20 minutes. Pick the fish into small pieces. Make a cream sauce of the milk, flour, and seasonings, then add the flaked fish. Lastly add the stock and boil all together for 5 minutes.—Mrs. J. H. REISNER.

Fish Chowder

4 onions	$\frac{1}{2}$ tsp butter
3 potatoes	1 tsp chopped parsley
$\frac{1}{2}$ lb fish	$\frac{1}{4}$ tsp white pepper
1 qt milk	

Peel and cut onions into thin slices, put into large saucepan, adding just enough boiling salted water to cover. Simmer gently until about half done (15 minutes). Add potatoes, peeled and cut into small cubes, and more boiling water to cover. Cook 10 minutes; add fish, flaked, and cook until fish is done. Add butter, milk, parsley, pepper, salt, and cook 5 minutes. Serves 4-6 persons.—EFFIE B. McCALLUM.

SALADS

Salads are a valuable part of the dietary but require more attention on the part of the housewife than any other form of food preparation. Where they consist of a mixture of cooked materials there is less danger, but even then they are constructed from foods that have been allowed to cool and during that cooling there is possibility of contamination if care has not been taken to place them in a safe place. The vegetables and fruits that are used raw require very careful cleansing before using; boiling water, alcohol 70%, potassium permanganate are some of the antiseptics which may be used.

A practical and *very efficient* method of disinfection for raw fruits, berries, etc., is the following:— Take from a bottle of chlorinated lime (bleaching powder) an amount approximately the equivalent in size of a medium grape and mix it in one quart of water. After having washed the fruit thoroughly, the skin of which is unbroken, immerse it in this solution for five minutes. Then rinse in drinking water and use without fear. After immersion of about half a dozen pieces of fruit in this solution add a little more chlorinated lime and proceed as before.

It may be well to state that this solution is 40 to 50 times as strong as that used in the drinking water purifying tablets which experimentally have been found to eliminate all dangerous germs from water. The bottle of chlorinated lime should be tightly corked as it loses its strength with age and the absorption of moisture. The solution is worthless for disinfecting if it stands more than 15 minutes.

There are many kinds of salad dressings used, made with or without oil. It is not necessary to use olive oil. Any good vegetable oil can be used provided that it is pure and not rancid. All the vegetable oils have the same food value. Peanut and cotton seed oils make excellent dressing. In some places in China sesame oil is used as a substitute for olive oil. Cotton seed oil and peanut oil, the two commonest, cheapest, and best substitutes for olive oil, can both be obtained almost anywhere in China.

Suggestions for Salad Combinations

Meat and Meat Substitute Salads

- Chicken and bamboo sprouts (笋: *Sun*)
- Chicken, cabbage, and walnuts.
- Chicken, bean sprouts (豆芽: *Tou Ya*) and walnuts.
- Fish and raw cucumbers, garnish with lemon.
- Shrimp and bamboo sprouts.
- Shrimp and waterchestnut (荸薺: *Pi Chi*).
- Baked beans with tomato sauce served cold on lettuce leaves with French dressing.

Vegetable Salads

- Asparagus garnished with sliced hard boiled eggs and radishes.
- Bamboo sprouts and peas.
- Beets, peas, and potatoes.
- Cabbage and fresh shredded coconut.
- Cabbage and chopped walnuts.
- Water chestnut (荸薺: *Pi Chi*) with walnuts.
- Water chestnut with hard boiled eggs.
- Kao Pai* (茭白), walnuts, and peas.
- Tsai Tou* (菜頭) served like asparagus salad.
- Spinach moulded in a chicken aspic with a slice of hard boiled egg on top.
- Young peas and chopped peanuts.
- Tomatoes (sliced) with cucumbers.
- Peas and carrots in the proportion of two parts peas to one of carrots.
- Tomato gelatine (洋菜), raw cabbage, and nuts.

Fruit Salads

Apple, pumelo, and walnuts.

Banana rolled in chopped peanuts or walnuts.

Banana sliced with oranges and marinated with French dressing.

Litchi (荔枝) stuffed with walnuts.

Melon cut up and marinated with French dressing.

Pineapple and fresh tomato or tomato gelatine.

Pear, orange, walnuts, and Chinese dates.

In any salad pears may be used instead of apples; pumelo instead of oranges, while bamboo sprouts or bean sprouts make excellent substitutes for celery.

Persimmon Salad

Select firm persimmons, peel, scoop out the centres and fill with chopped nuts. Serve with salad dressing.

—Mrs. J. R. McMULLEN.

Tomato Salad

18 sticks gelatine (洋菜)	$\frac{1}{2}$ tsp onion juice
1 C boiling water	1 tsp salt
1 C rich chicken broth	1 T sugar
2 C strained tomato juice	$\frac{1}{4}$ tsp mustard

Boil Chinese gelatine in water until dissolved. Add chicken broth, tomato juice, salt, mustard (and pepper if desired). Any vegetable, such as cold peas or celery, may be moulded in the gelatine.—STRAUSIE M. HUTCHESON.

Tomato Salad

2 C tomato juice	$\frac{1}{2}$ tsp onion juice
2 C water	$\frac{1}{2}$ C chopped, stewed
24 sticks gelatine (洋菜)	celery

Boil water, celery, tomato juice, onion juice, and gelatine until dissolved. Strain into cups to mould. Or tomato juice and celery may be added after the Chinese gelatine and water have boiled.—ALINE STUART.

Tomato Gelatine Salad

- | | |
|-------------------------------|------------------------|
| 2 C tomato pulp | 1 T sugar |
| 1 oz Chinese gelatine
(洋菜) | $\frac{1}{2}$ tsp salt |
| 4 or 5 cloves | 1 slice onion |

Stew onion and cloves with tomato, then strain and add sugar, salt, gelatine, and enough water to make 1 quart. Boil until gelatine is well dissolved, strain into individual moulds. Serve on lettuce with salad dressing.—Mrs. CHAS. S. KEEN.

Tomato Aspic

- | | |
|---------------------------------------|---|
| 1 C strained cooked to-
matoes | $\frac{1}{4}$ C sugar (native brown
sugar may be used) |
| 8 strands of Chinese gelatine
(洋菜) | 2 T vinegar
1 tsp ground cinnamon |

Boil the gelatine in a small amount of water until thoroughly dissolved, and strain. Add the strained tomatoes in which the other ingredients have been heated to the boiling point. Pour into moulds and serve either as a salad or with meat. If served as a salad use on a bed of green if possible.—PEARL TAYLOR SARVIS.

Mayonnaise Dressing

- | | |
|------------------|----------------------------------|
| 2 egg yolks | 1 tsp salt |
| 1 to 2 C oil | $\frac{1}{8}$ tsp cayenne pepper |
| 1 to 2 T vinegar | |

Beat the yolks until they begin to thicken, add oil drop by drop, beating vigorously all the while. Continue beating while the oil is being added. When too thick to stir, thin with a few drops of vinegar and continue until all the oil is used. Add rest of ingredients last. This dressing may be kept for a week or two if it is kept cool. An equal quantity of whipped cream may be added as the dressing is used.—Mrs. J. H. REISNER.

Gelatine Fish Salad

Cold steamed white fish	1 C boiling water
6 or 7 sticks of Chinese gelatine (洋菜)	Any good salad dressing 1 C cold cooked spinach

Boil gelatine in water, add boned fish, and pour into mould, with garnishing of cut slices of cooked carrot. When cold, serve with the salad sauce, which has been highly coloured with spinach (pressed through a sieve).—Mrs. ANDERSON.

Potato Salad

2 cold boiled potatoes	4 hard boiled eggs
2 T grated onion	1 C boiled salad dressing

Cut potato into cubes, cut hard boiled egg fine and mix all three with salad dressing.

Cornstarch Thickening in Mayonnaise Dressing

4 T cornstarch	$\frac{1}{2}$ C water
$\frac{1}{2}$ C vinegar	

Wet the cornstarch in a small amount of the water, add the remainder of the water and the vinegar. Cook the mixture until it becomes thick and clear, stirring all the time. While it is hot, add it to mayonnaise dressing in the proportion of one part of the cornstarch mixture to two parts of mayonnaise. This makes a less oily dressing than mayonnaise alone, and for this reason is sometimes preferable.—Mrs. J. H. REISNER.

Banana and Peanut Salad

$\frac{1}{2}$ C finely chopped peanuts	3 bananas
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Cut bananas into halves (lengthwise) and arrange on lettuce leaf. Sprinkle finely chopped peanuts on top of bananas and serve with mayonnaise.—STRAUSIE M. HUTCHESON.

Rape Stem Salad

(菜臺: *Ts'ai T'ai*)

This salad is made of the stalks of the common yellow-flowered 菜臺 seen growing everywhere in the early spring. The stems just below the flowers are used. They are cut into three or four inch lengths, peeled, boiled in salt water till tender, and served like asparagus salad.—PEARL TAYLOR SARVIS.

Wo Sun (蒿笋) Salad

2 C spinach	1 C <i>Wo Sun</i> boiled and cut
3 hard boiled eggs	into cubes

Arrange spinach in centre of platter. Around it arrange a circle of the hard boiled eggs, cut fine, and outside this a circle of the chopped *Wo Sun* (蒿笋). Serve with French dressing.—Miss G. M. DENNISON.

Green Bean Salad

There are several green beans in the Chinese market in early spring that are delicious in salads. Some of these are the *ch'ing tou* (青豆), the *mao tou* (茅豆), the *ts'an tou* (蠶豆), *szu chi tou* (四季豆), all of which may be found in the market large enough to shell and use while still green. These are shelled, boiled in salted water and combined with any other vegetable, with hard boiled eggs or nuts into a salad. The 蠶豆 *ts'an tou* cannot be used in the pods, but the other three varieties and also *kang tou* (豇豆) may be used while still younger, and still in the pod. Slice and boil in salted water and combine in the same way as the hulled beans. The *kang tou* (豇豆, asparagus bean) cannot be used hulled. The Chinese class peas also as a bean, *wan tou* (豌豆); they are to be found in the market in spring and can be used in salads.—PEARL TAYLOR SARVIS.

Boiled Salad Dressing

(1)

$\frac{1}{2}$ C milk	2 tsp sugar
1 egg	1 tsp salt

Cook together in double boiler as for soft custard.

(2)

$\frac{1}{4}$ C vinegar	$\frac{1}{2}$ tsp mustard
2 tsp butter or oil	Few grains pepper
2 tsp flour	

Cook as for white sauce.

Combine mixtures (1) and (2) while hot, then chill. This is especially good for potato salad.—Mrs. J. H. REISNER.

Tomato Surprise (Salad)

Select small, even sized tomatoes, cut off tops and remove pulp, salt inside, invert and leave to drain a half hour. Then fill with any good salad, the meat salads being especially nice. The following combinations are suggested:—

Cold fish and boiled eggs.

Celery, fruit, and walnut meats.

Chicken salad.

Fruit salads.

Cold diced beef with green beans or peas.

—PEARL TAYLOR SARVIS.

Banana Salad

Banana	Preserved ginger
Raisins	Lemon juice
Walnuts	

Chill banana and cut lengthwise. Chop raisins, walnuts, and preserved ginger, and mix with lemon juice.—Use as filling, put between halves of banana. Serve with mayonnaise.—Mrs. J. H. REISNER.

