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1907

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SOUPS

CREAM OF RICE.

Two qts. of any stock. Wash $\frac{1}{2}$ cup rice, add to stock and simmer for an hour and a half. Add salt and pepper, strain through fine sieve, rubbing all the rice through. Return to the fire, add 1 qt. of hot milk and 1 tablespoon butter. Boil up once and serve.

Florence Hall.

PUREE OF PEA.

Cook peas until tender with a few pods (or use pea meal), put through sieve, salt and pepper to taste, dash of paprika. Cook tablespoon flour and tablespoon butter and add to milk, let come to boil and add to pea mixture.

Mrs. F. M. Douglass.

PUREE OF ASPARAGUS.

For eight persons.

Take a bunch of asparagus, separate the heads from the stalks, wash them, and then boil them with a little salt and pepper, after which put them in cold water for a moment. Put into a saucepan 1 ounce of butter, 2 ounces of flour, a little salt, a pinch of sugar, and add the heads of asparagus, a pt. and a half of milk, and the same of stock. Stir all together until boiling, strain, put back on the fire for a few minutes, and adding an ounce of butter, serve. This soup has always croutons (small squares of bread fried in butter) served with it.

Mrs. Evans.

CREAM OF VEGETABLE SOUP.

A good-sized beef bone and a shin of veal, cover with 3 pts. cold water, set on back of range where it will boil slowly 3 hours, set aside to cool, skim, prepare a variety of vegetables, carrots, parsnips, turnip, onion, 2 large potatoes, dice them altogether, put them in stock and cook until tender, mash through strainer, season highly, with salt, celery salt and Hungarian paprika. A half hour before serving add 1 qt. of rich milk, let come to a boil, then serve with croutons.

Mrs. J. J. Pickett.

VEGETABLE SOUP.

For six persons.

Cover a ten cent soup bone with cold water and boil till nearly done. Then salt to taste and boil until tender. Remove from kettle, and to the broth add the following vegetables chopped fine: 1 potato, $\frac{1}{2}$ onion, small piece of cabbage, 2 carrots, 3 tomatoes, small piece of celery.

QUEEN SOUP.

Potage a la Reine.

One chicken, $\frac{1}{4}$ lb. rice, $\frac{1}{2}$ pt. of cream, $\frac{1}{4}$ blade mace, 1 sprig thyme, 4 sprigs parsley, 2 quarts White Veal Broth. Salt and pepper. Take a fine large chicken, clean it nicely and put it whole into a pot containing about 5 qts. of water, add chopped onion, thyme, bay leaf, 1 carot, a small bunch of celery and a cup of rice. Let the chicken simmer well for about 4 hours, and when well cooked, take out the chicken from the broth. Cut off the white meat and cut it into pieces about the size of dice. Then strain the broth, mashing the rice well. Make a puree by taking another saucepan, putting in one tablespoonful of butter and flour, letting it melt together without browning. Moisten this well with the soup and glass of milk, and season with salt and pepper, and $\frac{1}{4}$ of a grated nutmeg and add to the broth. Then add the chicken which has been cut up. Put in the tureen little dice of croquettes of bread fried in butter. Pour the soup over and serve hot. The remainder of the chicken is used to make chicken croquettes, chicken salad, etc.

Mrs. J. L. Lewis.

POT AU LEU.

Four lbs. lean beef, 6 qts. cold water, 2 small turnips, 2 onions, 2 carrots, 1 parsnip, 1 cup of cut-up tomatoes, 2 whole cloves, 2 bay leaves, 1 clove of garlic, 5 allspice, 2 potatoes, small piece of lemon peel, small piece of hot pepper pod, bunch of celery leaves (chopped) pinch of salt, pinch of black pepper. Sprig of parsley.

This Pot au Leu, properly made, is truly delicious, savory and delicately odorous. The best cut for this is from the round lower end of the beef. Put the meat into cold water, heating by slow degrees in order that it may gradually penetrate the meat, softening it, and dissolving the non-nutritive portion, which rises to the top of the liquid as a scum. As the scum becomes thicker remove it, after having skimmed well set the soup back, where it can be kept on a gentle but steady boil. When the soup is skimmed well add the vegetables, which have been cut to proper fineness, and a little salt to suit the taste, and let the soup continue to boil from 5 to 6 hours.

J. L. Lewis.

JULIENNE SOUP.

Five lbs. of lean beef, 5 qts. of water, 2 onions, 2 turnips, 2 carrots, 2 leeks, a small stalk of celery, 3 tomatoes, small head of white cabbage, 1 gill green peas. The shin of the beef is the best for this soup. Put the beef and water in a close vessel where they will heat gradually; after boiling 5 or 6 hours, add the vegetables, prepared according to directions. Cut vegetables into long thin shreds, take a tablespoonful of lard, heat and add the vegetables, letting them fry

or smother until a golden brown, then add to the boiling broth. If fresh peas are used, they must be boiled apart; if canned peas, simply add to the broth. After throwing in the vegetables let them cook in the broth one hour longer and serve hot with the vegetables.

J. L. Lewis.

OKRA SOUP.

Two lbs. of beef without fat or bone, 2 cups of okra chopped fine, $\frac{1}{4}$ lb. of butter, 4 qts. cold water, 1 onion sliced and chopped, salt and pepper. Cut the beef into small pieces, season well with pepper and salt. Fry it in the soup kettle with the onion and butter until very brown, add cold water and let it simmer for an hour and a half, add okra and let it simmer gently for 3 or 4 hours longer.

J. L. Lewis.

SAVORY SOUP.

Four lbs. lean beef, 4 qts. water, 1 onion chopped fine, 3 sprigs parsley, 1 bay leaf, 1 sprig thyme, $\frac{1}{2}$ cup rice, 3 tablespoonsful of oat meal, 1 tablespoonful salt, $\frac{1}{4}$ teaspoonful pepper. Put the meat in 4 qts. of cold water, let it simmer for 3 hours. One hour before serving add $\frac{1}{2}$ cup of rice which has been soaked in water until soft and 3 tablespoonsful of oat meal, 1 tablespoonful of salt and $\frac{1}{4}$ teaspoonful of pepper. Add parsley, thyme and onion. Boil an hour longer and serve very hot.

J. L. Lewis.

FISH SOUP.

Six slices of fish of almost any variety, 4 onions chopped fine, 6 tomatoes chopped fine, 1 herb bouquet, sprig of parsley, 1 glass of white wine, 4 tablespoonsful of salad oil, 4 tablespoonsful of flour, 3 pts. of water. Chop onions and fry in salad oil, cut tomatoes fine, add onions and then put in all the other ingredients, except the fish, adding the flour to make a good roux, when brown add the water and after it has boiled about half an hour, add the slices of fish, when they are firm, remove the herb bouquet, add cayenne pepper and salt and black pepper to taste and serve the fish soup in a tureen, pouring it over crusts of dried toast.

J. L. Lewis.

CORN SOUP.

One qt. corn, 3 pts. milk, 3 tablespoons butter, 3 tablespoons flour, 1 teaspoon salt, 1 tablespoon salt, 1 tablespoon minced onion, yolk of 2 eggs. Mash corn as fine as possible, put into double boiler with 1 qt. milk and cook 15 minutes. Put butter and onion in small frying pan and cook slowly 10 minutes; now add flour and cook until mixture is frothy, being careful not to burn. Stir into corn and milk, now add salt and pepper and cook 10 minutes longer, then rub the soup through a strainer and return to fire. Beat yolks of eggs well and add them to the pt. of cold milk. Stir this mixture into soup, cook for 1 minute, stirring all the while.

Florence Hall.

CORN SOUP.

Six pounds of the lower ribs of beef, 6 qts. of cold water, 1 qt of sliced fresh tomatoes, 1 qt. of corn sliced from the cob, 1 tablespoonful of butter, 1 tablespoonful of flour, 1 pod cayenne pepper without seed, salt and black pepper to taste. Put the meat and water into a soup pot and as soon as the scum begins to rise, skim carefully, then add the tomatoes and the corncobs, cook for 4 hours longer, then take out the corn cobs and add the corn cut fine, salt and pepper to suit the taste, adding a pod of cayenne pepper, cook one hour longer and then serve with slices of toasted bread.

J. L. Lewis.

BOUILLON.

Six lbs. beef and bone. Cut up meat and break bone, add a gallon of water, cook slowly for 5 hours, strain through cloth and season with salt and pepper.

Charlotte Bailey.

GREEN PEA SOUP.

Boll the pods of half a peck of peas in a gallon of water for 1 hour, strain them out, and add the shelled peas. Wet up a tablespoonful of flour in a cup of cream, and add together with a tablespoonful of butter, and salt and pepper, just before serving. Strain through a sieve into a hot tureen. Beef or slices of bacon may be added when the hulls are put on.

Mrs. Evans.

JUMBO SOUP.

Slice a piece of bacon thin and fry until brown. Cut up a chicken, flour and fry also, chop 2 large onions and fry, add tomatoes and okra. Let all stew awhile, then add 2 ears of corn when nearly done. Pour in 1 gallon of water just before putting in the corn.

Mrs. Evans.

TOMATO SOUP.

One quart stewed tomatoes or 1 qt. can, 1 pt. stock, 1 small onion, 1 bay leaf, 1 stalk celery, 1 sprig parsley, 1 teaspoonful sugar, ½ teaspoonful baking soda, 2 level teaspoonsful butter, 4 level tablespoonsful flour, salt and pepper to taste. Put the tomatoes in a saucepan with the onion, bay leaf, parsley and celery, let it stew for about 10 minutes, then press through a sieve fine enough to remove the seeds. Put into a clean saucepan with the stock, place over the fire and bring to boiling point. Rub butter and flour together until smooth and stir into the boiling soup. Stir constantly until smooth, then add salt, pepper, sugar and soda and serve.

Mrs. Nichols.

TOMATO SOUP.

One qt. tomatoes, 1 qt. soup stock, 2 tablespoonsful flour, 1 table-
spoonful butter, $\frac{1}{2}$ teaspoonful salt, 1 teaspoonful sugar, a dash of red
pepper. Let tomato and stock come to a boil. Rub flour, butter and
a little of the tomato together, stir into the boiling mixture. Strain
through sieve and serve with croutons. Mrs. Fry.

CREAM TOMATO SOUP.

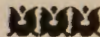
One can tomatoes, 1 qt. water, $\frac{1}{2}$ an onion, 2 large stalks of
celery (outside pieces) a little parsley, boil all for about half an hour
Strain, then add a pinch of soda, piece of butter, pepper, salt, 2
tablespoons tomato catsup, and thicken a little with corn starch, or
flour (dissolved in water).

M. N. George.

CREAM OF POTATO SOUP.

Four fair sized potatoes diced with one onion, cover with sufficient
water to cook tender, mash through a strainer, add 1 qt. milk. Season
with small piece of butter, salt, celery salt, Hungarian paprika.

Mrs. J. J. Pickett.



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COURTBOUILLON OF FISH.

Six fine slices of fish, tablespoonful of lard, 2 tablespoonful of flour, 12 mashed allspice, 3 sprigs sweet marjoram, 3 bay leaves, 1 large onion, 1 clove of garlic, 6 large fresh tomatoes or $\frac{1}{2}$ can, 1 qt. of water, 1 glass claret, juice of 1 lemon, salt and cayenne pepper to taste. Make a roux by putting the lard in a deep pan or kettle when hot, add the flour gradually, stirring constantly to prevent burning, add mashed allspice and the parsley, bay leaves, sweet marjoram and garlic and onion chopped very fine. Then add the tomato chopped fine then add the wine and the water and let it boil well, then add salt and cayenne to taste and when this has boiled add the fish, slice, by slice, then the lemon and let boil about 10 minutes. Serve with French fried potatoes.

J. L. Lewis.

SHRIMPS IN TOMATO CASES.

Cut in half 6 medium sized tomatoes, remove pulp and invert in a sieve to drain. In a saucepan melt 2 tablespoonful of butter and in this cook slowly 2 slices of onion until slightly browned, remove onion and add tomato pulp, cook until reduced one-half, add cup soft bread crumbs and when thoroughly mixed remove from fire and add $\frac{1}{4}$ cup cream, $\frac{1}{2}$ cup shrimps cut in halves and a high seasoning of salt and paprika. Fill the tomatoes, cover with buttered crumbs and bake quickly until brown. Serve on lettuce or buttered bread.

Mrs. Nichols

BAKED SALMON.

One can salmon, rolled crackers, butter size of walnut, 1 pint of milk, mix salmon and crackers well together, put in a pan and salt and pepper. Pour milk over this and put in oven and bake to nice brown.

Edna Sandison.

SALMON LOAF.

One can salmon, $\frac{1}{2}$ cup bread crumbs, 3 eggs, 1 tablespoon parsley, 3 tablespoonfuls butter, season. Drain off liquid and remove bones, add crumbs, butter, parsley and seasoning, then yolks of eggs and lastly whites of eggs, beaten light; bake. Sauce—2 tablespoonfuls of butter, 2 of flour, 2 of parsley, 1 cup of milk and 1 tablespoonful lemon.

Mrs. L. D. Montgomery.

FISH, LOBSTER OR CRAB LOAF.

Chop $\frac{1}{2}$ lb. of either very fine, (cooked or not), 1 cup of milk or cream, 1 cup bread crumbs. Heat milk and bread until soft, stir well the fish into this, add salt, pepper and a little onion then 5 stiffly beaten eggs. Shape into loaf and bake 45 minutes.

