
REBECCA'S



COOKBOOK

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TO MY LADY

Rebecca's
Cookbook



WASHINGTON, D. C., 1942

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by Rebecca West.

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REBECCA

Photo by Jack Wilson

AN INTRODUCTION TO THE AUTHOR

"It was back in 1905," began Rebecca, "I'd been with Mrs. Hitchcock—you know the Mrs. Hitchcock I mean—the mother of Mr. Tommy Hitchcock, the big polo gentleman—well, I'd been there for a year and a half. And she was goin away and she give me a wonderful recommendation and some money. I was young then and terrible fond of dressin up. I decided to stop in New York on my way to Washington and buy some elegant clothes at Macy's. I had a big heavy pocket-book of money. That was the time people was wearin them hobble skirts."

At this point Rebecca slaps her knee and lets out one of those great, warming laughs of hers.

"Well, of course, I buys me a hobble skirt and a pair of 10-cent earrings and lots of little knick-nacks to hang around my neck and a big hat with feathers on. The first day in Washington, paradin down the street, I runs into my pastor.

"'Sister!' he said. 'You can't walk good anyway—what you doin with that hobble on? One day you'll fall down on your face and won't be able to get up again . . .'

"It was gettin late in the season an a friend of mine I was livin with at the time says to me, 'Rebecca, why don't you try to get yourself a job instead of spendin all your money dudin around here?'

"So one day I answered an ad in the paper. I dressed all up in my Macy earrings—I jus love earrings—never used to take 'em off, even in the kitchen. I had my whole trunk on my back. My new hobble skirt and my big feathered

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hat, an a fur piece a lady gave me. You know, one of them you th'o back round your neck.

"I went up to the front door—it was Mrs. Biddle's house—you know Mrs. Biddle?

"And the maid said to have a seat on the hall rack, Mrs. Biddle would be right down.

"I don't know what got into me that day," continues Rebecca, looking suddenly very serious. "But I just didn't seem to have my wits about me. When Mrs. Biddle came a walkin down the stairs, I jus sat alookin at her and just kep right on sittin.

"She said, 'Good morning, what will you have?'

"I come to see you about the job as cook,' I tol her.

"What? And you haven't manners enough to stand up when the lady appears? Where in the world have you worked before? But it doesn't matter, you have no manners, and I don't want you around. Please get out of my house. I am looking for a cook—not for a retired lady.'

"When I got home an tol my frien about it, she said, 'You don't have right sense anyhow runnin aroun looking for a job with all them flashy cloes on.'

"Well, I felt so low in my mind I jus laid down to rest and decide not to look for any more jobs.

"The next day the maid from Mrs. Biddle's came to the house and ask me to come back and see her. Her butler has tol her, I guess, that I had done very well with all the rich people I come in contact with, and that I was a good Church member. She asked me to please come quick and cook dinner for Admiral Staunton. You know Admiral Staunton? He had dropped in unexpected from China, and she was in a big hurry to get goin, so I went back home and got dressed in my workin cloes and went back and cooked dinner, and the Admiral sent down word it was the best dinner he had ever et!"

Perhaps now you know a bit about Rebecca. From now on, with wisdom, with humor, with kindness, and a rare dramatic instinct, Rebecca will speak for herself. E. P.

PREFACE

When I use to go round a lot, I begin gettin letters tellin me that they thought I didn't give folks enough receipts in my column. One lady said that she read the column every week and told her cook to read it. Then she said the cook begin complainin that she would be a better cook if she could travel all over and learn new dishes the way Rebecca does.

The lady said she would appreciate it if I would give more receipts now an then that she could give to her cook and quit puttin ideas about travelin in her head.

So I can tell you, after that, I didn't say a word about Long Island or Bar Harbor or the Bohommas Island, not much anyways. And I give plenty receipts.

Which is what is good about this cookbook. Folks can just skip these front parts where I gab away and theres plenty receipts followin.

Hope you makes as much use of em as I has!

—REBECCA.

REBECCA'S COOKBOOK

BREAD

Nuthin like soft spoon bread on a cold day.

When I was a chile I used to see my mother make it down home. But that was in big amounts (there was 16 of us to sit down to the table) an I never imagined how to make a single receipt till I went down to Aiken—you know—Aiken in South Carolina.

You see, I was down there with Mrs. Hitchcock and her aunt Mrs. Eustis, who was livin with her. You know the Mrs. Hitchcock I mean? Well, one day she sent for me and said, "Rebecca, do you know how to make soft spoon bread?" I was so slow in answerin that she said, "No, I see you don't. Well, I'm going to give you a recipe which I want you never to forget."

An I never have. My spoon bread is very eatable, everybody says. Here's the receipt and some other thoughts in the bread line besides:

Rebecca's Spoon Bread

2 cups white corn meal
2½ cups boiling water
1½ tsp. melted butter
1½ tsp. salt
Yolks of 2 eggs
1½ cups buttermilk
1 tsp. soda
White of 2 eggs

Add cornmeal gradually to boiling water and let stand until cool. Then add butter, salt, egg yolks slightly beaten, and buttermilk mixed with soda. Beat two minutes and add the whites of eggs beaten until stiff. Turn into a buttered pudding dish and bake in moderate oven for about 40 minutes.

Waffles

Measure 2 cups sifted flour; add 2 teaspoons baking powder and ½ teaspoon salt. Sift again.

Combine 3 well beaten egg yolks, 1 cup milk and 4 tablespoons melted butter. Add to flour mixture and beat until smooth. Fold in 3 egg whites stiffly beaten. Bake in a hot waffle iron. Makes four 4-section waffles.

Dumplings

1½ cups flour
3 tsps. baking powder
1 tsp. salt
1 egg
1 cup milk

Sift dry ingredients together and work in shortening with two knives. Add milk to the beaten egg and combine thoroughly with dry ingredients. Drop by spoonfuls in boiling stew and steam for 15 to 20 minutes, keeping the stew boiling continuously. Do not thicken the stew until dumplings are cooked.

Corn Meal Muffins

- 1 cup corn meal
- 1 cup flour
- ½ tsp. salt
- 4 tps. baking powder
- 1 cup milk
- 2 eggs
- 2 tbsps. shortening

Mix and sift the meal and flour, add the milk to the eggs. Bake in well-greased muffin pans in a hot oven.

Fluffy Muffins

- 1 egg
- ¼ cup sugar
- ¼ cup melted fat
- ½ tsp. salt
- 1 cup milk
- 2 cups flour
- 4 tps. baking powder

Beat the egg, add sugar, milk and salt and melted fat. Mix thoroughly. Measure and sift flour and baking powder, sift together. Add the wet ingredients to the dry. Mix only enough to moisten the dry ingredients. Do not over-mix. Pour into greased muffin tins and bake in a 425-degree oven about 20 to 30 minutes.

Quick Rye Muffins

- 1 cup rye flour or rye meal
- 1 cup white flour
- Sift together through a fine sieve.
- 1 tsp. salt
- 2 tbsps. brown sugar
- 4 tps. baking powder
- 1 egg, beaten
- 2 tbsps. melted shortening
- 1 cup milk

Add the beaten egg and shortening to the well sifted flour, salt, sugar and baking powder mixture, then add the milk gradually. Put in greased muffin tins

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and bake 20 to 25 minutes at 400 degrees.

Fluffy Virginia Biscuits

- 2 cups of flour
- ½ tsp. salt
- 4 tbsps. shortening.
- 4 tps. baking powder.
- 1 cup of milk

Sift dry ingredients into bowl. Cut in shortening with flour. Pour milk into mixture and stir briskly. Allow to stand 3 minutes. Roll out and cut with small cutter. Bake in biscuit pans from 10 to 12 minutes in hot oven.

Graham Muffins

- 1¼ cups of white flour
- ¾ cup of graham flour
- 4 tps. of baking powder
- ¾ tsp. of salt
- ¼ cup of granulated sugar

1 egg
1 cup of milk
4 level tbsps. of butter, melted over hot water.
Beat egg until light and add to milk, then add to dry ingredients which have been sifted together. Do not beat. Pour into greased muffin pans. Bake in quick oven for about 20 minutes.

Apple Pancakes

- 1 tbsp. fat
- 1 tbsp. sugar
- 2 eggs
- 1½ cups flour
- 1 tsp. baking powder
- 1 cup apples, chopped
- Cinnamon
- Milk

Cream the fat and sugar, add the beaten eggs, the flour sifted with the baking powder and cinnamon and the finely chopped apples. Then gradually add milk

to make a medium batter. Bake on a griddle as for ordinary pancakes and serve in an overlapping row around a platter.

Popovers

- 1 tsp. sugar
- 1 cup flour
- 1 cup milk
- ½ tsp. salt
- 2 eggs
- 1 tbsp. melted butter

Mix salt and flour and sugar together, stir in the milk gradually, and add eggs beaten until light. Beat thoroughly. Bake in well-greased popover pans for 20 minutes in a hot oven. Then reduce heat to moderate and bake 20 minutes more.

Hot Cross Buns

- 1 cup of milk, scalded
- ½ cup of sugar
- 3 tbsps. of melted butter
- ½ tsp. of salt
- 1 yeast cake dissolved in ¼ cup of warm water
- 3 cups of flour
- 1 egg, well beaten
- 2 tps. of cinnamon
- ½ cup of currants

Combine the sugar, salt, butter and milk. When lukewarm, add the dissolved yeast cake and egg and mix well. Sift the flour and cinnamon together and stir into the yeast mixture. Then add the currants and mix thoroughly. Cover and let rise until double in bulk. Shape dough into large biscuits and place on a well-buttered baking pan. Let rise. Beat one egg and use to brush top of each biscuit. Make a cross on each biscuit with a very sharp knife. Bake in a hot oven (400 degrees)

for 20 minutes. Fill the cross with a plain frosting.

Griddle Cakes

Old-Home Favorite

Serve with sausage and syrup.

- 2 cups sifted flour
- 1 cup sifted corn meal
- 4 tps. baking powder
- 1 tsp. salt
- 2 well-beaten eggs
- 1½ cups milk
- 2 tbsps. melted butter
- 2 cups of boiling water

The corn meal should stand in the boiling water until it swells. Then add the sugar and salt and milk. Add this mixture to the flour and baking powder which have been sifted together. Then add the well-beaten eggs. Bake on a hot, well-greased griddle.

Parkerhouse Rolls

Take one cake of yeast, one pint of milk, four tablespoons of sugar, four tablespoons of butter or lard, six cups (about) of sifted flour and one teaspoon of salt. Scald the milk, add the butter and allow it to become lukewarm, then add the yeast and sugar mixed together, the salt, and one-half the flour. Beat until perfectly smooth, cover and let rise in a warm place, for one hour, or until light. Then add the remainder of the flour and knead well until the dough no longer sticks to the board.

Place in a greased bowl, cover and let rise in a warm place until double its bulk. Roll out one-fourth of an inch thick, brush over lightly with melted butter, cut out with a biscuit cutter, crease

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through the center with the dull edge of a knife and fold over in pocketbook shape. Place in a well-greased shallow pan one-inch apart, cover and let rise until light. Bake for 10 or 12 minutes in hot oven.

Rum Buns

2 yeast cakes
 1/4 cup warm water
 1 cup milk (scalded)
 1/2 cup butter
 2 tbsps. rum
 3/4 cup sugar
 1 tsp. salt
 1 cup raisins (scalded and cut in small pieces)
 3 egg yolks
 1 egg white
 Flour (about 5 cups)

Soften yeast in warm water. Scald milk, add butter, sugar and salt. Cool, add flour to make thick batter. Add yeast, eggs and raisins. Beat well, add rum, set to rise. When risen, add remaining flour to make a soft dough and knead well. Place in greased bowl, cover and let rise until doubled in bulk. When light punch down. Make into small buns in muffin tins. Let rise again and bake in 375-degree oven for about 30 min-

utes. Remove from tins and pour about 3 drops of rum on bottom of each bun. Cool and ice with rum icing.

Icing

1 cup powdered sugar
 1 tbsp. rum
 Pinch of salt

Enough cream to make right consistency to spread. Put on top of each bun.

For coffee cake, roll dough out thinly, sprinkle with raisins, rum and sugar. Roll and cut in 2-3-inch slices with scissors. These should be baked about 45 minutes.

Soda (Sour Milk) Biscuits

1/2 tsp. soda
 2 cups white flour
 1 tbsp. baking powder
 3/4 cup sour milk
 2 tbsps. butter
 1/2 tsp. salt

Work flour into butter thoroughly. Add the dry ingredients and then pour on the milk gradually. Roll out and cut into rounds or drop into greased muffin pan. Bake about seven minutes in a hot oven (400 degrees F.).

CAKES AND COOKIES

Cakes and cookies, the very thought of em, always takes me right spang back to my chilehood. Not that we had em all the time—with 16 chillun in the family—but we thought about em a spell.

When the snow would start in those days I would really get excited an up-te-do. I was always considered quite a Tom-boy and I would play outdoors with my brothahs all the time. We used to hunt rabbits when the snow fell and such a to-do with traps and such you never saw.

We also used to spend hours making little traps of strips of wood. We used to catch birds in them and then turn the birds loose. My paw would never let us harm any animals and even my brothahs would be just as gentle with the little birds. We thought it was fun to see how many we could catch but the traps never hurt the birds at all.

Any case, here's the cakes and cookies receipts, which is what I'm drivin at after all:

Peach Cinnamon Cake

1/2 cup shortening
 3/4 cup sugar
 1 tsp. vanilla
 2 eggs
 2 cups sifted flour
 2 tsp. baking powder
 1/2 tsp. salt
 1/2 cup milk
 1 cup sliced peaches, well drained

Topping:

1/4 tsp. cinnamon
 1 tbsp. sugar
 1 tbsp. butter

Cream shortening and sugar together until light and fluffy. Add vanilla, then beaten eggs. Sift flour, baking powder and salt together and add to creamed mixture alternately with milk. Fold in 3/4 cup of the peaches. Pour into paper-lined square pan (8 by 8 by 2 inches). Arrange remain-

ing peach slices on top of batter. Sprinkle with mixture of cinnamon and sugar, dot with butter. Bake in moderate oven (375 degrees) about 45 minutes.

Serve warm with cream or lemon sauce.

Cheese Cake

Cream 3 cups of cottage cheese through a medium sieve to break up the curd. Add 1 cup of cream.

Beat together 4 eggs without separating, and add one cup of sugar, the juice and rind of one small lemon, 1/4 cup of flour and 1/2 teaspoonful of salt.

Add the cream and cottage cheese and beat until very smooth. Strain again through a fine sieve, forcing mixture through with back of spoon and discarding the hard, dry curd left in sieve.

Crust

Reduce one 6-ounce package of zweiback to fine crumbs. Add $\frac{1}{2}$ cup of sugar and 1 teaspoon of cinnamon. Mix together thoroughly, dry and then moisten with $\frac{1}{2}$ cup of melted butter.

Pack all but $\frac{1}{2}$ cup of this mixture into a spring mold, 9-inch, covering top and sides.

Pour in custard, taking care not to disturb lining of mold. Sprinkle the remaining half cup of crumbs over the top.

Bake in a slow oven for one hour. Do not open the door. After turning out gas, leave the cake in the oven for one hour to avoid falling.

Pineapple Frosting

2 egg whites
5 tbsps. pineapple juice
 $1\frac{1}{2}$ cups granulated sugar
1 tsp. Angostura

Place the two egg whites, $1\frac{1}{2}$ cups of sugar and 5 tbsps. pineapple juice in double boiler. Beat together until thoroughly mixed and place over boiling water, beating constantly with rotary egg beater for seven minutes, or until it will hold its shape. Remove from fire; add Angostura. Divide frosting into two parts. To one-half add the crushed pineapple drained from the can, mix thoroughly and spread between layers and on top of cake. Then beat the remaining half until of the proper consistency to spread, and spread on top and sides of cake, covering the pineapple. Place cake in a cool, dry place to ripen

for several hours or overnight before cutting.

Devil's Food Cake

$1\frac{1}{2}$ cups sugar
3 eggs, well beaten
2 cups flour
2 tsps. vanilla
1 tsp. baking soda
 $\frac{1}{2}$ cup butter
1 cup sour milk
2 tsps. baking powder
3 squares unsweetened chocolate
 $\frac{1}{2}$ cup boiling water

Cream butter and sugar together, then add the well-beaten eggs, beating all the time. Still beating, add 1 cup sour milk, flour, baking powder and vanilla. Melt 3 squares chocolate and beat in. Add last, 1 teaspoon baking soda in $\frac{1}{2}$ cup boiling water. Mix in very lightly. Pour into greased pans and bake in moderate oven (350 degrees) for 30 to 35 minutes.

Dixie Apple Sauce Cake

2 cups cake flour
 $\frac{1}{2}$ tsp. salt
1 tsp. soda
1 tsp. cinnamon
 $\frac{1}{4}$ tsp. cloves
 $\frac{1}{4}$ tsp. mace
 $1\frac{3}{4}$ cup creamed shortening
1 cup sugar
1 egg (unbeaten)
1 cup seedless raisins
1 cup thick apple sauce

Sift dry ingredients. Cream shortening, add sugar gradually and beat well; add unbeaten egg and raisins, mix well; add dry ingredients alternately with apple sauce. When thoroughly blended pour into greased loaf pan. Bake at 350 degrees for 40 to 50 minutes.

Pound Cake

1 lb. butter
1 lb. sugar
1 lb. flour
10 eggs
 $\frac{1}{2}$ cup orange juice
 $\frac{1}{2}$ tsp. salt

Cream the butter and the sugar thoroughly together. Add the well-beaten eggs. Sift the dry ingredients together, then add to creamed mixture, beating thoroughly to secure a fine grain. Pour into buttered angel-food pan and bake in a slow oven (320 degrees) for an hour and a quarter.

Walnut Drop Cookies

2 cups sifted flour
2 tsps. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ cup shortening
1 cup sugar
 $\frac{1}{2}$ tsp. vanilla
1 egg
 $\frac{1}{4}$ cup milk
 $\frac{1}{2}$ cup chopped walnuts

Mix and sift flour, baking powder and salt. Stir in walnuts. Cream shortening until soft, gradually beat in sugar, then vanilla and eggs. Add flour mixture alternately with milk, beating until smooth after each addition. Drop by teaspoon on greased baking sheet and bake in a moderate oven, 375 degrees, for 8 to 12 minutes.

Two-Egg Cake

2 cups flour
 $2\frac{3}{4}$ cup milk
 $\frac{1}{2}$ cup butter
1 cup sugar
2 eggs
2 tsps. baking powder

Cream sugar and butter, add slightly beaten eggs. Stir thoroughly. Add milk, and beat to-

gether. Add flour and baking powder, sifted together. Beat well. Pour into buttered pans and bake in moderate oven 25 to 30 minutes.

To make Rebecca's dainty coconut cupcakes, bake in cupcake tins instead of layer tins, and use the following icing:

Coconut Frosting

2 cups sugar
 $\frac{1}{2}$ cup water
1 tsp. butter
1 tsp. vanilla extract, or
 $\frac{1}{2}$ tsp. lemon extract
 $\frac{1}{2}$ cup grated coconut

Boil sugar and water to the soft-boil stage, then add butter and cook until thick enough to spread. Let cool and add flavoring, spread on cake and sprinkle coconut over the top.