Fruit Salad Dressing

2 egg yolks
1 lemon (juice)

$\frac{1}{2}$ C malt syrup (糖稀:
Tang Hsi)

Cook until thick in double boiler, mix with heavy cream.—Mrs. J. H. REISNER.

Carrot and Peanut Salad

3 C carrots, boiled and diced 1 C peanuts ground fine

Mix carrots with mayonnaise or boiled dressing. Arrange on platter, cover with the chopped peanuts and pour the dressing over all.—Miss G. M. DENNISON.

Quince Jelly ^{QTY}

Quinces

Sugar

Water

Pare as many quinces as desired, cut fine, and add enough water to cover. Boil one half hour. Strain off juice, add warmed sugar cup for cup and boil until it jells.

Add more water to the quinces, boil again a half hour and repeat the process. Sometimes it is repeated even again.—Mrs. J. L. STUART.

Quince Butter

Use the pulp of the quince left from making jelly. Combine with from one to three parts of pear or dried apple. Add one-half the weight of sugar and cloves to season strongly, and boil until thick.

Pear Conserve

Pears

Cloves or lemon

Sugar

Ginger

Grind pears through food chopper. Add equal amount of sugar and boil until it jells.

Flavour with whole cloves or lemon and ginger or ginger only.—Mrs. J. L. STUART.

Carrot Marmalade

1 ¼ C carrots

Sugar

Water

Lemon juice

Peel young carrots, scrape, and add water enough to prevent burning. Cook until soft. Drain and save water. Put pulp through sieve. Measure pulp and add an equal amount of sugar. Add the carrot water and cook until proper consistency. Add lemon juice or 2 small pieces of lemon leaving them in long enough to obtain flavour. Pour into sterile jelly jars.

This is excellent to serve with meat roasts.—Mrs. J. H. BLACKSTONE.

Spiced Persimmons

2½ lbs dried persimmons	⅔ C vinegar
(柿餅: <i>Shih Ping</i>)	1 T cinnamon
1½ lbs brown sugar	1 T cloves

Cut persimmons into small pieces, and boil until tender with the syrup and spices. Store in a stone jar in a cool place.—A. W. MARSH.

Squash Jam

Peel squash and cut into fine pieces. Weigh, and add ½ its weight in sugar. Let stand over night, and the next morning cook to the usual consistency of jam, flavouring with lemon cut in very thin slices, or ginger. This may be used as a filling for pies. By adding more sugar, it makes a nice preserve.—Mrs. J. T. ANDERSON.

Pear Jam

6 斤 pears	4 T grated lemon rind
4 C sugar	1 lemon
1 tsp salt	

Wash, pare, and grate the pears, add the sugar and salt. Put into a kettle and boil slowly for two hours, stirring often. Add lemon rind. Jam should be thick and dark red.

Some prefer using candied ginger rather than lemon.—Mrs. R. J. McMULLEN.

Fig Jam

5 斤 figs	Chinese ginger root (fresh)
4 lbs sugar	2 (at least) lemons

Peel figs. Put into cold water and bring to a boil. Pour off this water. Add a little water, the sugar, ginger according to taste, and lemons, and boil until of proper consistency.—Mrs. W. G. HILTNER.

Boil till tender. Weigh the cooked fruit and to every lb. allow $1\frac{1}{4}$ lbs. of sugar. Boil very quickly until it jells.—Mrs. FREDERICK JOHN HOPKINS.

Orange Marmalade

12 Canton oranges (廣橘: <i>Kwang Chü</i>)	3 quarts water
2 lemons	4 lbs sugar

Wash fruit well and slice very thin, removing seeds. Pour on the water and let soak 24 hours in a granite kettle. Boil $1\frac{1}{2}$ hours, add sugar and boil $1\frac{1}{2}$ hours more, or until thick.—Mrs. T. D. SLOAN.

Green Tomato Preserves

1 lb green tomatoes	2 oz preserved ginger
$\frac{3}{4}$ lb sugar	1 lemon

Slice tomatoes and lemon and mince ginger. Add sugar and cook slowly to desired consistency. Cook slowly so as not to harden lemon.—Mrs. A. J. BOWEN.

Tomato Jam

3 lbs tomatoes	1 lemon (juice) or Chinese
3 lbs sugar	(香 椽: <i>Hsiang Yuen</i>)

Boil sugar and tomatoes until thick and ready to jell. When nearly finished add juice of lemon. Either ripe or green tomatoes may be used.—EDNA K. SETTLEMEYER.

Candied Mixed Peel

Pumeloes	Sugar
Oranges	Water

Take the pumelo and orange peel, remove all pith, throw into cold water and soak 3 days. Boil until quite tender. Have ready a saucepan with heavy syrup and as peel becomes tender drain it and throw into syrup. Simmer very slowly, turn peel occasionally until it becomes transparent. Lift out and set on plate in mouth of oven to dry. Pack between paper in tin box.—Mrs. FREDERICK JOHN HOPKINS.

Preserved Ginger

Get very young and tender ginger. Clean and cut into small pieces, rejecting that which is too tough. Put into a pan, cover with cold water and boil. Afterwards strain off the water, again cover with cold water and allow to stand until the next day, then boil again. Repeat the process for seven days, when the ginger will be tender and not too hot.

Syrup. After the week's boiling weigh the ginger and allow $1\frac{1}{2}$ lbs. of sugar to every lb. of ginger. To each $1\frac{1}{2}$ lbs. of sugar allow one cup of water. Boil sugar and water to a syrup and then pour on ginger. Allow all to stand until next day, when pour off the syrup and boil it again. Repeat this for three days. Do not boil the syrup and ginger together. After three times boiling the syrup, pour over the ginger and bottle the whole.—Mrs. PRESTON.

Marrons Glacés (Candied Chestnuts)

Remove the shells from 20 chestnuts. Cover them with boiling water and let them stand a few minutes until the skins can be removed. Put them again in hot water and simmer slowly until the nuts are tender, but not soft.

Put a cupful of sugar and a cupful of water in a saucepan and stir until dissolved. Add the boiled chestnuts and let them cook in the syrup until they look clear, then turn them onto a sieve, using care not to break the nuts, and let them cool. Return the strained syrup to the saucepan and cook it to the hardball stage. Remove it from the fire, add a few drops of lemon-juice and a half teaspoonful of vanilla extract. Drop the chestnuts into it, one at a time, turn until thinly coated, and remove with a candy wire to an oiled paper or slab; or, when the sugar has reached the ball stage, add a few drops of lemon-juice, let it cool a few minutes,

and then stir until it begins to whiten; then immediately place in a pan of hot water, flavour with vanilla and stir until it again becomes liquid, and dip the nuts as directed above.

Quince Honey

Quinces (木瓜: *Mu Kua*) Sugar Water

Pare the quantity of quinces required, then slice very finely, and cover with water. Place at side of stove and simmer very gently for 3 to 4 hours or until tender. Put through sieve, then weigh allowing 1 lb. of sugar to 1 pint of liquid. Place in saucepan and boil until it jells.—Mrs. FREDERICK JOHN HOPKINS.

Quince Honey

5 quinces (large) 1 pt boiling water
5 lbs sugar (granulated)

Pare and grate five large quinces. To 1 pt. boiling water add 5 lbs. sugar. Stir over fire until sugar is dissolved, add quince, and cook 15 or 20 minutes. Turn into glasses.

When cold it should be about the colour and consistency of honey.—Mrs. W. E. MACKLIN.

Pear Honey

1 qt Chinese pears 1 Chinese lemon (香椽:
3 C sugar *Hsiang Yuen*)

Grate or put through food chopper pears enough to fill a qt. measure. Add sugar and boil, stirring occasionally with a wooden spoon until it "honies" or "jams" when tested on a cold plate. Add the juice and grated rind of a Chinese lemon and stir in well. Fresh ginger root to taste may be substituted.—PEARL TAYLOR SARVIS.

Peppermint Syrup

2 C sugar
2 C water

1½ tsp peppermint oil

Make a syrup by boiling the sugar and water together; while still boiling draw to side of stove and quickly drop in the peppermint; stir. Bottle when cool. Do not boil the peppermint as it loses its strength but the heat must be sufficient to dissolve the oil.—Mrs. FREDERICK JOHN HOPKINS.

Orange Syrup

2 C sugar

2 C water

8 oranges

Make a syrup by boiling the sugar and water together. Have the orange juice ready strained and pour the boiling syrup over. Bottle for use. Number of oranges required depends on their juiciness.—Mrs. FREDERICK JOHN HOPKINS.

Lemon Extract

Lemon rind
Alcohol

Water
Sugar

Mix the alcohol with $\frac{1}{4}$ the amount of water and put into suitable size bottle. As the juice of lemons is used in cooking, take the skins, cut off the white part and use only the yellow portion. Cut fine and drop into the alcohol after rolling in a little sugar. Ready for use in two weeks.—Mrs. J. L. STUART.

Vanilla Essence

50 vanilla beans
 $\frac{3}{4}$ pt alcohol

$\frac{1}{4}$ pt water
3 tsp granulated sugar

If the beans are soft enough, cut into pieces or put through meat chopper. If not, cut fine with scissors, roll, and mix well with sugar, then add to alcohol and water. Let stand lightly corked from four to six months.—Mrs. J. L. STUART.

Caramel for Flavouring

$\frac{1}{2}$ C sugar

$\frac{1}{2}$ C water

Put the sugar into a saucepan and put it over the fire until it melts and turns a brown colour. Then add the water and boil until it is like a thin syrup. Put away in a bottle for use. One tablespoonful of this is sufficient to flavour one quart of milk for custard or ice cream. It is a cheap and good substitute for vanilla extract.—Mrs. B. L. ANCELL.

To Make Molasses

Get the dark brown Chinese sugar, put it in a saucepan with enough water to get it melted. Boil until the thickness of a syrup. Break a raw egg, and drop it, shell and all, into the boiling syrup. This will collect all the straws and dirt in the sugar. Then strain through a fine sieve, and bottle for use.—Mrs. B. L. ANCELL.

Cucumber Salad Pickle

2 doz cucumbers

$\frac{1}{2}$ C olive oil

6 small onions

1 T celery-seed

1 qt vinegar

6 T salt

When cucumbers are young and abundant a cucumber salad is a dish that may be served in emergencies, as it may be made a long time in advance and used at a moment's notice. Peel and slice thin both the cucumbers and onions. Spread in layers and sprinkle with salt. Let them stand for a few hours; then drain.

Mix the oil, celery-seed, and vinegar, and pour over the drained cucumbers and onions. Mix well, put into sterilized fruit-jars, and seal. Pint jars will be large enough. Put in a dark, cool place and the salad will keep for months.

Green Tomato Pickles

1 pk tomatoes	1 oz cloves
2 qts onions	2 C salt
2 peppers	1 oz allspice
2 tsp mustard	2 C sugar

(Decrease quantities in proportion if desired)

Cut tomatoes in thin slices and sprinkle with the salt, stand over night. In the morning drain, cut onions, mix spices, put layers of tomatoes, onion, and spices in kettle, cover with vinegar (native) and boil one half hour.—Mrs. P. F. PRICE.

