

A Short History of the
BANANA

and a few
RECIPES
for its use



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A SHORT
HISTORY OF THE

BANANA

AND A FEW
RECIPES
FOR ITS USE



RECIPES BY
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BANANA HISTORY

AND ITS
DEVELOPMENT



THE banana is one of the most interesting of all food products ; it was originally found growing wild in the tropical East, but is now cultivated in all tropical and sub-tropical countries, where it constitutes one of the principal sources of food, taking the place of cereals. The banana of today differs as widely from its ancestors as does the potato. There are 176 known varieties, and the productive power per acre is prodigious, the yield being from one hundred and twenty-five to one hundred and seventy-five bunches to the acre.

While bananas can be grown as far north as Florida, to reach their perfection a much warmer climate is needed and a much larger rainfall. Cuba is too far north to produce the very best results.

The plant reaches its greatest perfection in the alluvial soil of the river bottoms along the coast lines of Central America, growing there sometimes to a height of 40 feet, whereas in Cuba the average height is about 12 feet and in Jamaica about 18 feet.

The young bunch of bananas exists in embryo in the trunk of the plant, indicated by the swelling at that point. Then what is to be the stem of the bunch pushes out, with a gorgeous wine red blossom at its tip, and a short distance back appear the young bananas, very small, all pointing outward, but as they grow in size they bend and turn inward. A bunch of bananas is made up of so-called hands or ridges on a stem, the standard size being nine hands to a stem with from ten to fifteen bananas to a hand. In Central America where the banana reaches its greatest perfection the bunches and bananas are larger.

The banana is planted in rows very much like hills of corn except, of course, at a greater distance apart. The farms sometimes contain ten or twelve thousand acres, all planted in bananas—a most magnificent sight.

When the stalk is cut down it is replaced by new ones starting as suckers from the roots: these are all cut off except one, the most promising, which in its turn produces another bunch of



PORT ANTONIO, JAMAICA.

bananas in the course of ten or twelve months, but no more than four stalks are allowed to grow in one hill.

These stalks grow as large as twelve to seventeen inches in diameter, and the leaves to the enormous size of ten feet in length and two feet in width. As the stalk falls the bunch of bananas is cut off and carried away—the stalk left on the ground to decay. The next step is to get the bunches to tide water, which is done in various ways by railroads, river or canals, or, when these are not available, on the heads of women.

It is a common sight in Jamaica to see a string of a dozen or more women each with a large bunch of bananas on her head, and these they will carry for several miles without stopping. The Jamaica negroes are educated from childhood to carry everything on their heads. School children are seen playing tag

with books, and even ink bottles on their heads. When a Jamaica belle goes to a social function she carries her shoes on her head, and puts them on her feet when she gets there. Everything from a postage stamp to a Saratoga trunk is carried in this way.

The method of planting is somewhat as follows: Where necessary the land is first cleared of its brush or timber. In Costa Rica this is done simply by cutting down the trees. In six months, on account of the tremendous rainfall and great heat, everything has decayed except the trunks of the trees themselves, and the plants are set out amongst the trunks, and these trunks themselves entirely disappear at the end of another year.

The banana was originally supposed to have seeds, but now these have all been lost and the propagation is effected by cutting off the roots from old plants and setting these in hills in the new land, four or five to a hill. In virgin soil no fertilizers are necessary; in fact in Central America bananas have been grown on land continuously for twenty years without exhausting the soil. However, on the older lands in Cuba and Jamaica after a certain number of years fertilization is required to get the best results from planting.



A YOUNG BANANA PLANTATION.

A banana comes to maturity from the root in ten or twelve months, and in the meantime the land has to be cleaned two or three times; that is, the weeds and all foreign growth cut out. This is done with the implement so universally used in tropical countries—the machete, resembling a straight sword. Each banana stalk produces but one bunch of bananas, and when it is ready for gathering the stalk is cut down with a machete.

The bananas are accumulated at point of shipment until the appointed steamer arrives, when she is rapidly filled with the fruit. The fruit is carried to the hatches either by men or women or by loading machines working on the principle of endless belts.

Originally bananas were shipped by sailing vessels, but the process was too slow and the loss too large, so now all fruit is brought by steamer, the least possible time from plant to consumer being essential. The latest development is ships of 5,000 tons capacity, capable of carrying 40,000 bunches of bananas at a trip. Refrigeration has been added in order that the fruit can be cut full grown and brought to the Northern markets in perfect condition.