Gingerbread

$\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ cup sugar
1 egg
 $\frac{3}{4}$ cup molasses
2 cups flour
1 tsp. soda
 $\frac{1}{2}$ tsp. salt
1 tsp. ginger
1 tsp. cinnamon
1 cup thick sour milk

Cream the shortening, add the sugar gradually. Cream thoroughly. Then blend in the well-beaten egg and molasses. Sift the flour once before measuring; then sift flour, soda, salt, ginger and cinnamon together, and add this to the creamed mixture, alternately with the sour milk. Pour into a well-greased and floured pan and bake 25 to 30 minutes in a slow to moderate oven.

Rebecca's Plain Cake

- 1 cup butter
- 1 cup sugar
- 5 eggs—stir the yolks in with the butter. Then beat the whites separately
- 1 cup milk
- 5 cups flour—sifted three times
- 3 tps. baking powder
- 1 tsp. vanilla, about

Cream the sugar and butter, mix with yolks, then add the other ingredients, beating them all together, with the whites, beaten separately, the last thing. Bake it in a moderate oven. Never bake a cake too fast.

Cup Cakes

(These little cakes I always makes just for my lady, but she likes 'em so much she wanted me to put 'em in for other folks, too.)

- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 1 1/2 cups flour
- 1 1/2 tps. baking powder
- 1/2 cup milk
- 1 tsp. vanilla

Cream butter and sugar, add eggs, breaking in one at a time and beating in well. Then add alternately flour, sifted, with baking powder and milk. Flavor with vanilla and bake in small muffin rings.

Confectioner's Frosting

- 2 egg whites
 - 1 cup confectioner's sugar
 - 1 tsp. vanilla
- Beat the egg whites stiff and add sugar gradually. Continue beating until the mixture is smooth and light. Add flavoring. Divide the frosting in half and add one block of melted chocolate

to one, making two icings. Sprinkle with a few nuts.

Brownies

- 2 eggs
- 1/4 cup brown sugar
- 1/2 cup flour
- 1/4 cup shortening
- 1/2 tsp. vanilla
- 2 squares chocolate, melted
- 1/2 tsp. salt
- 1/2 cup walnut meats cut fine

Melt chocolate and add it to the melted shortening. Beat eggs slightly and add remaining ingredients. Spread evenly in buttered tin (a square, shallow one is best), and bake 20 minutes in moderately slow oven. Cut in squares.

Chocolate Nut Drop Cookies

- 1 cup brown sugar
- 1/2 cup butter
- 2 eggs, beaten
- 1/2 cup sweet milk
- 2 cups flour
- 1/2 tsp. soda
- 2 squares of chocolate, melted
- 1 cup chopped nuts
- 1 tsp. vanilla
- Pinch of salt

Melt chocolate, add to melted shortening. Add sugar, eggs and milk, then the soda and flour sifted together. Drop from spoon on well-greased cookie sheets. Bake in a moderate oven 12 to 15 minutes.

Crisp Cookies

- 1 cup butter
- 2 cups granulated sugar
- 3 eggs
- Flour enough to make a stiff dough
- 2 tps. vanilla, lemon or almond flavoring

Cream butter, add sugar slowly, then beaten eggs and flavoring.



Photo by Jack Wilson

Horrors! The flour!

add enough flour to make a soft dough that can be rolled. Roll very thin and cut with any cookie cutter. Decorate dough with chopped nuts. Bake until light brown in moderate oven for 12 to 15 minutes.

Seven-Minute Frosting

2 egg whites
 1½ cups sugar
 Dash of salt
 1-3 cup water
 2 tsps. light corn syrup
 1 tsp. vanilla

Beat together egg whites, sugar, salt, water and corn syrup in top part of double boiler. Place over boiling water and continue to beat with rotary beater about seven minutes, or until frosting thickens enough to hold its shape when dropped from beater. Remove from boiling water, add flavoring and continue beating until stiff enough to spread.

Coffee Cake

1 cup scalded milk
 ¾ tsp. salt
 2/3 cup sugar
 4 tbsps. shortening
 1 yeast cake softened in
 ¼ cup warm water
 1 egg
 2 cups flour (about)
 Sugar and cinnamon.

Cool the milk and add the yeast and one-half the flour. Beat well and let rise until very light. Add the slightly beaten egg, sugar and

melted fat, mix thoroughly and add remaining flour. Let rise until almost double in bulk. Pour into shallow greased pans. When light, sprinkle thickly with sugar and cinnamon. Bake 20 minutes at 400 degrees F. Serve hot.

Chocolate Sour-Milk Cake

½ cup butter or other shortening
 1 cup sugar
 3 eggs
 ½ cup sour milk
 2 cups flour
 1/3 tsp. soda
 1/3 cup hot water
 1 square chocolate

Cream butter or shortening and sugar; add eggs, well beaten, and the milk. Add sifted flour. Dissolve the soda in the hot water and add grated chocolate to this mixture. Beat the mixture smooth and put in a well-greased loaf pan. Bake in a moderate oven (380 degrees F.) for 45 minutes.

Banana Shortcake

1 cup sugar
 1 tbsps. butter
 ¾ cup milk
 1 well-beaten egg
 1¾ cups flour
 ¼ tsp. salt
 2 tsp. baking powder

Cream sugar, butter, milk, egg, flour, salt and baking powder. Mix and bake in 2 layers. Lay diced bananas between and on the top, sprinkle well with fine sugar and serve with whipped cream.

COCKTAILS

About 20 years ago I called myself a "hot shot." I was always gettin all dressed up an goin places thinkin I was pretty good. One time I was invited to a friend's house on Christmas day. She served eggnog an I thought I knew all about it cause I had heard people talk about it so much.

It tasted just like a nice cold drink to me. I was doin a lot of talkin so I got thirsty an had a second drink of it. Well, I tell you I thought I was goin to die that night. It was the worst nightmare I ever had. The walls went round and the ceilin went round. An from that day to this I haven't never even tasted eggnog again.

We are strickly temprunce in our famly but I guess lots of folks feels like a little something when they gets tired. That's all right. We don't believe in interfering with other folks.

Anyways—here's what we bin leadin up to. Seein as how I don drink cocktails I sure ain't much of a hand at makin em. But my lady thought it might be good to put a cocktails part in this book an I think so, too.

So right here I will turn over to two ole friends of mine—to pre-side over the cocktails section. One, I fears, is no longer with us. Mebbe you remember old Alonzo he use to write receipts in our

paper, too. I'm sure if ole Alonzo wuz still livin he'd be glad to have us use his cocktails receipts. (Canapes, too.) I am proud to put em in my book.

The otha ole friend—guess I've known him bout 35 years—is George Young, the chef at Grasslands Club. Not many, I do hear, can get ahead of him in cocktail receipts.

Alonzo was always makin his receipts for cocktails and canapes to rhyme with things that was happenin at the time. In the followin pages is some things he made to match athletic events. An very propriate, too. Not jus the names match—but f'rinstance on the ones for baseball, he cut the toast canapes diamond shape with lil baseballs on em. He was very good at thinkin up cute names for his receipts.

He was real clever.

Here's some of Alonzo's nice cocktails which (I am told) is more plain than the ones with fancy names, which comes later.

Gin Punch

Use two tablespoonfuls of white sugar, one drink of seltzer, one and a half drinks of gin. Use a large glass, with three lumps of ice, and stir the mixture well. Serve with two slices of orange, one slice of pineapple, two berries and a straw.

Champagne, Alonzo

Fill a large glass half full of ice, add a lump of sugar, two teaspoonfuls of orange juice, and two dashes of angostura bitters. Fill the glass with champagne, stir well and serve with lemon peel.

Horse's Neck

Use a large glass. Cut rind of whole lemon in one long string. Place in glass with one end hanging over the rim, three lumps of ice, one drink of rye whisky. Fill glass with ginger ale and serve.

Dubonnet

1/2 drink dry gin
1/2 drink Dubonnet
3 dashes of orange bitters
Shake with ice and serve.

Brandy Alexander

1/3 brandy
1/3 fresh cream
1/3 Creme de Cacao
Add 3 cubes of ice and 40 shakes.
Strain and serve.

Rock and Rye

A pint of rye or Bourbon whisky
Slice of orange
Slice of lemon
1/4 pound rock candy
Let this stand in a jar for 24 hours. Then strain off whisky, refill the jar and let stand until the candy has dissolved.

Dry Martini, Alonzo

2/3 jigger best dry gin
1/2 jigger French vermouth
5 drops lemon juice

Pour over ice. Serve with green olive. (Note: Vermouth goes bad

—so watch the time on yours. Some people like to serve small white onions in their Martinis—in preference to olives.)

Raspberry Fizz

A drink of gin, a teaspoonful of sugar, two tablespoonfuls of raspberry juice and three tablespoonfuls of cream. Shake well with ice, strain into a large glass, and add very cold seltzer.

Tom Collins

Put into a large glass a half teaspoonful of sugar, a teaspoonful of lime juice, a drink of gin, and two lumps of ice. Fill the glass with plain soda.

John Toddy

Use an 8-ounce glass, and into it put a half teaspoonful of sugar and a drink of whisky. Keep a spoon in the glass to keep it from breaking while you fill it two thirds full of hot water.

Sour

Use a large, ice-filled glass, and to the necessary base add a half tablespoonful of sugar and two teaspoonfuls of lemon juice. Stir well, strain into the sour-glass, and add seltzer and a slice of lemon.

Bronx, Alonzo

Two parts gin, a half part of vermouth, a tablespoon of orange juice and a dash of Angostura bitters.

Alonzo's Manhattan

Two parts rye, one part Italian vermouth, a dash of bitters, a teaspoonful of lime juice and a cherry.

Whisky Flip

- 1 fresh egg
- 1 teaspoonful powdered sugar
- ½ teaspoonful lemon juice
- 1 large drink whisky

Shake well with little ice, strain and grate a little nutmeg over the top.

Applejack Cocktail

- Good-sized drink applejack
- 2 teaspoonfuls grenadine
- 1 tablespoonful lemon juice

Shake with a little ice.

Here's the baseball ones:

Cocktails**STRIKE OUT**

- 1 drink of dry gin
- 2 tablespoons orange juice
- 1/3 teaspoon of powder sugar
- Yolk of 1 egg.

Frappe well with ice. Strain into a 6-ounce glass and fill with plain soda.

FOUR BALL

- Juice of lime
- ½ teaspoon of powder sugar
- 1 wine glass of gin
- 1 wine glass of XX cream
- White of 1 egg

Shake well with ice. Serve at once. Drink should be like a white froth.

HOME RUN

- ¾ drink of rye whisky
- ⅛ drink of Bacardi
- ⅛ of lemon juice
- 1/3 teaspoon of sugar

Shake well with ice. Serve with lemon peel in glass.

Canape**SERIES CANAPE**

Cut toast in shape of diamond. Mix soft cream cheese or any kind

you prefer if it is soft enough to mix well to resemble a tiny baseball. Put it on the toast and under each ball write in tiny letters taken from boiled and chilled alphabet noodles the name of the playing teams. There is no end of fun when a Tiger rooster has to eat a "Cub" or vice versa. It will stimulate interest in both the party and the games. This idea can also be developed in football party canapes.

STRIKEOUT CANAPE

Cut bread out in shape of a baseball bat and toast. Spread with lobster paste.

Then Alonzo made some for football:

Cocktails**THE KICK**

Easy to drink and good to start your party with.

- 1/3 drink of Italian vermouth
- 2/3 drink of dry sherry
- 2 dashes of orange bitters

Stir with ice—strain and serve.

DROP KICK

Very powerful to end party and perfect to go home on.

- 2/3 drink of rye whisky
- 1/3 Italian vermouth
- 1 dash of Abbott's Bitters

Stir with ice—strain and, serve with red cherry in glass.

TACKLE

Help to get party together.

- Juice of ½ lime
- White of ½ egg
- 1 drink of dry gin
- ½ coffee spoon of grenadine

Shake well with ice—strain into cocktail glass and serve.

CANAPES

Hot dog canapes. Dog on a stick. (Rebecca's note—They speaks for themselves!)

An some for hosses:

Cocktails**NECK AND NECK**

- 1/3 whisky
- 1/3 sherry
- 1/6 lemon juice
- 1/6 grenadine

Shake well with ice. Strain and serve.

FLYING HOOFS

- 1/3 absinthe
- 2/3 rye whisky

Stir well with ice and serve

SWEEPSTAKES

- 2/3 dry gin
- 1/3 Italian vermouth
- 3 dashes orange bitters

Shake well with ice and strain into cocktail glass.

Canapes**"CHILE"**

Boiled white beans with pork
Black peppercorns freshly ground
Chile sauce

Fill a good-sized caviar-ette with beans. Sprinkle generously with pepper and almost cover with chile sauce. Serve at once so the caviar-ette will keep its shape. Splendid for cold days.

TOP HONORS

Spread round pieces of toast with caviar seasoned with lemon juice and onions. Place small raw oyster on each. Garnish with thin slice of lemon and serve immediately. This canape should be served sparingly.

Here's a collection of Alonzo's receipts without any fronts to em—because I hear they're pretty interesting all by themselves. (Course I wouldn't know.)

Cocktails**ROCK AND RYE COOLER**

- 1 drink of rye whisky
- 1 small piece of rock candy

Add juice of 1 lemon and stir until candy dissolves. Serve in same glass with 1 piece of ice and 1 small slice of orange.

HOLLYWOOD GLASS

- 2/3 drink of dry gin
- 1/3 drink of grapefruit juice

Shake with little ice and serve.

REELER

- 1/3 drink of anisette
- 1/3 drink of curacao
- 1/3 drink of brandy
- Add yolk of 1 egg

Shake well with ice. Strain and serve.

Canapes**CALF'S BRAIN BITES**

Separate ½ cup of boiled or canned calf's brains into small pieces and place in a frying pan with a little hot fat. Add 4 eggs slightly beaten with 1 teaspoon cream and season to taste. Cook as for scrambled eggs. Serve in broiled mushroom caps on tiny pieces of toast or in heated caviar puffs. Sprinkle top with paprika.

OPEN HOUSE

Mix ½ cup of Roquefort cheese, ½ cup of cream cheese, 1 tablespoon of pistachio nuts, 1 teaspoon of minced onions and 2 teaspoons chopped olives. Mix until a paste is had. Pile in a bowl and place

on table with thin rye crisp toast and let guests spread their own.

My lady was once tellin me about a time she was out the Grasslands Club with two otha ladies. Was a hot afternoon. An they askt my frien Young to make em somethin cool to drink. Well, he brought em each a lil glass, not tall atall. Looked about like pink lemonade. An didn taste any stronger.

But, you know, one of those ladies drank that lil drink and it put her out like that. Well, Young was right sorry. He didn mean fo it to have that effect. The ladies, though, was more interested in how they couldn't tell before-hand it was a strong cocktail. An Young, who sometime says quaint remarks, says, "Well, I wraps my liquor round." An ever since he bin quite famous for that remark.

I think the name of that cocktail was "The Lightnin Calculator"—anyways you kin try and see—cause it's included among the followin receipts:

Lightning Calculator

Take a half lemon and put it into a mixing glass with a little orange juice and two teaspoons of powdered sugar. Muddle together, to get the juice from the lemon and the oil from the peel. Fill the glass with ice, add two jiggers of rye or Bourbon and the whites of two eggs and shake thoroughly. Strain into a 4-ounce glass and squirt in some fizz from a siphon.

Long Gin Fizz

Muddle a half a lemon in a glass with about a tablespoonful of granulated sugar and the juice of half an orange. Add two jiggers of gin and the white of an egg. Shake well until it's thoroughly cold, and strain it into a glass and use the siphon.

Pick-Me-Up

Peel a whole lemon, pinch it so the oil comes, and put into a lump of sugar on which you have put three dashes of bitters. Put this into a tall glass with ice, and fill with champagne.

Mint Julep

Put three sprigs of mint, three half-size sugar dominos and a little water into a glass and muddle them. Fill the glass with fine ice. Add a jigger of whisky and stir well. The ice will melt a little. Add some more, with a half slice of orange. Put another sprig of mint and another jigger of whisky on top, and don't stir. If the glass doesn't frost, then fan it.

New Orleans Silver Fizz

Muddle half a lime in a glass with three teaspoonsful of powdered sugar. Put fine ice with it in the shaker. Add two jiggers of brandy, a jigger of cream, six dashes of orange flower water and three dashes of Jamaica rum. Shake thoroughly, and then shake some more. Strain it into a gin fizz glass or goblet, and then use the siphon.

EGG AND CHEESE DISHES

This is a kind of mislayneous part. The receipts are things that you tuck in a menu here and agin. So I hope you won't mind if I talk about the Behommas Island a little.

The weather is just too beautiful down there. And the house is just a stone's throw from the ocean. I'm not throwin any stones at it, though.

I remember being down there and my lady's maid saying, "Rebecca, take off your shoes and stockings, saltwater is good for your feet." And before I saw it coming there was one big wave that just got my pettycoats all wet. I did not reckon on my reumatism but I did feel a little stiff after from it.

I don't regret it one minit though. When you are 68 like I am, you collect all the intrestin things that happen to you, whether they have reumatism in them or not. And specially when they have the Behommas Island in them.

Anyways here are those receipts for egg and cheese dishes, which are very nutritishus, and kin be very tasty:

Eggs Milanaise

6 eggs
2 tbsps. grated American cheese
2 tbsps. tomato ketchup

Put eggs in frying pan. Add cheese and ketchup and scramble.

Fluffy Omelet

$\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
 $\frac{3}{4}$ cup milk, scalded
2 tbsps. quick-cooking tapioca
1 tbsps. butter, melted
4 eggs, separated

Cook milk and tapioca with seasonings in top of double boiler for 10 minutes. Add the melted butter, then combine with the yolks of the eggs, stirring constantly. Fold in the whites, pour into hot,

buttered frying pan, and cook in slow oven for five minutes.

Will serve six.

Omelet With Meat or Vegetables

Mix and cook a plain omelet. Fold in finely chopped, cooked chicken, veal or ham, flaked fish, cooked peas, asparagus, cauliflower, or other vegetable. Or, serve omelet with medium white sauce to which any of these have been added.

Cold Egg Dish

Arrange 6 slices of tomatoes on a platter; pour some chili sauce over them.

Place on each sliced tomato one cold poached egg. Pour over

both mayonnaise dressing; sprinkle chopped pickles as finishing touch. Frilled lettuce around dish makes attractive and gala salad for any occasion.

Picnic Eggs, Deviled

Mash the yolks of hard-cooked eggs, season with salt, pepper, butter, a little mustard and vinegar. Minced potted ham may be added, or the yolks may be mixed with mayonnaise. Refill the white shells with the mixture, press the two halves together, and wrap each egg in a square of oiled paper, twisting the ends to keep the halves in place.