Chopped Mixed Pickle

5 lbs green tomatoes	$\frac{2}{3}$ qt vinegar
1 lb celery	1 tsp ground cloves
1 lb Chinese cabbage	1 tsp " cinnamon
4 red peppers	1 tsp allspice
3 or 4 onions	1 tsp mace
3 C sugar	4 T salt

Chop vegetables fine (tomatoes may be put through a meat grinder). Add all ingredients and boil down for about 4 hours. Bottle. (If available string beans and cauliflower may be added. A tin of pimentos chopped fine may be added if desired.)—EDNA K. SETTLEMYER.

Pear Pickle

6 C sugar	Stick cinnamon and cloves
Firm, ripe pears	1 qt vinegar

Peel and cut the pears into strips. Boil the sugar and vinegar for a few minutes and put in the fruit. Let it cook until tender, then remove the fruit from the syrup. Place in the bottom of a glass jar a layer of pears with a stick of cinnamon and a few cloves, then more fruit, repeating this until the jar is full. Pour the syrup over the fruit and spice and let it stand

over night. Strain off the syrup and scald it again, then add it a second time to the fruit. Repeat this two or three mornings, then seal while hot. The object in reboiling the syrup and not the fruit is to keep the fruit firm, otherwise it would assume the consistency of marmalade. Pears in pickle must be well covered with the juice or they will not keep. If at any time the syrup boils down until it fails to cover the quantity of fruit in the jars, prepare more in the same proportion as at first.

Pickled Peaches

4 qt peaches	Cloves
2 lbs brown sugar	1½ pt vinegar
3 or 4 sticks cinnamon	

Remove skin of peaches. Make syrup with sugar, vinegar, and spices (in bags). Boil until rather thick.

Put in peaches and boil until tender. When all are cooked, pack in jars. Boil syrup thick and pour over peaches.—Mrs. J. L. STUART.

Sweet Mustard Pickles

3 qts vinegar	3-4 cauliflowers
4 C sugar	2-3 qts onions
4 tsp celery seed	1 qt beans
½ oz mustard	2 qts carrots
¾ C Flour	3 qts young cucumbers
1 pk green tomatoes	

(Decrease quantities in proportion if desired)

Mix all vegetables and let stand over night in salt water. In the morning scald in the same water.

Put vinegar, sugar, and celery seed on stove, when boiling add flour and mustard which have been mixed smooth with a little cold water. Drain vegetables dry, mix with sauce and boil all together for 20 minutes. It will scorch easily. Put in sterilized jars and seal. The green tomatoes are nicer if put through the large-sized knife in the meat grinder.—Mrs. J. H. REISNER.

Fig Pickles

5 cattie figs	1 large stick cinnamon
4 lbs sugar	1 bottle white Cantonese vinegar
Allspice	

Let figs stand over night in weak salt solution. In the morning drain thoroughly. Boil sugar, vinegar, and spices; strain; pour over figs. Allow to stand over night. Repeat process three times, each time boiling the syrup only, and bottle the third time.—Mrs. W. G. HILTNER.

Sweet Cucumber Pickles

8 lbs cucumbers	1 C spices
4 lbs sugar	2 C vinegar (strong)

Peel cucumbers and cut in half lengthwise. If old, remove seeds. Cover with cold water and add a little alum. (The alum keeps them from getting flabby, but may be omitted.) Stand on back of stove for a couple of hours. Boil together the vinegar and sugar with the spices in a bag. Skim. Drain cucumbers and add to vinegar. Boil until easily pierced by fork. Can hot. Use "pickling spices" or cinnamon and cloves, bought on the street, and a tsp of ground nutmeg, and 3 tsp allspice.—Mrs. L. H. UFFORD.

Sweet Green Tomato Pickle

1 pk green tomatoes	1 qt water
1 C salt	5 tsp ginger
6 onions	5 tsp cloves
6 or 8 red peppers	5 tsp cinnamon
2 qt Chinese vinegar	8 C sugar

(Decrease quantities in proportion if desired)

Pack tomatoes in layers with salt in a crock. Let stand over night. Next morning drain and throw away salted juice. Add 1 quart of Chinese vinegar and

water. Boil 30 minutes and drain. Add another quart of vinegar, spices, and sugar. Boil about 20 minutes.—Mrs. J. L. STUART.

Sour Kraut

Cut cabbage rather coarse, as for slaw. Prepare a jar or tub. Put in first a layer of clean cabbage about 2 inches thick, sprinkle with salt and press with a potato masher until it becomes juicy, then add another layer of cabbage and salt. So continue until jar is nearly full. Place a covering of cabbage leaves over it, then a cloth over the whole. Put a weight on top and let stand about 9 days, then take off cloth and remove scum. Wash cloth and replace it. As soon as it is sour it is ready for use.

To boil. Take out quantity desired. Wash and press with the hands. Put in a small piece of salted pork or a few spare ribs into kettle with sour kraut. Add water and boil several hours.

CANNING BY THE COLD-PACK METHOD

Cold-pack canning is so simple, so certain, and produces a grade of canned food so superior to that secured from other home-canning methods that its adoption has become almost universal. Cold-pack means raw-pack. It means that the food product is placed in the jars in a raw or a partially cooked state, instead of being sterilized in an open kettle and then transferred to the jars and sealed. All the flavour is thus retained, the product is not cooked to a mushy pulp, and labour and time involved are materially lessened. Mould, the bugbear of fruit canning, is eliminated, and the bacteria and bacterial spores which cause spoilage in meat and vegetable products are destroyed.

There are just five steps in the canning of food products by the cold-pack method: Cleaning, blanching and cold-dipping, packing in the jars, sterilizing and final sealing of the jars. While these steps vary somewhat for different products, the general principles are the same in all instances and the housewife should fix them thoroughly in her mind before taking up the actual canning. The speed that these steps are taken has much to do with the quality of the finished article.

The product is first washed and cleaned just as for any cooking operation, except that in no instances are the skins removed. The effects of the second step of the operation, the blanch and cold dip, are far-reaching and should be given careful attention. This step, which consists of plunging the product into boiling water for a period of from one to five minutes and then dipping quickly into cold water, removes any foreign substances which may have adhered to the outer surface, starts the flow of colouring matter while

the product is in the blanch and suddenly checks this flow when plunged into cold water, shrinks the product so as to secure a full pack, eliminates objectionable acids and flavours, and weakens the organisms of spoilage by subjecting them to a sudden change of temperature from 212 degrees—boiling—to about 50 degrees when plunged into the cold dip. It is the one step which makes possible a single period of sterilization and an elimination of the tiresome three-day method whereby products are sterilized one hour each day for three successive days. All vegetable products require the blanch and cold dip.

With meats the same results are secured by par-boiling or partially cooking the product before packing in the jars. All fruits except berries and other soft fruits should be given a short blanch. In no instance should the product be allowed to soak in the cold water. A quick plunge is the proper method. Where running water is available the product may be held under the cold-water spigot for a moment.

Very quickly after the cold dip the product should be prepared for the jar by removing skins when necessary. It will be found that skins of all such products can be removed easily after the blanching step has been taken. It is very important that the product be packed in heated jars quickly after the cold dip, for otherwise much of the effect of the blanching will be lost. As soon as the jars have been filled as completely as possible without destroying the form of the product, hot syrup for the fruits or hot water for the vegetables should be poured into the jars until they have been completely filled.

The density of the syrup has very little to do with the keeping quality of a fruit product. It is entirely a matter of choice and may be regulated accordingly. Usually a syrup made in the proportion of one and a quarter pounds of sugar to three quarts of water will prove satisfactory.

Adjusting the Jar Tops

A level teaspoonful of salt should be added to each quart of vegetables. This is merely for flavouring purposes.

After the rubbers have been placed in position the tops to screw-top jars should be screwed down until the top comes in contact with the rubber. When using glass-top jars having a wire spring clamp, the wire bail should be placed over the top and the lower spring clamp left up until after the sterilizing process. Suction-top jar caps should be held in position by means of the wire spring which accompanies each new lot of jars.

The next step in cold-pack canning is sterilization. The jars are placed in the home canner as quickly as possible, and sterilized for the period of time required for the product being canned. This time period varies in a hot-water canner from sixteen minutes for soft fruits and berries to continuous sterilization period of three hours for corn, peas, and beans, and four hours for some meat products. With water-seal, steam-pressure and pressure-cooker outfits this time requirement is reduced.

The final step in cold-pack canning consists in removing the jars from the canner and sealing them by tightening the tops to screw-top jars or snapping down the spring on jars having glass tops. Wire springs on suction-top jars should be left in place until the jars are cool, when they may be removed for use with the next lot.

Probably the best basis for a home-made canner is the washboiler, although any other receptacle of sufficient size will answer.

Time Table for Blanching and Sterilizing

Vegetable.	Blanching.	Sterilizing.
Asparagus	5-10 min.	1 hr.
Beets	7 "	1 ½ "
Beet greens	10-15 "	1 ½ "
Brussels sprouts	15 "	1 ½ "
Cabbage	20 "	1 ½ "
Carrots	7 "	1 ½ "
Cauliflower	15 "	1 ½ "
Corn	5-8 "	3 "
Eggplant	5 "	1 "
Greens (spinach, chard, etc.) ..	10-15 "	1 ½ "
Lima beans (young)	8 "	2 "
Mushrooms	5 "	1 ½ "
Okra	5 "	2 "
Peas	8 "	1 "
Pumpkin	5 "	1 "
Squash	5 "	1 "
String beans	8 "	2 "
Succotash	15 "	3 "
Tomatoes	2 "	25 min.
Fruit.	Blanching.	Sterilizing.
Apples	2 min.	25 min.
Apricots	2 "	20 "
Blackberries	none	16 "
Cherries	"	16 "
Citron	10 "	35 "
Figs	6 "	40 "
Grapes	none	20 "
Melon	10 "	35 "
Oranges (sliced)	none	10 "
Peaches	2 "	20 "
Pears	2 "	35 "
Quince	2 "	30 "
Raspberries	none	16 "
Rhubarb	2 "	20 "
Strawberries	none	16 "

Use soft water, if possible, for all canning, preserves, and jellies.

JELLY MAKING

“The ideal fruit jelly is a beautifully coloured, transparent product obtained by so treating fruit juice that the resulting mass will quiver, not flow, when removed from its mould; a product with texture so tender that it cuts easily with a spoon, and yet so firm that the angles thus produced retain their shape; a clear product that is neither syrupy, gummy, sticky, nor tough; neither is it brittle and yet it will break, and does this with a distinct beautiful cleavage which leaves sparkling characteristic faces.” This is the way that Miss N. E. Goldthwaite defines a good jelly in her bulletin published by the University of Illinois. The following is a short review of the contents of the bulletin.

Fruit juice contains substance called pectin, which is the essential jelly-making substance. If this substance is not present in fruit juice, it is impossible to make jelly. To ascertain the presence of pectin place a couple of tablespoonfuls of cooked fruit juice in a glass, then add an equal volume of alcohol (90%), and mix thoroughly, and allow to cool; if pectin is present a jelly-like mass will appear in the liquid which can be gathered up on a spoon. This pectin is frequently not found present in the raw juice but appears after juice has been cooked. Different juices contain different proportions of pectin.