Miss B.

ESCALLOPED FISH.

Boil a fresh 4 or 5 lb. cod or haddock, separate from bones and pick into small pieces. In a muslin bag put 1 onion cut fine, a little

parsley and thyme, boil this in 1 pint of milk, remove bag and add to boiling milk $\frac{1}{4}$ lb. of flour dissolved in cold milk, 2 well beaten eggs, large tablespoonful of butter, $\frac{1}{2}$ teaspoon pepper and salt to taste. Fill dish alternately with fish and sauce, cover top with bread crumbs and bake to nice brown.

Mrs. Evans.

FISH BALLS.

Shred 1 pt. cod fish, put in sauce pan in cold water, let come to boil, drain off water, boil and mash 6 medium sized potatoes, add $\frac{1}{2}$ tablespoon butter melted in 2 of milk, beat this, then add 1 egg, pepper, a little salt, beat very light and add fish, make into balls and fry in very hot lard.

Mrs. Evans.

CODFISH CROQUETS.

One lb. codfish, soaked 10 hours in cold water, shred and remove bones, boil with 6 good sized potatoes. When potatoes are soft, drain and mash, add a little cream, butter, 1 raw egg, pepper and salt if necessary, mix well, roll into croquets and fry a dark brown in hot lard.

Minnie R. Churchill.

ESCOLLOPED OYSTERS.

Drain liquor off 1 qt. oysters, add water to make 1 qt. liquid, to this add $\frac{1}{2}$ lb. butter, salt and pepper to taste and scald. Add 3 cups cracker crumbs to hot mixture. Butter a baking dish and put into it alternately layers of moistened crumbs and oysters, finish with cracker crumbs. Pour over all 1 cup of cream and bake a few minutes in hot oven.

Minnie R. Churchill.

ESCOLLOPED OYSTERS.

In a buttered shallow pan put a layer of cracker crumbs, over this a solid layer of oysters, season with salt and pepper, then add another layer of crumbs and $\frac{1}{4}$ lb. butter in small pieces over top of this, add a little more seasoning and 1 cup oyster liquor. Bake a rich brown in medium oven.

Madeline Fitch.

LOBSTER A LA NEWBURG.

Four lbs. lobster, 3 hard boiled eggs (yolks), $\frac{1}{4}$ lb. butter, 1-3 cup cream, 1 large tablespoon flour, salt and pepper to taste. Cream butter and flour, put into a farina boiler, when melted add the cream and stir until boiling hot, then add the yolks of the eggs mashed fine with two tablespoonsful of cream, then the lobster, season with salt and red pepper, stir gently until thoroughly heated.

Frances A. Rowland.

FLOUNDER A LA ORLY.

Six filets of flounder, 1 cup of milk, 2 tablespoonsful butter, 1 egg, bread crumbs, a tomato sauce, parsley. Have flounder cut in filets, trimmed and bones removed. Beat egg and milk and dip in the slices of fish, roll in bread crumbs and fry in butter, serve with tomato sauce, garnish with parsley.

J. L. Lewis.

Meats--Poultry

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Revised

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L. Lewis

TO FRY CHICKEN.

✓ Cut up the chickens, sprinkle with salt and pepper and dredge with flour. After frying, lay them in a pan and keep hot; add a teaspoon of flour, a little salt to gravy and stir all the while over a brisk fire till the flour browns. Then let the gravy cool and add half a cupful of sweet cream and pour over the chicken. Serve hot.

Mrs. Evans.

SCALLOPED CHICKEN, VEAL OR BEEF.

Mince meats of two boiled chickens, without skin, two or three small pieces of ham, season with salt, pepper and butter, moisten with cream; strew bread crumbs over bottom of dish well buttered, fill with chicken well mixed, cover with bread crumbs and bake in a hot oven three-quarters of an hour.

Mrs. Evans.

PRESSED CHICKEN.

Two chickens, 1 cup butter, 1 tablespoon salt, 1 teaspoon pepper, 1 beaten egg, little parsley, three hard boiled eggs. Boil chickens until meat separates from the bones, chop meat, boil the liquor, until it is reduced to a cupful, add to this the butter, salt, pepper, parsley and beaten egg. Stir the mixture into the chicken. Lay slices of boiled egg in a dish, press in the chicken, garnish with celery tops.

F. A. Rowland.

VEAL OR CHICKEN CROQUETS.

Two coffee cups finely chopped veal or chicken, 1 cup bread crumbs, $\frac{1}{2}$ pt. milk, $\frac{1}{2}$ cup butter, 1 egg, $\frac{1}{2}$ teaspoon grated onion, salt, red pepper and $\frac{1}{4}$ grated nutmeg. Scald the milk and crumbs, then stir in all the ingredients except egg, which should be beaten and added when mixture is cool; shape, roll in egg and cracker crumbs; fry in hot lard.

Minnie R. Churchill.

LARDED SWEETBREADS, (WITH PEAS.)

Trim the fat from a pair of sweetbreads, place in saucepan, cover with boiling water, add a small piece of celery and part of a bay leaf, simmer for 15 minutes, remove from water, put in cold water for 15 minutes to blanch. Take from water, remove any loose pieces of fat and objectionable part; lard the sweetbreads, place in baking dish, salt, pepper and flour, cover bottom of dish with stock or water and bake in moderate oven $\frac{3}{4}$ of an hour, basting every 10 minutes. When done arrange on platter with peas, and season with salt, pepper and butter.

Mrs. Nichols.

OLD VIRGINIA HAM.

Allow 25 minutes to the pound. Wash and scrape ham well, place in cold water not enough to cover. Bring to a boil then let simmer. Remove from fire and let get cold in water, then skin, cut squares over the ham, sprinkle with celery seed and season to taste and brown in hot oven.

Mrs. Haas.

HAMBURG STEAK.

A large sirloin steak run through the meat chopper with 3 slices of bread. Add 1 cup milk, 2 eggs and half an onion chopped, season with butter, salt and pepper. Bake in a loaf, boil or fry in rolls.

M. N. George.

POT ROAST OF BEEF.

Select a bright red, fat piece of beef, rump about 7 lbs. Render about 1 cup of suet and some bacon fat in an iron pot. Wipe the roast with a wet towel and place into the boiling fat and cover tight. Watch constantly and turn often until brown on all sides; then cover with boiling water. Boil slowly until done; make brown gravy with the liquid.

Madeline Fitch.

NEAPOLITAN PIE.

One lb. cooked beef, 6 oz. boiled macaroni, 1 lb. tomatoes, 1 tablespoon chopped parsley, 2 teaspoons chopped onions, 1 oz. butter, $\frac{1}{2}$ oz. flour, $\frac{1}{2}$ pt. of stock, 1 tablespoon Worcester sauce, salt and pepper. Boil macaroni till tender in boiling salted water, then cut into 1 inch pieces, melt butter in pan, put in chopped onion and flour and brown carefully, add stock and stew this sauce till it boils; add Worcester sauce and see that it is well seasoned. Slice meat fairly thin butter a pie dish, put in a layer of macaroni, then one of meat, sprinkle over a little parsley and continue layers until dish is full. Let last layer be of macaroni, as this protects meat from too great heat. Pour in enough of sauce to about $\frac{1}{2}$ fl. dish; halve and lay tomatoes all over top of pie, putting small flake of butter on each half. Bake pie till it is very hot and tomatoes soft and serve at once.

Grace Keatinge.

SALZA.

Scald and skin 6 ripe tomatoes. Squeeze out part of the juice; roast four green peppers on coals or in oven until light brown, then throw into cold water, skin and chop peppers with tomatoes, strain off the water, add salt and a little finely chopped onion. To be eaten with all kinds of meat.

F. A. Rowland.

BEEF STEW.

One and a half pounds of beef cut into small pieces. Partially fill a stew pan with alternate layers of sliced potatoes, highly seasoned and beef, having potatoes first and last, cover with water and stew one hour. Very nice baked in baking dish with less water and plenty of butter.

Mrs. Evans.

CALF'S LIVER.

Slice and pour boiling water over it; slash and flour it. Cook in lard with little bacon. Thicken gravy with a little flour.

SAUSAGE ROLLS.

Make a plain pie crust, roll thin, put in a small sausage, fasten the ends and bake in a hot oven.

Mrs. Evans.

BRAISED TONGUE.

✓ Wash a fresh tongue and put into boiling water to cook about 4 hours or until the skin may be removed. Trim off the roots and pull off the skin. Melt $\frac{1}{4}$ cup of butter in a saucepan, add same amount flour and rub smooth. Pour in 2 cups of the liquid in which the tongue was cooked and cook a few minutes; add 2 cups of strained tomato. Put the tongue in a braising pan and pour the gravy over. Add $\frac{1}{4}$ cup of finely cut carrot and same of onion, a teaspoonful of salt, salt spoon of pepper. Cover the kettle closely and cook one hour longer. Take up tongue on a platter and strain the gravy around it.

Mrs. E. O. Palmer.



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REPAIRING OF ALL KINDS

BAKED SWEET POTATOES.

Take ordinary sweet potatoes, boil with parings on until soft enough to pierce with a fork. Pare and slice lengthwise into a baking dish, sprinkle each layer with salt, a little sugar and nutmeg. Pour melted butter over top and bake in a moderate gas oven till brown.

C. June Leithold.

A SOUTHERN DISH.

Cut cold baked sweet potatoes into quarter inch slices and put in an earthen dish. Spread each layer with butter, sprinkle lightly with sugar and bake until hot and slightly browned.

Mrs. Evans.

POTATO CROQUETTES.

Four cups hot mashed potatoes, 1 tablespoon butter, salt and pepper to taste. Stir in enough hot cream to moisten; add the well beaten yolks of 2 eggs. Make into small balls and roll first in bread crumbs, then egg, and again bread crumbs. Drop into hot lard and cook till brown.

Martha B.

POTATO PUFF.

Two cups hot or cold mashed potatoes, 3 tablespoons of cream, 2 eggs, 1 tablespoon butter, salt and pepper to taste. Put potatoes in frying pan, add egg yolks, cream and seasoning. Stir over fire until well mixed. If the potatoes are cold, stir until hot. Take from the fire and add carefully the well-beaten whites of the eggs. Heap on a greased baking dish or in gem pans. Bake in quick oven until a nice brown.

Mrs. Evans.

SCALLOPED POTATOES.

Cut 4 good-sized boiled or steamed potatoes into dice. Put 2 tablespoons of butter into a frying pan, and when melted add 2 tablespoons of flour; mix smooth; then add 1 pt. of milk and stir continuously until it boils. Add a teaspoon of salt, 3 dashes of black pepper, take from fire, put a layer of this sauce in the bottom of a baking dish, then a layer of potatoes, then another layer of sauce, and so on, until all is used, having the last layer sauce. Sprinkle top lightly with bread crumbs and put in oven for 15 minutes to brown. Serve in the dish in which it is baked.

SWEET POTATO PONE

One qt. grated sweet potatoes, 2 teacups of brown sugar, 2 teacups butter, 2 teacups molasses, a pinch of salt, 1 tablespoon sugar, 2 teacups warm water. Beat well and bake in a buttered dish.

Mrs. Evans.

BAKED PUMPKIN.

Cut in squares, cover pieces with $\frac{1}{2}$ teaspoon butter and 1 teaspoon sugar. Bake from 20 to 30 minutes. Place a little water in bottom of pan. Two or 3 minutes before removing from oven, sprinkle the top with chopped nuts.

M. N. George.

SWEET POTATOES SLICED.

Slice cold boiled potatoes; arrange in a baking dish. Alternate layers of sliced potatoes, butter and sugar, until the dish is full, pouring a little water over the top. Bake half an hour, basting constantly with its own juice.

Mrs. A. J. E.

STEWED CELERY.

Scrape the coarser stalks of celery; cut into small pieces; stew until tender with as little water as possible, to retain the flavor.

Sauce. A large tablespoonful of butter and 1 of flour stirred until in a ball, added to a pint of boiling milk. Cook until smooth.

Mrs. E.

GREEN CORN OMELETTE.

Grate twelve ears of boiled corn; beat five eggs, stir them with the corn and season with pepper and salt. Put lump of butter in the frying pan, when hot, pour in the mixture and fry until a nice brown.

Mrs. J. E.

GREEN CORN PUDDING.

One doz. ears of corn, 1 pt. milk, 4 eggs, 2 tablespoons of melted butter. Cut or grate corn, beat whites and yolks separately. Put corn and yolks together, then butter; add milk gradually, salt and pepper; whites last. Bake slowly, taking care not to scorch.

Mrs. E.

RISOTTO.

One cup rice. Cover with cold water and cook 5 minutes. Then add 2 tablespoons butter, which has been cooked with $\frac{1}{2}$ onion in stew pan, until brown. Then add 2 cups hot water, 1 cup tomato pulp, $\frac{1}{2}$ teaspoon salt, dash paprika. Cook 20 minutes in double boiler. When ready to remove, fold in $\frac{1}{2}$ cup grated cheese.

Jennie Glass.

BAKED SUMMER SQUASH.