Poached Eggs With Curry Sauce

1 tbsp. butter
 ½ small onion, minced
 1 tbsp. flour
 1 tsp. curry powder
 ½ tsp. salt
 ⅛ t. p. pepper
 1 egg yolk
 1 tbsp. cream
 6 eggs
 1 cup stock or water.

Melt the fat, add the minced onion and saute until brown. Add the flour and curry powder and mix thoroughly. Add the stock or water, cook until the mixture thickens and is smooth. Add salt and pepper. Meanwhile, poach six eggs and place on rounds of buttered toast. To the curry sauce, add the egg-yolk and cream beaten together and cook for three minutes more. Pour the sauce over the eggs. Serves six people.

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Scrambled Eggs, Virginia Style

1 thin slice uncooked ham
 2 tbsps. chopped onion
 1½ tbsps. butter
 5 mushroom caps peeled and sliced
 Scrambled eggs
 Parsley

Soak ham in lukewarm water for 30 minutes. Cut in match shaped pieces (about 1 cupful). Cook 5 minutes in omelet pan with onions and butter. Add mushrooms, cook 5 minutes more. Serve as a border around scrambled eggs. Garnish with parsley.

Spanish Omelet

Make the following sauce: Simmer 1 tablespoon chopped onion, 1 cup of tomatoes and 1 green pepper, chopped fine. Cook this mixture until thick. Make omelet in customary manner, seasoning to taste, then pour half of the sauce in center of the omelet and fold, pouring the rest over the top. Serve very hot.

Cheese Croquettes

3 tbsps. butter
 ¼ cup flour
 2-3 cup milk
 2 egg yolks
 1 cup mild cheese, cut in small cubes
 ½ cup grated Swiss, Gruyere or mild cheese
 Salt and pepper
 Few grains cayenne

Melt butter, add flour and milk, stir until thick and smooth. Add unbeaten egg yolks and stir until well mixed. Add grated cheese and as soon as it melts remove from fire, fold in the cheese cut in cubes, and season with salt,

pepper and cayenne. Spread in shallow pan and cool. Then turn out on board, cut in small squares or strips, or shape in cones. Crumb, fry in hot fat, and drain.

until time to serve. Unmold on silver platter.

Cheese Souffle

1 cup grated cheese
 3 eggs, beaten separately
 1 tbsp. of flour
 1 tbsp. butter
 ½ cup cream

Beat eggs separately, beating yolks until thick and lemon colored. Melt butter and flour and add cream. Cook over low heat until thick. Cool slightly and add beaten egg yolk and grated cheese. Stir until melted. Then fold in the beaten egg white carefully. Bake in moderate oven for 20 minutes.

Cheese Mousse

½ lb. Roquefort cheese
 2 packages cream cheese
 ½ pint whipping cream
 Jellied stock or bouillon

Blend the two cheeses together, then stir in whipped cream and a tiny pinch of red pepper. Line mold with the jellied stock or bouillon and pour it on the cheese mixture and set in refrigerator

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FISH

One night when my lady was out to dinner (she went out a lot, but she said it wasn't because she was tired of my cookin) the butler came runnin downstairs all out of breath.

He said, "The lady said she had the best fish tonight at dinner that she ever had an she wants you to try to fix somethin like it." I says, "Now, wait a minute, wait a minute. How does she know it was fish she was eatin?"

He says, "She said she could only see the tail of the fish stickin up out of a cream sauce an she don know what kind of fish it was, but it was good. You better figure out what it was, Rebecca."

So, I got to figurin. Sometimes them dishes is all fixed up to look like somethin they aint, but I says to myself, as a good cook, I can't be put in a hole like that. I know the lady who does the cookin where my lady was havin dinner, so I says to the butler, "Joe, you skip over there an ask her will she oblige me with the recipe for the little fish with cream sauce they had for dinner tonight."

Well, sir, he come back with the whole cook book. An my lady heard about it. She says that's a terrible thing to do, go askin people how they make food. "But," she says, "long as you have done such a thing, copy that receipt for the little fish an then take the book right back."

Jus as I expected, the dish wasn't made of little fish at all. It was ham. My lady was so surprised when I told her. She says, "That's what comes of dinin by candlelight."

Anyways heres some receipts which is really fish:

Red Snapper

Have the fish split and boned. Heat 2 tablespoonfuls of olive oil in a large frying pan, add 1 green pepper finely minced and 6 small shallots, and cook a couple of minutes, turning constantly. To this add 1 tablespoonful of minced parsley and 1 of chives. Lay the fish on the vegetables, season with salt, add $\frac{1}{2}$ cup of tomato sauce and $\frac{1}{2}$ cup of cream. Cover pan

and let simmer over low flame for two or three minutes, then set pan in hot oven and bake for 20 minutes. Pour contents of pan over fish after removing it to serving platter. Garnish with parsley or chervil and slices of lemon.

Broiled Pompano

Split the fish, brush with olive oil, season with salt and pepper and broil 10 minutes. Dust with

bread crumbs, dot with butter and finish broiling. Serve with a cucumber sauce, made by adding 1 cup of minced cucumber and 1 tablespoon of tarragon vinegar to a plain Hollandaise.

Baked Spanish Mackerel

2 medium-sized mackerel
2 cupfuls of bread crumbs
 $\frac{1}{2}$ small onion, minced
1 tsp. bacon, minced
 $\frac{1}{2}$ tsp. minced green pepper
 $\frac{1}{2}$ tsp. summer savory
3 slices bacon
 $\frac{1}{2}$ tsp. salt
Few grains pepper

Mix together the bread crumbs, onion, chopped bacon and seasonings, and spread on the fish, which should be dressed for broiling. Place a slice of fish so that the dressing shows. Place on a trivet in a baking pan, lay the remaining bacon on top of the fish, and bake 30 minutes in a hot oven (425 degrees), basting frequently with the fat in the pan. Serve on a platter decorated with alternating rings of green pepper and sliced lemon.

Shad Dinner

Split the shad, but leave the bone in. Taking the bone out takes all the good taste out of the fish. Broil it slowly, about 5 inches from the flame, 20 minutes, about, to each side. Broil the shad roe at the same time, but in a separate pan. Place the shad on a platter, decorate with parsley and lemon segments, then place the roe on top.

Baked Halibut in Tomato Sauce

Boil the halibut and break into small pieces. Make 1 cup of white

sauce and add 1 cup of strained tomatoes. Make the white sauce very smooth and stir constantly while pouring in the tomato juice. Place the halibut in a greased baking dish, cover with cracker crumbs, dot with butter, and bake 20 minutes. Pour the tomato sauce over the fish before sending it in to the table, or serve in separate sauceboat.

Kippeded Herring

Kippeded herring is salted, smoked and partly cooked, and so requires little cooking. To prepare fish, cover with cold water and bring to a boil. Then it may either be drained and pan-fried or broiled.

To bake, place it in greased shallow pan, or on cooking parchment paper, and brush with butter and lemon juice. Bake in a moderately hot oven (400 degrees) about 10 minutes. Serve with sliced lemon and melted butter.

Stuffed Baked Black Bass

Fill a bass weighing about 4 pounds with a stuffing made of 1 cup of soft bread crumbs, $\frac{1}{2}$ cup of melted butter, 1 tablespoon of minced parsley, 1 tablespoon minced onion, 1 tablespoon minced green pepper, $\frac{3}{4}$ teaspoon of salt, and pepper to taste. Stuff and sew together. Lay fish on thin slices of salt pork. Brush with melted butter, sprinkle with salt and pepper, and bake for 1 hour in a moderate oven, basting often.

Broiled Lobster

Split the lobster with a sharp knife. Broil under a very hot fire

with the flesh side to the flame. When thoroughly broiled (about 10 minutes), season with salt and paprika, and pour melted butter over.

Fried Sea Scallops

2 lbs. (1 quart) scallops
2 eggs, slightly beaten
½ cup flour
1 tsp. salt
Dash of paprika

Wash the scallops, drain and dry between folds of absorbent paper. Dip in egg, then in seasoned flour. Fry in hot, deep fat for 2 or 3 minutes, or until golden brown. Drain on absorbent paper. Serve with tartar sauce.

Tartar Sauce

1 tbsp. chopped capers
1 tbsp. chopped olives
1 tbsp. chopped parsley
1 tbsp. chopped pickles
1 cup mayonnaise

Combine ingredients just before serving. Serve with fish, hot or

cold, or as a dressing for fish salads.

Scalloped Oysters

1 quart select oysters
4 tbsps. oyster liquor
2 tbsps. milk or cream
½ cup stale bread crumbs
1 cup cracker crumbs
½ cup melted butter
Salt and pepper

Mix bread and cracker crumbs and stir in butter. Put a thin layer in bottom of shallow buttered baking dish, cover with oysters and sprinkle with salt and pepper. Add half each, oyster liquor and milk or cream, repeat the process, and cover top with remaining crumbs. Bake 30 minutes in hot oven.

Never allow more than two layers of oysters in this dish, for if three layers are used the middle one will be underdone.

Sprinkling each layer with mace or grated nutmeg adds an unusual flavor.



Photo by Jack Wilson

"Don't know but what it's right fair . . ."

FROZEN DESSERTS

Once upon a time (I'm really gettin right classical) I was a little girl (if you kin imagine that). We lived just eight miles from ole General Lee's house.

I never have got used to noise. I own my own house an for 19 years I lived in the back part of the house where I couldn't hear nothin'. Those ole cars roarin and people whoopin and hollerin on the street.

But I was tellin when I was a little girl (jest to get you use to the idea). Did you ever shoot pahtridges? They're plentiful in the country. They get togetheh an run around jus like lightnin. I nevah could shoot, that's the truf. I always shot up instid of down and my brothehs said nevah mine shootin they'd do it.

But, law, I was startin to write about frozen desserts, or somethin nearby. But I jus got to thinkin, when I was a little girl (there I am) we didn have much of suchlike things. So mebbe thats why its spechly interestin to make em now. Like these, f'rinstance:

Frozen Eggnog

3 tbsps. tapioca
2 cups milk, scalded
¼ tsp. salt
½ cup sugar
3 tbsps. light corn syrup
2 tbsps. sugar
2 egg whites
1 cup cream, whipped to cus-
tard-like consistency
2 egg yolks
1-2 tbsps. rum flavoring and
pistachio

Add tapioca to milk and cook over low flame 3 to 5 minutes, or until tapioca is clear and mixture thickened. Stir frequently. Strain hot mixture, stirring (not rub-
bing) through very fine sieve, onto salt, ½ cup sugar and corn syrup and 2 egg yolks. Stir until sugar is dissolved. Add 2 table-
spoons sugar to egg whites and

beat them until stiff. Fold into cold tapioca mixture. Fold in cream and vanilla. Turn into freezing tray of refrigerator. Freeze until firm.

Frozen Coffee Cream

¾ cup sugar
1 tsp. cornstarch
¾ cup double strength, freshly
made hot coffee
1 cup heavy cream

Mix sugar and cornstarch, add hot coffee. Cook 20 minutes over hot water, stirring frequently. Cool. Whip cream and fold in. Pour into freezing tray of auto-
matic refrigerator. Freeze, stir-
ring occasionally.

Caramel Nut Mousse

Melt ½ cupful of sugar in a saucepan, stirring constantly until

melted; it will be a light brown syrup. Then add gradually ½ cupful of boiling water. Let simmer for 10 minutes, then add 1 tablespoonful of gelatin dissolved in ½ cupful of water and allow to cool.

Stir into the mixture 1 pint of whipped cream. Pack in molds or in a freezer. Add 1 cupful of broken English walnut meats before it sets or freezes. Allow to stand in equal parts of salt and crushed ice for 3 hours. Do not stir.

This makes a delicious dessert and is frozen without the labor of turning a crank. No freezer is required, for the mixture may be frozen in a mold or can or in the tray of your automatic refrigerator.

Rum Cream

2 egg yolks
6 tbsps. sugar
3 tbsps. rum or more
½ pt. heavy cream, whipped
2 egg whites, beaten stiff

Chilling time, 2 hours or longer.
Serves six.

Beat the yolks in a bowl until creamy; add the sugar and beat until creamy. Slowly add the rum, beating constantly. Fold the whipped cream and beaten egg whites into the mixture. Place in a glass bowl; cover, chill

very thoroughly. Dip the cream into sherbet cups at setting time.

Coffee Mousse

Whip 2 cups of cream still beat in ½ cup of sifted powdered sugar. Add ½ cup of very strong cold coffee. Freeze in automatic refrigerator pan for three hours stirring occasionally as it freezes. Serves four people.

Pineapple Mousse

2 cups canned shredded pineapple and juice
¾ cup sugar
2 tbsps. lemon juice
2 cups cream
2 tps. gelatin

Heat the pineapple, add the sugar, lemon juice and the gelatin which has been soaked for minutes in 2 tbsps. of cold water. Cool the mixture. When it starts to thicken, fold in the cream beaten stiff. Pour into the refrigerator pans and freeze without stirring.

Raspberry Mousse

1 cup raspberries
1 pint cream
4 tbsps. of powdered sugar
1 tsp. of vanilla

Whip cream, stir in sugar. Mash berries through a sieve, drain thoroughly and mix with cream and sugar and freeze in tray of refrigerator.

FRUITS AND PUDDINGS

This ain't got nothin to do with fruits and puddins but I jus got to thinkin bout one night out at Dower House. I never experienced such a hail storm as that. Well, it broke 28 windows in the house.

I was in bed when it began an I got uneasy, so I sat up on the side of the bed. All at once it began to make big noises, "Bing, bing, bing," all round an glass was smashin all over the house it sounded as if. I said to myself, "I don't know what's goin on but whoever is makin all that noise can have this room, I'm goin away from here."

So I went an sat in the kitchen.

I wrote about that storm in the paper when it happened an the copy people put a title on it, "Rebecca's Kitchen Her Haven in Storm." An I reckon that's true. Set yourself down among your pots and pans and stringbeans an it's right cozy. Good way to forget your troubles, too.

Now here's a little batch of the fruits and puddins receipts:

Apple Roly-Poly

2½ cups flour
3 tps. baking powder
½ tsp. salt
4 tbsps. butter
¾ cup milk
½ cup sugar
1 tsp. cinnamon
1 cup finely chopped apple
½ cup raisins
½ cup brown sugar
¾ cup water

Sift the flour, baking powder, and salt together. Cut 3 tbsps. of butter into the dry ingredients with a fork and add milk slowly, mixing to make a smooth dough. Roll out on a floured board about ¼ inch thick, and spread with the apple, raisins, cinnamon, and sugar, which have been mixed together. (Strawberry or raspberry jam may be used instead of the apple mixture.)

Roll up the dough and cut across in two-inch slices. Place the slices in a well-buttered baking pan, sprinkle well with the brown sugar, dot with the remaining butter and add the water. Bake in a hot oven (400 degrees F.) about 30 minutes, basting often with the sauce in the pan. Serve with a sauce made from sweet cream, a little maple sugar, and a dash of grated nutmeg; or with whipped cream.

Apple Fritters

Mix 2 cupfuls of flour with 1 cupful of milk; add 2 eggs, well beaten, 1 teaspoon of baking powder, 1 saltspoon of salt, and 1 tablespoon of sugar.

Beat well and allow to stand for 1 hour. Dip thin slices of good sour apples into the batter, and fry them in deep hot fat. Drain, and serve hot with maple syrup.

Old-Fashioned Apple Dumpling

- 2 quarts chopped apples
- 2½ cups water
- 2 cups flour
- ½ tsp. salt
- 2 tbsps. shortening
- 2 cups sugar
- ½ tsp. cinnamon
- 3 tps. baking powder
- ¾ cup milk

Combine the apples, sugar, flavoring and water. Boil until the apples are soft. Prepare dumpling mixture. Sift together the flour, salt, baking powder, work in shortening with two knives or a spoon, and add milk. Into an iron or other heavy pot put a layer of the applesauce. Cover this with a layer of the dumpling mixture rolled to a scant half-inch in thickness. Put on more applesauce, continuing in this way until there are two or more layers of the dumpling mixture, which should form the last layer.

Cover closely and steam an hour. Flavor with cinnamon, and serve with hard sauce.

Banana Fritters

- 6 bananas
- Powdered sugar
- 2 tbsps. lemon juice
- Fritter batter

Peel bananas and cut each in half lengthwise. Then cut in two crosswise. Sprinkle with powdered sugar and lemon juice and let stand 30 minutes. Drain, dip in fritter batter and fry in deep, hot fat at 360 to 370 degrees until done, turning frequently.

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Banana Au Rhum

Slice the banana in half. Sprinkle with brown sugar. Put plenty of butter in a heavy frying pan, and place the banana in the sizzling pan, letting it become nice and brown. Remove and put on hot platter and drown with Jamaica rum. Add 8 lumps of sugar and light the sugar with a match just before serving.

Brandied Peaches With Vanilla Ice Cream

Cook peaches in 1 cup of brown sugar (about 6 or 7 peaches to a cup). Let them steam until they are tender. Then pour in about a wineglass full of brandy and set them aside to cool until ready to serve. You can ladle a good spoonful of the brandied peaches over each individual serving, or, if you want to make it look handsome, serve the ice cream in a big glass bowl and have your peaches in a silver dish, with a silver ladle for the guests to help themselves. Just be sure to have plenty!

Coffee Whip

- 2 tbsps. cold water
- 1 envelope granulated gelatine
- ¾ pt. heavy cream
- ½ teacup of sugar
- ½ pt. very strong coffee

Sprinkle gelatine over cold water, then add hot coffee, then add sugar. Whip cream very stiff. When gelatine starts to stiffen, whip gelatine and beat it into the whipped cream. Pour into large glass bowl or individual dessert dishes and put in refrigerator to set. Serve with cream, plain or whipped.

Flamingo Pudding

Crush one quart strawberries. Sprinkle with a little sugar and let set to draw juice from berries while you prepare the pudding.

Put two cups of water in the top of your double boiler and bring to a boil over direct heat. Gradually add one-third cup of minute tapioca and one-half teaspoon salt. Let come to a good boil, stirring constantly. Put immediately over boiling water and cook, stirring frequently, until clear (about 5 minutes).

Take 2 cups of the juice from the strawberries and add to the slightly cooled tapioca mixture. Pour parfait glasses half full and put in refrigerator to chill. When the remaining mixture is completely cold, fold in ½ cup whipped cream. Pile lightly on top of first mixture in parfait glasses, top each glass with crushed berries, and serve very cold.

Grape Custard Ring

- 3 tbsps. sugar
- 2 egg whites
- ¼ tsp. salt
- 2 egg yolks
- ¾ cup milk, scalded
- ½ cup grape juice
- 1 package lemon-flavored gelatin
- ½ cup hot water

Add two tablespoons sugar to egg whites. Add remaining sugar and salt to egg yolks and beat slightly. Pour milk slowly over egg yolks. Return to double boiler and cook until mixture coats spoon, stirring constantly. Remove from heat. Beat egg

whites and sugar until stiff. Pour hot custard over egg whites gradually. Place again over hot water and cook, stirring gently, until slightly thickened. Chill.