Extraction of Juice:—The best method of extracting fruit juice is to cook it out. Very juicy fruits such as berries should be clean (washed if necessary). Place the fruit in a kettle (enamel preferred) and add just enough water to prevent burning. Place where fruit will cook rather slowly, stirring occasionally until the simmering point is reached, then crush the fruit

and continue heating until the whole mass is cooked through. Pour the mass into a jelly bag and allow to drain without squeezing. After the juice has drained out fairly well transfer the pulp to the kettle, cover with water, stir thoroughly and cover, bring slowly to boil and drain again. Some fruits will show presence of pectin in the fifth extraction. However, the number of extractions possible can easily be ascertained by using the alcohol test.

Less juicy fruits should be cut into small pieces (skins and seeds included), covered with water and then proceed as above.

As the first extraction usually makes the finest jelly it is often preferred to handle that alone. Very satisfactory jelly may then be made by mixing Extractions II and III.

The Proportion of Sugar to Juice:—Extraction I.
If this has been made from fruits rich in pectin and also acidic (sour), e.g., sour apples, unripe grapes, etc., the correct proportion of sugar to juice by volume is from $\frac{3}{4}$: 1 to 1: 1 (the expression $\frac{3}{4}$: 1 means $\frac{3}{4}$ volume of sugar to 1 volume of juice, while the expression 1: 1 means 1 volume of sugar to 1 volume of juice). Fruits containing a large quantity of pectin, i.e., currants and unripe grapes, take the greater amount of sugar. Better err on the side of too little rather than too much sugar if a jelly that "will stand alone" is desired. If too much sugar is added no amount of cooking afterward will rectify the error, but will only produce a gummy mass. The only remedy is to boil up the mass with more juice, perhaps even with as much as was used in the first place. Needless to say, this made-over jelly, though it may come out fairly well, will not equal in quality a corresponding jelly made originally with the proper proportion of sugar to juice. For such fruits as blackberries or sour apples and crab apples, to which a

large amount of water has been added, the proportion of $\frac{3}{4}$: 1 is correct.

Extractions II and III. Since much water has been added in its preparation the juice is less acidic and less rich in pectin, therefore the mixture will take a much less proportion of sugar than will Extraction I. The best method is to boil down the mixture until the pectin content equals that of Extraction I as nearly as possible (judge by alcohol test, taste and richness of appearance) and then add sugar as for Extraction I.

If the juice extractions are properly heated to boiling and sealed in well sterilized cans just the same as canned fruits, they will keep as well as the latter, and jelly can be made when desired.

The practice of making "fruit butter" from the pulp remaining after juice Extraction I, is a good one. In this case, of course, there would be no Extractions II and III.

Time Necessary for Boiling after Adding Sugar. This depends upon the concentration of the fruit juice. The more concentrated the juice the greater the amount of pectin. After the juice has been boiled down to the proper concentration use juice sufficient for making not more than six glasses at one time. Have the sugar heated so that it will not cool off the boiling juice, when it is added. Add sugar to boiling juice and watch carefully until the jelly test is observed. This is at the point where the boiling mass "jells," sheets off, or breaks off, as a portion of it is allowed to drop from the stirring spoon. This is a quick test, and hence much better than taking out a portion of the hot jelly, and allowing it to cool to see if it "jells" for while this is going on the jelly may be ruined by over boiling. When the jelly is done it should be removed from the fire *at once*.

Pectin Present in Orange and Lemon Peel. Pectin is present in the white inner skin of oranges and

lemons. By using this as a basis fruit juices which in themselves contain little or no pectin may be added and the whole made into a very palatable jelly, due care being taken not to use too much sugar. Peel off carefully and entirely the yellow outer skin of the orange or lemon, remove the white inner skin from the juicy portion; pass this white skin through a meat grinder and soak in water to cover from two to twenty-four hours. Then cook slowly for several hours and drain. If the yellow skin has been entirely removed there will be little if any bitter taste to the jelly. The skins may be dried and the pectin extracted whenever convenient.

Jams and Marmalades:—If in directions for making jams and marmalades the jelly-making property of fruits was given greater consideration than it is commonly, the product resulting from following such directions would be improved in both taste and wholesomeness. The object sought in making jams and marmalades is a rich, sweet product which will keep easily, which is not so crisp as jelly and yet has something of the body of jelly, which is not so soft and tough as is the so-called preserve and yet has something of its softness and stickiness. In short, jams and marmalades should be skillfully produced combinations or “crosses” between jellies and preserves.

Method of Making Jams and Marmalades:—

Wash fruit and prepare according to kind. If large fruits are used, core and halve, quarter, slice, or chop. If berries or grapes are used, crush.

For each quart of fruit use:

For dry fruits, $\frac{1}{2}$ to 2 cups of water.

For juicy fruits, $\frac{1}{8}$ to $\frac{1}{4}$ cup of water.

Common sense must ultimately regulate the amount of water. The least amount that is possible should be used.

Simmer the fruit until it is tender and the juice is extracted.

If seeds are to be removed, rub cooked fruit through a colander.

To 1 quart of cooked fruit add $\frac{3}{4}$ to 1 quart of sugar. Acid, juicy fruits require the larger amount of sugar.

Cook until thick, stir continuously in order to prevent burning, then pour into sterilized glasses or sealed jars. If a jelly-like consistency is desired cook 5 to 10 minutes longer.

Conserve:—A conserve is a kind of preserve made from a mixture of fruits with or without the addition of some other material, such as nuts. Various combinations of fruits may be made into toothsome relishes under the name "conserve." For example, strawberries may be combined with orange pulp, pineapple, or *shan ch'a* (山楂) in various proportions, to make conserves of delicious taste and beautiful colour.

CHINESE DISHES

The recipes in this chapter were all kindly donated by Chinese ladies in Nanking.

Chop Suey

1 斤 pork, beef, or chicken	1 T Chinese wine (米酒: <i>Mi Chiu</i>)
10 medium sized mushrooms	2 T soy sauce
1 small onion	2 T lard
1 斤 bamboo sprouts	1 tsp sugar
1 stalk celery	Salt to taste

Cut all ingredients very fine. Put 1 T lard in kettle and, as soon as it is hot, add pork and stir constantly for one minute then add wine and soy sauce and cook five minutes.

Take another kettle and heat the same way with 1 T lard. Add the other ingredients in this order: bamboo, celery, onion, and mushrooms. When this is thoroughly heated through add meat and cook all until it boils hard. Add water if necessary. Chicken broth added instead of water improves it.—Mrs. P. W. Kuo.

Meat with Vegetables

½ 斤 beef (half lean and half fat)	1 tsp cooking wine (米酒: <i>Mi Chiu</i>)
1 斤 either bean sprouts, cabbage, or bamboo, or	Sugar Salt
5 sheets <i>tou fu pi</i> (豆 腐皮)	Soy sauce to taste

Slice the meat thin, put into a pan with the lard and fry half done. Add the soy sauce. Slice the vegetable and put in with the meat, adding enough water to make gravy. Cover (except when bean sprouts are used) and cook until done.—Mrs. P. W. Kuo.

Kidney Flowers

(炒腰花: *Chiao Yao Hwa*)

1 pair pig kidneys	5-6 water chestnuts
1 T lard	1 tsp flour or <i>tou fên</i> (豆粉)
2 T soy sauce	1 stalk Chinese onion
1 T cooking wine (米酒: <i>Mi Chiu</i>)	Sugar
	Salt

Clean the kidney carefully, slit in half lengthwise through the centre and remove all ducts. Then turn each piece outside up and score lightly (with a sharp knife), lengthwise, making cuts about $\frac{1}{4}$ inch apart. Score again making cuts at right angles to the first ones. This time make two or three light cuts and then one deep enough to separate off a piece of the kidney. Repeat this until the whole kidney has been divided into portions. Soak the pieces of kidney in cold water for 2-3 hours changing water several times, until all trace of blood is gone. Heat a pan and fry the kidney *lightly* in the lard, then add the soy sauce, wine, sugar, salt, sliced water chestnuts and a little water. Cut the onion stalk into inch pieces and add it. When all is well heated add the bean flour (wet with a little cold water) to thicken the gravy. Serve at once.—Mrs. P. W. KUO.

Fried Pig Brains

1 egg white	Flour
$\frac{1}{2}$ tsp white wine (白燒酒: <i>Pai Shao Chiu</i>)	Pepper
Pig brains	Salt

Carefully clean the brains and divide into portions about the size of an oyster. Marinate them with the wine and season with salt and pepper (a few drops of fresh ginger juice makes a delicious substitute for the pepper). Beat the egg white and dip the brains into it, then roll them in flour, not too much, just enough to hold each piece together, and fry in hot fat a delicate brown.—Mrs. P. W. KUO.

Tea Eggs

1 doz eggs	1 T salt
½ C dark tea leaves	1 stick cinnamon (桂皮: <i>Kuei P'i</i>)

Boil eggs hard then crack the shells thoroughly and put into a pot with hot water to cover. Sprinkle over the top with tea leaves, add salt and cinnamon, and let simmer slowly long enough to become thoroughly brown inside. A few spoonfuls of soy sauce can be added with the tea leaves if desired.—Mrs. P. W. Kuo.

Giblets with *Tou Fu*

½ C (chicken or duck) giblets (雞雜: <i>Chi Tsa</i>)	1 C <i>tou fu</i> (豆腐) <i>Tou fên</i> (豆粉)
2 C chicken broth	Salt and pepper

Boil the giblets and cut fine. Put them into the broth and boil. While boiling add *tou fu* cut into ¼ inch dice. Season with salt and pepper. Thicken as desired with *tou fên*. If the broth has no fat in it, some should be added. Serve with rice.—Mrs. P. W. Kuo.

Chicken Congee

(雞粥: *Chi Chou*)

The breast of one fat chicken
1 C chicken soup
Bean flour (*tou fên*: 豆粉)

Have the chicken meat minced very fine, then stir it and the bean flour into the chicken soup. Add bean flour according to thickness of congee; thicker congee needs more flour.

Have a pan hot, put in a spoonful of lard and then pour in the mixture and stir until it is cooked. Add salt according to taste.—Dr. L. Y. TSAO.

Jellied Mutton

Leg of mutton	½ C rock sugar (冰糖: <i>Ping T'ang</i>)
2 or 3 turnips	
Piece of fresh ginger about the size of an egg	½ C cooking wine (米酒: <i>Mi Chiu</i>)
½ to 1 C soy sauce	Pepper and Salt

Remove the bones and save them. Cut the meat into large pieces and place in a kettle with the turnips, cover with cold water and heat to the boiling point. Then take out the meat and throw the water and turnips away. Wash the meat and put back into the kettle with the cracked bones, ginger, and wine, adding water enough to last until the meat is done. When the meat is about half done and the water cooked away to about one cupful add the soy sauce, sugar, and salt. Cook until the meat falls to pieces. Remove all bones and pack the meat into a deep dish or pan. Pour the juice over all and let stand until cold and jellied. Serve cold.—Mrs. P. W. Kuo.

Pork Boiled with Chinese Sauce

1 斤 pork	3 oz pine nuts
½ 斤 soy sauce	1 tsp sugar

Fry the pork about 2-3 minutes. Put in with it 1½ pts boiling water, and the rest of ingredients, simmer it until soft. Serve either cold or hot.—Mrs. ALEXANDER LEE.