On their arrival in the United States the bananas for the local market are loaded into wagons,—the bananas for the interior



BANANA PLANTS FULLY GROWN.



GATHERING THE BANANAS.

are loaded from the steamers into cars and shipped out, frequently in train loads. New Orleans and Mobile supply all the territory West of the Mississippi, and part of that to the Eastward. Solid train loads of bananas, each in charge of two competent men to watch the temperature of the cars, leave those ports daily, some destined for markets as far North as Oregon and Alaska.

The secret of success lies in having the fruit properly grown, cut at the right time, handled without bruising, bringing it into the Northern markets before the green fruit begins to color, and then distributing it immediately to consumers, with every item of expense kept at the lowest point.

In tropical countries quite a proportion of the fruit is cooked, but in the Northern markets the greatest part of the fruit is now eaten raw, and it is the main purpose of this little book to teach people to use it cooked as a vegetable.

It is nourishing, wholesome food to almost everybody. Very often growing children, to whom at times other food has become distasteful, will subsist for a long time solely on bananas or bananas and milk, and in the torrid zone many people subsist on bananas alone. The banana of today is one of the cheapest foods, as well as being one of the most nourishing, costing the

consumer, per pound, no more than the common vegetables or cereals, thus making it a food for the millions.

The history of the development of the banana business is comprised in the history of the Boston Fruit Company and other companies which were merged into the United Fruit Company.

The consumption of the banana in the United States increased very rapidly in the latter part of the nineteenth century. The credit of taking a broad and comprehensive view of the situation belongs to the management of the Boston Fruit Company. They realized that the various banana companies then existing must be merged into one in order to still further decrease



SHIPPING BANANAS FROM THE PLANTATION TO THE COAST.

the cost of production and transportation, insure stability of supply and prices, and to guard against crop failure in any one locality.

The business grew to such large proportions that the management of the United Fruit Company fully realized that to make it permanently profitable, it was absolutely necessary to do a very large business on a small margin of profit; that the basis of profits must be found not in controlling markets, but in instituting every economy in raising, shipping and marketing the fruit, improving the quality and decreasing the cost so it could always be sold at low prices; in short, operating on the principle of making the dealers their partners with low cost goods.

These facts, as well as the difficulty experienced in securing a corps of honest, efficient employees in the tropics, are problems which it has taken the United Fruit Company twenty years to solve, and which are recognized by would-be competitors as insurmountable difficulties.*

The United Fruit Company has a fleet of about eighty steamers constantly bringing bananas from various points in the tropics to the different parts of the United States. As has been well said, the United Fruit Company and its predecessors have conferred a lasting benefit on the United States by supplying it with an appetizing, nutritious fruit at very low prices.



LOADING STEAMER WITH BANANAS FOR A NORTHERN MARKET.

This company handled seventy-five per cent of the fruit imported in 1903, a total of thirty million bunches, or about three billion bananas, an average of forty bananas per year for each person in the United States. This enormous business is the growth of thirty years. In 1872 the total importation was not over one half million bunches. The fruit at that time was transported principally by sailing vessels, and retailed for not less than ten cents per banana.

* Copy of the Annual Report of the United Fruit Company will be mailed upon application to Mr. Charles A. Hubbard, Treasurer, 131 State Street, Boston.

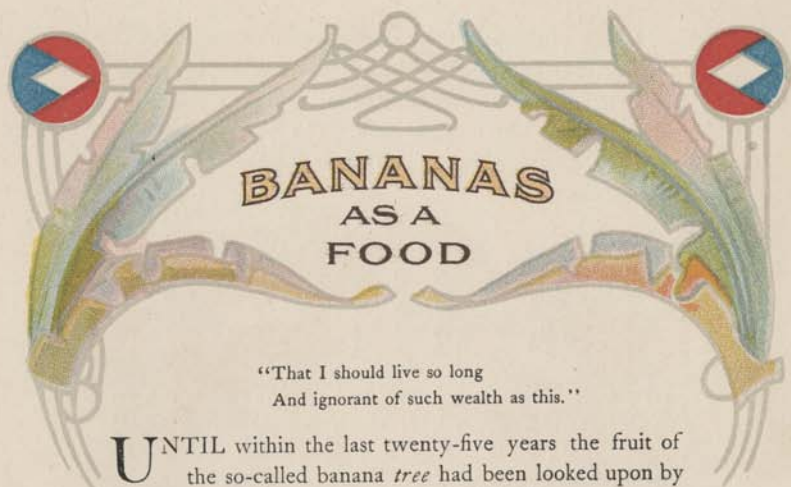
Cheap fruit of any kind has been unknown in England till very recently. The Elders & Fyffes Company in connection with the United Fruit Company are now making large shipments to that market, and the business is increasing so fast that it is difficult to get enough suitable steamers to carry the large amount of fruit needed. The United Fruit Company, owning half the stock of this company, supplies all its fruit that comes from the West Indies and Central America, to the great advantage of both companies.