Use bottled grape juice or prepare grape juice by cooking grapes with small amount of water until soft; then strain. Dissolve gelatin in hot water. Add grape juice and salt. Chill until cold and syrupy. Place in bowl of cracked ice or ice water and whip with rotary egg beater until fluffy and thick like whipped cream. Then beat in custard. Turn into ring mold. Chill until firm. Unmold. Garnish with clusters of Concord grapes and grape leaves. Serves six.

Old-Fashioned Plum Pudding

- ½ cup chopped almonds
- ½ cup chopped citron
- ½ cup chopped apple
- ½ cup flour
- 1 cup sugar
- 1 cup currants
- 1 cup raisins
- 1 tbsp. candied lemon peel
- ¼ tsp. cinnamon
- ¼ tsp. ground cloves
- 3 eggs
- 2 cups bread crumbs
- 1 cup suet

Mix all dry ingredients. Chop the suet and the apple fine and add the eggs, yolks and whites beaten separately. Add one-half cup of brandy, if available. Stir the two mixtures together and blend well. Turn into a melon mold with a tight-fitting cover and steam for six hours at a constant temperature.

The pudding will keep indefinitely and, if made for Christmas,

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should be made a few weeks ahead, as aging improves the flavor.

Jellied Strawberries

Crush $2\frac{1}{2}$ cups strawberries and let them set 1 hour in $\frac{1}{2}$ cup sugar to which a pinch of salt has been added. Heat $\frac{1}{4}$ cup of the juice, add to $\frac{1}{4}$ cup boiling water, and dissolve in this 1 tablespoon gelatin. Add 1 teaspoon lemon juice and, when cool, stir into the mashed strawberries. Pour into mold to chill. Just before it sets, press halved strawberries, the cut side down, into the top. When thoroughly congealed, unmold on a platter and garnish with berries and whipped cream.

Prune Pudding

1 cup mashed prunes. Mash with fork, add pinch of salt.
 $\frac{1}{2}$ cup walnuts.
 3 egg whites, beaten stiff.
 $\frac{1}{4}$ tsp. vanilla.
 3 tbsps. sugar.

Mix all thoroughly, put in buttered baking dish, set in pan of hot water, bake about 25 minutes in a moderate oven. Serve with whipped cream.

Rebecca's Chocolate Souffle

Melt two tablespoonfuls of butter, add two tablespoonfuls of flour and blend over the fire, then stir in slowly three-fourths of a cupful of scalded milk and cook until the boiling point is reached. Melt three ounces of chocolate in another saucepan, place over hot water, and add to it one-third cupful of sugar and two tablespoonfuls of hot water. When smooth,

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combine the two mixtures and add the well-beaten yolks of three eggs. Cool. When cold, add one-half teaspoonful of vanilla and the well-beaten whites of three eggs, to which a little salt has been added. Fold the whites lightly in, and turn the souffle into a buttered mold, set it in a pan of hot water, and cook in a moderate oven for 25 minutes. Serve immediately with vanilla cream sauce or a thin custard sauce.

Steamed Blueberry Pudding

Sift together:

$1\frac{1}{2}$ cups flour
 5 tps. baking powder and
 $\frac{1}{2}$ tsp. salt

Add 1 cup blueberries, mix and add $1\frac{1}{2}$ tablespoons melted butter mixed with $\frac{3}{4}$ cup milk. Stir well, put in greased custard cups, place in steamer, cover and steam one hour. Turn out and serve with stewed blueberries and creamy sauce.

Steamed Chocolate Pudding

3 tbsps. butter
 1 egg well beaten
 $2\frac{1}{4}$ cups flour
 $2\frac{1}{2}$ squares unsweetened chocolate
 $\frac{2}{3}$ cup sugar
 1 cup milk
 $4\frac{1}{2}$ tps. baking powder
 $\frac{1}{4}$ tsp. salt

Cream butter, add sugar gradually, then egg. Mix and sift flour with baking powder and salt, add alternately with milk to first mixture, then add chocolate melted over hot water. Turn into buttered mold. Steam for 2 hours. Serve with cream sauce.

Cream Sauce

Cream $\frac{1}{4}$ cupful of butter and 1 cupful of powdered sugar; add $\frac{1}{2}$ tsp. vanilla and $\frac{1}{4}$ of a cupful of cream, beaten until stiff.

Steamed Bread Pudding

1 qt. bread crumbs
 1 cup molasses
 1 cup flour
 1 tsp. soda dissolved in little hot water
 1 cup raisins
 1 tsp. cinnamon
 2 tbsps. butter
 1 tsp. vanilla or lemon flavoring

Blend all ingredients. Steam for $2\frac{1}{2}$ hours. Serve with whipped cream or vanilla sauce.

Strawberry French Toast

Dip slices of stale bread from which the crusts have been removed, in the following mixture:

Beat up 1 egg, add 1 cup of milk, $\frac{1}{2}$ cup of sugar, and pinch

of salt. Fry in hot butter. Serve hot with mashed and sweetened strawberries heaped on each slice.

Strawberry Shortcake

2 cups flour
 $1\text{--}3$ cup butter or other shortening
 1 tbsp. sugar
 4 tps. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{3}{4}$ cup milk to make a soft dough.

Mix and sift the dry ingredients and work in the shortening with two knives. Gradually add enough milk to make a soft dough. On a floured board roll out to $\frac{1}{2}$ inch thickness. Cut with biscuit cutter. Bake in a very hot oven 12 to 15 minutes. Then split, butter each part and put crushed, sweetened berries between layers and on top. Serve hot with cream.

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MEATS

You know, my maw was very strict with us. We didn't get much schoolin because in those days they had to pay a head tax on every chile that went to school. There was so many of us an our father was just a preacher, so didn't make much money. I didn't go to school very long, but I kept tryin to learn at home.

I knew a boy who lived sort of near us. When I was nineteen, he was goin to the Theological Seminary in Richmond. Mother wouldn't allow me to have callers, but he wasn't exactly courtin, so he used to come home every week-end to see me. He was a handsome young chap.

There was another girl who was stuck on him, too. One day she came to see me an she said, "Rebecca, are you goin to meetin tonight?" I said I didn't think I was, an why, but she just said, "Oh, never mind."

Well, I got to thinkin about that that evenin an I told my mother I had changed my mind an was goin to meetin after all. Chile, it was four miles and I ran most all the way. The first thing I saw when I got there was this girl sittin up there big as life an my friend's slick head (he had beautiful hair) was right beside hers.

I went in an sat down near the door. He heard me an turned around to give me a very peculiar look. She looked, but I didn't say a word.

When meetin was over, he came over to me an said, "Why, Rebecca, I thought you weren't comin to meetin." I said, "Well, as you see, I did."

So he scused himself to the other girl an said he would get some one to see her home. She was so mad and so disappointed that she went off to Connecticut and we never saw her agin.

That was my first romance. He was reared very classical, and sometimes I think it was better we didn't get married.

Well, they says the way to a mans heart is through his stummick. Specially with meat, well cooked. No better way to woo a man. Guess because it's so substanshul. And it sure can be tasty—roasted, broiled or fried. Followin are some ways that may not trap a husbin, but will sure keep a boy friend interested.

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Beef Balls With Gravy

The proportions must be left to the judgment of the cook who knows how many she wants to serve. But approximately these are: 2 cups minced cooked cold beef, 1 cup fresh mashed potatoes.

Salt, pepper and chopped parsley. Use a few yolks of eggs to bind. Make up with floured hands as you would making codfish balls. Fry, serve hot with beef gravy.

Beef Loaf

2 lbs. ground beef
1 large onion, chopped fine
1 cup corn flakes
1 large can tomatoes
2 slightly beaten eggs
Salt, pepper

Mix all ingredients together, shape into loaf, place in loaf pan. Bake in slow oven for 1½ hours.

Beefsteak Pie

2 lbs. top round steak or chuck
(Ask butcher for a bone)
Pie pastry
Chopped onion
Salt and pepper
Sliced potatoes
Butter
Flour
Egg

Cut the meat into strips two inches long by one inch wide. Saute these strips of meat in a little fat. Put them with the bone, just cover with water and simmer for 2 hours. Line a baking dish with pie paste, put in a layer of meat with a little finely sliced onion, salt and pepper, next a layer of sliced potatoes, dot with butter. Alternate the steak-and-potato layers until the dish is full. Thicken the gravy from the sim-

mered steak with browned flour and pour over the dish, then put on the top crust. Brush it with beaten egg, and bake at 450 degrees for almost 30 minutes or until quite brown.

Beefsteak Pie With Leftover Meat

1 to 2 cups of cold broiled steak, or roast beef cut in one-inch cubes
3 cups boiling water
½ onion
2 tbsps. flour
Salt to taste
1 cup raw potatoes cut in ¼-inch slices

Cover meat with boiling water, add onion and potatoes and cook slowly one hour. Thicken with flour, mixed with a little water, turn into a baking dish, cover with biscuit dough and bake in hot oven until browned.

Beefsteak and Kidney Pie

Stew for about one hour or until tender 1 pound of round steak and 6 lamb kidneys, cut into small pieces, in just enough boiling water so they are well covered. Add 1 large onion, finely chopped, and salt and pepper to taste. Thicken the gravy when the meat is sufficiently cooked with 2 tablespoons of browned flour blended with 1 tablespoon of melted butter. In another saucepan, cook ½ cup spaghetti, broken into small pieces. When it is soft and well-cooked (about 10 minutes), drain it and add it to the beefsteak and kidney stew. Mix well. Pour into a baking dish, cover with a flaky pie crust, and brown in a hot oven.

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Braised Rolled Steak

- 2 lbs. of flank steak or round steak
- 1 onion, chopped
- Bread crumbs
- 1 egg
- 6 good-sized carrots
- 1 tsp. salt
- Few grains of pepper

Order the steak cut one and one-half inches thick. Lay it on a board and spread over it the bread dressing mixed with the onion and egg. Roll up the steak with the grain of the meat so that when it is cut it can be cut across the grain and tie with a string or sew together. Dust with salt and pepper. Brown in a heavy frying pan or iron pot, using savory drippings. Peel the carrots, quarter them, and place around the meat. Add two cups boiling water. Put on a lid and simmer two hours in a slow oven or on top of the range. To serve, remove the string and make a gravy from the liquid in the pot, using a tablespoon of flour mixed with a tablespoon of cold water to each cup of the meat liquor.

Broiled Hamburg Steak on Onion Rings

- 1 lb. finely chopped lean raw beef
- 1/4 cup ground suet
- 1 cup soft fine bread crumbs
- 7 strips bacon
- 7 slices Spanish onion (1/2-inch thick)
- 1 tbsp. chopped parsley
- 2 tbsps. butter
- 2 tbsps. onion juice
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1 tbsp. water

Lay onion in buttered shallow baking dish. Pour over 2 tbsps.

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melted butter, sprinkle with salt and pepper. Cover closely, bake until tender in a moderate oven. Cook parsley in rest of butter and add to beef, suet, crumbs and seasonings. Mold into 7 flat cakes and wrap each with a slice of bacon. Place each cake on an onion slice in baking dish and cook in broiling oven 5 minutes on each side. Baste twice.

Corned Beef Hash

- 2 cups cold boiled potatoes, diced
- 1 1/2 cups corned beef, chopped
- 6 tbsps. cream
- 3 tbsps butter
- 1 small onion, minced
- Salt, pepper and paprika
- 6 eggs

Mix together the potatoes, corned beef and onion. Add 4 tablespoons of cream and 1 tablespoon of butter, melted. Season to taste and mix well. Put mixture in a well-buttered oblong baking dish. With the bottom of a custard cup, make 6 indentations on the hash and dot each with bits of butter, using 1 tablespoonful. Bake in a hot oven for 15 minutes. Remove from the oven and into each indentation break one egg. Season and cover with 1 teaspoon of cream to each egg and dot with the remaining butter.

Bake in moderate oven, until the eggs are set.

Filet of Beef

Have the filets skinned and larded at butcher's. Place in roasting pan in hot oven for three-

quarters to one hour, depending on weight of filets. Baste several times with own drippings, adding a little water if necessary. Make a pan of gravy as for roast beef and serve with potatoes and hot vegetables. A mushroom sauce is very good with beef filet.

Filet Mignon

Tenderloin of beef is the cut to be used for filet mignon. Have the filets cut about an inch thick. Broil for three minutes or until brown under a high flame, turning and broiling the same length of time on the other side. Serve on toast, placing each filet on a slice of orange or pineapple. Serve with mushroom sauce.

Gelatin Meat Loaf

- 1 tbsp. of gelatin
- 1/2 cup cold water
- 1 cup of stock, well seasoned
- 1/2 onion, peeled and sliced
- 1 stalk of celery, chopped
- 1/2 tsp. salt
- 1 tbsp. lemon juice
- 1 tbsp. finely chopped parsley
- 1 cup chopped cold cooked chicken, veal, lamb, beef or ham
- 1/4 cup canned pimientos, cut in thin strips

Add onion, celery and salt to the stock, bring to a boiling point and boil three minutes. Strain, pour cold water in bowl and sprinkle gelatin on top of the water. Add to hot mixture and stir until dissolved; add lemon juice and cool. When mixture begins to thicken add the meat, pimientos and parsley. Turn into

mold that has been rinsed in cold water, and chill.

To serve, unmold and cut into slices. If beef is used, season with 1 tablespoon of Worcestershire sauce and omit lemon juice. Use lemon juice with veal. Garnish with lettuce, green peppers, asparagus, first dipped in French dressing, or with small stuffed tomatoes. When using ham, use less salt.

Hungarian Goulash

Cut 2 pounds of flank steak or 2 pounds of top round beef in 2-inch pieces and coat with flour. Cut 1/4 pound fat salt pork in small cubes and fry until light brown. Add beef and cook until meat is well browned. Cover with 1 pint of water, add beef bones and cook slowly for 2 hours. The last hour add 1 teaspoon salt and 1/4 teaspoon pepper.

Cook together:

- 1 lb. or 2 cups tomatoes
- 1 onion chopped
- 1 stalk celery, chopped
- Small bay leaf
- 4 cloves

After 35 minutes, add 3 tablespoons flour mixed with 1/4 cup cold water and stir and boil 2 minutes. Rub through a sieve and add to the stock in which meat was cooked. Remove meat to serving dish, arrange 2 cups of cooked wax beans, 1/2 cup cooked carrots cut in fine strips, 1 green pepper parboiled and cut in thin strips, 2 cups cooked macaroni, in piles around the meat. Pour the gravy over all.

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Pot Roast

4 lbs. of beef (chuck, round, rump or brisket)
 2 tbsps. of flour
 2 tbsps. of cooking fat
 1 tsp. salt
 1/8 tsp. pepper
 1 cup hot water
 1 1/2 bay leaf
 1 sprig of parsley
 1 cup sliced carrots
 1 stalk celery, chopped
 1 onion, minced

If the meat is not in a solid piece, skewer or tie it into shape, wipe with a damp cloth and roll it in flour. Heat the fat in a heavy Dutch oven type of kettle. Put in the meat and brown it on all sides. Add the water. Cover tightly and let simmer for four hours, turning twice. Add the vegetables at the end of 3 1/2 hours' cooking. After removing the meat and vegetables, thicken the gravy by adding 1 to 2 tablespoons of flour mixed with cold water for each cup of broth.

Savory Meat Loaf

2 lbs. round steak or veal, ground
 1/4 lb. salt pork, ground
 4 cups corn flakes
 1 egg
 2 tps. salt
 1/2 onion, finely chopped
 1 tsp. Worcestershire sauce
 1 tbsp. celery leaves, finely chopped
 1 cup celery, finely diced
 1 tbsp. parsley, finely chopped
 1/4 tsp. pepper
 1/4 cup ketchup

Crumble the corn flakes. Add remaining ingredients and mix well. Pack firmly into loaf pan. Bake in hot oven (500 degrees F.) for 15 minutes, then decrease heat

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to moderate (350 degrees F.) and bake 45 minutes longer. Baste frequently with a mixture of 3/4 cup hot water and 4 tbsps. butter. Thin strips of bacon may be placed over the top of the meat loaf and baked with it, if desired. Serves 10. May be served hot or cold. Lends itself nicely to quick re-heating.

Shepherd's Pie

To 1 cupful of cold cooked meat, use 8 potatoes which have been mashed and seasoned, 1 teaspoonful of butter, 1 chopped onion, 1 tablespoonful of chopped parsley, seasoning of salt and pepper and some gravy. Cut the meat into meat squares, grease a baking dish and line with the mashed potatoes. Put in the seasoned meat and parsley. Spread the rest of the potatoes over the top, dot with butter and bake in a hot oven for 20 minutes. Serve hot in the baking dish.

Steak En Casserole

3 tbsps. butter or other fat
 2 tbsps. flour
 2 cups stock
 Salt
 Parsley
 Pepper
 Turnip balls
 Carrot balls
 Potato balls
 Small onions
 2 lbs. 1 1/2-inch steak

Make a brown sauce of the fat, flour, stock and seasoning. Add balls of turnip, carrot, potato and onions, which have been previously cooked. This is a very handy way to use leftovers. Allow 6 little balls of each

vegetable for each person and two small onions. Keep sauce hot and pan-broil steak until about half done, then transfer steak to heated casserole, add vegetables and sauce, cover and put in the oven. Have oven moderate (about 350 degrees) until steak is done. Sprinkle with parsley.

Steak Patties Extraordinary

1/2 lb. lean ground roundsteak
 2 tbsps. bread crumbs
 2-3 cup milk
 1 1/2 tbsps. chopped sweet gherkins
 2 tbsps. chopped cooked beets
 1/2 tsp. salt
 Dash white pepper
 Slices of white bread
 Tomato ketchup

Have meat ground fine. Soak bread crumbs in milk. Combine meat, soaked crumbs, gherkins, beets, salt, and pepper. Fry slices of bread on both sides in butter. Spread one side of slices liberally with ketchup—then with a layer of meat mixture. Fry the meat side from 1 to 2 minutes.

Swiss Steak

3 lbs. round steak
 3 tbsps. butter
 1/2 cup flour
 1 onion
 Salt and pepper

Have round steak cut one and one-half inches thick. Pound the flour into the meat on both sides with a wooden potato masher. Season with salt and pepper. Melt the butter in the frying pan, add the onion, sliced; brown and put in the meat. Let brown on both sides. Cover bottom of pan with boiling water, cover the pan and

let simmer for two or more hours, or until meat is tender. Add water from time to time to keep bottom of pan covered.

Baked Lamb Loaf

1 cup soft bread crumbs
 1 cup milk
 1 egg, beaten lightly
 2 lbs. ground lamb
 1 1/2 tps. salt
 1/8 tsp. pepper
 1/2 green pepper, fried in
 2 tbsps. butter

Mix the beaten egg and milk and pour over the crumbs in a bowl, let stand for 10 minutes. Add the ground lamb, salt, pepper and the minced green pepper which has been fried gently for five minutes in the butter. Pour the meat mixture into a greased loaf pan. Bake in a moderately hot oven until done.

Serve hot or cold with a horseradish sauce.