Ham—Chinese Style

1 斤 Chinese ham	3 oz pine nuts
1 C water	2 oz rock sugar (冰糖: <i>Ping T'ang</i>)
½ C soy sauce	

Clean and fry (saute) whole, turning frequently until well seared on outside. Add 1 C water, soy sauce, pine nuts, and rock sugar. Simmer over a very slow fire for 3 hours or until well done. Serve hot or cold.—Mrs. ALEXANDER LEE.

Shrimps and *Tou Fu*

½ 斤 shrimps	½ tsp wine (米酒: <i>Mi Chiu</i>)
2 C <i>tou fu</i>	or vinegar
⅛ C soy sauce	2 tsp fat
Salt	Onion or garlic
½ tsp sugar	

Wash the shrimps thoroughly and remove the shells. Mix with the wine and let stand for a few moments in a bowl. Heat a pan with a little fat in the bottom, pour in the shrimps, season with salt and cook until half done, stirring constantly. Then remove from the fire. Cut the *tou fu* into slices about 1 inch square and ¼ inch thick and fry lightly in a small amount of hot fat, turning once. Add the soy sauce, then the shrimps, and water if necessary. Cover and boil until thoroughly done. Season with onion or garlic just before serving.

Tender beef chopped fine can be used instead of the shrimps.

1 C sliced mushrooms may be substituted for the shrimps in which case omit the wine and the first cooking. If dried mushrooms are used soak for 3 or 4 hours before using and then use the water they were soaked in to moisten the mixture.—Mrs. P. W. Kuo.

Fish—Chinese Style

1 fish (<i>kuei yü</i> : 桂魚)	Chopped ginger to taste
2 T flour	1 tsp Chinese onion
1 C water	1 tsp brown sugar
2 tsp soy sauce	Salt

Clean fish and fry in deep fat. Drain. When wanted for use reheat into following sauce:—Prepare thick sauce of flour, water and salt. Cook 5 minutes, add soy sauce, chopped onion, ginger and sugar. Serve hot or cold.—Mrs. ALEXANDER LEE.

Fish Balls

1 C fish, either	{	(<i>tsin yü</i> : 青魚)	1 egg white
		(<i>lien</i> „: 鯪魚)	$\frac{1}{2}$ tsp <i>tou fên</i> (豆粉) wet
		(<i>li</i> „: 鯉魚)	with water
$\frac{1}{2}$ tsp salt			

Remove all bones from the fish, shred the flesh raw, and chop fine. Mix all ingredients together. Use two teaspoons and form into balls. If the *tou fên* does not hold the ingredients together add more until it does, and cook in water just below the boiling point. When cooked, the balls rise to the surface of the water. These can be placed in cold boiled water and kept for two or three days. Are nice served in soup.—Mrs. P. W. Kuo.

Shrimps on Toast

1 lb shrimps	1 white of egg
1 onion (medium)	Salt to taste
1 tsp bean flour or corn starch	

Wash shrimps and remove shells. Chop fine with onion, then add bean flour and white of egg. Cut bread into very thin, small squares. Put small quantity of shrimps on each piece and fry in deep fat until a light brown.—Mrs. P. W. Kuo.

Shrimp Balls

(蝦球: *Hsia Chou*)

4 斤 live shrimps	4 oz fat pork
4 eggs	Lard

Mince the shelled shrimps and the fat pork together. After they are well minced stir the mixture in the eggs (already beaten up) and make into balls. Fry the balls in lard. This amount will make about 60 balls.—Dr. L. Y. Tsao.

Sliced Fish

(炒魚片: *Chao Yü Pien*)

Mandarin fish or <i>tsin</i> fish	Dried mushrooms
Bamboo	Vinegar
Water chestnuts or celery	Lard
Sugar	Bean flour (豆粉: <i>Tou Fên</i>)
1 egg	

Have the fish sliced. Mix a little bean flour in the white of an egg and put the sliced fish into the mixture. Fry the fish until about done. Take it out of the pan. Put the rest of the ingredients into the frying pan and when done add the fish and cook only a few minutes. Add sugar, vinegar, and salt according to taste.—Dr. L. Y. TSAO.

Eight Precious Foods

(八寶飯: *Pa Pao Fan*)

1 lb sticky rice (糯米: <i>No Me</i>)	1 oz cherry (櫻桃: <i>Ying T'ao</i>)
6 oz sugar	1 oz dried Chinese plums (青梅: <i>Ch'ing Mei</i>)
2 oz lotus seed (蓮子: <i>Lien Tzu</i>)	1 oz dragon eyes (桂圓肉: <i>Kuei Yuan</i>)
2 oz honey dates (蜜棗: <i>Mi Tsao</i>)	1 oz barley or 芡實
	3 oz lard

Cook the rice first and when it is done mix in sugar and lard. Have lotus seed and barley well cooked. Use a Chinese large bowl and oil it well with lard. Then put the ingredients first layer after layer and row by row. For effect's sake put the bright colours near each other. Fill the bowl with the prepared rice and steam until hot and ready for the table. Then invert the whole thing into a large dish.—Dr. L. Y. TSAO.

Peanut Puff

1 lb puffed rice	2 C brown sugar
2 C peanuts	$\frac{1}{2}$ C sesamum seeds
2 C syrup (made from wheat)	(either white or black)

Put the sesamum seeds in moderate oven for about five minutes. Put the syrup and sugar in a kettle and cook until it makes a stiff ball in water or to the consistency of taffy. Leave the syrup on the stove, but where it will not cook any longer. Put the puffed rice, peanuts, and sesamum seeds into the syrup, and mix thoroughly. Pour out into a buttered pan and press evenly all over until the top of the candy is even. Let stand in cool place about five minutes. Remove from pan and cut in thin slices.—Mrs. P. W. Kuo.

Stuffed Mushrooms

$\frac{1}{2}$ lb pork	Soy sauce
$\frac{1}{4}$ lb mushrooms	Onion as desired
$\frac{1}{2}$ lb chicken	Salt
$\frac{1}{4}$ lb ham	

Chop pork, chicken, ham, and onion fine, mix into this the salt and soy sauce to taste. Turn each mushroom cap upside down, on to a baking dish, and remove the stem. Stuff each mushroom full of the meat mixture and steam until cooked. When done put a little stiffly beaten white of egg over each mushroom and steam 5 minutes longer.—Mrs. E. S. Ho.

Steamed Fish

Cut a few slices of fresh ginger, garlic, mushrooms, onion and pork and place them on top of a whole fish. Add soy sauce and salt to taste. Put a little water into the pan and steam the whole until the fish is done.—Mrs. E. S. Ho.

Pork Ribs

1 lb pork ribs	$\frac{1}{2}$ tsp flour
1 tsp sugar	A few drops of ginger juice
2 T vinegar	Salt

Cut the pork ribs into chops and sauté until done. Mix the flour and sugar together. Pour a small amount of water into the pan in which the chops were cooked. Thicken with the flour and sugar mixture, then add the rest of the ingredients and allow to cook for a few minutes longer.—Mrs. E. S. Ho.

Chicken and Pine Nuts

1 lb chicken	1 lb pine nuts
$\frac{1}{4}$ lb shrimps	White of egg
$\frac{1}{4}$ lb ham	

Chop the chicken, shrimps, ham, and pine nuts fine. Use enough egg white to bind the ingredients together, season with salt. Mix thoroughly and form into balls. These may be fried or served boiled in soup.—Mrs. E. S. Ho.

Shrimps and Bamboo Shoots

1 lb bamboo shoots	1 T lard
4 oz shrimps	Salt

Cut the shrimps and bamboo into small pieces and fry in the lard for a few minutes. Add salt and a little water, cover and let stew until cooked.—Mrs. E. S. Ho.

Chicken Soup

2 oz chicken	2 C water
1 oz ham	Salt if necessary
2 oz mushrooms	

Cut chicken, ham, and mushrooms very fine. Boil all together until done.—Mrs. E. S. Ho.

SOME INTERNATIONAL RECIPES

Cracker-dust Balls for Soup

1 C cracker-dust $\frac{1}{8}$ C water
1 egg $\frac{1}{2}$ tsp salt

Mix beaten egg with other ingredients; form into balls. Drop into hot soup and allow soup to simmer for 10 minutes before serving.

November Fifth Pudding

1 lb sweet potatoes $\frac{1}{2}$ tsp grated nutmeg
 $\frac{1}{2}$ C milk 1 C grated coconut
1 T fat $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ C syrup

Boil sweet potatoes in skins; peel, mash; add fat, milk, syrup, nutmeg, salt, and coconut. Beat well, turn into greased baking dish, and bake in a moderately hot oven for about 15 minutes. 6 servings.

Italian Rice

1 C dry rice $\frac{1}{2}$ C chopped green pepper
2 T olive oil 1 tsp salt
 $\frac{1}{2}$ C chopped onion $\frac{1}{4}$ tsp pepper
 $3\frac{1}{2}$ C canned tomatoes

Fry chopped onion in olive oil until golden brown. Add dry rice and brown slightly. Add canned tomato, chopped pepper, and seasonings. Cover and simmer slowly, stirring as little as possible, for about 45 minutes, until the rice is tender. 8 generous servings.

Egg Plant

$\frac{1}{2}$ lb egg plant 2 T fat
 $\frac{3}{8}$ C grated cheese $\frac{3}{4}$ C tomato sauce

Peel egg plant, cut into thin slices lengthwise, cover each slice with salt, and put all under pressure for an hour. Wash off salt, and dry slices of egg plant; sauté until golden brown in drippings; place in baking dish, add tomato sauce, and sprinkle with grated cheese. Bake in a moderate oven for 20 minutes. 5 servings.

Mashed Beans

1 C dried beans 1 T olive oil
 2 T chopped onion $\frac{1}{2}$ tsp salt
 1 T chopped parsley $\frac{1}{2}$ tsp pepper

Pick over beans and wash them; then soak overnight. Drain; cover with cold water and cook until tender. Drain; mash beans; add seasonings and chopped parsley. Brown onion, finely chopped, in olive oil. Add to mashed beans. Heat and serve. The mashed beans may be cooled, the onion added raw, and the dish served, with French dressing, as a salad. 7 servings.

Potato Balls

5 small potatoes $\frac{1}{8}$ tsp pepper
 1 egg yolk $1\frac{1}{2}$ T olive oil
 5 tsp grated cheese $\frac{1}{2}$ C crumbs
 3 tsp chopped parsley 1 egg, for dipping
 $\frac{1}{2}$ tsp salt

Cook potatoes in boiling salted water; drain and mash; add beaten egg yolk, cheese, parsley, salt, and pepper and mix thoroughly. Let stand on board until cold (about 15 minutes). Roll into small balls; dip in crumbs, egg and crumbs. Sauté in olive oil in frying pan until golden brown. 12 balls.

Jola Gratier

$\frac{1}{2}$ C rice	1 pt milk
$\frac{1}{2}$ C raisins	$\frac{1}{2}$ tsp salt
1 C water	$\frac{1}{4}$ C syrup
$\frac{1}{4}$ stick cinnamon	$\frac{1}{4}$ tsp lemon rind

Wash rice, pick over raisins, and put both on to cook with the water and stick cinnamon. Cook slowly, stirring as little as possible until water has been absorbed. Add milk, salt, and syrup; cook over hot water for about 45 minutes. Add grated lemon rind. Serve hot. 4 large servings.