Slice off a piece from the top of 6 medium-size, cup shaped squashes. Take out the centers and chop fine; add $\frac{1}{2}$ cup bread crumbs, salt, pepper, and fry tender with plenty of butter. When done return to squash shells; sprinkle with bread crumbs; bake half an hour in a shallow pan, with enough water to prevent them sticking to the pan. A dash of cayenne pepper adds to the flavor.

Mrs. Hay.

AMBUSHED ASPARAGUS.

Three bunches asparagus, stale light rolls, 3 eggs, 1 pt. milk, 1 tablespoon butter, salt and pepper. Boil asparagus 20 minutes and drain. Take out the inside of rolls and put tops in oven to dry. Str the beaten eggs into the boiling milk, with butter, pepper and salt to taste. Add the asparagus, cut in small pieces; fill the tops with the mixture and serve hot.

F. A. Rowland.

ESCALLOPED CORN.

Take 1 can corn and 1 qt. cracker crumbs, not too fine. Cover bottom of buttered baking dish with crumbs, then add layer of corn; season with salt and pepper and bits of butter. Next a layer of crumbs, and so on until the corn is used. The last layer must be crumbs, covered plentifully with butter in small pieces. Pour over sufficient quantity of milk to make contents of the dish shake. Bake in a moderate oven for $\frac{3}{4}$ of an hour. Serve in same dish. Anna C. Hoff.

SPINACH.

Put a peck of spinach in cold water to freshen it. Pick it over carefully, removing all yellow and withered leaves. Pass it through 5 changes of water. Put it into a sauce pan—enough water will cling to it for cooking. Cover sauce pan, stir occasionally. After 15 minutes add a tablespoon salt, cook 5 minutes longer, then turn into a collander to drain. When dry, chop fine. Put into a sauce pan $1\frac{1}{2}$ tablespoons of butter and 1 of flour. After cooking a little, add a teaspoon of salt, dash of pepper and spinach. Cook 5 minutes, then add $\frac{1}{2}$ cup cream or milk and cook 5 minutes more. Serve on squares of toast, garnished with thick slices of hard boiled egg.

Mrs. Evans.

TOMATO BISQUE.

Fry 1 onion in little butter; add 1 can tomatoes and 1 teaspoon corn starch. Season salt, pepper, and dash of red pepper. Just before serving, add 5 or 6 eggs slightly beaten, stir until eggs sufficiently cooked. Pour over hot baking powder biscuit, which have been split and buttered.

Mrs. Morgan.

POTATO SALAD (German).

Boil 8 large potatoes with skins on, peel and slice. Grate over them 1 onion, sprinkle with pepper and salt. Pour the following over them: One cup vinegar, 1 egg, butter size of a walnut. Beat egg and butter together until light; add cold vinegar and boil until creamy.

POTATO SALAD.

Chop 8 boiled potatoes and 1 small onion together; add the chopped whites of 6 hard boiled eggs.

Dressing: The yolks of eggs creamed with a tablespoon sugar, dash of paprika, salt and pepper to taste, juice of half a lemon and 1-3 cup vinegar.
Mrs. Douglas.

SILDE SALAT (Herring Salad).

This is the recipe used by Knudstrup, chief cook to His Majesty, King of Denmark.

After soaking 2 salt herring 4 hours, take all the meat from the bones and cut into small pieces. Add to it, 8 boiled potatoes, $\frac{1}{4}$ lb. boiled beets, 3 apples, $\frac{1}{4}$ lb. roast veal, $\frac{1}{2}$ onion and 4 small pickled gherkins, all cut fine. Add 2 teaspoons each of capers and prepared mustard. Mix with French dressing. Set on ice to season well. At serving time, mix with a cup of drawn butter sauce.

Mrs. Jay Plowe.

CHICKEN SALAD.

Put a fowl in a kettle with just enough boiling water to keep it from burning. Add a slice of lemon, a bay leaf, 3 cloves, a blade of mace. Cover the kettle and cook slowly until perfectly tender. When cold, remove skin and cut meat into dice. Cut the white part of celery into $\frac{1}{2}$ -inch pieces, to each pt. of meat allow 2-3 pt. of celery and 1 cup Mayonnaise dressing. When ready to serve, mix celery and chicken, dust lightly with salt, white pepper and cayenne; mix with them the mayonnaise, to which 1 cup of whipped cream has been added.

Mrs. Jay Plowe.

CHICKEN SALAD.

Place chicken in cold water, not enough to cover; bring to a boil, then let simmer until nearly done. Place in a pan, season and put in hot oven and brown, basting often. Cut 8 lbs. chicken in squares, through this mix olive oil, lemon juice, and salt to suit taste. Add 1 lb. blanched almonds (whole), same measure chopped celery as chicken, tablespoon each of walnut ketchup and Worcestershire sauce. The yolks of 4 eggs mashed and a tablespoon of hot butter mixed in them. Add mayonnaise dressing. Serve in red pepper cups.

Mrs. Haas.

PEAR SALAD.

One-half can of Bartlett's pears on lettuce leaves. Add mayonnaise dressing. Sprinkle with chopped English walnuts. Garnish with preserved cherries or Cherries De Menthe. C. Bailey.

BANANA SALAD.

On lettuce, place a banana cut in half lengthwise; over this scatter a little chopped apple and ground English walnuts. Place 3 or 4 maraschino cherries here and then add 3 teaspoonfuls mayonnaise, just before serving. Serve with lettuce sandwiches and olives.

Blanche Fitch.

FRUIT SALAD.

Prepare a lemon jelly according to Knox's Gelatine Directions. Pour in individual cups with 1 tablespoonful chopped English walnuts, 1 doz. muscat grapes, seeded and peeled. Serve with mayonnaise dressing on lettuce leaves.

Mrs. J. F. Andrews.

FRUIT SALAD.

Cut 2 oranges, 2 apples and 3 bananas into tiny squares. Mix thoroughly through them a thick mayonnaise dressing. Serve on lettuce leaves with a little mayonnaise on top.

Mrs. Fry.

CHOP SUEY SALAD.

Cut into small dice and serve on lettuce leaves: 2 oranges, 2 apples, 2 bananas, $\frac{1}{2}$ head celery, 1 head lettuce, $\frac{1}{2}$ teaspoon salt.

Mrs. A. Basley.

CABBAGE SALAD.

Slice a firm white cabbage very fine and salt well. Add this dressing: Beat very hard and long, 1 cup of sour cream and add the juice and rind of 1 lemon, sugar to taste.

CELERY AND EGG SALAD.

Cut 2 bunches of celery into small pieces. Mash the yolks of 4 hard boiled eggs thoroughly; add butter, salt and vinegar to taste. Stuff each piece of whites with this mixture. Place celery on lettuce leaf; also 1 or 2 pieces of the eggs. Cover with mayonnaise.

Mrs. Fry.

CUCUMBER SALAD.

Peel and cut 1 large green cucumber in half lengthwise; remove the seeds. Mix with the pulp of 1 tomato, chopped celery and parsley or onion. Cover with mayonnaise. Fill the cucumber with the mixture and serve in bowl of cracked ice.

F. A. Rowland.

AUTOMOBILE SALAD.

Cut into small pieces 4 tomatoes, draining off the juice. Cut fine, 2 medium sized heads lettuce and $\frac{1}{2}$ cup pickled olives mixed thoroughly and put together with the following dressing:

Beat 1 egg until creamy; pour over it 4 tablespoonfuls vinegar, scalding hot, stirring constantly. Place dish in hot water over fire and stir constantly until mixture thickens. Remove from fire and add 1 teaspoonful butter, $\frac{1}{2}$ teaspoonful mustard and $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful pepper. Dilute with sweet cream until it is the consistency of cream. Add 2 tablespoonfuls deviled ham. Mrs. Fry.

TOMOTO JELLY SALAD.

Boil 1 pt. canned tomatoes 15 minutes, strain and cool. Soak $\frac{1}{2}$ box gelatine $\frac{1}{2}$ hour in $\frac{1}{2}$ cup cold water. Add tomatoes, salt, pepper to taste and 1 teaspoonful sugar. Pour into mold and let harden. Bits of meat are an improvement. Serve with salad dressing. A. C. H.

SWEET BREAD AND WALNUT SALAD.

One and one-half lbs. sweet breads soaked 2 hours in cold water. Wash thoroughly and put on stove in cold water. When boiling, add $\frac{1}{2}$ cup vinegar and cook 30 minutes. Drain and throw in cold water. Chop fine, salt well; add 1 lb. walnuts chopped fine. Serve with mayonnaise. A. H.

COLD SLAW.

Slice cabbage and 1 onion fine; mix with vinegar, salt, pepper and sugar. C. Bailey.

COLD SLAW.

Cut as much cabbage as desired very fine. Pour on it 1 teacup vinegar with tablespoonful salt dissolved in it. Let come to a boil $\frac{3}{4}$ of a cup of sweet milk to which has been added 1 tablespoonful butter and $\frac{3}{4}$ cup sugar; add to this 2 well beaten eggs. Stir well, then remove from fire and pour on cabbage, mixing them well together. Set aside to cool. Mrs. Evans.

SALAD DRESSING.

One egg, 2 teaspoons vinegar. Beat egg and add vinegar; place on fire, stir constantly until it boils. One-half cup salad oil, $1\frac{1}{2}$ teaspoon sugar, red pepper, celery salt, $\frac{1}{2}$ teaspoon mustard (prepared). Take from fire and let cool, when cold add oil slowly; thin with cream.

SALAD DRESSING.

Two eggs—yolks, $\frac{1}{4}$ teaspoon mustard, $\frac{1}{4}$ teaspoon salt, pepper to taste, 2 teaspoons corn starch, 1 cup vinegar, 1 tablespoon butter, 1

cup water. Mix ingredients with yolks of eggs and add to vinegar and water when it is boiling. Add butter last. Let cool before using.

Mrs. A. Basley.

FRENCH DRESSING.

One egg, 1 tablespoon sugar, 2 tablespoon olive oil, $\frac{1}{2}$ teaspoon salt. Beat well together. Add 2 tablespoons mustard, $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ teaspoon corn starch or flour. Beat well together and cook until thick.

M. I. O'B.

MAYONNAISE.

In shallow bowl put $\frac{1}{2}$ teaspoon salt; add yolks of 2 eggs; to this while beating, add $\frac{1}{2}$ pt. olive oil, drop by drop, until well started then faster. As the mixture thickens, add the juice of 1 lemon, a little at a time, being careful not to make too thin. When half done, add $\frac{1}{2}$ teaspoon mustard and cayenne pepper to suit taste.

Blanche Fitch

MAYONNAISE DRESSING.

One dessert spoon flour, 1 dessert spoon sugar, 1 teaspoon salt, 1 teaspoon mustard. Mix the dry ingredients with 1 egg and 2 table-spoons of butter. Beat to a cream. Add 1 cup vinegar, 1 cup sweet milk or sour, boil until it thickens. If olive oil is used, mix 2 or 3 teaspoons of the oil with the yolks of an egg; add to the dressing, but do not cook it. The juice of lemon is an improvement.

Mrs. L. D. Montgomery.



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POP-OVERS.

Three eggs, 2 cups of flour, 2 cups of milk, salt and sugar to taste. Beat eggs light, add milk, and stir them slowly in the flour. Pour into gem pans and bake in moderate oven 30 minutes. M. N. George.

MUFFINS.

Cream 2 tablespoonfuls of butter and 2 of sugar, add gradually 2-3 cup of sweet milk, 1 cup flour, 2 teaspoonfuls baking powder, pinch salt and 2 well beaten eggs. Bake in hot oven 15 minutes.

Elizabeth Fitch.

FLOUR MUFFINS.

One pt. flour, 1 teaspoonful baking powder, 1 cup sweet milk, 1 tablespoonful sugar, $\frac{1}{2}$ tablespoonful butter and 1 egg.

Charlotte Bailey.

GRAHAM GEMS.

Two rather heaping cups of graham flour, 1 teaspoonful salt, 2 teaspoonful soda, 1 tablespoonful sugar, mix; add $2\frac{1}{2}$ cupfuls sour milk and 2 eggs (or 1). Bake 20 minutes.

SPOON CORN BREAD.

Scald 1 pt. corn meal with $1\frac{1}{2}$ pts. water, salt to taste. One pt. sour milk in which is dissolved 1 level teaspoonful soda, 2 eggs. Put 1 tablespoonful lard in baking dish in stove. When melted, pour in mixture and bake $\frac{3}{4}$ to 1 hour. Serve at once.

Frances E. Cochrane.

CORN BREAD.

One and one-half cupfuls meal, 1 cup flour, 1 tablespoon of lard, 1 teaspoonful baking powder, 1 tablespoonful of sugar, 1 egg, $1\frac{1}{2}$ cupfuls milk. Bake in a pan.

Mrs. Evaps.

MUSH BREAD.

Put 2 cups of milk in double boiler and when hot, add slowly 2-3 cup granulated corn meal and 1 level teaspoon salt. Stir until mixture is little more than creamy, then take from fire and beat in yolks of 4 eggs, then the well beaten whites of eggs. Turn mixture into baking dish and bake in quick oven 30 minutes.

Florence K. Hall.

CORN BREAD.

One egg, 1 large spoonful sugar, 1 tablespoonful of butter, melted; 1 cup of white flour, $1\frac{1}{2}$ teaspoonfuls baking powder, salt, 1 cupful of corn meal (sifted) and 1 of milk. Beat egg and sugar together; add other ingredients in order given. Bake about 20 minutes in quick oven.