**Browned Lamb With
Corinthian Sauce**

Cut 1 1/2 pounds lamb steak into 1-inch pieces. Season with salt and pepper and fry until browned. Push meat to one side of pan. Mix 1 glass of currant jelly with meat juices in pan. Serve as a border around a quart of hot boiled rice. Serves four.

Crown Roast of Lamb

Have the butcher prepare a rack of lamb for a crown roast, frenching the chops. Fill the center with a sausage dressing, rub the lamb with salt and pepper and place on a rack in an open roasting pan. To prevent the

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ends of the bones from burning while roasting, cover each one with a small cube of salt pork. Set in a very hot oven (500 degrees) for 15 minutes. Then reduce the heat to 350 degrees and maintain this temperature for the rest of the baking period. Allow 25 minutes per pound. Remove cubes of pork and cover the ends of the bones with small frilled paper caps. Serve with mashed potatoes, fresh peas, and mint jelly.

Curry of Lamb

- 2 cupfuls of chopped cooked lamb
- 2 cupfuls of stock
- 2 tsps. of flour
- 1 tsp. of chopped onion
- 1 tsp. curry powder
- 2 tbsps. butter

Brown the onions in the butter, add curry powder and flour. Brown this, then add the meat and mix thoroughly. Add the stock and stir until sauce has thickened.

English Mutton Chops

Real English mutton chops are at least two inches thick. Salt and pepper the chops and allow one kidney to each chop. Wrap the thin end of the chop around the kidney and fasten with a skewer, or tie into shape so that the chop and kidney together make a thick round.

Broil from 10 to 15 minutes. Place in a frying pan and put in oven for a few minutes while the soup course is being served. They will come out just right.

Lamb Chops With Mushrooms

- ½ lb. large mushrooms
- 1 egg slightly beaten
- Cracker crumbs
- 3 tbsps. butter
- 6 lamb chops
- Buttered hot toast
- Parsley

Wash and dry mushrooms, cut in halves lengthwise through caps and stems. Dip each half in egg, roll in crumbs and fry slowly in butter in frying pan about 10 minutes, or until golden brown. Saute chops slowly in drippings, allowing 12 to 18 minutes. Serve on buttered toast, placing mushrooms over each chop so as to cover it completely. Garnish with parsley.

Lamb Pot Pie

- 4 pounds shoulder of lamb
- 2 onions, sliced
- 4 minced carrots
- 1 cup celery
- 2 tomatoes, sliced
- 1 thin slice garlic

Have butcher bone lamb and remove all traces of fat. Have meat bound and rolled in compact mass. Brown it in butter until a rich, deep brown. Place in kettle. Surround this with vegetables. Add more hot water, if necessary. The water should half cover the pot roast. Cook slowly for two hours. Remove meat. Make a sauce of the vegetables and liquid in the kettle by adding two tablespoons of flour mixed with four tablespoons of water. Serve with broiled eggplant.

Rebecca's Lamb Stew

Buy the cheaper cuts of lamb for this—shoulder or neck meat. Brown the meat in a pan, cut in pieces, and cover with boiling

water. Add carrots, onions, celery, and parsley, all chopped. Season with salt and pepper and cook for two hours. Potatoes cut in cubes may be added one-half hour before it is done.

Lamb Timbales

- 2 cups meat
- 1 cup cream or milk
- 2 tbsps. butter
- 2 eggs
- 2-3 cup bread crumbs
- 1 tsp. salt

Leftover lamb or veal may be used, or meat of any kind.

Put meat through food chopper, mix with other ingredients. Pack in timbale cups, place in pan filled with hot water. Bake in moderate oven for 40 minutes.

Unmold and serve with tomato sauce. Leftover peas and carrots make a tasty addition to the sauce and look nice when poured over the timbales on a platter.

Chow Mein

- 1 pound veal in inch cubes
- 3 cups celery cubes
- 1 can bean sprouts
- 4 tbsps. Chinese sauce
- Pepper
- 1 cup chopped onions
- 1 can chow mein noodles
- Celery salt
- Onion seasoning

Fry meat slowly in little butter until tender. Add celery, onions, and half cup of hot water; cook for about 15 minutes. Add sprouts, cook about 20 minutes more, then add sauce. Thicken mixture with a little flour. Remove to hot platter and serve with warmed noodles or hot, steamed rice.

Breaded Veal Cutlet

Use a slice of veal from either the rib or leg, cut one-half inch thick. Season with salt and pepper. Dip in bread crumbs, then in beaten egg and again in crumbs. Fry for about 20 minutes, reducing the heat after the meat has become brown. Serve with tomato sauce.

Veal Birds

- 1 slice veal from leg (cut thin)
- Salted almonds (crushed)
- 1 egg slightly beaten
- Cracker crumbs
- Cup of stock
- 1 tbsp. butter
- 1 cup cream

Wipe veal, remove bone, skin and fat and pound. Cut in pieces about 2 inches long and 3 inches wide. Moisten crumbs and almonds with beaten egg and hot stock and spread thinly on each piece of veal. Roll, fasten with skewers, sprinkle with salt and pepper and lightly with flour. Fry in hot butter until brown. Place in pan, add cream. Cook slowly 20 minutes until tender, or cook in covered casserole in oven. Garnish with parsley.

Veal En Casserole

- 4 onions
- 2 lbs. veal
- 1½ pts. brown stock
- 1 pint potato balls
- 12 small onions
- 1 cup carrot slices
- 1 cup turnip slices
- Salt, paprika

Slice the onion and cut the raw veal in cubes. Cook together in a little bacon fat until brown. Transfer to casserole. Pour over it brown

stock and season with pepper and paprika. Place in moderate oven (350 degrees). Add more fat to that in the frying pan and brown in this the potato balls, small onions and slices of carrot and turnip.

Add the vegetables and salt to the casserole after the meat has cooked for two hours. Finish cooking, adding more stock if necessary.

If the broth is too thin when ready to serve, thicken slightly with browned flour rubbed smooth in water.

Veal Collops

2 pounds veal
1 egg
Cracker crumbs
Salt and pepper

Cut the veal in pieces the size of an oyster, dip in the beaten egg, roll in cracker crumbs, and season with salt and pepper. Fry in deep fat (375 to 400 degrees F.).

Ham a la Allen

Buy cooked ham that comes in an oblong shape. Have butcher slice it, using an automatic slicer set at No. 7. The thickness must be uniform. Make a stuffing of 2 cups of fresh bread crumbs; season with pepper, no salt. Add ½ teaspoon of curry powder. Mix crumbs with ½ cup butter (melted) and ¾ cup of whole-kernel corn. Blend together with the unbeaten white of an egg. Spread slices of ham out flat and butter. Put stuffing on each piece, roll up and fasten together with toothpicks. Lay in roasting pan, not too close together. Bake in a mod-

erate oven about ½ hour, basting often with additional cup of melted butter. Just before serving add melted butter and 1-3 cup of cream or rich milk. Mix these two together well and sprinkle paprika on top. Serve on platter with ham gravy around and garnish with water cress. Serve separately a hot condiment of chopped, spiced watermelon rind, heated in own syrup. Two pounds of ham serves six.

Ham and Potato Casserole

1½ lbs. sliced uncooked ham, ½ inch thick
4 cups sliced pared potatoes
½ cup sliced peeled onions
1 sprig parsley, minced
1 cup sliced pared carrots
3 tbsps. flour
2 cups bottled milk or
1 cup evaporated milk and 1 cup water
2 cups water

Cut the ham into pieces large enough for individual servings. Arrange ham, potatoes, onions, parsley and carrots in layers in a Dutch oven with some of the flour sprinkled on each layer. Add the milk and water, cover tightly and simmer 1½ hours. Serves 6.

Ham Croquettes

2 cups of mashed potatoes
1 tablespoon of butter or fat
3 egg yolks
1 cup of cooked ham
Egg and cream
Cayenne

Mix potatoes, butter, yolks of two eggs and cayenne. Beat until smooth, then cool. Chop the ham, mix with the other yolk, set on the stove for a moment, then turn out to cool. When thoroughly cool,

take a tablespoon of the potato mixture, make a hole in it, put a large teaspoon of the chopped ham inside, close the hole and shape into a ball. Dip in flour, then in egg, roll in crumbs and fry in deep fat.

Smithfield Hams

(Two hams from Smithfield, Va.)

Soak two days, then boil slowly two or three hours. Let stand in own liquid until next day. Remove skin and make a covering with one cup brown sugar, one pint of cider or ginger ale to each ham. Put hams in moderate oven and brown the covering.

Rebecca's Ham Puff

2 cups bread flour
3 tpsps. baking powder
½ tsp. salt
⅛ tsp. white pepper
3 eggs
1 pint milk
1 grated raw carrot
3 tbsps. melted butter (1½ oz.)
1 pint of cooked ham, chopped

Sift flour, baking powder and salt together. Separate eggs and beat yolks until fluffy, and add to dry ingredients. Add milk and stir until well mixed; add carrot, butter and ham to mixture. Beat egg whites until stiff and fold them into ham batter. Pour into a greased baking dish and bake in a moderate oven, 350 degrees, for 40 minutes.

Pig's Feet, Southern Style

2 fresh pig's feet
1 egg
½ cup flour
½ tsp. baking powder
Salt
Milk to mix as in pancakes

Boil the pig's feet until tender. Heat grease to frying point; dip

pig's feet in batter, and fry until brown. Serve hot.

Pork and Beef Loaf

1½ lb. ground pork
½ lb. ground beef
2 eggs
1 scant teaspoon salt
½ cup soft bread crumbs
5 tbsps. melted butter.
1 No. 1 can tomato soup, added to the meat
½ tsp. sage
½ tsp. black pepper

Mix beef and pork, beaten eggs and milk, seasoning, form in loaf and bake 1 hour in moderate oven. Baste every 15 minutes, adding hot water as needed.

Roast Shoulder of Pork

4 lb. roast
Pepper, salt
Grated onion

Have the butcher bone and roll the shoulder of pork. Dust with plenty of salt and a little pepper. Place in baking pan. A small onion roasted in the pan with the meat adds to the flavor of the roast and gravy. Have the oven heated to 500 degrees for the first 15 minutes. Then reduce heat to 375 degrees Fahrenheit for the rest of the roasting. Allow 25 minutes per pound. Make a gravy from 4 tablespoons of the pork fat, 4 tablespoons of flour and 2 cups of water.

Linked Sausage

Separate sausage links and arrange in a heavy frying pan. Cover and cook over a low heat 15 to 20 minutes. Remove cover, increase heat and turn sausages. Cook until evenly browned, turning when necessary.

Sausages and Fried Apples

Pan broil the required number of small sausages or cakes of sausage meat. As soon as fat collects add as many halved, cored, and unpeeled apples as required, first dipping them in flour to which a little sugar has been added. Saute until brown. Place on a hot serving dish with two small sausages on each half of apple.

Breaded Liver

- 1 to 1½ pounds beef liver
- 1 egg
- 2 tbsps. lemon juice
- 1 cup bread crumbs
- 1 tsp. salt
- Pepper

Slice liver, cover with boiling water, and simmer for 5 minutes. Drain. Beat egg slightly and add lemon juice. Dip liver in egg, then in fine dry bread crumbs which have been seasoned with salt and pepper. Brown quickly in a little fat.

Calves' Brains Pancakes

Take 2 cups of flour, 2 whole eggs, and 2 additional yolks; add a pinch of salt and enough milk to make a thin batter. Fry the pancakes as usual—should make 10 large cakes, about nine inches across. Keep pancakes hot until all are fried, then place the following filling in layers between the pancakes: Soak two calves' brains in cold salted water for 30 minutes. Drain, cover with more water and simmer for 15 minutes. Drain, remove fiber and outer membrane. Finely chop calves' brains, fry slowly for 20 minutes

in butter. Flavor with finely chopped onion. Add two or three beaten eggs, ½ pint cream, salt, paprika and chopped parsley. Cook this until eggs thicken.

Keep the pile of pancakes with filling in a warm oven for about 10 minutes before serving.

Calf's Liver En Casserole

- 1 calf's liver
- 6 slices bacon
- 1 cup button mushrooms
- 3 cups fried potato balls
- 1 pint brown stock

Wash the liver thoroughly and wipe dry. Fry some bacon in a pan, remove, place the liver in the bacon fat and sear each side thoroughly. Transfer to a casserole, add slices of bacon, brown stock and mushrooms which have been sauteed. Cook 1½ hours in moderate oven (350 degrees F.), adding more stock if necessary. Just before serving, put in the potato balls which have been fried in deep fat (395 degrees F.) and drained.

Creamed Sweetbreads With Mushrooms

- 1 lb. sweetbreads
- 1 cup steamed mushrooms
- 1 cup cream
- 1 tbsp. flour
- 1 tbsp. butter, melted
- 2 egg yolks
- Salt and pepper

Soak the sweetbreads in cold water about 15 minutes. Remove the membranes and cook the sweetbreads in boiling salted water for 20 minutes, until tender. A tablespoon of lemon juice or vinegar may be added to the water in

which they are cooked. Plunge the boiled sweetbreads into cold water to harden. Cut into cubes and serve in a cream sauce, made as follows:

Heat the cream in a saucepan, add flour and butter, beaten egg yolks and seasoning. Cook until thick, stirring continually. To this sauce, add the sweetbreads and mushrooms. Serve at once on buttered toast, garnish with chopped parsley and paprika.

Kidney and Mushroom Stew

- 6 lamb kidneys
- ¼ pound mushrooms, sliced
- 2 small onions, chopped
- 3 cups boiling water
- 1 tsp. salt
- ⅛ tsp. pepper
- 2 tbsps. flour
- 1 tbsp. meat sauce
- Boiled brown rice

Split the kidneys, and remove as much of the tough fiber as possible. Soak in lukewarm salted water for about 30 minutes. Drain, cover with cold water, and heat to boiling point. Drain and discard the water; cover with fresh cold water. Heat again to boiling point and drain. Cut the kidneys in small pieces, add the onions and the mushroom caps and stems which have been washed and sliced. Add 3 cups of boiling water, salt and pepper, cover and cook slowly for 40 minutes or until the kidneys are tender. Then add the flour stirred to a paste with 2 tbsps. of cold water, and cook and stir until the stew thickens. Add the meat sauce. Serve with the boiled brown rice.

Lamb Kidneys a la Port Washington

Remove fat from 6 lamb kidneys, wash and remove membrane. Cut in thin slices with a sharp knife, being careful to remove every bit of the hard white veins. Wash, stem and slice ½ lb. of mushrooms, discarding the stems. Peel and chop fine 4 or 5 shallots, and put them in an earthenware casserole with 1 tablespoon of sweet butter. Place on a low fire and cook gently until a delicate brown, then add mushrooms and kidneys and another tablespoon of butter. When that is melted, moisten them with ½ cup of dry white wine and 2 tablespoons of Madeira, and a scant ½ liquor-glass of your very best cognac. Cover and simmer very gently, stirring occasionally, for one hour.

(If shallots cannot be obtained, substitute one medium-sized onion, chopped. Sherry may also be used in place of the white wine and Madeira.)

Sweetbreads En Brochette

Wash two sweetbreads. Drop into boiling, salted water. Add the juice of one-half lemon. Boil 20 minutes. Drain; cover with cold water. Remove the membrane and separate the sweetbreads into small pieces. String on metal skewers, alternating sweetbreads with one-inch slices of bacon. Brush with melted butter. Place in frying pan and dust with sifted bread crumbs. Broil 10 minutes, turning occasionally.

Smoked Tongue With Spinach

Soak a three-pound tongue overnight in cold water. Pour off the water and place in a large iron pot with sufficient fresh water to cover. Allow the tongue to simmer slowly from 3 to 4 hours, or until very tender. When the tongue is finished, place in cold water and remove the skin. Cut tongue in 3/4-inch slices and serve with spinach. Garnish with finely chopped, hard-cooked egg.

Smoked Spiced Tongue

Cook tongue very slowly for three hours in water to which spices (whole cloves and bay leaf) have been added. Leave in water to cool. Take out and pull the skin off. Chill in refrigerator.

Tongue cooked in this way is especially nice in cold cuts or served hot with currant jelly and

a green salad tossed with French dressing. When currant jelly is served with the tongue it is delicious mixed with toasted almonds. Chop the almonds very fine and mix with jelly.

Tongue En Casserole

Cut cooked smoked tongue in slices 1/4 of an inch thick. Place in casserole. Cut one pound of mushrooms and saute five minutes in butter. (Canned mushrooms may be used.) Arrange mushrooms over and around tongue and add about four bunches of new onions, uncooked. Pour two cups of canned chicken soup, or stock over tongue, season with celery salt, salt, pepper, 1/2 teaspoon mace and dots of butter. Cover and cook one hour in moderate oven. Just before serving, thicken gravy with a little flour. Serve with spiced beets.

MENUS

Folks that are too old to learn a lesson from somethings happened to them had just better go off somewhere and wait for Father Death to come along.

My lady called me in and says, "Rebecca, that was a very good dinner we had last night—cold deviled crabs, followed by cold tongue in aspic, then one of your good salads, and chocolate ice cream. Everything was delicious—but it was all cold!

"And now, tonight, you give us all hot dinner. The hot curried shrimps, surrounded by lovely flaky rice, then the chicken a la Maryland with corn fritters, smothered in brown cream gravy—that was one of the best things I ever put in my mouth! Then you finished with hot blueberry pie.

"Whatever the weather," she said, "I think one hot dish should always be served."

And that wasn't all either. She told me I had made a bad mistake to serve two dishes with rich, thick gravy that had very much the same feel and look to em. She said that appearance counts for a lot, too, and both of these dishes were kinda white and sickly looking, without some bright-colored vegetable or green by way of contrast.

So I sort of mixed up those two dinners, with something hot and cold in each. Here they are, fixed, and some more with them:

Dinner No. 1

Cold Deviled Crabs
Chicken a la Maryland with
Corn Fritters
Smothered in Brown Cream
Gravy
Tomatoes, Marinated in
French Dressing
Chocolate Ice Cream

Dinner No. 2

Hot Shrimp with Rice
and Curry Sauce
Cold Tongue in Aspic
Watercress Salad
Hot Blackberry Pie

Hot-Weather Dinner

Crepe Vichyssoise
Crab-Flake Salad
Sizzling Lamb Tenderloin
Garden Peas
New Potatoes
Chocolate Ice Cream

Easter Dinner

Bouillon
Soft-Shell Crabs
Sauce Tartare
Crown Roast of Lamb
New Potatoes
Green Peas Hot Rolls
Avocado Pear Salad
Strawberry Ice Cream
Coconut Cake
Coffee

Motoring Lunch

Cold Sliced Ham
Parker House Rolls
Brown Bread Sandwiches With
Celery and Olive Filling
Potato Salad
Crisp Cucumber Pickles
Chocolate Cake
Iced Coffee

Luncheon

Clear Tomato Soup
Baked Halibut
Mashed Potatoes
String Beans—Creamed Celery
Toasted Muffins
Tea

Capon Dinner

Oysters on Half Shell
Clear Soup with Noodles
Terrapin
Brown Bread Sandwiches
Capon stuffed with Chestnuts
Brown Gravy
Green Peas Celery Salad
Cheese Patties
Vanilla Ice Cream Ginger Cake
Coffee

Dinner

Creamed Crab in Shells
Individual T-bone Steaks
Puree of Peas—
French String Beans
Mashed Potatoes
Tomato-Cucumber Salad
Brandied Peaches
Plain Cake

Country Luncheon

Cold Jellied Bouillon
Scallops with Tartar Sauce
Fresh Peas and New Potatoes
Green Salad
Fresh Raspberries and Cream
Iced Tea

Dinner

Onion Soup Cheese Croutons
Crown Roast of Lamb Stuffed
with Fluffy Mashed Potatoes
Puree of Peas
Shoestring Carrots
Mixed Green Salad
Vanilla Ice Cream with
Preserved Ginger
Coffee

Luncheon

Curried Shrimp in Rice Ring
Squab on Toast
Cold Asparagus Salad
Old Fashioned Strawberry
Shortcake
Iced Coffee

Supper

Jellied Soup
Italian Spaghetti with
Meat Balls
Mixed Green Salad
Ambrosia
Cup Cakes
Coffee

PIES

We was sent out a couple of boxes of cherries one day, and the first thing that popped in my mind was how I used to pick cherries in the country for my mother to make us a good old cherry pie. I would grab a bucket and start off in a hurry when anyone said cherry rolypoly.