Cabbage and Tomatoes

5 C cabbage, shredded	3 C water
$\frac{1}{2}$ C tomatoes, stewed	$1\frac{1}{2}$ tsp salt
3 T onion, chopped	$\frac{1}{4}$ tsp pepper

Shred cabbage; parboil for 15 minutes; drain and cook with tomato, seasonings, and onion for about 35 minutes. A small amount of water may have to be added during the cooking but the cabbage should be almost dry when tender. 4 large servings.

Noodle Pudding

1 egg	$\frac{7}{8}$ C flour
$\frac{1}{2}$ tsp salt	

Noodles:—Beat 1 egg slightly; add salt and flour, making a very stiff dough; knead, roll as thin as possible; cover with towel and set aside for twenty minutes. Roll like jelly roll, cut into thin strips, and cook for 15 minutes in boiling salted water. Drain; cool by dipping into cold water.

1 egg	1 T fat
$\frac{1}{4}$ C syrup	$1\frac{1}{2}$ tsp cinnamon
$\frac{1}{2}$ C raisins	$\frac{1}{2}$ tsp clove

Pudding:—Drain noodles from cold water. Beat egg slightly; add syrup, spices, noodles, and raisins;

mix well together and turn into a greased baking dish. Dot over with fat. Set baking dish into hot water and bake in a moderate oven for 40 minutes. 6 servings.

Meat and Potatoes

$\frac{3}{4}$ lb mutton, cut into small pieces	3 potatoes, diced
1 T drippings	1 tsp salt
$1\frac{1}{4}$ C tomatoes, stewed, or 2 large tomatoes	$\frac{1}{2}$ tsp pepper
	2 T onion, chopped
	1 slice clove of garlic

Brown chopped onion and garlic in drippings. Add small pieces of mutton and cook until well browned and partially done. Brown potatoes in fat with meat. Add tomatoes and seasonings, and cook slowly until meat is tender and potatoes are done. 5 good-sized servings.

Chu Papo

$\frac{1}{4}$ lb beef	$\frac{1}{2}$ tsp soy sauce
$\frac{1}{4}$ C carrots, diced	Salt and pepper
$\frac{1}{3}$ C peas	
$\frac{1}{2}$ C cabbage, chopped	Pastry:
$\frac{1}{4}$ C celery, chopped	2 C flour
4 T flour	$\frac{2}{3}$ C fat
2 T fat	$\frac{1}{2}$ tsp salt
1 C water	Water

Parboil vegetables together until tender. Brown meat in fat; remove; add flour and stir until well browned; add 1 cup water and cook until thickened.

Season this sauce with salt, pepper, and soy sauce. Add cooked meat and cooked vegetables.

Roll pastry $\frac{1}{4}$ inch thick; cut into squares; fill centre of each square with meat and fold over the corners, making a square. Bake in a hot oven for 15 minutes. (Left-over meat of any kind may be substituted for the fresh beef used.)

Mousakas

4 egg plant	1 T fat
$\frac{1}{4}$ lb beef	$\frac{1}{2}$ tsp salt
$\frac{1}{2}$ C cheese, grated	$\frac{1}{8}$ tsp pepper

Peel egg plant, cut into thin slices, and cook in boiling salted water until egg plant is tender and has lost its bitter taste (about 25 minutes). Brown finely chopped beef in fat, add salt and pepper. Place egg plant in greased baking dish, covering first layer with grated cheese, and second layer with chopped meat. Repeat until all egg plant is used. Have top layer grated cheese. Put into moderate oven for 40 minutes. This may be served with an egg sauce, though it is palatable without this expense. 5 servings.

Meat and Beans

$\frac{1}{2}$ lb mutton	1 T fat
1 C kidney beans	1 tsp salt
2 T onion, chopped	$\frac{1}{4}$ tsp pepper

Cut mutton into medium-sized pieces; brown in drippings with chopped onion. Soak beans for several hours; drain and cook for about 2 hours in fresh water. Add mutton and seasonings and cook together until beans and meat are done. This may be served with tomato sauce, if one wishes. 5 servings.

HINTS FOR THE HOUSEKEEPER

"NUT LOAF steamed is much softer than when baked."

"*Tou fu* (豆腐) in small cubes is nice in any clear soup."

"The Chinese *Wu Tsai* (烏菜) hearts, cooked as you would cauliflower, is very good with creamed sauce."

"Serve gingerbread hot with fruit sauce for dessert."

"SESAME SEEDS (芝麻子: *chih ma tzu*) are good sprinkled over the top of sugar cookies."

"MASHED POTATOES are greatly improved by beating in a teaspoonful of baking powder."

"MASHED SWEET POTATOES can be rolled and dipped as croquettes, then fried in hot fat."

"Use 東瓜 (*tung kua*) as a vegetable in meat stew."

"The Chinese pack curly MUSTARD tops with a little salt just as we make kraut."

"Instead of ALMONDS use *hsing jen* (杏仁), apricot kernels. Both bitter and sweet ones may be bought."

"Fresh SAGE can be bought on the street in about the 5th month (Chinese) and can be easily dried for winter use."

"Use green bean flour (菜豆粉: *lu tou fên*) like CORNSTARCH in sauces, gravies, and the like."

"The Chinese *hsiang yuen* (香椽) will take the place of LEMON in any recipe that requires cooking. They make lovely lemon pies. The juice put up in bottles, serves nicely for lemonade and fruit punches."

"LARD will keep sweet a long time if 1 tsp of salt is added for each pound, while rendering."

"RICE cooked with small red beans is much liked by children."

"BOILED RICE can be served with a sauce of hot baked beans. In this way a can of baked beans will serve about three times as many people as it would lacking the rice."

"CHINESE POPPED RICE, browned, and rolled fine with the rolling pin, takes the place of cracker or bread crumbs on escalloped dishes."

"RICE boiled and slightly fried, mixed with a cupful of raisins and sliced sweet pickles is good to serve with roast chicken, instead of potato."

"CHINESE CUCUMBERS grow on climbing vines and are well above the ground. Eaten fresh from the vines without condiments they are very palatable and are not indigestible. Salt may be used as desired."

"The little, round, flat *tou ping* (豆餅)—about the size of a copper—with or without a little onion, could be used like fried potatoes. Boiled and cut small it is good to give body to mixed vegetable or fish salads."

"If BOILED ICING does not harden after beating until cool, place it in the top of a double boiler and cook over boiling water for a few minutes (5-10) until the egg-white begins to stick on the sides of the boiler. Then beat while cooling as before."

"A GOOD FLOUR PASTE.—Mix $\frac{1}{2}$ C of flour with 1 tsp of alum and a little cold water; add 2 C of cold water; place in an enameled saucepan; bring slowly to a boil, stirring well, and let boil for five minutes. This paste will keep and may be used from day to day."

REMOVAL OF STAINS

<i>Stain</i>	<i>Re-agent</i>	<i>Method of Removal</i>
BLOOD	<ol style="list-style-type: none"> 1. Soap and slightly warm water. 2. Cold raw starch 	<ol style="list-style-type: none"> 1. Wash in soap and warm water 100° F. 2. Rub on wet and allow to stand.
BRASS	<ol style="list-style-type: none"> 1. Lard, olive oil 	<ol style="list-style-type: none"> 1. Rub on stain, then wash in warm water and soap.
CHOCOLATE	<ol style="list-style-type: none"> 1. Boiling water 2. Boiling water and borax 	<ol style="list-style-type: none"> 1. Stretch stained part over bowl and pour clean soft boiling water through it. 2. Stretch over bowl, cover with powdered borax and proceed as before. If obstinate soak in borax and water. Do not use soap; alkali fixes this kind of stain.
COFFEE FRUIT	<p style="text-align: center;">Same as chocolate</p> <ol style="list-style-type: none"> 1. Boiling water and salt 	<ol style="list-style-type: none"> 1. Method same as for chocolate; many fruit stains are true dyes; often only time will wear them out, unless powerful chemicals injurious to fabric are used.
GLUE	Vinegar	Apply vinegar with a cloth until stain is removed.
GRASS	<ol style="list-style-type: none"> 1. Alcohol 2. Molasses 3. Fels Naptha Soap 4. Ammonia and water 5. Paste of soap and cooking soda 	<ol style="list-style-type: none"> 1. Soak stain in alcohol and rub. 5. Wet with cold water and rub with cream of tartar or soap and cooking soda.
IODINE	<ol style="list-style-type: none"> 1. Ether 	<ol style="list-style-type: none"> 1. Let stand in ether or chloroform until iodine is dissolved and disappears. 2. Wash while fresh in Fels Naptha soap and warm water.

<i>Stain</i>	<i>Re-agent</i>	<i>Method of Removal</i>
INK	<ol style="list-style-type: none"> 1. If moist, salt, meal, flour, sugar 2. Milk 3. Lemon juice 4. Salts of lemon or oxalic acid 5. Javelle water: 1 lb. sal. soda $\frac{1}{4}$ lb. chloride of lime 2 qts. water 	<ol style="list-style-type: none"> 1. Apply with friction, then wash in cold water. 2. Place in milk and allow to stand, changing milk if it gets black. 3. Rub with freshly cut lemon or lemon juice. 4. Stretch stained part over bowl of very hot water, moisten and rub in re-agent, dip until stain disappears. 5. Apply to stain, let soak a few minutes then wash in clear water
INDELIBLE INK	<ol style="list-style-type: none"> 1. Sand and sulphuric acid 2. Bleaching powder and oxalic acid 	<ol style="list-style-type: none"> 1. Dilute acid and scour with sand and liquid. 2. Dip stained part in boiling water, then apply strong solution of bleaching powder, follow with solution of oxalic acid.
INDIGO IRON RUST	Boiling water <ol style="list-style-type: none"> 1. Salts of lemon 2. Javelle water 3. Oxalic acid 4. Hydrochloric acid 	<ol style="list-style-type: none"> 1. Apply in same manner as for ink. 4. $\frac{1}{8}$ acid, $\frac{2}{3}$ water.
MACHINE OIL	<ol style="list-style-type: none"> 1. Soft cold water and borax or Ivory Soap 2. Turpentine 	<ol style="list-style-type: none"> 1. Moisten borax and rub on stain from outside towards centre, taking care not to spread. Pour water through. 2. Rub with turpentine, then wash with soap and water.
MILDEW	<ol style="list-style-type: none"> 1. Lemon juice and sunshine 2. Salt and chalk 	<ol style="list-style-type: none"> 1. Rub with lemon and set in direct sunlight. 2. Place on hard surface, rub in salt, then sprinkle well with chalk powdered and moistened, and allow to dry in sunlight.