Anna C. Hoff.

SALLY LUNN.

Three teacups of flour, $\frac{3}{4}$ cup of sugar, 1 heaped teaspoon baking powder, 2 well beaten eggs, a little milk and pinch of salt. Mix all dry ingredients; add eggs and milk; put in a well greased tin and bake $\frac{3}{4}$ of an hour.

Grace Keatinge.

CAMP BISCUITS.

To cook baking powder biscuits in an open skillet. (A receipt of value to campers). Use ordinary biscuit dough. Have the skillet very hot, as hot as possible. Place biscuits in skillet (not too many at a time) and begin to turn immediately and in rapid succession until done.

Mr. Dart.

DUTCH CAKE.

One pt. bread sponge, 2-3 cupful sugar, butter size of a walnut (melted), 3 eggs, handful raisins, teaspoonful cinnamon, enough flour to knead like bread, let rise and cook like bread.

J. M.

SCOTCH SHORTBREAD.

Two lbs. flour, 1 lb. butter, $\frac{1}{4}$ lb. powdered loaf sugar, $\frac{1}{2}$ oz. caraway seeds, 1 oz. sweet almonds, a few strips of candied orange peel. Beat butter to cream, gradually sift in flour and add the sugar, caraway seeds and almonds (previously blanched and cut in small pieces). Work the paste until it is quite smooth and divide it into 6 pieces. Put each cake on a separate piece of paper, roll out the paste square to 1 inch thickness, pinch round edge, prick and add strips of orange peel, put in good oven and bake 25 to 30 minutes.

Edith Leask.

GRAHAM BREAD.

Two heaping cups of graham flour, 2 heaping cups of white flour, 1 cup molasses, 2 cups buttermilk, 1 cup water, 2 teaspoons soda, 1 large teaspoon salt. Bake in moderate oven 2 hours.

CAKES

PANOCHE CARAMEL CAKE.

One cup of white of egg, 2 cups sugar, 3 cups flour (sifted), 1 cup milk, $\frac{1}{2}$ cup butter, 3 teaspoons baking powder, 1 teaspoon vanilla, cream butter and sugar, add milk. Whip whites of eggs very light and add alternately with flour well sifted (3 times). Bake in a slow oven.

Filling. One egg beaten, q. s. pulverized sugar enough to thicken, vanilla to taste, 1 cup chopped walnuts. C. E. Basley.

RAISIN LAYER CAKE.

The whites of 3 eggs, 2 cups of sugar, 1 cup of water, 2 large tablespoons of butter, 3 cups of flour, 2 tablespoons of baking powder. Bake 2-3 of batter in 2 pans; to remaining third add $\frac{1}{2}$ cup of finely chopped raisins. Bake in 1 large layer, when done, pile up layers alternately.

Filling. 1 cup granulated sugar, 4 tablespoonfuls water, boil until it threads; pour over the well beaten whites of 2 eggs; add 1 cup finely chopped raisins; beat until thoroughly mixed; put between layers and on top. C. June Leithold.

BLACK CHOCOLATE CAKE.

One scant cup butter, 2 cups sugar, $2\frac{1}{2}$ cups flour 1 cup sour milk, $\frac{1}{2}$ cake Baker's chocolate, 3 eggs, 1 teaspoon soda, 2 teaspoons vanilla. Cream butter and sugar together; add beaten eggs then milk with soda and melted chocolate stirred in it; lastly, flour and flavoring. Bake from $\frac{3}{4}$ to 1 hour. Florence K. Hall.

CHOCOLATE LOAF CAKE.

Two cupfuls flour, $1\frac{1}{2}$ cupfuls sugar, $\frac{1}{2}$ cupful butter, 4 eggs, $\frac{1}{2}$ cupful milk, 4 ounces of chocolate, 1 heaping teaspoonful baking powder. Cream the butter and sugar and yolks of eggs. Then add grated chocolate, after mixing in it 5 tablespoonfuls boiling water. Add milk and part of the flour, beat well; then add the siffly beaten whites; lastly, and baking powder and remaining flour. Flavor with vanilla.

LAYER CAKE.

One cup sugar and $\frac{1}{2}$ cup butter, cream thoroughly; 3 eggs, beaten separately; (save $1\frac{1}{2}$ of the whites for filling). Add the 3 yolks and $1\frac{1}{2}$ whites; $\frac{3}{4}$ cup of sweet milk; $\frac{1}{2}$ teaspoonful lemon flavoring; heaping teaspoonful baking powder in flour.

FILLING FOR CAKE.

Whites of $1\frac{1}{2}$ eggs, beaten well; add white sugar, either powdered or granulated, until of proper consistency.

Charlotte Bailey.

CHOCOLATE LAYER CAKE.

Two eggs, (yolks), 2 squares chocolate grated, 1 cupful milk, 1 cupful sugar, $\frac{1}{2}$ teaspoonful salt, 4 tablespoonfuls butter (melt before measuring), 1 teaspoonful soda, 1 2-3 cups flour. Cook eggs and chocolate in $\frac{1}{2}$ milk until creamy, stirring constantly. Remove from fire and add the other ingredients. Bake in 3 tins.

Filling.

One and one-fourth cups sugar, 1-3 cup hot water cooked until syrup threads, 2 eggs, (whites), well beaten. Stir in syrup until thick.
M. Stephens.

VELVET CAKE.

Two cups sugar, 6 eggs, (leaving out the whites of 3 for icing, yolks and whites beaten separately), 1 cup boiling water, $2\frac{1}{2}$ cups flour, 1 tablespoonful baking powder. Beat the yolks a little, add the sugar and beat 15 minutes, add the whites of 3 eggs and cup of boiling water, sift the baking powder with flour and add. Flavor with 1 teaspoon lemon.
Mrs. E. W. Moore.

DELICATE CAKE.

One-half cup butter, 2 cups sugar, $\frac{3}{4}$ cup milk, 3 cups flour, 2 teaspoons baking powder, whites of 6 eggs.

Jessie Morgan.

SNOW CAKE.

One-half cup butter, 1 cup sugar, $\frac{1}{2}$ cup sweet milk, $1\frac{1}{2}$ cups flour, 1 teaspoonful baking powder, whites of 4 eggs. Flavor with lemon.

Jessie Morgan.

SPONGE CAKE.

Seven eggs, beaten separately, 1 teaspoon of corn starch, $\frac{1}{2}$ teaspoon cream of tartar, 2 cups sugar, 2 cups flour, 2-3 cup boiling water. Boil sugar and water until it hairs then add it to the beaten whites of eggs, then the yolks, (well beaten), then the flour with the cream of tartar and corn starch in it; add a little vanilla. Bake in ungreased pan. Ice with plain frosting. (The batter will seem thin, but do not add more flour.)
Mrs. F. M. Douglas.

WHITE SPONGE CAKE.

Whites of 9 eggs, 1 cup granulated sugar. Mix sugar and eggs together; $\frac{1}{4}$ teaspoonful cream-tartar, 1 cup flour, mix into sugar and eggs. Do not grease pan. Bake in moderate oven.

K. Colwell.

ANGEL CAKE.

Whites of 11 eggs, $1\frac{1}{2}$ cups sugar, 1 cup flour, 1 teaspoonful cream of tartar, 1 teaspoonful vanilla. Measure flour after sifting once, then sift flour, sugar, cream of tartar and pinch of salt together about 7 times. Beat whites of eggs very stiff and add dry mixture, a little at a time, beating in thoroughly. Bake in ungreased pan with hole in center.

Florence K. Hall.

GINGERBREAD.

One cup molasses, 1 egg, 3 tablespoons melted butter, 3 teaspoons ginger, 1 tablespoon soda, dissolved in 1 cup boiling water,; stir in flour, making quite a thick batter, then bake.

Mrs E. W. Moore.

GINGERBREAD.

One cup sugar, 1 cup molasses, 1 egg, 1-3 cup melted butter, 1 teaspoon soda, 1 teaspoon ginger, $\frac{1}{2}$ cup sweet milk, a little salt, $2\frac{1}{2}$ cups flour and a little baking powder.

GINGER GEMS.

One cup of New Orleans molasses, 1 cup sugar, 1 cup buttermilk, $\frac{1}{2}$ teaspoon salt, 2 tablespoons butter, 2 eggs 1 tablespoon of ginger, 1 teaspoonful soda, 3 cups flour. Bake in gem tins.

Mrs. Reichard.

NUT CAKE.

One cup sugar, $\frac{1}{2}$ cup butter, 2 eggs, (keep out 1 white for frosting), 1 cup milk 2 cups flour, 3 teaspoons baking powder, 1 cup chopped nuts, $\frac{1}{2}$ cup raisins. Do not stir much after nuts and raisins are in. Sprinkle both with a little flour before putting into cake.

Edna Sandison.

FEATHER CAKE.

Two cups sugar, $\frac{1}{2}$ cup butter, 1 cup milk, 3 cups flour, 2 teaspoonfuls baking powder, 2 eggs, beaten separately. Flavor with lemon.

NUT CAKES.

One cup butter, 1 cup sugar, 2 eggs, $\frac{1}{2}$ cup sour cream, $\frac{1}{2}$ teaspoonful soda, 1 cup nuts, 1 cup raisins, vanilla flavoring. Mix rather stiff with flour, mold in little balls and roll in sugar. Bake in hot oven.

Elizabeth Fitch.

POTATO CAKE.

Two cups sugar, 2-3 cup butter, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups mashed po-

tatoes, $1\frac{1}{2}$ cups flour, $1\frac{1}{2}$ cups chopped walnuts, $\frac{1}{2}$ cup grated chocolate, 4 eggs, 2 heaping teaspoons baking powder, 1 teaspoon cinnamon, cloves and nutmeg. Sift flour, chocolate and spices.

Filling.

Seven tablespoons sugar, 7 tablespoons milk, 1 tablespoon butter, 7 tablespoons grated chocolate. Do not stir while boiling.

Harriet L. Candee.

CREAM SCONES.

Three-fourths lb. flour, 1 oz. butter, 1 teaspoonful sugar, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful carbonate of soda, 1 teaspoonful cream of tartar, cream to mix; rub butter into the flour, add the sugar, salt, soda and cream of tartar. Mix into a light dough with the cream. Divide the dough into 2 pieces. Roll out rather thinly, cut into 8 pieces. Bake on a hot griddle for almost 8 minutes or until ready.

Edith Leask.

ENGLISH CHRISTMAS CAKE.

One and one-fourth lbs. flour, 1 lb. sugar, 1 lb. butter, 2 lbs. currants, $\frac{1}{4}$ lb. lemon peel, 9 eggs, 2 nutmegs and a few drops lemon essence. Beat butter and sugar to a cream; blend eggs well. Mix all slowly together. Bake for 5 hours in slow oven. Dry flour well before using it.

Lisa K. Maw.

WELSH CHEESE CAKES.

One egg, its weight in butter, sugar and flour; $\frac{1}{4}$ teaspoonful baking powder, scraps of pastry and jam. Line 3 greased patty pans with scraps of pastry, put a small teaspoonful of jam in each. Beat butter and sugar to a cream; add the flour and egg by degrees. Mix well, then add baking powder. Put 1 teaspoonful of the mixture in the center of each patty pan. Bake in hot oven for 15 minutes.

Edith Leask.

CALIFORNIA CAKE.

Three-fourths teacup sugar, 2 cups flour, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, $1\frac{1}{2}$ teaspoons baking powder, 3 eggs and pinch of salt. Mix all dry ingredients, rub butter well into flour, add eggs and milk. Put into well-greased tin and bake for almost $\frac{1}{2}$ hour. This will make a good sized cake. This can be enriched by adding raisins when mixing dry ingredients.

Grace Keatinge.

BLACKBERRY-JAM CAKE.

One cup sugar, 2-3 cups butter, 4 eggs, $1\frac{1}{2}$ cups flour, 2 tablespoonfuls sour milk in which dissolve 1 teaspoon soda, 1 teaspoonful cinna-

mon, grated nutmeg, 1 cup blackberry-jam. Bake in layer and put together with boiled icing. Charlotte Bailey.

SOFT FROSTING.

Melt 2 teaspoonsful cocoa in hot water, add white of 1 egg, 2 cups confectioner's sugar and 1 teaspoonful vanilla. Beat all together till stiff enough to spread, not to run.

YELLOW FILLING OR FROSTING.

Yolks of 2 eggs, 2 cups powdered sugar, 2 tablespoonsful of sherry wine. Beat, not stir, all together 10 minutes.

CHOCOLATE CAKE.

One-half cup butter, 1 cup white sugar, (pulverized), 1 cup brown sugar, 4 eggs beaten separately, 3 squares of Baker's unsweetened chocolate, 1 cup sour milk, $2\frac{1}{2}$ cups flour, 1 teaspoon baking powder, 1 teaspoon soda; flavor with vanilla. Cream the butter and sugar, add the yolks of eggs beaten and beat all together; add chocolate, (dissolved in double boiler), then sour milk, (into which soda has been dissolved.) Sift flour with baking powder. Fold in lightly the well beaten whites. Eva Kerns.



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SCOTTISH FANCIES.

One egg, $\frac{1}{2}$ cup sugar, 2-3 tablespoon melted butter, $\frac{3}{4}$ cup rolled oats, $\frac{1}{4}$ cup cocoanut, 1-3 teaspoon salt, $\frac{1}{4}$ teaspoon vanilla. Drop from the end of teaspoon on buttered tins. Cook until brown.