I call to mind one time my mother sent us children off to pick cherries. They used to work in the fields and so we had to pick the fruit. We went off all happy, swinging our buckets and climbed all the trees we could find.

We used to climb trees barefoot, you see. I don't suppose I even had a pair of shoes till I was most grown.

Well, this one day we ate up nearly all the cherries so when we got home, we said, "Ma, the birds done ate up all the cherries." She didn't say a word, she knew we was lyin. There we stood so full our stumicks was stickin out. She just said, "Come in the house."

We got scared when we heard that, cause my father was a preacher an he didn't allow no lyin around that house. We could just tell the truth or we could get out. So we straightened out that story quick as a wink before she could tell my father that the birds had ate all the cherries."

Anyways here's that receipt for Cherry Pie:

Cherry Pie

3 cups fresh cherries (wash and
remove stones)
1 cup sugar
2 tbsps. flour
1/8 tsp. salt
1 tbsps. butter
1/2 tsp. cinnamon

Blend sugar, flour, salt and add cherries. Mix well. Pour into unbaked pie crust, add dots of butter, top crust and cover edge well. Bake in hot oven about 15 minutes, then reduce heat and bake until done.

Chocolate Butterscotch Pie

2 tbsps. butter
1 cup brown sugar
1 cup milk
Pinch salt
2 egg yolks
1-3 cup packaged chocolate des-
sert
1 tsp. vanilla

Put the butter and brown sugar in skillet and brown. Add the milk, the chocolate dessert dissolved in an additional 1/2 cup of milk and 1 tsp. vanilla. Let boil about 3 minutes, then beat in the egg yolks. Pour into baked pie crust. Cover pie with meringue made of stiffly beaten whites of 2 eggs, 3 tbsps. sugar, 1/4 tsp. vanilla. Brown lightly.

Chocolate Chiffon Pie

- 1 level tbsp. of gelatin, soaked 5 minutes in $\frac{1}{4}$ cup of cold water
- 6 level tbsps. of cocoa, or 2 squares of chocolate
- $\frac{1}{2}$ cup of boiling water
- 1 cup sugar
- 4 eggs
- $\frac{1}{4}$ tsp. salt
- 1 tsp. vanilla

Mix half of the sugar with the cocoa, boiling water, and egg yolks, then add salt and vanilla. Combine with soaked gelatin and cook over low flame. When the mixture begins to thicken, fold in the stiffly-beaten egg whites and the other half of the sugar. Fill two baked pie shells, and chill. Just before serving, spread a layer of whipped cream on the pies.

Coconut Pie

- 3 eggs
- 1 tbsp. cornstarch
- 2 tbsps. sugar
- 2 cups of scalded milk
- $\frac{1}{2}$ cup of freshly grated coconut

Beat the yolks of the eggs, add the mixed sugar and cornstarch, and pour on the scalded milk slowly; add the grated coconut and pour into a deep plate lined with a rich crust. When baked, cover with a meringue made with the whites of the 3 eggs stiffly beaten to which 3 tbsps. of powdered sugar have been added, and 1 tsp. of vanilla extract.

Sprinkle with coconut and brown in the oven. Serve hot or cold.

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Deep-Dish Apple Pie

Four tart apples.

Slice the apples quite thin and put in a deep baking dish or casserole. Season with one cup sugar and one teaspoon cinnamon. One teaspoon lemon juice and a little grated rind improves the flavor of the apples. If the fruit is very juicy, add two tablespoons of flour. Cover the dish with pastry rolled one-quarter inch thick. Cut gashes in the crust, press the edges together with a fork, and bake.

Old-Fashioned Apple Pie

Line a pie plate with pastry and select tart cooking apples. Slice a sufficient number to fill the pie plate. Cover with sugar, sprinkle with a little flour, dot with bits of butter and dust lightly with cinnamon and a little nutmeg. Moisten with 3 tablespoons of water, then put on the upper crust and bake in a moderate oven for from 20 to 30 minutes, depending on the thickness of the pie.

Orange Marshmallow Pie

- $\frac{1}{2}$ lb. marshmallows
- 1 tbsp. lemon juice
- Lemon wafer crumb crust
- 1 cup strained orange juice
- $\frac{1}{2}$ cup heavy cream
- 1 orange (for slices)
- Toasted marshmallow halves.

Heat $\frac{1}{2}$ lb. marshmallows over hot water until almost melted. Remove from heat. All fruit juices. Cool. Whip cream; fold in. Chill until slightly thickened. Pour into crumb crust. Chill overnight. Garnish with orange slices and toasted marshmallow halves. Makes one 9-inch pie.



Photo by Jack Wilson

"Deed it's fun to trim a pie!"

Pumpkin Pie

Cut a pumpkin into pieces, removing the soft part and the seeds. Cover and cook in its own steam until tender. Remove cover and allow it to get almost dry; then pass the pumpkin through a sieve.

Use $2\frac{1}{2}$ cups pumpkin pulp, 2 cups milk, $\frac{1}{2}$ cup sugar, 2 tps. molasses, 1 tsp. melted butter, 1 tsp. cinnamon, 1 tsp. salt, 1 tsp. ginger. When mixture is cool add 2 well-beaten eggs. Pour into a rich pie shell and bake in slow oven for 40 minutes. Makes one large pie.

Raisin Pie

2 lemons, grated rind and juice
 1 orange, grated rind and juice
 1 cup light brown sugar
 $1\frac{1}{4}$ cupfuls water
 1 scant cup walnut meats,
 coarsely chopped
 3 tps. cornstarch.
 2 cups seeded raisins
 Pastry

Cook together all ingredients except the cornstarch. When it comes to a boil, thicken mixture with cornstarch which has been softened with 1 tbsp. cold water. Use as a filling for a double crust pie, or make lattice-work top.

English Mincemeat Pie

3 large lemons
 3 large apples
 1 lb. seedless raisins
 1 lb. currants
 2 lbs. brown sugar
 1 gill brandy
 $\frac{1}{4}$ lb. chopped almonds
 1 oz. each of citron, orange and lemon peel
 2 large tps. of orange marmalade
 1 lb. of finely chopped beef suet.

Grate rind of lemons, squeeze out juice, and strain; boil the remainder of lemons until tender, then chop fine and add to juice and rind. Chop apples and add first (as this keeps the apples from changing color). Have other ingredients all ready and chopped; combine, and mix well, lastly adding the gill of brandy.

This should be allowed to ripen three weeks before using, placed in air-tight jar in cool place.

A little sweet spice may be added to suit the taste. Not called for in the recipe, but many people like it.

Bake mincemeat between two crusts. Have oven very hot (450 degrees F.) for 10 minutes, then reduce heat to moderate (325 degrees F.) and continue baking for 30 minutes more. Serve hot or cold.

POULTRY AND GAME

When we comes to poultry (laws! I nearly said poetry—ahm partial to both y'know) it takes me right over to Thanksgivin.

As I remember, I use to go to Aiken, South Carolina, after Thanksgivin every year when I worked for Mrs. Hitchcock—you know the Mrs. Hitchcock—her boy's the polo player. We use to spend the time from the fifteenth of August til the last of September at Saratoga, and then go back to Westbury, Long Island.

Then later we would go to the South for three months. We looked a sight when we traveled, I can tell you. There was always a crowd along wherever we went.

My, sometime I wander from the subjec. Poultry to Thanksgivin to travelin. To make up I'll tell how I fix a nice young broiler:

I like to pick out a nice small broiler—not one of those little squab affairs, though—something with meat on its bones. Then I grease it good with butter, sprinkle it with salt, and run it into a hot oven under the broiler until it is nice and brown. Then I put it in a pan and set it on top of the stove, and just go about my business, getting the rest of the meal together. Cover the pan and let it sizzle gently.

Baked Chicken Breasts

Remove breast meat from broilers in two parts, retaining skin and half the wing bone. Coil meat and skin around bone and fasten with two small wooden skewers so each portion stands up like a little, old-fashioned doll with full skirts. A paper bonbon cup may make a sunbonnet for each one when served. Wind a strip of bacon around the top of the wing bone to prevent burning.

Put in dripping pan, brush with melted butter, sprinkle meat and pan with flour. Put in a 450-

degree oven and bake 20 minutes, basting twice with melted butter.

Serve on toast or on slices of fried cornmeal mush, or on a bed of wild rice with gravy made from the stock. Garnish with jelly.

Chicken Curry

3 pound chicken, cut in pieces for serving
1-3 cup butter
2 onions, sliced
1 tbsp. curry powder
2 tsps. salt
1 tsp. vinegar
Boiled rice

Melt butter in hot frying pan, put in chicken, cook 10 minutes. Add liver and gizzard and cook 10 minutes longer. Add onion,

curry powder, salt and vinegar. Pour on boiling water to cover. Simmer until chicken is tender. Remove chicken, strain liquor, measure and thicken with 1 tablespoon of flour to each cup, mixed with enough cold water to pour easily. Pour over chicken, serve with border of rice.

Chicken a la King

2 tbsps. fat
2 tbsps. flour
1 cup milk
1 cup cream
2 egg yolks
1 green pepper, minced
1 cup quartered mushrooms
1 pimiento, cut into narrow strips
2 cups cooked, diced chicken
1 tsp. salt
½ tsp. pepper

Make a white sauce of the fat, flour, milk, cream and seasonings. Add the mushrooms, green pepper, pimiento and chicken. Cook until the meat is heated through. Just before serving stir in the egg yolks lightly. Serve at once on squares of hot toast.

Chicken Pot Pie

One fowl, about 4 lbs., cut in pieces
1 onion
¾ cup diced celery
2 tbsps. minced parsley
½ lb. mushrooms, sliced
¼ cup butter
3 tbsps. flour
Salt and pepper to taste

Boil chicken until tender. Remove pieces from stock and separate meat from bones. Place meat in a casserole dish. Add onion, parsley and seasonings to stock and let simmer for half an hour. Then strain, thicken with

two tablespoons of flour, to two cups of the stock. Cook until thick; add mushrooms, turn into casserole dish and cover with pie pastry. Bake in hot oven until pastry is done.

Chicken Stew

A 4-lb. chicken (about), cut as for fricasse
2 tbsps. drippings, or more

Brown chicken quickly in the hot drippings in a heavy skillet. Then transfer the pieces to a stew-pan, containing the following mixture:

3 to 4 cups hot water or chicken stock
¼ cup diced celery and leaves
¼ cup sliced onion
¼ cup sliced carrot
¼ cup chopped parsley

Simmer for one hour, or until done. Make a gravy, using 4 or more tablespoons of flour, ½ cup cream or evaporated milk, 2 tablespoons butter, diluting with liquid from stew. Pour over hot biscuits.

Pate de Fois Gras

2 doz. chicken livers
2 tbsps. butter
1 tsp. minced parsley
1 truffle
1 tsp. chopped onion
Pepper and salt

Parboil the chicken livers, drain and cool. When cold, put through the food chopper twice. Brown the onion and parsley in the butter; remove from heat. Add the chopped truffle and the ground chicken livers. Stir smooth and keep in a crockery dish in the refrigerator. The truffle may be omitted, if it is difficult to obtain. Serve on toast as an appetizer.

Sauteed Chicken Livers and Mushrooms

12 chicken livers
1 cup mushrooms
3 tbsps. butter
Salt and pepper

Use only the tops of the mushrooms, which have been peeled and washed. Saute them in butter. Parboil the chicken livers and add them to the sauteed mushrooms. Season, and serve on toast, using the butter in which the mushrooms were cooked as sauce.

Braised Duck With Hominy Balls

Singe, draw and truss a good-sized duck. Place it in a baking pan with a chopped onion, 1 cupful of chopped celery and a chopped carrot. Dissolve 1 teaspoonful of beef extract in 2 cupfuls of boiling water; pour this in the pan, add $\frac{1}{8}$ teaspoonful of pepper. Bake the duck in a quick oven until brown, then baste and cover with buttered paper and cook slowly for one hour.

Cook some hominy grits in milk in a double boiler, allowing $\frac{1}{2}$ cupful to each pint of milk. When the hominy is tender, add 1 teaspoonful of salt. Take from fire, form into balls, dip in beaten egg, roll in fine breadcrumbs and fry in hot fat.

Place duck on a hot platter. Blend 1 tablespoonful of butter and 1 tablespoonful of flour in the pan with the drippings from the duck, boil for 2 minutes, then season and strain over the duck. Garnish with hominy balls and celery.

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Roast Long Island Duck

Stuff the duck with breadcrumb dressing or wild rice poultry dressing. Place it in a baking pan with a chopped onion, and sprinkle a teaspoonful of pepper and one teaspoon of salt over the duck. Roast it in a hot oven for one hour, basting frequently.

Serve with apple sauce, sweet potato balls, Brussels sprouts and string beans.

Bread Crumb Dressing

$\frac{1}{2}$ cups bread crumbs
3 tbsps. butter or other fat
1 tbsps. chopped onion
1 tsp. powdered sage
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper

Rub the fat into the crumbs, then add the seasonings.

Wild Rice Poultry Dressing

2 large onions minced
1 cup butter
1 tsp. sage
1 tsp. chopped parsley
 $\frac{1}{2}$ cup chopped celery
 $\frac{1}{2}$ cups stock
 $\frac{1}{2}$ tps. salt
Dash black pepper

Sprinkle sage on onions and cook in butter for a few minutes. Add other ingredients and cook for about 40 minutes.

Salami of Squab

6 squabs, trussed
1 tbsps. butter
1 slice onion
1 thin slice carrot
1 bay leaf
1 tbsps. flour
1 tbsps. mushroom catsup
1 tbsps. Worcestershire
5 mushrooms, sliced fine
 $\frac{1}{2}$ tsp. salt
1-16 tsp. pepper
1 tbsps. sherry wine

Brown the trussed squabs in the butter in a heavy skillet; remove

them to a saucepan and add the onion, carrot and bay leaf. Brown the flour in the skillet; add the stock; stir until it boils. Pour over the squabs; cover closely; simmer until tender. Remove the squabs to a heated platter. Add the mushroom catsup, Worcestershire, sliced or chopped mushrooms, salt and pepper to the strained liquid in the sauce pan; simmer. Add the sherry and pour this sauce over the squabs.

Turkey Curry

6 tbsps. fat
1-3 cup minced onion
1 medium or large apple peeled or diced
1 large can of mushrooms
3 cups diced turkey
3 tbsps. flour
 $\frac{1}{2}$ tsp. salt
1 to $1\frac{1}{2}$ tps. curry powder
 $1\frac{1}{2}$ cups turkey stock and top milk or cream

Cook onion, apples, mushrooms and turkey in the fat until onion and apple begin to turn transparent, about 10 to 15 minutes. Remove from heat, add salt, flour and curry powder and stir to blend thoroughly. Add liquid and cook over very low heat until thickened and continue cooking for about 15 minutes in order to blend the flavors. Serve with hot rice.

Creamy Mushroom Turkey Gravy

Add one cup of water to the drippings of a roast turkey. Scrape the brown from the bottom and sides of pan. Add two cans of condensed cream of

mushroom soup and stir until blended and smooth. Bring to a boil and serve very hot. If a thinner gravy is desired more water may be added.

Turkey Dressing

Crumble $1\frac{1}{2}$ loaves of bread fine. Dry crumbs in oven but remove before they get hard. When mixing put crumbs in pan first, then add:

1 tbsps. poultry seasoning
1 big red onion
1 tsp. salt
3 tbsps. butter
Pinch dry sage
 $\frac{1}{2}$ tsp. white pepper
1 tsp. baking powder

Sift the baking powder over the top of the dressing. This is sufficient for a small (7-lb.) turkey, but the amounts would have to be doubled for a very large bird.

Leftover Turkey With Sauce

Chop the turkey in little pieces and cover with this sauce. One sliced onion, two chopped green peppers. Brown them in 1 tablespoon of fat and add 1 cup of broth and 1 tablespoon of flour. Stir them all together and season to taste. Then pour it over the turkey which has been warmed in the oven.

Baked Rabbit

1 rabbit
1-3 cup flour
1 tsp. sage
3 tbsps. fat
3 strips bacon
4 cups thin white sauce
1 tsp. salt

Dress and clean the rabbit and cut into pieces for serving. Mix

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the flour, sage and salt; roll the pieces of rabbit in the mixture. Saute in fat until brown.

Put the rabbit into a casserole or covered pan, and lay bacon strips across it. Bake for two or more hours in a moderate oven. Length of baking time is determined when rabbit is tender.

Broiled Wild Duck

Young wild ducks, such as mallard, are cleaned, split down the back, washed and dried in the same manner as the domestic duck. Teal is left whole. Rub with olive oil, sprinkle with salt and pepper, and lay skin side down, on broiler rack. Broil in moderate broiler (350 degrees) for 15 to 20 minutes, or until tender, turning several times to brown evenly. Serve on hot platter with lemon butter mixed with chopped parsley. Allow one to one-and-a-half pounds per portion.

Scotch Grouse

Season and place the grouse in hot bacon fat and roast in a hot

oven for 12 minutes (regular cooking time) but for those who like grouse fairly well done, it will be necessary to increase the roasting time to 18 minutes.

Grouse should be basted often, while being cooked, or it will be dry.

Woodcock and Snipe

Warning: Do not allow the head to be cut off the birds.

After wiping each bird carefully with a damp cloth, cut off the feet, and skin the lower legs by dipping them a minute in boiling water. Skin the head, remove the eyes and twist the head round, running the bill through the legs and body. This serves as a skewer to hold the bird in compact shape. Wrap each bird in a slice of pork or bacon and cook in a hot oven with a little butter for 10 minutes. Boil livers and pound them to a paste, season with salt and pepper, and spread on pieces of buttered toast, pouring over them the juice from the baking pan. Serve these canapes as an accompaniment to the woodcock.