The United Fruit Company alone is in position to produce the particular quantity and selection of fruit required, which latter condition is essential to its safe transportation and subsequent proper ripening. This is supplemented by the very skilful distribution made by the officials of the Elders & Fyffes Company.



UNLOADING BANANA CARGO BY
MACHINERY AT HOME PORT.





"That I should live so long
And ignorant of such wealth as this."

UNTIL within the last twenty-five years the fruit of the so-called banana *tree* had been looked upon by people of northern climes with something akin to reverence and awe. The feeling arose, perhaps, from the almost universal fancy that this was the forbidden fruit of the garden of Eden. The specific name *M. paradisiaca*, and the habitat of the fruit in tropical countries, helped foster this idea. But now with our improved facilities of transportation, this same fruit, the food of millions in the tropics for ages, has been brought within easy access at all seasons to the housekeepers of the world. But, even yet, so recent is our acquaintance with this fruit that its possibilities as food have not been fully comprehended.

The banana, as a fruit available to northern housekeepers, forms a class by itself; for it is the only *sweet* fruit that is found fresh in our markets.

Our intimate acquaintance with fruit is restricted to the acid, or sub-acid varieties. Of the sub-acid fruits, the apple and orange may stand as types. Such fruit is valuable to us not as a standard article of *food*, but as a standard "*relish*." By the use of these fruits in combination with inexpensive foods, which lack in flavor, at small cost palatable dishes are evolved. But in the case of the banana the conditions are changed somewhat.

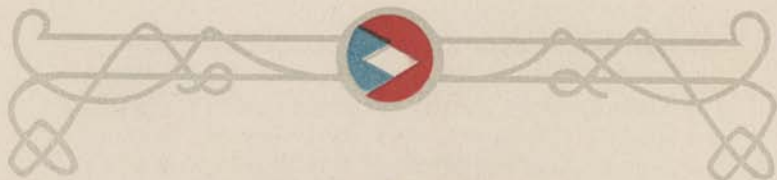


The test of the food value of any article of diet is found in the relative proportion of flesh forming principle it contains, viz., proteid ; after this the amount of carbohydrate and fat is taken into consideration. The following analysis showing the composition of the apple, orange and banana is by Atwater :

	Water	Proteid	Fat	Carbohydrate	Ash
Apple	84.6	.4	.5	14.2	.3
Orange	86.9	.8	.2	11.6	.5
Banana	75.3	1.3	.6	22.0	.8

A glance at this analysis will make plain that the banana contains nearly four times as much proteid as the apple, twice as much carbohydrate and three times as much fat as the orange. In short, the composition of the banana raises it from the rank of a *mere relish* to that of a *food*; and it is in this fact that encouragement and hope for the housekeeper lies. For with steady increase in population and consequent increase in price of meat, fish, eggs and milk, products rich in the flesh forming principle, the housekeeper who understands food values, is oftentimes sorely perplexed to know from what source she is to procure this most necessary food principle in a palatable form, and with an outlay at all commensurate with the return she receives. Hoy and some of the English chemists have noted that the proportion of albuminates (protein) in bananas and in milk is almost identical. Hoy considers one pound of flour, made of dried bananas, equal to two pounds of wheat flour in nutritive value. In those countries where the banana is indigenous, the natives use the pulp, mixed with water, to feed infants that are deprived of the natural source of food. These facts all tend to show the high nutritive value of this fruit and give us hints as to its practical application in general dietetics.

Again the value of any food is measured by the ease with which it is digested. The banana, when fully ripened, that is when the skin begins to darken and shrivel,



is in a condition easy of digestion, and this condition may be hastened by cooking.

In no case in the recipes given is wine used except with *cooked* bananas, and in all preparations of bananas this fact needs be kept in mind, for alcohol in connection with uncooked bananas sometimes produces serious digestive disturbances.