Jennie Glass.

COOKIES.

Yolks 4 eggs, 1 even cup butter, $\frac{1}{2}$ cup milk, 2 cups sugar, 1 teaspoon soda. Vanilla flavoring.

J. R.

CREAM COOKIES.

One cupful sour cream, $\frac{1}{2}$ cup sugar, 2 eggs, 3 cups flour, 1 teaspoon soda, a little vanilla. Roll out very thin and bake in a quick oven

Mrs. Evans.

COOKIES.

Three eggs, 1 cup sugar, 1 large cup butter, 1 teaspoon baking powder. Flour enough to roll. Any flavoring. Bake in quick oven.

Mrs. Neil.

WHIPPED CREAM AND KISSES.

Whip 1 pt. sweet cream, sweeten and flavor to taste, to a stiff froth. Fill dish with kisses and pour cream over them.

Mrs. Evans.

CRISP COOKIES.

Cream 1 cup of butter with 2 cups granulated sugar. Add 2 eggs well beaten, yolks and whites separately. Work into it 3 cupsful of sifted flour, with 1 teaspoon baking powder. Work it into a smooth dough, which can be rolled thin. Bake in a quick oven, a delicate brown. For vanilla wafers, flavor with vanilla; for spice cookies, add nutmeg and mace; for sand cookies, put blanched almond in center of each and sprinkle with granulated sugar.

Georgia Townsend.

HERMITS.

Two cupfuls sugar, 1 cupful butter, 1 cupful chopped raisins (stoned) in 3 tablespoons milk, 1 nutmeg, 1 teaspoon each of cloves and cinnamon, 6 cups of flour. Roll about $\frac{1}{4}$ -inch thick and cut. Bake in quick oven about 12 minutes.

Mrs. H. G. Candee.

HERMITS.

Three eggs, $1\frac{1}{2}$ cups sugar, 1 cup butter, 1 cup chopped raisins, 1 cup chopped walnuts, 1 teaspoon ground cloves, 1 teaspoon cinnamon, 1 small teaspoon soda. Flour enough to stiff dough. Drop from spoon in buttered pans and bake in moderate oven.

M. N. George.

GINGER SNAPS.

One pt. molasses, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup lard. When it boils, take off and stir in 1 teaspoonful soda and 1 teaspoonful of vinegar. When cold mix in flour enough so you can roll it thin. Cut with biscuit cutter and bake in quick oven.

Mrs. Wilber.

GINGER COOKIES.

Two cups brown sugar, 1 egg, 2-3 cup butter, $\frac{1}{2}$ cup sweet milk, 1 teaspoon soda, 1 teaspoon ginger. Flour to roll soft; cut $\frac{1}{2}$ inch thick.

Mrs. Wilber.

MOLASSES COOKIES.

One cup molasses, 1 cup sugar, 1 cup butter, 1 cup boiling water, 1 tablespoon ginger, 1 tablespoonful soda. Add flour enough to mix soft and drop from a tablespoon.

Mrs. Wilber.

PEANUT WAFERS.

One-half cup sugar, 2 rounded tablespoonfuls butter, 2 eggs, 2 tablespoonfuls milk, 2-3 of a cup of flour, 1 teaspoonful baking powder, 1 cup chopped peanuts, 1 teaspoonful vanilla, pinch of salt. Drop from teaspoon.

MARGUERITES.

Make a meringue of the white of one egg and 4 tablespoonfuls of powdered sugar. Spread this on "Dainty Chip" crackers and sprinkle with finely chopped walnuts. Place in shallow pan and set in warm oven for a few moments.

M. I. O'B.

SAND TARTS.

One cup sugar, 1 cup butter, 1 tablespoon sour cream, 1 teaspoon soda, 1 egg. Roll thin and cover with white of egg. Sprinkle with sugar and cinnamon. Cut square and bake in quick oven.

M. I. O'B.

POTATO DOUGHNUTS.

Five large potatoes, 1 tablespoon of butter, 3 eggs, 1 cup warm water, 2 cups white sugar, 5 teaspoons baking powder, 3 pts. flour. Boil potatoes and beat to a very smooth mass with the butter. Add the eggs (well beaten), then warm water and sugar. Last add flour with baking powder sifted through, flavoring it. Roll out soft and fry in fresh lard.

DOUGHNUTS WHICH NEVER FAIL.

Two eggs well beaten, 1 heaping cup sugar beaten with the eggs, $\frac{1}{2}$ teaspoon salt, 1 tablespoon melted butter, 1 cup sour milk, 1 even teaspoon soda dissolved in water, $\frac{1}{2}$ nutmeg. Flour to roll.

Minnie Churchill.

ROLLED OAT MACAROONS.

Into $2\frac{1}{2}$ cups of rolled oats stir 2 even teaspoonfuls of baking powder and a little salt. Add 1 tablespoonful of butter softened. 2 eggs and 1 cup sugar, 1 teaspoonful vanilla. Mix well and drop a little from a teaspoon $2\frac{1}{2}$ inches apart on buttered tins. Bake in moderate oven 10 minutes, or until slightly brown.



Puddings--Deserts

MINT SAUCE FOR ROAST LAMB.

Four dessert spoonfuls of chopped mint, two of powdered sugar, $\frac{1}{4}$ pt. of vinegar. Wash the mint, which should be young and fresh. Pick the leaves from the stalks, mince them very fine and put in a tureen; add the sugar and vinegar and stir till sugar is dissolved. Prepare several hours before using.

PORT WINE SAUCE FOR PUDDINGS

Cream 1 cup granulated sugar and 1 tablespoon of butter. Add 1 glass port wine. Mix well then place covered bowl over boiling water and steam to a clear liquid. Stir now and then while steaming.

Blanche Fitch.

SIMPLE SAUCE FOR HOT PUDDING.

One cup water, 1 cup sugar, boil for 5 or eight minutes. Add tablespoon of corn-starch (dissolved in water). Flavor with brandy or vanilla and nutmeg.

Mrs. George.

LEMON SAUCE.

Beat 2 tablespoonfuls of butter and nearly a pound of sugar until light. Add juice and part of rind of 2 lemons and 2 eggs; beat well and stir into it 2 cups boiling water and boil a few moments.

Mrs. Nichols

FRUIT JELLY.

First make lemon jelly, adding sugar according to the fruit to be used; when beginning to set, add bananas sliced thin, white grapes, oranges cut in small pieces and figs; serve with whipped cream or a thin custard.

Mrs. Nichols.

LEMON JELLY.

One box Knox's sparkling Gelatine, $1\frac{1}{2}$ cups of sugar, 1 pt. cold water, two pts. boiling water and the juice of 3 lemons. Soak the gelatine in 1 pt. of cold water for five minutes, add 2 pts. boiling water, $1\frac{1}{2}$ cups of sugar and stir until dissolved; add the juice of three lemons, strain through jelly bags into moulds.

Mrs. Nichols.

STRAWBERRY WHIPPED CREAM.

One quart red strawberries, one pound sugar, three pints of thick sweet cream, 1 cup of cold water and 1 box of gelatine. Cover the fruit with sugar, mash together and rub through a sieve. Dissolve the gelatine in 1 cup of cold water and set in a place where it will warm gradually. Whip cream to a froth, pour in the dissolved gelatine

and continue whipping, with pan set on ice, until quite firm, then add the strawberry pulp. When firm fill individual charlottes with it, well piled above the edge.

Mrs. Nichols.

MAPLE CREAM.

Eggs 4, Maple syrup 1 large cup, gelatine, 1 tablespoon, cream 1 pt. (whipped), vanilla. Beat the eggs, heat the syrup and pour gradually into eggs. Let this mixture come to a boil, watching very carefully, remove from stove, add the gelatine (previously dissolved in enough cold water to cover). When cool add the whipped cream and vanilla. Pour into little glass cups and set on ice. May be served in three or four hours.

France Cochrane.

AMBER CREAM.

Half a box of gelatine, soaked 10 minutes in a qt. of milk. Put it on the stove in double boiler and let it come to a boil, then add the yolk of six eggs, well beaten; and seven tablespoons of powdered sugar. Let it thicken like boiled custard and then let it cool for a few minutes after which, beat in the well beaten whites of six eggs; flavor with vanilla and pour in jelly mould.

Mrs. H. G. Candee.

MARSH MALLOW PUDDING.

Beat whites of four eggs until very stiff, add $1\frac{1}{2}$ cups sugar, beating it in gradually. Put one tablespoon of Knoxe's gelatine to soak in 1 tablespoon of cold water. When soaked, dissolve over hot water and beat it gradually into the eggs and sugar. Add a teaspoon of vanilla and beat thoroughly. Cool in mould and serve with custard or whipped cream.

Mrs. E. H. Moore.

MARSH MALLOW PUDDING.

One fourth of a box of Knoxe's gelatine.

One-fourth cup of cold water, whites of five eggs.

One cup of powdered sugar. Vanilla flavoring.

Place gelatine in the cold water in a vessel of hot water until thoroughly dissolved. Beat whites and gradually beat in the sugar and flavoring, then slowly add the dissolved gelatine, beating constantly. Place on ice in small molds or in one mold for an hour and serve with whipped cream.

Elizabeth Fitch.

MOCK CHARLOTTE.

Moisten 4 level tablespoonsful of corn starch with a half cup of water, add 1 pt. of boiling water and stir until it reaches the boiling point, add $\frac{1}{2}$ cup sugar, pour slowly, while hot, into the well beaten whites of 4 eggs, add 1 teaspoonful of vanilla and pour at once into a mold. Serve with a soft custard sauce made from the yolks of the eggs and 1 pt. milk.

Mrs. D. F. Richards.

CHARLOTTE RUSSE.

Soak $\frac{1}{4}$ box gelatine in $\frac{1}{2}$ cup of milk for five minutes; when dissolved set cup in hot water, using gelatine lukewarm; into 1 pt. whipped cream add $\frac{1}{2}$ cup of pulverized sugar, a little salt, and the beaten whites of two eggs, and flavor with vanilla; then add gelatine and strain while pouring in; stir until gelatine is well mixed with the cream, and when nearly stiff enough to drop, turn into mold, lined with lady fingers or narrow slices of sponge cake having cake even on top, first dipping cake in white of egg. One tablespoonful of wine may be added to cream.

Mrs. Nicholas.

CHARLOTTE RUSSE.

Use 1 pt. of cream whipped till stiff. One ounce gelatine, dissolved in 1 gill of hot milk. Whites of 2 eggs well beaten, teacup powdered sugar, vanilla flavoring. Mix eggs, sugar and cream together, then beat in gelatine. Milk should be cold before added to other ingredients. Line a dish with slices of sponge cake or lady fingers and fill with cream. Set on ice to cool.

LEMON CREAM.

Beat the yolks of 4 eggs with 4 tablespoons sugar, juice and rind of large lemon and 2 tablespoons of hot water. Simmer until it thickens, take from the fire; when cold, stir in the whites of 4 eggs beaten stiff with 2 tablespoons of sugar. Serve cold.

Florence K. Hall.

FLOATING ISLAND.

Three eggs, three tablespoons of raspberry jam, some thick cream or custard. Mix whites of eggs and jam together, whisk till very stiff. Place on a glass dish with cream or custard about it.

Grace Keating.

BAKED CUSTARD.

The yolks of 6 eggs, 1 qt. of boiled milk. Sweeten and flavor the milk before adding the eggs. Strain well through a sieve, pour into cups, set in a pan of hot water and bake until they shape.

Mrs. Evans.

CHOCOLATE CUSTARD SOUFFLE.

Two cups milk, $\frac{1}{2}$ cup flour, $1\frac{1}{2}$ oz. of chocolate, $\frac{1}{4}$ cup of sugar, four level tablespoonful of butter, one teaspoon of vanilla extract, 4 eggs. Cream the flour and butter together and stir into the milk, scalded over hot water, stir until thickened slightly then add the chocolate melted and the yolks of the eggs beaten and mixed with the sugar. Bake in a buttered pudding dish, set in a pan of hot water for half an hour. Serve at once with the following.

FOAMY SAUCE.

One egg, 1 cup sugar, 1 cup of hot milk or cream, $\frac{1}{2}$ tablespoon vanilla extract. Beat the yolk of the egg until light colored and thick, add the sugar gradually, then the milk or cream and flavor and beat it into the white of the egg, beaten until foamy.

Mrs. Nichols.

SHORTCAKE.

One cup flour, 1 teaspoon baking powder, 1 heaping teaspoon butter, a little salt, enough milk to form dough.

Sift flour, salt and baking powder together, rub butter well into these ingredients with a fork, then add enough milk to make a soft dough. Divide dough into two parts. Roll each part into shape; place one on buttered tin, spread with butter, then add other half of dough and bake; use same cake with any kind of fruit.

Mrs. J. R. Cameron.

LEMON SHORTCAKE.

Make a rich shortcake, split and butter; then take the rind, pulp and juices of 2 lemons, 1 cup sugar, 1 cup of cream. Mix thoroughly and spread.

Mrs. Nichols.

STRAWBERRY SHORTCAKE.

Three tablespoons of sugar, 1 of butter and 7 of milk. One egg, 1 cup flour, 1 heaping teaspoon of baking powder. Cream butter and sugar together, add milk, then add flour and baking powder sifted together. Add well-beaten egg. Bake in moderate oven.