<i>Stain</i>	<i>Re-agent</i>	<i>Method of Removal</i>
MILDEW— <i>cont.</i>	3. Alcohol, for silk only	3. Dip flannel in alcohol and rub on right side of silk very briskly. Then turn wrong side. It is not always possible to remove mildew.
MILK	1. Benzine, borax water, cold water	1. First wash in benzine, then in warm borax.
PAINT	1. Vaseline and benzine	1. Fresh paint can be softened with vaseline. Then wash off with benzine.
	2. Turpentine and alcohol	2. Apply turpentine and alcohol in equal parts, rub on stain. If greasy mark remains, treat with benzine.
	3. Turpentine and ammonia	3. Apply turpentine mixed with a little ammonia. Wash off with soapsuds or benzine.
	4. Chloroform	4. For old paint stains, oil the part, then apply chloroform. Surface of thick paint to be scraped with knife before reagent is applied.
PERSPIRATION	1. Soap solution	1. Immerse in soap solution and set in sunshine for several hours.
	2. Benzine	2. For wool or silk fabrics apply benzine.
SCORCH	1. Soap solution and sunshine	1. Same as paint.
	2. Kerosene	2. Soak in kerosene for 24 hours, then wash with soap and water or boil.
SHOE STAINS ON STOCKINGS	1. Oxalic acid	1. Soak in acid solution. Neutralize with ammonia water.
SUGAR SYRUP	1. Alcohol	1. Rub on pure alcohol.
	2. Spirits of wine	2. For coloured articles use spirits of wine.
TAR	Benzol	Apply with flannel.
TEA	Same as chocolate	

<i>Stain</i>	<i>Re-agent</i>	<i>Method of Removal</i>
WAX OR CANDLE GREASE	1. Absorbent paper and hot iron; ammonia or borax 2. Ether 3. Gasoline	1. Place paper over and under stain, then press with hot iron, changing paper until stain is removed. If colour has suffered rub with weak solution of ammonia or borax. 2 and 3. Rub with cloth wet in ether or gasoline.
WHITEWASH	1. Strong vinegar	1. Wash in vinegar.
WINE	Same as Fruit No. 1	
STOVE POLISH	Fels Naptha Soap and cold water	
VARNISH	1. Alcohol 2. Turpentine	If washed while fresh, the stain is easily removed. Wet the stain with alcohol or turpentine, allow it to stand a few minutes. Then wet again and sponge off with clean cloth. Continue until same is removed. In case colour is affected by alcohol, sponge with chloroform. For blue material, use diluted vinegar.

NOTE:—When acid is used in the treatment of a stain the part so treated should be washed in alkaline solution; and vice versa.

LIST OF FOODSTUFFS

ENGLISH NAME.	CHINESE NAME.	ROMANISATION.
Almond	杏仁	<i>Hsing Jen</i>
Apples	蘋果	<i>P'ing Kuo</i>
Apricot	杏	<i>Hsing</i>
Arrowroot	慈姑, 藕粉	<i>Tzù Ku, Ou Fèn</i>
Asparagus	石刀柏, 龍鬚菜, 洋筍	<i>Shih Tao Pai</i> <i>Lung Hsü Ts'ai, Yang Sun</i>
Bacon	燻鹹肉	<i>Hsün Hsien Jou</i>
Baking powder	發酵粉	<i>Fa Chiao Fèn</i>
Bamboo sprouts	竹筍	<i>Chu Sun</i>
Banana	香蕉	<i>Hsiang Chiao</i>
Barley	大麥	<i>Ta Mai</i>
Beans, tsan tou	蠶豆	<i>Ts'an Tou</i>
" mao "	茅豆	<i>Mao Tou</i>
" si gi "	四季豆	<i>Szu Chi Tou</i>
" giang "	豇豆	<i>Kang Tou</i>
" hwang } tou	黃豆	<i>Huang Tou</i>
soya }		
Bean curd	豆腐	<i>Tou Fu</i>
Bean starch	豆粉	<i>Tou Fèn</i>
Bean spaghetti	豆粉絲	<i>Tou Fèn Ssü</i>
Beef	牛肉	<i>Niu Jou</i>
Beets	天菜	<i>T'ien Ts'ai</i>
Bread	麵包	<i>Mien Pao</i>
Breadcrumbs	麵包屑	<i>Mien Pao Hsieh</i>
Brains	腦	<i>Nao</i>
Buckwheat	蕎麥	<i>Ch'iao Mai</i>
Buckwheat flour	蕎麥麵	<i>Ch'iao Mai Mien</i>
Butter	牛乳油, 牛酪, 奶油	<i>Niu Ju Yu, Niu Lao,</i> <i>Nai Yu</i>
Cabbage (Chinese)	捲心菜, 白菜, 黃芽菜, 青菜	<i>Chüan Hsin Ts'ai, Pai Ts'ai, Huang Ya Ts'ai, Ching Ts'ai</i>
Cake	餅, 糕	<i>Ping, Kao Ping</i>
Capon	醃鷄	<i>Yen Chi</i>
Carrots	胡蘿蔔	<i>Hu Lo Po</i>
Cauliflower	花椰菜	<i>Ts'ai Hua, Hua Yeh Ts'ai</i>
Cayenne Pepper	蕃椒	<i>Fan Chiao</i>
Celery	芹	<i>Chin Ts'ai</i>
Celery seed	芹菜子	<i>Chin Ts'ai Tzu</i>

ENGLISH NAME.	CHINESE NAME.	ROMANISATION.
Cheese	乳糕, 乳餅, 牛奶餅	<i>Ju Kao, Ju Ping, Niu Nai Ping</i>
Cherries	櫻桃	<i>Ying Tao</i>
Cherries, candied	櫻桃糖	<i>Ying T'ao Tang</i>
Chestnuts	栗子	<i>Li Tzu</i>
Chicken	雞, 雞	<i>Ch'u Chi, Chi</i>
Chicken fat	雞油	<i>Chi Yu</i>
Cinnamon, ground	肉桂粉	<i>Jou Kuei Fên</i>
Cinnamon, stick	整肉桂	<i>Chin Jou Kuei</i>
Clams	蛤, 蚌	<i>Ko, Pang</i>
Cloves, ground	丁香粉	<i>Ting Hsiang Fên</i>
Cloves, whole	丁香	<i>Ting Hsiang</i>
Coconut	椰子	<i>Long Tzu</i>
Coffee	咖啡	<i>K'a Fei</i>
Cooking Wine	料酒, 米酒	<i>Liao Chiu, Mi Chiu</i>
Corn	玉蜀黍	<i>Yu Shu Shu</i>
Cornmeal	玉蜀黍粉	<i>Yu Shu Shu Fên</i>
Cornstarch	玉蜀黍澱粉	<i>Yu Shu Shu Tien Fên</i>
Cowpeas	蠶豆	<i>Ts'an Tou</i>
Cream	牛奶皮	<i>Niu Nai P'i</i>
„ sour	酸乳皮, 酸牛奶皮	<i>Suan Ju Pi, Suan Niu Nai Pi</i>
Crabs	螃蟹	<i>P'ang Hsieh</i>
Crabapples	林檎, 花紅	<i>Lin Ch'in, Hua Hung</i>
Cucumbers	黃瓜	<i>Huang Kua</i>
Dates (Chinese)	棗子	<i>Tsao Tzu</i>
Dates, red	紅棗子	<i>Hung Tsao Tzu</i>
Dates, black	黑棗子	<i>Hei Tsao Tzu</i>
Dates, honey	蜜棗子	<i>Mi Tsao</i>
Doves, domestic	鴿子	<i>Ko Tzu</i>
Doves, wild	鳩	<i>Chiu</i>
Duck, domestic	鴨	<i>Ya</i>
Duck, wild	野鴨	<i>Yeh Ya</i>
Eels	鱈魚	<i>Shan Yu</i>
Eggs	蛋	<i>Tan</i>
Egg whites	蛋白	<i>Tan Pai</i>
Egg yolks	蛋黃	<i>Tan Huang</i>
Egg plant	茄子	<i>Ch'ieh Tzu</i>
Flour	麵粉	<i>Mien Fên</i>
„ Graham whole wheat	全麥麵	<i>Ch'uan Mai Mien</i>
„ millet	小米	<i>Hsiao Mi</i>
„ white	白麵粉	<i>Pai Mien Fên</i>

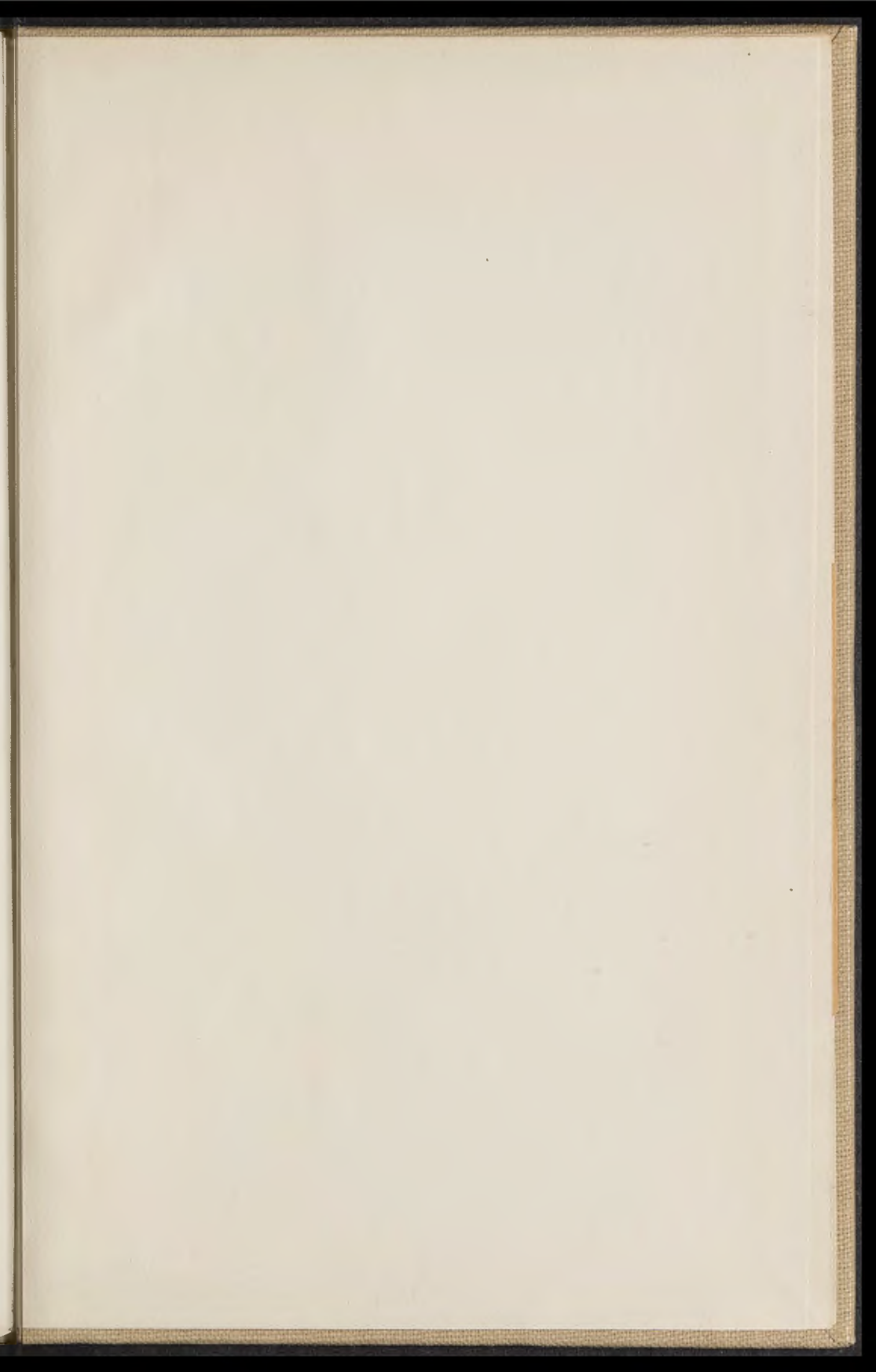
ENGLISH NAME.	CHINESE NAME.	ROMANISATION.
Figs, fresh	鮮無花果	<i>Hsien Wu Hua Kuo</i>
Fish	魚	<i>Yü</i>
Gelatine (Chinese) ..	洋菜	<i>Yang Ts'ai</i>
GIBLETS	鷄雜	<i>Chi Tsa</i>
Ginger, candied ..	糖生薑	<i>Tang Shêng Chiang</i>
„ preserved ..	蜜饅生薑	<i>Mi Chien Shêng Chiang</i>
„ powdered ..	生薑粉	<i>Sheng Chiang Fên</i>
Goose, domestic ..	鵝	<i>E (yo)</i>
Goose, wild ..	野鵝, 天鵝	<i>Yeh E(yo), T'ien E(yo)</i>
Grapes	葡萄	<i>P'u T'ao</i>
Ham	火腿	<i>Huo T'ui</i>
Hare	野兔	<i>Yeh T'u</i>
Honey	蜂蜜, 蜜	<i>Feng Mi, Mi</i>
Hops	蛇麻草	<i>Shê Ma Ts'ao</i>
Kaoliang	高粱	—
Kidney	腰	<i>Yao</i>
Lard	豬油	<i>Chu Yu</i>
Leek	韭菜	<i>Chiu Ts'ai</i>
Leek sprouts	韭黃	<i>Chiu Huang</i>
Lemon, foreign ..	檸檬	<i>Ning Mêng</i>
„ Chinese ..	香檸檬	<i>Hsiang Yuen</i>
„ juice ..	檸檬汁	<i>Ning Mêng Chih</i>
„ peel ..	檸檬皮	<i>Ning Mêng P'i</i>
Lettuce	生菜	<i>Sheng Ts'ai</i>
Litchis, fresh ..	荔枝	<i>Li Chih</i>
„ dried ..	乾荔枝	<i>Kan Li Chih</i>
Limes, candied ..	青梅	<i>Ching Mei</i>
Liver	肝	<i>Kan</i>
Lotus root	藕	<i>Ou</i>
Lotus seeds	蓮子	<i>Lien Tzu</i>
Lotus starch ..	藕粉	<i>Ou Fên</i>
Mace	茴香, 肉荳蔻	<i>Hui Hsiang, Jou Tou Hua</i>
Melon	瓜, 甜瓜, 香瓜	<i>Kua, Tien Kua, Hsiang Kua</i>
Melon, candied ..	糖瓜	<i>Tang Kua</i>
Milk	乳, 奶	<i>Ju, Nai</i>
Milk, sour	酸乳, 酸奶	<i>Suan Ju, Suan Nai</i>
Millet	小米, 黍	<i>Hsiao Mi, Shu</i>
Molasses	紅糖, 稀	<i>Hung Tang Hsi</i>
Mushrooms	菌子, 香菌, 東菇	<i>Chun Tzu, Hsiang Chun, Tung Ku</i>