The banana is deficient in pronounced flavor, but it absorbs flavors readily, and presents a good medium by which such flavors may be brought to notice, thus affording great diversity in the manner of its treatment. In *cooked* preparations, wine—sherry or maraschino preferred—is largely used, while in all preparations, cooked or uncooked, the juice and pulp of pineapples, oranges, peaches, apricots, currants, cherries, strawberries and lemons, singly or in combination, blend most happily with the banana; even the tomato, fruit or vegetable, whichever we may call it, celery, lettuce and cress are no longer



considered as suppliants for favor in this connection, but in combination with the banana please us no less in taste than in appearance. With nuts, either in sweet dishes, or in salads, bananas will always be in demand, but this combination, as well as that of olive oil and cream, with bananas must be considered, hygienically, as an "embarrassment of riches," and especially so, if much other hearty food be ingested at the same time.

On account of the absence of acid in composition—acid impedes the digestion of starchy food—the banana should be the popular breakfast fruit, and the extent of its consumption with the breakfast cereal at the present time is strong evidence that for this purpose it is already held high in general esteem.

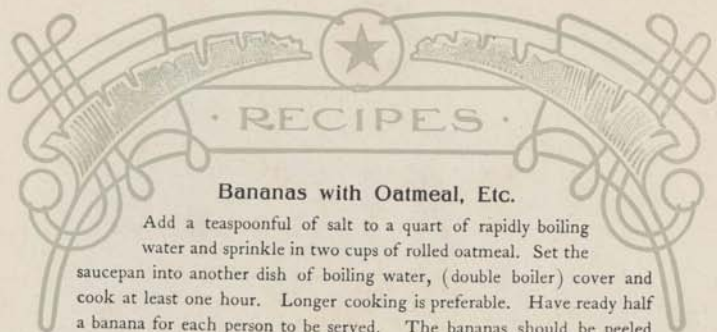
We have already referred to the greater digestibility of the cooked over the raw fruit. Even a slight cooking is of advantage. Often slicing the pulp, taken from the darkening skin, into a hot dish and disposing the hot cereal above it affords all the cooking that is called for.

While there are a great many varieties of bananas, some of them are much more suitable for cooking, such for instance as the Guinea, which when ripe is of a pink color on the inside.

This is a new variety which the Fruit Company is just introducing, and has proved especially desirable for cooking, not being very appetizing to eat raw.



**Good housekeepers all study
the virtues of this unappreciated product.**



Bananas with Oatmeal, Etc.

Add a teaspoonful of salt to a quart of rapidly boiling water and sprinkle in two cups of rolled oatmeal. Set the saucepan into another dish of boiling water, (double boiler) cover and cook at least one hour. Longer cooking is preferable. Have ready half a banana for each person to be served. The bananas should be peeled and cut in thin slices. Put a spoonful of the hot oatmeal over the bananas in the serving dishes. Pass at the same time sugar and milk or cream. Other cereals may be served with bananas in the same way.

Bananas
with
Cereals.
For
Breakfast
and
Luncheon.

Moulded Cereal with Banana Surprise.

Turn any left-over breakfast cereal, while still hot, into cups rinsed in cold water, half filling the cups. When cold, scoop out the centres, and fill the open spaces with sliced bananas; turn from the cups on to a buttered agate pan, fruit downward and set into a hot oven to become very hot. Remove with a broad bladed knife to cereal dishes. Serve at once with sugar and cream or milk.

Cereal with Sliced Bananas.

Pour left-over breakfast cereal into after-dinner coffee cups rinsed in cold water and set aside. When cold and ready to use, turn from the cups on to a buttered pan, and make hot in the oven. To serve surround with sliced bananas; whipped cream, clotted cream or plain cream with sugar accompanies the dish.

See page 16.

Baked Bananas, Porto Rican Fashion.

Select rather green bananas, put them, without removing the skins, into hot ashes, or a very hot oven and bake until the skins burst open. Send to the table in a folded napkin. The skins help hold in the heat and are not to be removed until the moment of eating. Serve plenty of butter with them.

Bananas
as a
Vegetable.

Baked Bananas.