Mrs. Jepson.

STRAWBERRY SHORTCAKE.

Make a good biscuit crust and roll out about $\frac{1}{4}$ of an inch thick and cut into 2 cakes the same size and shape, spread 1 over lightly with melted butter and lay other over it and bake in hot oven. When done, they will fall apart. Butter them well. Mix the berries with plenty of sugar, set in a warm place until needed. Spread the berries in alternate layers, having berries on top and over all, spread whipped cream or Charlotte Russe. The juice that has run from the fruit can be sent to the table and served as cut.

Mrs. Nichols.

COMPOTE OF DATES.

Black dates 1 lb., Sugar 1 cup, water 2 cupfuls, vanilla 1 tablespoonful, chopped nuts $\frac{1}{2}$ cup, 2-3 cup Sherry wine. Let water and sugar boil 5 minutes. Add stoned dates. Let this mixture stand 1 hour over the gas turned very low. Then add nuts, vanilla and wine.

Let cool and serve in little glass cups with whipped cream and 1 cherry in each cup.

Madeline Fitch.

DATE PUDDING.

One pt. sifted flour, 2 slightly rounding teaspoonfuls of baking powder, $\frac{1}{2}$ teaspoon of salt, 2 rounding tablespoonfuls of sugar, 2 rounding tablespoonfuls butter, 1 egg, $\frac{3}{4}$ cup of milk, add $1\frac{1}{2}$ cups of dates cut into very small pieces; flour the dates. Sift together the flour, salt, baking powder and sugar, rub butter into this mixture thoroughly. Beat the eggs until light; add the milk to it, pour over the other ingredients, and mix quickly and lightly into a batter; add the floured dates, and turn into a baking pan and bake for 15 or 20 minutes in a moderate oven. Serve with vanilla sauce.

VANILLA SAUCE FOR ABOVE.

Cream half a cup of butter; add gradually a cup of sugar, and stir until light and creamy. Place a rounding tablespoonful of corn starch in a sauce pan, moisten with a little cold water and pour over it 1 pt. of boiling water. Place over the fire and cook until clear. At serving time, stir this hot mixture into butter and sugar; stir until thoroughly mixed; add a teaspoonful of vanilla and serve.

Mrs. Nichols.

FIG PUDDING.

One lb. of figs chopped fine, 1 cup nut meats, 2 cups bread crumbs, 1 cup brown sugar, 1 cup finely chopped suet, 2 eggs well beaten, 1 large tablespoonful of molasses, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ cup flour, 1 teaspoonful of salt, 1 teaspoonful of cinnamon, $\frac{1}{2}$ teaspoonful of cloves. Steam 3 hours, serve with hard or lemon sauce.

QUINCE PUDDING.

Six quinces, 1 pt. cream, 8 eggs, $\frac{1}{2}$ lb. of sugar, $\frac{1}{4}$ lb. butter. Boil the quinces tender, scrape them from skins; mix all well together and bake.

Mrs. Evans.

ENGLISH PLUM PUDDING.

One lb. raisins, 1 lb. currants, 1 lb. chopped suet, buttermilk, a little mixed peel, $\frac{1}{2}$ teaspoon baking soda, $\frac{1}{2}$ lb. flour $\frac{1}{2}$ lb. brown sugar $\frac{3}{4}$ lbs. bread crumbs. Put dry ingredients in bowl and mix thoroughly. Add buttermilk to make into firm dough, turn into a cloth which has been dipped into boiling water, well drained and floured, tie up very tightly, put into pot of boiling water and boil gently, without cover for 5 hours, on day of serving, boil for two hours more and serve with lemon sauce.

Grace Keatinge.

OLD ENGLISH PLUM PUDDING.

One lb. each of chopped suet, currants, raisins, light brown sugar and bread crumbs, 1 lb. eggs (about 9) whites and yolks, beat one white separately. Half a lb. of candied orange and citron peel. 1 pt. of milk. Mix all dry ingredients together, then add the milk and well beaten eggs. Every member of family should beat and stir the pudding to bring good luck. This is done over night. The next morning a final beating is given. Since coming to America the recipe calls for 3 teaspoonfuls of baking powder, to be added the last thing. When final stirring is done, put into well buttered moulds or bowls; tie well floured cloths over it and boil 12 hours.

From a recipe over one hundred years in our family.

Mrs. A. Basley.

PRUNE PUDDING.

Wash and cook 1 lb. of prunes, as if for sauce; take out stones and cut finely; add 1 cup sugar, pinch of salt; beat whites of 2 eggs very stiff and stir with prunes; set in oven just long enough to brown. Serve cold with cream.

Pearl Parcher.

APPLE SNOW.

Three apples, 1 tablespoon brown sugar, whites of 2 eggs, juice of $\frac{1}{2}$ lemon, 1 teaspoon white sugar. Peel, core, and slice apples, stew to a pulp with brown sugar and lemon juice. Set aside to cool. Beat whites to a stiff froth, add white sugar, pass apples through a sieve. Whisk all together till stiff. Serve on a glass dish.

Grace Keatinge.

APPLE SNOW.

Peel and grate 1 large sour apple, sprinkling over it a small cupful of powdered sugar as you grate it, to keep it from turning dark. Break into this the whites of 2 eggs and beat it all constantly for half an hour. Take care to have it in a large bowl as it beats up very stiff and light. Heap this in glass and pour a fine smooth custard around it and serve.

Lisa K. Maw.

CREAM AND APPLES.

Pare, quarter and core 12 apples; steam till you can run straw through them; then put into dish you wish to serve them in; grate the yellow rind and juice of 1 lemon and pour over apples. Whip a pt. of cream till stiff. Sweeten and pour over apples quarter of an hour before serving.

Mrs. Evans.

APPLE PUDDING.

Place thin slices of buttered bread in a pudding dish, then add a layer of chopped apples and a sprinkling of cinnamon. Alternate layers of buttered bread and apples till dish is full, have the last layer of bread. Make following sauce: 1 tablespoon of corn starch, moistened with a little cold water, add $1\frac{1}{2}$ cups of boiling water, a tablespoon of butter, $\frac{3}{4}$ of a cup of sugar and a little nutmeg. Boil about 10 minutes, then pour this over the pudding and bake it until apples are done.

Mrs. Hays,

APPLE DUMPLING.

Peel and core medium sized cooking apples. Pastry as for biscuit, only richer. Roll and cut in slices 2 inches wide. Fold around center of apples. One cup sugar and $\frac{1}{2}$ cup butter creamed together. Pour cup of boiling water into the mixture, mix till smooth. Pour over apples and bake till apples are done.

BAKED APPLE DUMPLING.

One pt. of flour, butter size of egg and lard. Sift the flour and a saltspoon of salt. Mix the butter and lard through the flour until you cannot see the shortening; then stir in cold water until ready to roll out. Cut and pare good cooking apples in quarters enough to use. Pinch well together the crust around the round dumplings, bake in a good hot oven. Any sauce can be used.

Mrs. Evans.

ORANGE TRIFLE.

Peel and slice 3 oranges; place them with sponge cake layer about, in glass dish, pour syrup over it, sprinkle with cocoanut. Make custard with 2 eggs and some milk and pour over all. To make syrup, put rind and juice of 1 lemon and 1 orange to $\frac{1}{4}$ pt. of water, sugar to taste and let come to boiling point.

Grace Keatinge.

BREAD PUDDING.

Cream a tablespoon of butter and scant cup of sugar. One half cup of buttermilk with a level teaspoon of soda dissolved in it. A tablespoon of molasses, cup of raisins, spice to taste, a cup of bread crumbs, put together like cake, making stiff batter by adding flour with a little baking powder in it. Serve with either butter sauce or whipped cream.

Lela Douglass.

SUET PUDDING.

One cup chopped suet, 2 eggs, $\frac{3}{4}$ cup molasses, $\frac{3}{4}$ cup brown sugar, 1 cup raisins, 1 cup sour milk, 1 teaspoonful soda, 1 teaspoon of cinnamon. Flour namon, $\frac{1}{2}$ teaspoon of cloves and $\frac{1}{2}$ teaspoon of to stiffen, steam 3 hours.

BREAD PUDDING.

One pt. of bread crumbs, 1 qt. milk, 1 cup white sugar, yolks of 4 eggs, grated rind of 1 lemon together, and stir in the bread crumbs; Bake. Beat the whites of 4 eggs with 4 spoonfuls of sugar to a stiff froth. Spread currant jelly over the top of pudding and over this the whites of the eggs. Bake till brown in oven. Mrs. Evans.

BREAD PUDDING.

Soak some stale bread in hot water until soft, then put into vegetable press and press out water. To 1 cup of bread add 2 cups of milk, 2 eggs (whites and yolks beaten separately), and 1 teaspoon of salt. Pour into buttered pudding dish and bake in quick oven until the custard is "set". Serve with hard sauce.

Florence K. Hall.

TAPIOCA PUDDING.

One cup of tapioca soaked over night in qt. of water. Add 3 cups brown sugar, 1 tablespoonful vanilla. Put in oven and bake, stirring occasionally. Serve with whipped cream. Miss Bailey.

TAPIOCA CREAM.

One-fourth cup tapioca, 2 cups scalded milk, 2 eggs, 1-3 cup sugar, $\frac{1}{4}$ teaspoon of salt, flavor to taste. Soak tapioca for 1 hour in enough water to cover, drain, add to the scalded milk and cook in a double boiler until the tapioca is transparent. Add sugar and salt to the yolks of eggs and beat slightly. Pour the milk and tapioca slowly into the yolks, stirring all the while. Return the mixture to the double boiler and cook until it thickens, stirring constantly. Remove from stove, add well beaten whites of eggs, flavor and serve cold. Mrs. Jepsom.

MERINGUE PUDDING.

One qt. of milk, 3 eggs, $\frac{1}{2}$ cup sugar, 1 pt. bread crumbs. Scald the milk, stir in the yolks of eggs, beaten well with sugar; pour this over the bread crumbs and add a pinch of salt. Bake 20 minutes in a pudding dish. When cold, add a layer of preserves, and then a meringue of the whites of the eggs and powdered sugar. Return to the oven and brown slightly. Mrs. Evans.



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LEMON PIE.

Mix 3 tablespoons corn starch with $\frac{3}{4}$ cup sugar; add $\frac{3}{4}$ cup boiling water, stirring constantly. Cook 2 minutes. Add yolk of 2 eggs; 1 teaspoon butter; grated rind and juice of 1 lemon. Line a plate with pastry. Turn in mixture, when cooled, and bake until pastry is done; cool slightly and cover with meringue. Put in oven and bake meringue.

Daisy Moore.

LEMON PIE.

Cream 1 tablespoon butter with 1 cup sugar. Dissolve a heaping tablespoon of corn starch in a gill of cold water, and stir it into 1 cup boiling water until it is clear and smooth. Beat into it the sugar and butter. When cool, add the juice and grated rind of 1 medium sized lemon and beat into it 1 well whipped egg. Fill in a baked pie crust shell and make a meringue of the white of 1 egg beaten stiff, with 2 tablespoons sugar. Spread on top of the filling, place in warm oven to turn a delicate brown.

Georgia S. Townsend.

PUMPKIN PIE.

One pt. sweet milk, 1 pt. stewed pumpkin, $1\frac{1}{2}$ cups sugar, 3 eggs, 1 tablespoon vanilla, $\frac{1}{2}$ nutmeg, 1 tablespoon cinnamon, 1 tablespoon ginger, 1 scant teaspoon salt, 3 tablespoons butter. Beat eggs separately and add whites last.

Mrs. Fry

SQUASH PIE.

One cup stewed squash, 1 cup sugar, 1 pt. milk or cream, 2 eggs, 2 tablespoons melted butter, a little salt, ginger, cinnamon and vanilla to taste.

Mrs. Evans.

CREAM PIE.

One pt. milk, 1 heaping tablespoon flour, 3 tablespoons butter, yolks of 2 eggs, salt to taste. Use whites of eggs to put on top.

M. I. O'B.

MINCE MEAT FOR PIE.

One lb. beef suet, 2 lbs. apples, 1 lb. powdered sugar, 1 lb. raisins, 1 lb. currants, $\frac{1}{2}$ oz. mixed spice, a little cinnamon and nutmeg, 1 teaspoon salt, 3 oz. orange peel, 1 oz. citron peel, 1 oz. lemon peel, $\frac{1}{2}$ pt. brandy, juice of 1 lemon and rind of half.

C. E. Basley.

RIPE CURRANT PIE.

One cup mashed ripe currants, 1 cup sugar, 2 tablespoons water, 1 tablespoon flour beaten with the yolks of 2 eggs. Bake. Frost the top with the beaten whites of the eggs and 2 tablespoons powdered sugar. Brown in oven.

Mrs. H. G. Candee.

APPLE OR PEACH TARTS.

Make an under shell of pie crust. Pare and cut apples in half. Put 1 layer, round side down in pie; cover well with granulated sugar, cinnamon or nutmeg, and rub with butter, adding a tablespoonful of water. Dust with flour and cook in moderate oven until brown.

Frozen Dainties

MILK SHERBET.

One qt. milk, 1 pt. sugar, juice 2 good lemons and 1 teaspoon lemon extract. Freeze. Jessie Morgan.