ENGLISH NAME.	CHINESE NAME.	ROMANISATION.
Mushrooms, button	麻 菇	<i>Ma Ku</i>
Mustard seed	芥 末 粉	<i>Chieh Mo Fên</i>
Mutton	羊 肉	<i>Yang Jou</i>
„ chops	羊 肋, 羊 牌 骨	<i>Yang Lei, Yang P'ai Ku</i>
„ leg	羊 腿	<i>Yang T'ui</i>
„ fat	羊 脂, 羊 油	<i>Yang Chih, Yang Yu</i>
Nutmeg	豆 蔻	<i>Tou K'ou</i>
Oil, bean	豆 油	<i>Tou Yu</i>
Oil, peanut	花 生 油	<i>Hua Sheng Yu</i>
Oil, sesamum	芝 蔴 油	<i>Chih Ma Yu</i>
Oil, tea	茶 油	<i>Ch'a Yu</i>
Oil, vegetable seeds	菜 油	<i>Ts'ai Yu</i>
Onion	葱, 葱 頭	<i>Ts'ung, Ts'ung T'ou</i>
Oranges	橘 子	<i>Chü Tzu</i>
„ Canton	廣 橘	<i>Kwang Chü</i>
„ golden	金 橘	<i>Chin Chü</i>
„ honey	蜜 橘	<i>Mi Chü</i>
„ tangarene	福 橘	<i>Fu Chü</i>
Ox tongue	牛 舌 頭	<i>Niu Shê T'ou</i>
Oysters	蜆 蠣	<i>Li Huang</i>
Parsley	荷 蘭 芹	<i>Ho Lan Chin</i>
Peaches	桃 子	<i>T'ao Tzu</i>
Peanuts	花 生 子	<i>Hua Sheng</i>
Pears	梨 子	<i>Li Tzu</i>
Peas	豌 豆	<i>Wan Tou</i>
Pepper, ground	胡 椒 粉	<i>Hu Chiao Fên</i>
Peppers, green	青 辣 椒	<i>Ch'ing La Chiao</i>
„ red	紅 辣 椒	<i>Hung La Chiao</i>
Persimmons	柿 子	<i>Shih Tzu</i>
„ dried	柿 餅	<i>Shih Ping</i>
Pheasant	野 鷄	<i>Yeh Chi</i>
Pine nuts	松 子	<i>Sung Tzu</i>
Pigeon	鴿 子	<i>Ko Tzu</i>
Pistachio	榧 子	<i>Fei Tzu</i>
Pineapple	波 羅 子	<i>Po Lo</i>
Plums	李 子	<i>Li Tzu</i>
„ crystallized	糖 李 子	<i>Tang Li Tzu</i>
Pork	猪 肉	<i>Chu Jou</i>
Potatoes, white	洋 山 芋, 洋 薯	<i>Yang Shan Yu, Yang Shu</i>
„ sweet, red	山 芋, 紅 薯	<i>Hung Shan Yu, Hung Shu</i>
„ „ white	白 山 芋, 白 薯	<i>Pai Shan Yu, Pai Shu</i>
Quail	沙 鷄, 鶉	<i>Sha Chi, Chun</i>
Quinces	木 瓜	<i>Mu Kua</i>

ENGLISH NAME.	CHINESE NAME.	ROMANISATION.
Rabbit	兔	T'u
Radishes	紅蘿蔔	Hung Lo P'o
Raisins	葡萄乾	P'u T'ao Kan
Red haws	山楂	Shan Cha
Rhubarb	鮮大黃莖	Hsien Tai Huang King
Rice	米	Mi
„ flour	米粉	Mi Fên
„ glutinous	糯米	No Mi
„ popped	炒米	Ch'ao Mi
„ spaghetti	米粉絲	Mi Fên Ssü
Sage	紫蘇	Tzũ Su
Salt	鹽	Yen
Sesame seeds	芝麻子	Chih Ma Tzu
Shrimps	蝦子	Hsia Tzu
Snipe	鱸水鷓	Yü, Shui Cha
Soda	鹼	Chien
Soy sauce	醬油	Chiang Yu
Spinach	菠菜	Po Ts'ai
Squash	南瓜	Nan Kua
Suet, Beef	牛油	Niu Yu
Sugar, brown	紅糖	Hung T'ang
Sugar, powdered	細白糖粉	Hsi Pai Tang Fên
Sugar, white	白糖	Pai T'ang
Syrup	糖稀	T'ang Hsi
Syrup, barley	麥芽糖稀	Mai Ya Tang Hsi
Syrup, malt	麥芽糖稀	Mai Ya Tang Hsi
Tea, black	紅茶	Hung Ch'a
„ green	青茶, 淡茶	Ching Ch'a, Tan Ch'a
Tomatoes	洋筍子	Yang Chieh Tzu
Tomatoes, green	青洋筍子	Ching Yang Chiéh Tzu
Tongue	舌頭	She Tou
Turnips	蘿蔔, 蕪菁	Lo P'o, Wu Ching
Vanilla	香蕉汁	Hsiang Chiao Chih
Venison	鹿肉	Lu Jou
Vinegar	老醋	Lao T'su
Walnuts	核桃, 胡桃	Ho Tao
Water chestnuts	荸薺	Pi Ch'i
Water melon	西瓜	Hsi Kua
Wheat bran	麩皮子	Fu P'i Tzu
Yeast	酵, 發麵粉	Chiao, Fa Mien Fên

LIST OF TERMS NECESSARY IN FOOD PREPARATION

ENGLISH NAME.	CHINESE NAME.	ROMANISATION.
Add (to)	添, 加	<i>T'ien, Chia</i>
Bake (to)	炕, 烤	<i>K'ang, K'ao</i>
Batter	調好之稀麵	<i>Tiao Hao Chih Shih Mien</i>
Beat (to)	打	<i>Ta</i>
Boil (to)	煮	<i>Chu</i>
Broil (to)	焙	<i>Pei</i>
Burn (to ruin)	燒焦了	<i>Shao Chiao Lo</i>
Chop (to)	切碎, 剝開	<i>Ch'ieh Sui, To K'ai</i>
Cool (to)	涼, 冷	<i>Liang, Leng</i>
Crack (to)	捶碎, 裂	<i>Chui Sui, Lieh</i>
Crisp	脆	<i>Tsui</i>
Dough	調好之乾麵	<i>Tiao Hao Chih Kan Mien</i>
Drop (to)	滴	<i>Ti</i>
Freeze (to)	凍凝	<i>Tung Ning</i>
Fry (to)	炸	<i>Cha</i>
Grate (to)	擦碎	<i>Ts'a Sui</i>
Grind (to)	磨	<i>Mo</i>
Heat (to make warm)	加熱	<i>Chia Jê</i>
Knead (to)	揉	<i>Jou</i>
Mash (to)	搗碎, 研碎	<i>Tao Sui, Yen Sui</i>
Mix (to)	混合, 調合, 混和, 調和	<i>Hun Ho, T'iao Ho, Hun Ho, Tiao Ho</i>
Pare (to)	剝皮, 去皮	<i>Po P'i, Chu P'i</i>
Poach (to) as egg	水舖蛋	<i>Sh'ui Pu Tan</i>
Ripe	熟	<i>Shou</i>
Rise (as bread)	脹大, 發	<i>Chang Ta, Fa</i>
Roll out (to)	桿麵	<i>Kan Mien</i>
Sauté (to)	煎	<i>Chien</i>
Scramble (to)	炒	<i>Ch'ao</i>
Scrub (to)	摩擦, 擦洗	<i>Mo Hsi, Ts'a Hsi</i>
Sift (to)	篩	<i>Shai</i>
Simmer (to)	細煨, 細火煨	<i>Hsi Wei, Hsi Huo Wei</i>
Slice (to)	片, 切	<i>P'ien, Chieh</i>
Soak (to)	泡, 浸	<i>P'ao, Ch'in</i>
Spread (to)	舖	<i>P'u</i>
Squeeze (to)	擠, 壓, 擰	<i>Chi, Ya, Cha</i>
Steam (to)	蒸	<i>Cheng</i>
Strain (to)	濾	<i>Lū</i>
Stir (to)	攪	<i>Huo</i>
Sweep (to)	掃	<i>Sao</i>
Take out	取出	<i>Ch'ü Ch'u</i>
Underdone	半熟	<i>Pan Shou</i>
Wash (to)	洗	<i>Hsi</i>



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