Photo by Jack Wilson

Pheasants for her lady's dinner . . .

SALADS AND SALAD DRESSINGS

Salads always make me think of Miami, and deed I don't know why. But I kin never forget the first time I was in Miami. When we got off the train, I had a time to remember we was in January as the weather was just too beautiful and the sun was so warm that I looked for the shady side of the street.

The boat for Nassau didn't leave to four o'clock and my lady's maid and I went to have a look at Miami. I remember we went to the Indian Village. And there we saw a few funny dressed Indians makin blankets and a few Indian children asking for pennies. And I bought myself a little basket to put my darning thread in it.

That isn't the part about Miami that makes me think of salads, though. But Miami is an awful dreamy place. And you can sure put your dreams into a salad. A little sliver of this and that for a thought. I am sure gettin poetical here and I better stop right quick. So here's some right good salad receipts to bring us back to dinner time:

Avocado Salad

The avocado salad is one of Rebecca's favorites, and very simple to make. Peel the avocados, quarter them lengthwise, arrange them on a bed of lettuce. Serve with rich, sharp French dressing.

Cheese Ring Salad

1 tbsp. gelatin
1/2 cup Roquefort cheese
1/4 cup cold water
1/2 cup of hot water
1/4 tsp. paprika
2 pkgs. cream cheese
1/2 tsp. salt
1 tsp. onion juice
1 cup whipped cream

Sprinkle gelatin on top of cold water. Let it stand a few minutes and add 1/2 cup of hot water and stir until gelatin is dissolved. Mix

all cheese with a little cream until it is smooth paste, add gelatin, salt, paprika, and onion juice. Add whipped cream last. Turn into ring mold and chill. When firm turn onto salad plate and surround with canned pears on lettuce. Fill centers of pears with mayonnaise and sprinkle chopped nuts on top of each.

Chicken Salad

Get young stewing fowl and use only the white meat. Save the dark meat and use the next day for croquettes. Cook the chicken until very tender.

2 young stewing fowl (white meat only)
2 cups celery
1 1/2 cups mayonnaise

Season it well and serve on lettuce for a luncheon or supper dish.

Crab Flake or Chicken Aspic Salad

- 6 small tomatoes
- ¾ cup diced celery
- ½ tsp. salt
- Pepper
- Celery salt
- 1-3 cup mayonnaise
- 3 cups aspic jelly
- 1¼ cups flaked crabmeat

Mix celery, crabmeat, mayonnaise, salt, and stuff the tomatoes. Chill. Cover bottom of individual mold with aspic. Chop a few green peppers and place in bottom of mold, together with some sliced olives. Let set, then carefully place tomatoes in molds upside down, add more liquid jelly so tomato will not float, and cover tomato entirely. Chill thoroughly. unmold on lettuce and serve with a sharp dressing.

This same recipe may be followed for chicken salad in aspic.

Crab Meat Salad

Combine 1 pint of crab meat with 1 minced cucumber, 1 cup of minced celery, 4 minced sweet pickles and 4 hard-boiled eggs cut fine. Sprinkle with salt, paprika and the juice of 1 lemon. Mix well, and chill. Arrange on crisp lettuce leaves and decorate with sprigs of parsley, capers and stuffed olives cut in halves. Serves eight.

Frankfurter and Baked Bean Salad Bowl

- 4 frankfurters
- 1 No. 2 can baked beans in tomato sauce
- ¼ cup minced ham
- ¼ cup chopped sour pickle
- 1 small head lettuce
- 1-3 cup French dressing

Simmer frankfurters in boiling water 5 minutes. Chill, then slice

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in ¼-inch crosswise pieces. Arrange with drained beans, onion, and pickle in a salad bowl. Add lettuce, broken into easy-to-eat pieces, and the dressing. Toss lightly, but thoroughly, and serve. To complete the dinner, serve celery sticks, heated rolls, soft custard on peach halves, oatmeal cookies, and iced tea.

Green Salad With Mustard Dressing

Rub salad bowl with 1 cut clove garlic, or ½ onion, and fill bowl with:

Water cress.

Celery cut fine, and chicory torn in pieces.

Pour the mustard dressing over and toss, using two forks, so that the greens are thoroughly marinated with dressing.

Mustard Dressing

- 1 tbsp. mixed mustard
- ¾ tsp. Worcestershire sauce
- Mix, and add slowly:
- 4 tbsps. salad oil
- 2 tbsps. vinegar
- ½ tsp. salt
- ¼ tsp. pepper

Stir until well mixed.

Halibut Salad

- 1 lb. cooked flaked halibut
- 2 cucumbers, diced
- 1 tsp. chopped parsley
- 1 tsp. salt
- Sliced stuffed olives
- 1 bunch radishes, diced
- 1 cupful cooked green peas
- Dash of paprika
- ¼ cupful French dressing
- Romaine or lettuce

Combine all ingredients, serve on romaine topped with cooked salad dressing, and garnish with the sliced olives.

Jellied Chicken and Vegetable Salad

- 2 tbsps. granulated gelatin
- 3 cupfuls hot chicken broth, or 1 can chicken soup
- 2 cupfuls cooked vegetables
- ⅛ cupful cold water or cold chicken broth
- ¾ tsp. salt
- 1 cupful diced chicken meat
- 1 tbsp. chopped pimiento
- 1 green pepper, minced

Soak gelatin in cold water or cold broth 5 minutes. Add hot broth and stir until gelatin is dissolved. Add salt and cool. Put a thin layer of this mixture into a cold, wet mold and let it stiffen slightly. Add some of the vegetables (cooked peas, string beans, carrots, beets, asparagus, anything you have on hand), and chicken meat, more gelatin, repeating until all ingredients are used. Chill until firm, unmold on lettuce leaves and garnish with parsley or watercress and mayonnaise.

Serves six.

Pineapple Supreme Salad

Arrange tender lettuce leaves on salad plate. On these place a slice of pineapple, and put a ball of well-seasoned cottage cheese in the center of each slice. Sprinkle with paprika and serve with mayonnaise.

Salmon Salad With Vegetables

On a bed of lettuce leaves place a slice of salmon steak, steamed or canned, chilled and freed from bone and skin. Fill hollow with cooked peas which have been marinated with French dressing. Garnish with mayonnaise and sur-

round with thin overlapping slices of onion, cucumber, tomatoes and green pepper.

Sarenza Salad

- 2 carrots
- 2 beets
- 2 potatoes
- 3 hard-boiled eggs, sliced
- 3 tomatoes, cut in small pieces
- Few string beans, finely cut
- ½ head lettuce, finely cut

Cook the vegetables, cool, cut fine, and mix together in large bowl. Stir in raw vegetables (tomatoes and lettuce), then combine with French dressing, made as follows:

- ½ cup olive oil
- 4 tbsps. tarragon vinegar
- 1 tsp. salt

Mix well and serve on lettuce. Garnish with hard boiled eggs.

Shrimp Salad

- 1 lb. shrimp
- 1 minced green pepper
- ½ doz. chopped olives
- ½ cup mayonnaise
- 2 tbsps. minced onion

Shred the shrimp. Mix with the rest of ingredients, seasoning to taste with salt, pepper, and celery salt. Serve very cold on crisp lettuce.

Santa Claus Salad

Make a bed of cottage cheese on a leaf of lettuce. The cheese will represent snow. Using a Santa Claus cookie cutter, cut a thick slice of boiled beet. Place halves of peanuts around the snow for tracks. Have cheese thick enough to hold Santa Claus erect or have some slips of vegetables representing the pack to act as brace to hold figure in place.

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Water Cress and Beet Salad

This is a combination you don't see very often, but it's always enjoyed. Cut some cold boiled beets into cubes, break the water cress into pieces, toss thoroughly with highly seasoned French dressing and garnish with olives.

Whole Meal Salad

1 can chicken (about 2 cups)
1 small can corn (whole kernel)
1 small onion
1 can kidney beans, drained
½ tsp. salt
Juice ½ lemon
1 red apple, not peeled
2 hard-cooked eggs
½ cup chopped celery
½ cup whipping cream
½ cup mayonnaise

Mix all ingredients together. Serve in green pepper cases on lettuce cups.

Salad-Russian Dressing

Add 1-3 cup of chili sauce, 2 tablespoons minced cheese or 1 teaspoon of finely minced onion, and ½ tablespoon frilled lettuce

and a few chopped pickles to 1 cup of mayonnaise.

Sauce Verte

1 qt. mayonnaise; 12 sour gherkins; ½ cup capers; 1 bunch fresh tarragon; 1 handful parsley; a few pitted olives.

Chop above ingredients very fine, strain the juice and add to the mayonnaise. To add green color, pound some spinach with the juice of the ingredients before adding to the mayonnaise.

Huey Long Salad Dressing

(The late Mista Huey Long had a salad dressing that got so famous that folks who had it remember it now. So I think I will jus put it in.)

1 lb. Roquefort cheese
Juice of 1 lemon
2 tbsps. vinegar
½ cup olive oil
Dash of paprika
Dash of tabasco sauce
1 tbsp. Worcestershire sauce.

And then he stirred it for bout half hour!

SANDWICHES

Once when I was workin for some folks we had terrapin and a boy who was helpin out in the kitchen couldn't get over it. He said it was the first time in his life he had ever worked anywheres where they served terrapin up.

Lots of people read about folks eatin things like that an think they would like to be rich and have things like that to eat themselves. But they don't do anything about it. I've seen some mighty fancy dinners made out of hamburger and potatoes.

Now take sandwiches. They can be great busters of things—like in a workmans lunch box—or they can be these little bitty things that don't feel at home lest theyre near a tea cup. It's all what you like. If your goin to make sandwiches, you might as well make em good.

Followin is my idees on the subject:

Sandwich Rules

1. Bread, one day old.
2. Let butter stand awhile and cream it; don't melt it.
3. Use plenty of filling and spread it to the edges of the bread.
4. Butter each slice of bread.
5. Keep sandwiches moist; see that filling is not too moist or too dry.
6. For toasted sandwiches, the insides should be spread with filling but no butter. Spread the outside with butter and toast in the oven.

One of the big secrets of good sandwiches is to have the filling well seasoned with salt, pepper, dry mustard and maybe some paprika.

Sandwich Fillings

Chopped chicken or ham with celery or mayonnaise.

Chopped roast meat with green pepper or sweet pickle.

Sliced or chopped tongue with minced cabbage or water cress and mayonnaise.

Hard cooked egg (chopped or sliced), chopped bacon or shredded drief beef, minced celery, mayonnaise.

Cream cheese, chopped stuffed olive, minced celery, cream or milk to moisten.

Ground raw carrot, chopped cabbage and celery, with or without ground peanuts, mayonnaise.

Baked beans, mashed with sweet pickle.

Sliced banana and currant or cranberry jelly.

Chopped dates and nuts moistened with cream or orange juice.

Cheese Filling

For 1½ lbs. of Roquefort and cream cheese mixed, use 2 table-spoonfuls of butter and dash of paprika. Cream well and spread on toast.

SOUPS AND CHOWDER

When I thinks of soup I'm as like to think of turtle soup. We had it one night an I thought I would jus put some changes in it. When it was served, my lady said it was so much better that I must never make it the other way.

She knows what she wants, my lady does. She is very headstrong. One day the wind was blowin up wild and the great big waves was jumpin up on the beach like wild things. The butler came to me and said, "Our lady is out there swimmin by herself an there ain't one single soul on three miles of beach."

I ran right out of the house an there she was just swimmin along like she was in a pool.

Those waves was dreadful. I didn't know what to do cause I can't swim but I just stood there and watched her. She came out of the water and walked up to me an said, "Rebecca, what are you doing out here?"

I says, "You come right into the house. It's so cold and so wild you might have been drowned dead out there."

I think that was the night we had the turtle soup. I don't remember exactly cause I was so scared I didn't know rightly what I was doin. I like the ocean, but I'd rather jus stand and look at it than get in an tussle with it like that.

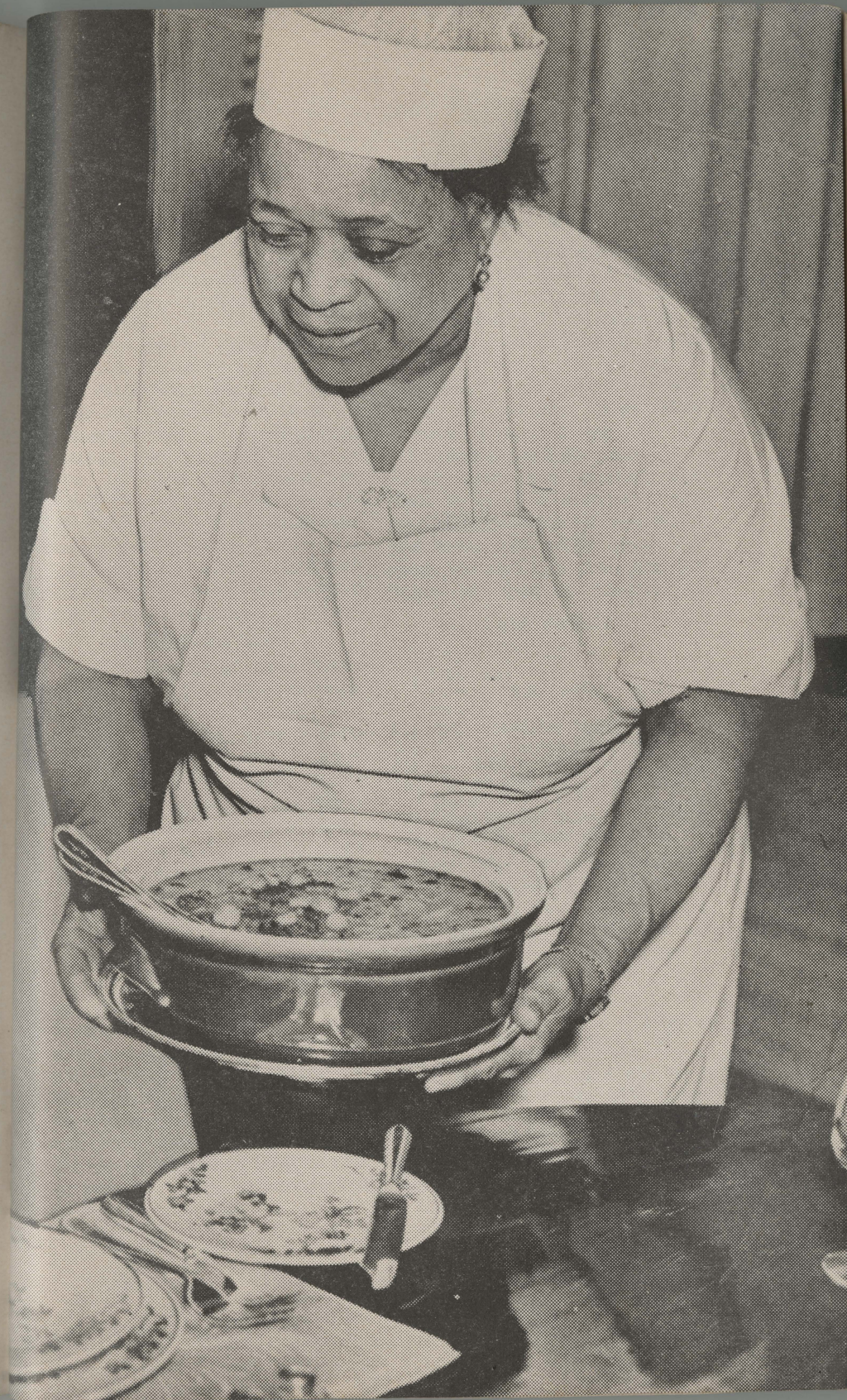
Anyways, heres the soups:

Turtle Soup

For 12 people use a 16-lb. turtle. It's best to have the turtle cut up at the market. Put the turtle in a kettle and boil it about 15 minutes. That makes the meat separate from the shell so you can scrape it out. Scrape the meat out and put in a separate bowl, sprinkle a handful of salt over it and add the juice of 4 limes. Let it stand about 3 hours, then wash and put away in refrigerator until next day.

Cut the meat up fine and cook until tender (about 20 minutes). Make the sauce of 1 teaspoon of thyme, ½ teaspoon of black pepper, ½ cup of butter and 2 table-spoons of flour. Take the nicest pieces of meat and make little meat balls of it. Dice the remain-ing meat and put the whole thing back in a kettle with 2 cups of finely chopped potatoes and 1 cup of finely chopped onion. Allow it to simmer until potatoes are done. Pour in tureen with juice of half a lemon and 6 tablespoons of sherry. When soup is served, about 3 or 4 turtle meat balls should go into each plate.

Rebecca, like any star,
occasionally makes a personal
appearance. Here she serves
her famed terrapin.



Green Turtle Soup

Canned turtle is very good for this and much easier to prepare. Use one can of green turtle for this recipe.

Remove the fat from the turtle and cook turtle in one quart of stock, with six cloves,, six peppercorns and $\frac{1}{2}$ teaspoon each of minced summer savory and thyme.

Brown two teaspoons of butter with one sliced onion, add two tablespoons of flour and one cupful of hot stock. Strain and combine with the turtle mixture.

Add the fat cut into dice, two tablespoons of sherry and garnish with a sliced lemon.

Black Bean Soup

Soak 2 cupfuls of black beans overnight, and in the morning cover them with cold water; add a bouquet of herbs, made of parsley, thyme and 1 clove, 1 onion and 4 peppercorns and simmer for four or five hours. When tender, remove the herbs, drain off the water and press the beans through a sieve. Add to the pulp enough good stock to make a soup the consistency of thin cream.

Make a paste of 1 tablespoonful of butter and 1 tablespoonful of flour, cook together until brown. Add this to the bean soup and cook for 5 minutes. This will prevent it from separating. Season with salt and strain. Four tablespoons of sherry adds just the right flavor. Each serving should be garnished with a slice of lemon or a slice of hard-cooked egg.

Clam Broth

Take 12 large hard-shelled clams for each pint of broth. Boil clams and juice for 20 minutes; strain and let settle. Then strain juice again carefully into a saucepan and let it boil up once. Season with pepper and butter—no salt. Serve in bouillon cups with whipped cream on top.

To obtain the clam juice: open clams, wash them carefully and place them in a saucepan. Add two tablespoonfuls of hot water and cover well. The steam will cause the shells to open and the liquor can then be strained off.

Cold Borscht

3 lbs. knuckle of veal
2 tsps. salt
3 celery stalks with leaves
1 onion
 $1\frac{1}{2}$ cups shredded beets
2-3 to 1 cup thick sour cream
 $1\frac{1}{2}$ qts. cold water
1-8 tsp. pepper
1 carrot
 $\frac{1}{2}$ tbsp. lemon juice
 $\frac{1}{2}$ cup thin strips cucumber

Have the butcher cut the knuckle of veal in two or three pieces. Cover with the cold water, add salt, pepper, celery, sliced carrot and onion and the mace. Cover and bring to a boil, then simmer until the meat is tender. Add water from time to time so there will be about seven cups at the end. Strain and cool stock. Skim off the fat, add the beets and cook until tender. Add lemon juice and season with additional salt and pepper. Chill. When congealed, break up with a fork and serve topped with sour cream combined with the cucumber and a little salt. Serves six.