LEMON MILK SHERBET.

One qt. milk, 2 cups sugar, 4 or 5 lemons, grated rind of 1 lemon. Scald together the milk, 1 cup sugar and grated rind of lemon. When cool, freeze. When nearly frozen add 1 cup sugar dissolved in lemon juice. Finish freezing. Mrs. Ellet Perkins Parcher.

PINEAPPLE SHERBET.

One can sliced pineapple, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ teaspoon, gelatine. After straining liquid from pineapple, add sugar and 1 pt. cold water. Boil 15 minutes, then strain through cheese cloth. Add to other liquid and cool. Dissolve Knox's gelatine in 3 teaspoons cold water, strain into pineapple liquid and freeze. Blanche Fitch.

FRUIT ICE.

Three-quarters of lb. figs, 1 of English walnuts chopped fine, $\frac{1}{2}$ pt. best sherry wine, mixed together; add this to 2 qts. cream and $1\frac{1}{2}$ lb. sugar, when cream is half frozen. Anna C. Hoff.

COFFEE MOUSSE.

Beat yolks of 2 eggs; add $\frac{1}{2}$ cup sugar and pour $\frac{1}{2}$ cup strong coffee over yolks. Beat whites of eggs very stiff and 1-3 cup coffee, $\frac{1}{2}$ pt. or nearly 1 pt. of cream and $\frac{1}{2}$ cup coffee. Whip cream stiff, add whites, then rest of mixture. Pack in ice and salt and let stand 4 hours. Florence K. Hall.

VANILLA ICE CREAM.

One pt. cream, 1 pt. milk, 1 cup sugar, 1 teaspoon vanilla and 2 eggs, well beaten. Freeze.

MAPLE PARFAIT.

Beat the yolks of 6 eggs until light, add $\frac{3}{4}$ cupful of maple syrup, beating constantly. Place mixture in medium hot stove and stir while cooking. Cook until mixture makes a thick coating on the spoon, then turn into a bowl and beat until cold, then add slowly a pint cream. When thoroughly mixed, freeze. Pauline G. Saylor.

CARAMEL ICE CREAM.

One qt. cream, $\frac{1}{2}$ teaspoon Knox's gelatine, caramel. Caramel-- In an iron skillet melt 1 cup granulated sugar. Then set on back of stove and add 1 pt. hot water. When dissolved, cool. Dissolve gelatine in 2 teaspoons cold water, strain into cream and add caramel to suit taste. Freeze. Blanche Fitch.

MILK SHERBET.

One qt. milk, 1 scant pt. sugar, 2 teaspoons lemon extract, juice of 2 good lemons. Freeze. Mrs. Morgan.

Pickles

PICKLED FIGS.

One pt. good vinegar, 1½ pt sugar, 3 pts. fruit, or as much as the vinegar will cover. Cloves, cinnamon and allspice to suit taste. Boil until you can pierce easily with a fork. Boil the syrup 2 or 3 times during the week.

C. E. Basley.

DILL PICKLES.

Take medium-sized cucumbers and cover with a pail of water, into which has been dissolved a handful of salt. Cover with grape leaves and cut up dill, stalks, leaves and seeds and put over all.

CHILI SAUCE.

Five large onions, 8 green peppers, 30 ripe tomatoes chopped fine; add 5 tablespoons sugar, 3 of salt, 8 teacups vinegar. Boil all together 2½ hours and bottle for use.

Mrs. M. Z. S.

STUFFED PEPPERS.

Remove the seeds from the peppers. Mix breadcrumbs, chopped meat, butter and grated cheese. Stuff the pepper skins with the mixture and bake until brown. Serve with tartar sauce.

F. A. Rowland.

COLD CATSUP.

One-half peck ripe tomatoes, 1 cup onions, 2 bunches celery, 2 green peppers. Chop the above and drain. One cup sugar, 1½ cup white mustard seed, 1 tablespoon black pepper grains, 1 teaspoon whole cloves, 1 qt. vinegar, salt to taste. Put in Mason jars and seal. Ready for use at once.

Mrs. Rodenhouse.

SWEET TOMATO PICKLE.

Fifteen lbs. sliced green tomatoes, sprinkle with salt and let stand over night. Drain. Dissolve 5 lbs. granulated sugar in 1 qt. best vinegar, add 1 oz. each broken stick cinnamon, whole cloves, celery and mustard seed. Boil until tomatoes are tender.

Mrs. A. B. Fitch.

Preserves

CRANBERRY SAUCE.

Wash 1 qt. of cranberries in cold water, put in 1 pt. of water and boil rapidly 10 minutes or until the berries pop. Press through a colander, return to kettle, add 1 lb. sugar and stir over the fire until the sugar is thoroughly melted (about 2 minutes), turn out to cool.

Mrs. Evans.

LEMON BUTTER.

Take the juice of 6 lemons and the grated rind of 1 lemon, 6 eggs, 1 lb. sugar, 1½ lb. butter, mix together and let mixture simmer in a double boiler until it thickens, (about 30 minutes). If not sweet enough add more sugar to taste.

APRICOT MARMALADE.

After preparing a pineapple, weigh it and take 3 parts of pineapple to 5 of apricot; add ¾ lb. sugar to each lb. of fruit. Mix each separately in a dish with the sugar and let it stand over night. Then boil slowly until thick.

Mrs. Williams.

ORANGE MARMALADE.

Take from orange only orange colored part of the peeling and chop fine. Throw white skin away and slice orange part. Prepare lemons same way; 3 lemons to 1 doz. oranges. Cook 1 hour.

K. Colwell.

ORANGE MARMALADE.

To 5 oranges add 1 lemon. Slice very thin, weigh; to 1 lb. of fruit add 3 pts. water. Let stand 1 day, then boil ¾ of an hour; let stand another day. Weigh, and to 1 lb. add 1½ lbs. sugar. Boil ¾ of an hour. When cool it is ready for use.

Mrs. C E. Basley.

STRAWBERRIES (like "Gordon and Dillworth's.")

One lb. strawberries, 1 lb. sugar; let stand over night. Remove berries carefully and boil juice until nearly thick. Add fruit and boil a few moments more.

Mrs. Williams.

PRESERVED WATER MELON RIND.

Cut, (then weigh), the green and all the pink off and cut into pieces to suit, (about 1x1½ inches). Put into a bucket or pan, with 1 cupful unslaked lime and let stand over night. Wash thoroughly let it stand in running water for a while. Leave in water while bringing to the boil enough water to cover it, with a piece of alum in it the size of an egg. Put the rind in and let boil until tender, about half an hour then wash again. Make syrup with 1¼ lbs. sugar to the 1 lb.

of rind and water enough to cover it, a little mace (whole) and plenty of ginger, (whole), if you could get a Chinaman to get you some green, so much the better, as then you can eat it too. If not, hammer the ginger a little. We had to get it at a drug store, twenty-five cents worth. We had ours boiling the most of the day yesterday. Yes, we made it then, weren't we naughty? But it was good. It doesn't matter if not boiled all at one time, just put it on another time, it won't hurt. If the syrup boils away too much just add some water. One is left to just use one's own judgement, and put in jars like other fruits and for the dried, we had a little in a smaller pan, and put ground ginger in, which makes it a brown color, and let it absorb the most of the syrup, then spread on a plate and put in the sun, out of reach of the ants, and the girls, or it will disappear. I think, and I hope, I have given you a clear enough description of the process, but perhaps you will not have time to bother with it.

Miss Stephens.



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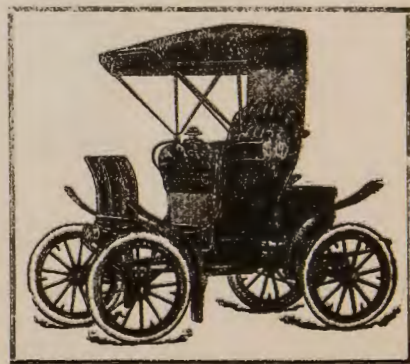
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Demonstration



CALIFORNIA SWEETS.

One cup dates, 1 cup figs, 1 cup walnuts, put through food chopper, then cover with powdered sugar. Roll paste until $\frac{1}{4}$ inch thick and cut in strips 4 inches long. In center of each place a piece of a walnut, roll in powdered sugar again and serve.

Jennie Grass.

CANDIED FLOWERS.

Violets, primroses, rose leaves or lilac blossoms may be used. Pick the flowers when dry and just opening, without any stalks. Boil 1 lb. loaf sugar and 1 teacupful water until when dropped in water it becomes hard and brittle. Throw the flowers into the sugar a few at a time and keep them in until the syrup boils again. Stir the sugar round the edge of the pan until it grains and turns white, then gently stir the flowers about until the sugar leaves them. Drain them on a fine cloth and place on a sieve to dry in a slightly warm oven, turning carefully 2 or 3 times. When dry pack in tins.

Miss A. A. Wright.

CANDIED APRICOTS.

Equal measures of fine cane sugar and ripe orange-colored apricots. In a large shallow granite pan place the peeled apricots and sugar and let stand over night. In the morning remove fruit with wire egg-beater and cook the syrup until it is quite thick. Have a hot fire until syrup begins to boil, then boil slower. Remove from fire and place fruit in hot syrup, cover the pan with a net and place in the sun. Remove the fruit next morning and heat syrup again, then place fruit in hot syrup, cover and put in hot sun. If fruit is not clear by night, repeat until it is. Then remove fruit from syrup and place on flat dishes, removing syrup as fruit dries. Pack in wooden or pasteboard boxes, a layer of sugar and a layer of fruit.

Mrs. Haas.

MARSH MALLOWS.

Two cups granulated sugar, 2-3 cup water, 2 tablespoons gelatin dissolved in 8 tablespoons water. Boil syrup until it threads, then pour into a bowl, add the dissolved gelatine and beat constantly until the mixture is very thick. Add the vanilla flavoring and put out on a board dusted with powdered sugar, also dust top of candy with sugar; when cool cut into little squares and roll each one in sugar.

For pink marshmallow use the fruit coloring and strawberry flavoring. Beat first with wire spoon egg-beater then a spoon.

Frances Cochrane.

BUTTER SCOTCH.

Two cups sugar, 2 tablespoons water, butter size of an egg. Boil without stirring until when tried in cold water it is brittle. Pour on buttered plate and cool.

Mrs. Evans.

good - makes + cooks exactly
like recipe

PEANUT BUTTER WAFERS.

Two cups white sugar, $\frac{1}{2}$ cup sweet milk. Boil 5 minutes, then stir in $\frac{1}{2}$ cup peanut butter which has been mixed soft with cold water and a pinch of salt. Take from fire and beat till creamy, add a teaspoonful of vanilla, then drop from teaspoon on buttered platter.

J. R. M.

PEANUT BRITTLE.

In a warm iron skillet put 1 cupful granulated sugar; as this melts move it about with a spoon, breaking any little lumps with the edge of spoon. When melted take off the fire and add 1 cupful chopped peanuts; with the spoon push this about until syrup and peanuts are well mixed then turn into a buttered tin and with another spoon and knife press it out to a thin sheet and mark into squares.

Blanche Fitch.

WHITE TAFFY.

Three cups sugar, 1 tablespoonful vinegar, $\frac{3}{4}$ cup water, 1 tablespoon butter. Boil till it hardens in water. Flavor with vanilla.

Edna Sandison.

CREAMED TAFFY.

Two cups granulated sugar, 1 tablespoon glucose, $\frac{3}{4}$ cup water, vanilla flavoring. Boil sugar, glucose and water until very hard when dropped in cold water. Add vanilla and put on buttered plate. When cool pull till very white and stiff, cut in small pieces and let stand until creamed.

Elizabeth Fitch.

CHOCOLATE FUDGE.

Two cups granulated sugar, 1 cup sweet milk, butter size of an egg, cake of chocolate 1 inch square, grated. Stir until hardens, then flavor with vanilla and beat until it creams.

Harriet L. Candee.

FUDGE.

Three cups of brown sugar, $\frac{3}{4}$ cup of sweet milk, butter size of an egg, $\frac{1}{8}$ lb. unsweetened chocolate. Let boil slowly about 10 minutes or till a few drops in cold water will form a soft ball, then take from fire and stir until it begins to thicken; add a teaspoonful of vanilla and turn into a buttered platter; when cold cut in squares.

Jessie Morgan.

PENOCHIE.

Three cups brown sugar, 1 cup milk, piece of butter size of a wal-

nut. Boil until it can be formed into a soft ball when tried in cold water. Remove from stove; add a cup of chopped nuts and stir until it begins to stiffen. Pour into buttered tins and mark off into squares before entirely cold.

Anna C. Hoff.

PENOCHIE.

One and $\frac{1}{2}$ cupfuls sugar, $\frac{1}{2}$ cup maple syrup, 2-3 cup milk, $\frac{1}{2}$ tablespoon glucose, $\frac{1}{2}$ cup nuts. Boil sugar, syrup, milk and glucose until a little creamy when stirred in a dish. Then pour in a bowl, add nuts and stir until very creamy, then put on buttered plate and cut into squares.

Madeline Fitch.

CHOCOLATE PEPPERMINTS.