Chicken Gumbo

- 1 onion, finely chopped
- 4 tbsps. cold water
- 1 quart chicken stock
- ½ green pepper, finely chopped
- 1 cup cooked or canned okra
- 2 tps. of salt
- ¼ tsp. pepper
- 1 or 2 cups canned tomatoes

Cook onion in butter five minutes, stirring constantly. Add to stock with remaining ingredients. Bring to boiling point and simmer on slow fire for 40 minutes.

**Chicken Gumbo,
Southern Style**

- 1 fat hen
- 1 large onion
- Salt to taste
- 1 cup okra
- 2 tbsps. butter
- 2 tbsps. flour
- 1 small ham hock
- 1 large can tomatoes
- 1 pt. chopped oysters
- 2 tbsps. chopped parsley
- 2 tps. celery sauce

Melt the butter and in it brown the chicken, onion, flour; add water and okra and tomatoes. Cover closely and cook until the okra is entirely dissolved; about two and a half hours. The water should be replenished as necessary to keep amount of soup standardized. Dice breast of chicken, clean meat from bones and return to soup. Add oysters about one half hour before soup is finished.

Cream of Onion Soup

- 6 onions
- 2 cups stock
- 1 tbsp. flour
- 1 cup cream or rich milk
- Salt to taste

Shred onions into frying pan. Brown in small amount of fat.

Add flour and blend. Add stock and cook until slightly thick. Add cream and seasoning. Strain into soup cups. Add teaspoon of grated cheese to soup just before serving.

Crab Gumbo

- 2 lbs. of crab meat
- 2 cups canned tomatoes
- 16 okra, diced
- 1 small onion, minced
- ½ cup rice
- 2 cups hot water
- 1½ tps. salt
- 3 slices bacon, chopped
- 2 tbsps. flour
- ⅛ tsp. cayenne

Saute bacon in pan, add onion and cook together five minutes, then add flour, stirring constantly until brown. Add tomatoes, okra and crab. Season with salt and cayenne. Simmer one hour. Serve hot with the rice, which has been cooking meanwhile in the boiling water. If canned crab is used, it should be added only 15 minutes before serving. This also applies to canned okra.

The same recipe may be used for shrimp gumbo.

Oyster Soup

- 1 qt. oysters
- 2 tbsps. butter
- 1 pt. milk
- 1 tbsp. flour

Brown butter and flour together, using great precaution against burning. Add seasoning and milk, then pour in oysters. When the oysters become bloated the operation is complete and you have soup to be proud of. Season to taste, using juice of 1 onion.

Oyster Bisque

- 1 pint oysters
- 2 tbsps. butter or substitute
- 1 slice onion, minced
- 2 tbsps. flour
- 3 cups milk
- Salt and pepper
- ¼ cup whipping cream
- Dash of paprika or minced parsley
- Crackers

Add enough water to oyster liquor to make 1 cup. Cook oysters in this liquid until edges curl. Drain, reserving liquor. Chop oysters very fine. Melt butter, cook onion in fat 5 minutes. Stir in flour and slowly add milk, stirring until thickened; add oyster liquor and chopped oysters, salt, and pepper to taste. Bring to boiling point, then cook in double boiler 20 minutes. Whip cream and fold into soup just before serving, and garnish with dash of paprika or minced parsley.

Rebecca's Crab Soup

- 1 qt. milk
- ½ lb. crabmeat
- 2 hard-boiled eggs
- Grated peel of 1 lemon
- 1 tbsp. butter
- 1 tbsp. flour
- 2 tbsps. sherry wine
- ½ cup cream
- Salt and pepper to taste

Mash eggs to a paste with fork, add butter, flour, lemon peel and a dash of pepper. Bring the milk to a boil and pour gradually on the paste made by other ingredients, then add crabmeat and put over a low fire. Simmer for 5 minutes, add cream and bring to a boil again. At the last minute, add the sherry wine and serve immediately. Do not boil after adding the sherry.

Cream of Mushroom Soup

- ¼ lb. mushrooms or stems from ½ lb.
- ¼ cup butter
- 2 tbsps. flour
- 1 quart milk, scalded
- Salt and pepper
- Cayenne

Wash and chop mushrooms; saute in butter in heavy pan five minutes. Stir in flour, add milk gradually, and cook five minutes, stirring until mixture thickens, add seasoning. Strain if desired.

Vegetable Soup

- 2 qts. stock
- ½ cup diced raw carrots
- ½ cup diced celery
- 1½ cups diced raw potatoes
- 2 cups tomatoes
- ½ cup canned peas
- 1 onion, cut fine
- Salt and pepper
- Celery salt

Heat stock, add vegetables and simmer one hour. Add seasoning. Serve very hot.

Tomato-Oyster Bisque

- 1 pt. oysters (with liquor)
- 4 cups milk
- 1 slice onion
- 4 tbsps. butter
- 4 tbsps. flour
- 2½ tbsps. salt
- ¼ tsp. pepper
- 1 can condensed tomato soup

Cut the oysters in 4 to 6 pieces, depending on the size of the oysters. Add the liquor and bring slowly to a boil.

Scald the milk with slice of onion in it. Melt butter, add flour and cook until frothy, then add the milk. Cook in double boiler or over very low heat until the sauce thickens. Add the oysters, seasonings and tomato soup. Heat, but do not boil. Serves 8 to 10.

Fish Chowder

- ¼ lb. fat salt pork diced
- 3 small onions, sliced
- 3 lbs. fresh haddock or cod
- 1 tbsp. salt
- ⅛ tsp. pepper
- 6 potatoes sliced
- 3 cups milk
- 6 Pilot Biscuits

Saute salt pork in chowder kettle until light brown. Remove pork scraps and cook onion in the fat five minutes. Cut fish in small pieces, rub with salt and pepper mixed, and add with potatoes and pork scraps to fat in kettle. Cover with boiling water and cook 30 minutes or until potatoes are tender. Add milk and Pilot Biscuits broken in pieces. Bring to a boil and serve. Serves six.

Creme Vichyssoise

- 2 raw white potatoes, peeled and sliced
- 1 leek, cleaned and minced
- 1 small onion, minced
- 2 oz. sorrel, cleaned and minced
- 3 cups good stock
- 4 oz. sweet butter
- 1 cup heavy cream
- 1 tsp. chopped chives

Warm butter, cook leek and onion for about two minutes, add sorrel, then the potatoes, then the stock. Season. Let it cook slowly for 20 minutes. Strain. Cool "in full ice," add cream. Correct the seasoning and finish with chives.

Always serve very cold and very well mixed.

TERRAPIN

[*Ed. Note—Rebecca is so noted for her terrapin, that it is only right for terrapin to have a section all its own in her cook book.*]

I never forget when I was first learnin to cook terrapin. I wanted to learn the very best way. I decided to learn from Emma. She was cook to Mr. John R. McLean. And Emma told me she would be pleased to teach me how. I went over several afternoons while she told me about it and then one day she called me up in a terrific stew and said they were going to have terrapin that night and I must come right over. I stayed all afternoon and watched everythin.

Course, that wasn't all the instruction I had. Had to watch Emma fix terrapin three or four times fore I dared try it. It is very expensive, you know. I couldn't afford to make a mistake. And this is a very exclusive receipt. Lots of cooks knows how to fix terrapin is what they say. But it is very hard to get a really good receipt.

I ain't nervous with terrapin. Though, mind you, it's terrible hard to handle. If you pull the shell off, you might just as well throw the whole thing away. And they cost about \$6 or \$7, you know.

I remember one time I cooked a terrapin dinner for the General—

General McCawley, you know. Well, after the dinner was all over I found out the bill was \$70 or \$80. I was so scared I nearly fainted. I asked him how come he trusted me with all that money an he said, "Well, look who I've got in the kitchen."

He always used to be sayin things like that til I got to thinkin I was pretty good.

I taught Mr. Young, of Grasslands, how to cook his terrapin. I certiy had to worry an wrastle with him until he finally got the hang of it, and then so many people wanted to know how he cooked em. Lots of people offered him as high as \$10 just to tell em, but he never would do it. I didn use to myself. But here comes that ole terrapin receipt free!

Terrapin

This recipe is for the "black sauce" terrapin in distinction to the cream sauce terrapin. The measurements for the various ingredients are for five good-sized terrapin—which would serve four people.

First put the terrapin in luke-warm water for a half hour. This gives the terrapin the illusion of spring, and he wakes up and moves around, washing himself.

Plunge terrapin into a pot of

boiling water, so it is stunned immediately and does not suffer. This loosens the skin over the shell and legs, so that it is easily removed with trowel or knife. Let the terrapin boil slowly, so the gall won't break. When the feet are soft, it's done (a matter of 25 minutes or so).

Take the terrapin out and put it on its back. Then open the shell with your hands. Save the juice. Now take the meat off and lift the entrails out, being careful, when you take out the liver, not to break the gall. If you break the gall just throw the terrapin away—it's ruined. Cut the liver next to the gall away with scissors and knife. Save the eggs if you find any, and include with the terrapin when it is simmered.

Put the liver in water. Put the meat where it will get cold quickly, and take out all the bones. Cut up the large sections of meat and put them aside. Put the juice from the shell into another bowl.

Now take the bones and let them cook slowly in a small quantity of water. Put the meat into a double boiler and pour over it the

liquor from the shell and enough chicken stock to cover.

Add a quarter of a pound of the best butter. Season with salt, red pepper and black pepper, and let it simmer for a little while—about 20 minutes. Dice the liver and add it to the terrapin.

Now for the sauce. Put a quarter of a pound of butter into a sauce pan with one tablespoon of flour. Let it cook slowly, but don't stir it much, as this makes it stringy. Take a little of the water in which you have cooked the bones, and add enough to the flour and butter to make a soft paste. Stir the juice from the shells into the sauce and let it cook.

Seasoning is the most difficult part. Terrapin requires a good deal of salt with both red and black pepper. Using either good, dry Madeira, or, if not available, dry sherry, pour half a water glass of the wine into the sauce and let it stand. Just before serving, add the other half glassful of wine.

Never use sweet Madeira or sweet sherry, as a sweet wine will completely destroy the delicate flavor of the terrapin itself.

VEGETABLES

Once somebody was askin me to name em a good menu right off the bat. And I got in a cream soup and oysters—and all the way down to dessert, which was caramel ice cream. And they suddenly said, "No vegetables, Rebecca?"

"Laws yes! I guess I certainly am a no-good cook," I said, "forgettin about vegetabiles. But I'd give you two of em all right."

And I would. It's good to have a good number on hand, too.

I'll never forget one Sunday out at Dower House that looked as if it would be a quiet day. After lunch, I was just gettin ready to take a nap, when the butler came and told me there would be three people for dinner. So away I flew to the kitchen to get my pots and pans a-rollin.

Before I could think what would be nice to give three for dinner, the butler came down and said there would be seven. I began to hum a little hymn which is a favorite of mine when things begin to happen fast. In about half an hour, here comes the butler just touchin the floor in high places with excitement. And he says, "Rebecca, have you enough food for 13 people?"

I says, "Go back up them steps and don't ask me sich a question agin." If you're a cook, you are always prepared to take care of what comes up. That is what a lady has a cook in the house for, to see that things are there when she wants em.

Specially vegetabiles. These here people who eat off them all the time may not have the wrong notion. They can be mighty good cooked right. Here's a few little idees of mine:

Artichokes

Boil the artichokes in salted water until the leaves pull out easily. When cooked, stand on the tips to drain out excess water.

Slice off the bottoms so the artichokes stand firmly and serve hot with melted butter or with Hollandaise sauce. Also may be served cold with vinaigrette sauce.

The "choke" should be removed and some of the dressing poured

in, in place of the smallest leaves and the fuzzy parts.

Bahama Dish

Boil rice in water. When cool, put a layer in a baking dish. Peel and cut about half a dozen tomatoes in half (or use canned tomatoes). Alternate layers of rice, tomatoes and green peppers, cut fine. Season with salt and small lumps of butter. Have tomatoes for last layer. Bake in oven until tomatoes are soft.

Baked Kidney Beans Paysanne

This dish can be made with canned kidney beans, saving time required to soak and cook the dried beans.

One large onion chopped and fried in butter. Add diced smoked or raw ham and mix with onion. Sprinkle a little flour over all and add half a cup of canned consomme and one cup of claret. Season with salt and cayenne. Cook for 10 minutes, then add one large can of kidney beans and mix well in the sauce.

Put in a baking dish, place strips of bacon over the top and bake for half an hour.

Baked Onions

6 large Spanish onions

Bake the onions in their skins for one hour. Remove from heat, peel and return to baking dish. Pour over them two cups of stock, salt and pepper to taste. Bake 10 more minutes, basting occasionally with the stock.

Boiled Peppers With Cheese

Use the long, green pod peppers, not the hot kind nor the green bell peppers. Select a large one for each person. Drop them in boiling water for about seven minutes, then dash on cold water and peel without breaking. Drain dry. Put a piece of sharp cheese inside, roll the pepper in flour or fine cracker crumbs and fry over very slow heat so the cheese will soften.

Broiled Mushrooms

Peel large mushrooms and cut off the stalks. Heat the broiler;

lay the mushrooms in carefully so they will not be broken, putting the top side first toward the flame. Broil over a clear fire for five minutes, or until done; baste at once with melted butter, season with salt and pepper and serve on toast.

Cabbage Pudding

1 head cabbage
1 lb. chopped meat
Salt, pepper, butter

Pour boiling water over the head of the cabbage and cover. Let stand until the leaves will turn back.

Remove a small section in the middle of the head. Chop fine and mix with the chopped meat and seasoning.

Put this mixture in the head and replace the leaves to confine the stuffing. Tie in a cloth and boil for 30 minutes.

Yield: Six servings.

Creamed Mushrooms

1 lb. mushrooms
¼ cup butter or sausage fat
4 tbsps. flour
1 tsp. salt
Pepper
Paprika
2 cups milk and mushroom stock
½ teaspoon onion juice.
½ teaspoon Worcestershire sauce

Wash and stem mushrooms. Cover stems with a small amount cold water and let simmer 20 minutes. Heat butter in heavy frying pan and cook mushroom caps in this on both sides about five minutes. Sprinkle with flour, salt, pepper and paprika and stir until well blended. If the stems are

solid and tender they may be added, otherwise just use the water in which they were cooked as mushroom stock. Stir in milk and mushroom stock and cook until smooth and thick over a low heat, stirring constantly. Add onion juice and Worcestershire sauce, mix well and serve on toast with crisp linked sausage.

Cauliflower With Cheese Sauce

1 medium-sized cauliflower
½ cup milk
½ lb. grated American cheese
Salt
Paprika

Cook cauliflower in boiling salted water about 20 minutes, until tender. Drain, place in buttered baking dish, cover with sauce made of milk and cheese cooked until smooth in double boiler. Add a little butter. Pour over the hot cauliflower—sprinkle with paprika.

Hashed Brown Potatoes

Slice thinly two or three large cold cooked potatoes.

Brown in small amount of fat.

When browned, add three tablespoons India relish, two tablespoons tomato ketchup.

Season to taste with salt and pepper.

(Serves three.)

Lyonnais Potatoes

4 cold boiled potatoes
1 small onion, sliced fine
½ tsp. salt
Pinch of pepper

Fry the onions in butter and cook until brown. When the pan is very hot, slice thin the potatoes, place in the pan and brown, turning

once with pancake turner or spatula.

Corn Fritters

Beat the yolks of two eggs until very light. Add them to one cupful of cold, drained, canned corn, with one cup of milk, ¼ cup of flour, ½ teaspoon of salt and one teaspoon of baking powder. Beat until light and smooth, then add the whites, which have been whipped to a stiff, dry froth. Drop by spoonfuls into deep fat and fry two or three minutes.

Corn Souffle

1 tbsp. butter
1 tbsp. flour
½ cup milk
1 tsp. salt
⅛ tsp. pepper
2 cups corn pulp
Yolks of 2 eggs, well beaten
Whites of 2 eggs, stiffly-beaten

Melt butter, add flour and seasonings, mix well, add milk and cook until thick. Add corn pulp, cool, add egg yolks and mix well. Fold in whites. Bake in a greased casserole set in pan of hot water in moderate oven (375 degrees) for 40 minutes.

Mushroom Sauce

4 tbsps. fat
4 tbsps. flour
2 cups stock
1 cup mushrooms, fresh or canned
Salt and pepper

Make a brown sauce of the fat, flour and stock. Add the mushrooms and cook until hot. If mushrooms are overcooked, they will become tough. Three or four minutes is sufficient for the canned variety, five or six minutes for the fresh.

Mushrooms With Chicken Stock

Peel and trim large fresh mushrooms. Make a sauce of equal parts chicken stock and cream. Season with salt and pepper. Drop in mushrooms and boil slowly about five minutes. Serve as vegetable.

Pigeon Peas

- 1 cup cooked peas
- 2 cups pea liquor
- 3 slices salt pork diced, or bacon diced
- 1/2 tsp. salt
- Dash of pepper
- 1 cup rice

Soak peas for three hours. Pan-fry salt pork or bacon for about 5 minutes, add all other ingredients except rice; bring to the boiling point; add the rice; cook slowly until rice is soft, about 30 minutes. Serves four.

Raw Carrot Salad

- 3 carrots (medium-sized)
- Salt
- Paprika
- French dressing

Scrape carrots, crisp them in ice water, then grate. Mix with the French dressing, season, and serve on lettuce or romaine.

Rice and Cheese Roll

- 2 cups cooked rice
- 1/2 cup chopped peanuts
- 1 tsp. salt
- 1 cup grated cheese
- 1 beaten egg
- Pinch of pepper

Combine all ingredients; moisten with a tbsp. of milk. Shape and roll lightly on buttered crumbs. Bake in moderate oven 25 minutes. Serve with piping hot tomato sauce.

Southern Boiled Vegetable Dinner

A boiled dinner consists of warm, unpressed corn beef served with boiled cabbage, beets, turnips, carrots and potatoes. After removing meat from water, skim off fat and cook vegetables (except beets, which require a long time for cooking) in this water. Carrots and turnips, if small, can be cooked whole; if large, cut in pieces. Serve cabbage and beets in separate dishes, other vegetables on same platter with the corned beef.

Stuffed Peppers

- 6 green peppers
- 1/2 onion
- 1 1/4 cups cooked meat (veal, chicken or ham)
- 1 cup water or stock
- 1 1/4 cups moistened bread crumbs
- Salt and pepper
- 1 tbsp. drippings or butter

Cut a slice from the stem end of each pepper. Remove seeds and parboil peppers 10 minutes. Mix the finely-chopped, cooked meat with moistened bread crumbs, add salt, pepper and the onion, grated. Stuff the peppers with this mixture and stand them in a dripping pan. Add water or stock to a depth of about 1/4 inch. Bake 15 minutes, basting frequently. Cooked rice may be used instead of the bread crumbs.

Serve with a hot tomato sauce, made by thickening one cup of tomato puree, simmering and seasoning to taste.

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