Two cups granulated sugar, 1 small tablespoon glucose, 1 cup water, 8 drops of oil of peppermint, $\frac{1}{2}$ cake unsweetened chocolate, 2 teaspoonfuls of confectioners' sugar, $\frac{1}{4}$ of a square inch of paraffine. Boil sugar, glucose and water until it threads, then pour into a bowl and when cold add peppermint and stir until white and creamy, then drop on paraffine paper. Dissolve chocolate, sugar and paraffine in a small cup placed in a vessel of boiling water. When perfectly smooth, dip mints in chocolate with a long silver pin and place on paraffine paper.

Elizabeth Fitch.



CHEESE

A NICE DISH OF CHEESE.

Half lb. grated cheese, $\frac{1}{2}$ as much bread crumbs, 2 teaspoonfuls of butter, 1 coffee-cup sweet milk. Mix cheese, butter and bread-crumbs together season with salt, pepper and mustard, bring milk to boil and pour over this. Set it over boiling water until cheese dissolves, then add it to the yolk of 3 eggs, stir well and add 2 whites of eggs whipped to a stiff froth. Butter a shallow pan or pie-plate, pour in the mixture and bake.

Mrs. J.

ESCALLOPED CHEESE.

Butter 3 or 4 slices of bread and cut them into small cubes, lining the bottom of a deep dish with some of it and add an equal amount of cheese broken finely and alternate bread and cheese until you have 4 layers. Mix 1 cup milk with 2 eggs beaten together, add a little salt. Pour this over bread and cheese and bake in hot oven 20 minutes.

CHEESE SOUFFLE.

Blend 1 tablespoonful butter and 1 tablespoonful flour, add 1 cup milk, 1 cup grated cheese, yolks of 3 eggs well-beaten, salt and pepper. Cook in pan, in which it is to be served, set down in a kettle of boiling water. A double boiler will not do as well. When the cheese has melted, add the well-beaten whites of eggs. Cover tightly and do not disturb it till the souffle has cooked 15 minutes. Serve quickly.

Mrs. Hays.

CHEESE FONDUE.

One cup scalded milk, 1 cup soft bread crumbs, $\frac{1}{4}$ lb. cheese (grated $\frac{1}{2}$ cup), 4 tablespoons butter, $\frac{1}{2}$ teaspoon salt, yolks 3 eggs, whites 3 eggs. Scald the milk, add bread crumbs, then butter, salt, cheese, yolks beaten and lastly the beaten whites folded in. Cook in baking dish in hot oven 10 or 12 minutes.

Jennie Glass.

CHEESE SANDWICHES.

Take 3 hard-boiled eggs, 3 quarter lb. common cheese grated, 1 teaspoonful salt, 1 teaspoonful pepper, 1 teaspoonful prepared mustard, 3 tablespoonfuls melted butter (or olive oil), 3 tablespoonfuls vinegar (or cold water). Put yolks of eggs into a small bowl and mash; add to it butter and mix smoothly with a spoon; add salt, pepper, mustard and cheese, mixing each well. Lastly put in the vinegar, which will make it of the proper consistency. This is easily made and very nice.

Mae Hanchett.

EGGS

EGGS A LA CREME.

Six eggs, 1 tablespoon flour, $\frac{1}{2}$ teaspoon of salt, 1 tablespoon of butter, $\frac{1}{2}$ pt. milk, pepper to taste. Boil the eggs 15 minutes, remove the shells, cut them into halves crosswise, slice a little off the bottom to make them stand. Put the butter in a frying pan to melt, add the flour, mix until smooth, add the milk and stir continuously until it boils, add the salt and pepper. Stand the eggs on a heated platter, pour the sauce over and around them. Serve hot. Mrs. Evans.

CREAMED EGGS.

Boil hard 1 dozen eggs; slice them; have a qt. of milk boiling with a little salt and a little flour, 1 teaspoonful of butter. Fill the baker with a layer of beaten egg and cracker; add some black pepper, then pour on the milk and bake a short time. Mrs. A.

BAKED OMELET.

One pt. of milk thickened with 1 tablespoon flour; bring to boiling point, then cool. Beat 4 eggs separately; when light, stir into milk; a little salt put into buttered pan and bake 10 to 15 minutes.

Mrs. J. J. Pickett.

BEAUREGARD EGGS.

Five eggs, 1 tablespoon of corn starch, $\frac{1}{2}$ pt. milk, 5 squares of toast, lump of butter size of walnut, salt and pepper to taste. Cover eggs with boiling water and boil 20 minutes. Take off their shells. Chop the whites fine and rub the yolks through a sieve. Do not mix them. Now put the milk on to boil; rub the butter and corn starch together and add to boiling milk. Add whites, salt and pepper. Cover the toast with a layer of white sauce, then a layer of yolks, a layer of the sauce and the remainder of the yolks. Sprinkle with salt and pepper, stand in the oven for a minute or two and serve.

DEVILLED EGGS.

Boil as many eggs as are required, for 10 minutes; put them into cold water, when cold, shell, cut into halves, lengthwise; remove the yolks and rub them to a smooth paste, with a tablespoon of chopped tongue to 6 eggs; a dessert spoon of salted oil; salt and cayenne pepper to taste; a few drops of onion juice and half a teaspoon of French mustard; fill the vacancies and garnish with pastry.

Mrs. Rodenhouse.

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Chafing Dish

BROOK TROUT. (Blazer.)

Clean fish carefully and dredge with flour. Put 2 tablespoonfuls of butter in a chafing dish and when hot, lay in the trout and fry to a nice brown. Serve as soon as done, with thin slices of peeled lemon.

Lela Douglas.

SMELTS. (Blazer.)

Carefully open smelts at the gills, drawing each one between your finger and then beginning at the tail, wash, then dry with cloth. Then salt and roll them in meal and flour. Put 1 ounce of butter in chafing dish and when hot, drop in smelts and fry to a crisp brown. Serve very hot, with a little mayonnaise.

Elizabeth Fitch.

SHRIMP WIGGLE. (Both)*

One can French peas, 1 can shrimps, 1 cup of cream, 1 teaspoon butter, salt and pepper to taste. Serve in patti shells or salted wafers.

Mary L. Garrett.

SARDINES ON TOAST. (Both)

Drain and remove skins from 1 doz. sardines. In blazer put 1 tablespoonful butter, 1 of sauterne, a little tabasco and 2 tablespoonfuls of Ancovy paste, then lay sardines in carefully and when heated through, serve on little strips of buttered toast.

Florence Hall.

FROG SADDLES. (Both)*

Melt 3 tablespoonfuls butter in blazer; stir in 1 of flour; when smooth, add 1 gill cream, salt, pepper and nutmeg. Cover and cook 20 minutes. A little more cream may be added while cooking, if necessary.

Grace Keatinge.

CREAMED OYSTERS. (Both)

Cream $\frac{1}{2}$ tablespoonful each of butter and flour. Put in blazer and when melted add 1 pt. milk, 1 whole clove, a little nutmeg and salt. When creamy, add 1 pt. oysters; heat through and serve on buttered toast.

Jessie Morgan.

CREAMED CHICKEN. (Both)

Cream 2 tablespoonfuls of butter and 1 heaping of flour; put in blazer and when melted, add gradually 1 cupful chicken stock, then 1 of cream. Let cook 10 minutes, stirring constantly; then add 2 cupfuls chicken cut in pieces. Salt and pepper to suit taste. Serve in patti shells.

Helen Wills.

BROILED SWEET BREADS. (Blazer)

Parboil 1 pair sweet breads which have stood 1 hour in ice water. Cut them lengthwise, trim, sprinkle with salt and white pepper. Dip in melted butter, lay in hot blazer. Cook delicate brown.

Blanche Fitch.

BROILED QUAIL. (Blazer)

Cut the birds open down the back. Put 2 tablespoonfuls butter in blazer; when it begins to brown, put birds in, cover and cook 5 minutes, turn and cook 5 minutes longer; when nicely browned, add 1 gill highly seasoned broth and 1 of Port or Claret; 1 tablespoonful mushroom catsup, salt and pepper to suit taste. Serve on toast.

Anna Hoff.

VEAL WITH ASPARAGUS TIPS. (Both)

Rub 1 tablespoonful butter and yolks of 2 hard boiled eggs to a paste, and heat it with $\frac{1}{2}$ pt. milk, stirring until thoroughly blended. Then add 2 cupfuls tender veal, 1 of cooked asparagus tips, and salt and pepper to suit taste. Cook 5 minutes and serve in patti shells.

Hattie Candee.

FRICASSEE OF DRIED BEEF.

Melt 1 tablespoonful butter in $\frac{1}{2}$ pt. milk, add 1 cupful finely chopped beef and cook 5 minutes. Then add 2 beaten eggs slowly and stir until sauce is thick. Serve on toast.

Miss Stephens.

WELSH RAREBIT. (Both)

In the chafing dish put a teaspoonful butter. Let simmer, then add 1 lb. chopped American cheese, stir constantly and gradually add $\frac{1}{2}$ glass of ale or beer. When the cheese and ale are well blended, add the yolk of 1 egg into which has been mixed 1 teaspoonful dry mustard, 1 of Worcestershire Sauce, butter, a dash of red pepper, 1 of black pepper and a little tabasco sauce. Let it have one more heating and serve immediately on salted crackers.

Florence Hall.

*Both blazer and hot water pan.

Memorandum

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Janet's
furniture polish

1 pint gum turp-
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1/2 " boiled
linseed oil

3 teaspoonfuls
vinegar

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FIRST FOLD HERE

The inside of a banana peeling rubbed on brown shoes gives them a good polish.

The Mail

Things Worth Knowing

Ammonia removes stains from marble.

Wash brushes in ammonia water. Soap and soda softens them. Use ammonia in cleaning brass, coal oil in cleaning nickel.

To set color, a teaspoon of turpentine and one of ammonia to one gallon of water.

Mix your polish with weak alum water to make your stove look well and to keep it bright.

Put lard on a fresh bruise; a little soda or water on a sting or burn and turpentine in a cut. Wrap a cloth to exclude the air.

To remove fruit stains, stretch the piece over a vessel and pour boiling water in a small stream from a distance of two or three feet, over the stained surface.

To remove grass stain, wash in alcohol.

The inside of a banana peeling rubbed on brown shoes gives them a good polish.

Weights and Measures

4 even teaspoonfuls.....	1 even tablespoon.
2 even tablespoonfuls.....	1 ounce.
16 large tablespoonfuls.....	$\frac{1}{2}$ pint.
8 large tablespoonfuls.....	1 gill.
4 gills.....	1 pint.
4 ounces.....	1 gill.
8 ounces.....	1 cupful.
1 even tablespoonful butter or lard.....	1 ounce.
$3\frac{1}{2}$ even tablespoonfuls flour.....	1 ounce.
1 pint sifted flour.....	9 ounces.
1 pint unsifted flour.....	11 ounces.
1 pint granulated sugar.....	about 14 ounces.
1 pint coffee A sugar.....	13 ounces.
Butter size of egg.....	2 ounces.
Butter size of walnut.....	1 ounce.
$1\frac{1}{2}$ cupfuls granulated sugar.....	1 pound.
$2\frac{1}{2}$ cupfuls powdered sugar.....	1 pound.
1 pint liquid.....	1 pound.

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Months of the Year When Fish are in Fine Condition

- Bass, (white or black) April to June, September to November,
Brill, January to March, September to December, (inclusive).
Blue fish, January to December, (inclusive).
Cat fish April to June, September to November, (inclusive).
Cod, January to December, (inclusive).
Crabs, May to December, (inclusive).
Eels, January to May, August to December, (inclusive).
Flounder, February to April, July to October, (inclusive).
Grayling, August to December, (inclusive).
Gurnard, January to February, September to December, (inclusive).
Haddock, January to December, (inclusive).
Hake, January—July to December, (inclusive).
Halibut, January to March, October to December, (inclusive).
Herring, April to December, (inclusive).
Ling, January to April, November to December, (inclusive).
Lobster, January to December, (inclusive).
Mackerel, (Spanish) January to March, June to July, October to December, (inclusive).
Mackerel, April to June, August to October, (inclusive).
Mullet, (red) April to October, (inclusive).
Mullet, (gray) July to October, (inclusive).
Muscallonge, April to June, October to November, (inclusive).
Mussel, June to March, August to December, (inclusive).
Oysters, January to April, September to December, (inclusive).
Perch, April to June, September to November, (inclusive).
Pickerel, April to June, September to November, (inclusive).
Pike, January to December, (inclusive).
Plaice, January to April, October to December, (inclusive).
Pompano, April to June, October to December, (inclusive).
Prawn or Shrimp, February to October, (inclusive).
Red Snapper, January to July, September to December, (inclusive).
Salmon, (Columbia River) April to June—September, (inclusive).
Salmon, April to June, (inclusive).
Scallops, August to November, (inclusive).
Sea Trout, April to May, (inclusive).
Shad (Southern) January to February, November to December, (inclusive).

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- Shad, (Northern) March to June, (inclusive).
Skate, January to April, November to December, (inclusive).
Smelts, January to April, November to December, (inclusive).
Sole, January to February, June to December, (inclusive).
Sturgeon, January to December, (inclusive).
Terrapin, January to February, September to December, (inclusive).
Trout (Lake) April to July, (inclusive).
Trout, (Brook) March to July, September to November, (inclusive).
Turbot, January to April, October to December, (inclusive).
Whitefish, June to December, (inclusive).
Whiting, January to March, September to December, (inclusive).
Whitebait, March to May, October to December, (inclusive).



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