Select four or five rather green bananas, remove the skins and coarse threads, cut in halves lengthwise and lay side by side on the bottom of an agate baking dish; squeeze over them the juice of a lemon or an orange, sprinkle with six level tablespoonfuls of sugar, add two level tablespoonfuls of butter in bits, six whole cloves and a few bits of stick cinnamon and bake in a quick oven. Serve hot with roast or



broiled meats in the place of sweet potatoes. Half a cup of claret and water, or water alone, may replace the orange or lemon juice. Baste with the liquid during the cooking.

Fried Bananas.

Peel and remove the coarse threads from rather green bananas, cut the pulp in half inch slices on the bias—thus making longer slices than if cut directly across. Roll the slices in flour and cook in hot bacon fat, first on one side and then on the other, to a delicate brown color. Serve with bacon, sausage, lamb or pork chops in the place of potato. Or, use to garnish a mound of mashed potatoes against which the sausage are laid.

See page 17



See page 15.

Fried Bananas, No. 2.

Peel and remove the coarse threads from the required number of bananas, cut the pulp in halves, lengthwise, cook in the frying pan in a little hot fat, first on one side then on the other, until well browned.

Serve as a vegetable with ham, chops of any kind, sausage, steak or any meat dish. Dripping, olive oil, bacon or other pork fat are all suitable fats for frying bananas.



See page 16.

Hashed Lamb and Bananas.

Fry a tablespoonful of fine-chopped onion in two tablespoonfuls of butter until softened but not browned; add a cup of stock or water and let simmer five minutes; then add two tablespoonfuls of currant jelly and a cup and a half of cold roast lamb freed from all skin and gristle and cut into cubes one-eighth of an inch in diameter. When thoroughly hot, and the jelly melted add a cup of banana pulp, cut in slices, a teaspoonful of lemon juice and if desired, a little claret or sherry, also salt and pepper as needed. Let stand over the flame a few moments to become very hot without boiling, then serve at once. This is particularly good served from the chafing dish. If a thick sauce be preferred, cook two level tablespoonfuls of flour in the butter before adding the liquid.

Bananas
as a
Garnish.



Lamb Croquettes with Baked Bananas.

Melt three level tablespoonfuls of butter; add three level tablespoonfuls of flour, one-fourth a teaspoonful of salt and a dash of pepper and cook until frothy, then add gradually, stirring constantly meanwhile, a cup of milk. When the mixture boils after all the milk has been added, add a cup and a half of cold roast lamb chopped fine, a teaspoonful, each, of lemon juice, chopped green pepper pods and parsley, a few drops of onion juice and a beaten egg. Let stand over the fire a few moments to cook without boiling, then spread upon a plate and set aside to cool. When cold roll into balls and shape into cylinders or cutlets, then roll in sifted bread crumbs, dip in beaten egg and again roll in crumbs. Fry in deep fat. Dispose in a serving dish and surround with baked bananas (see page 17) removed from the skins and brushed over with half melted currant jelly or with apricot, peach or crabapple marmalade. Serve half a banana with each croquette.

Banana Croquettes with Lamb Chops.

Remove the peel and coarse threads from four or five bananas; cut the pulp in halves crosswise and trim the halves to make symmetrical at the ends; brush over with egg beaten in a tablespoonful of cold water, then roll in sifted bread crumbs; fry in deep fat to a delicate brown color and drain on soft paper. The frying will take about two minutes. Serve with broiled lamb chops or with roast lamb. Currant jelly or claret wine sauce may accompany the dish if desired. Or, the bananas may be rolled in hot marmalade and when cooled lightly dredge with flour and egged and crumbed, as above.

Compote of Bananas with Orange Syrup.

Remove the peel and coarse threads from six very ripe bananas; let stand covered with boiling water a few seconds only, then drain and pile in the form of a pyramid on a serving dish and pour over them about a cup of orange syrup. If desired, sprinkle with chopped pistachio nuts or almonds, or with candied fruit. Serve on any occasion when baked apples or other fruit is eaten.

Orange Syrup.

Boil one cup of orange juice and pulp (remove the juice and pulp from the oranges with a spoon discarding the seeds and fibrous partitions) the juice of half a lemon, one cup of sugar and one-fourth a cup of water about six minutes or until thickened somewhat.

Baked Bananas.

Pull down a section of the skin of each banana, loosen the pulp from the skin, remove all coarse threads that adhere to the pulp and return the pulp to the skin in its original position; lay the fruit thus prepared in an agate pan and bake in a hot oven until the skins are blackened and the pulp is softened. Remove pulp from the skin without injury to shape, bend in a half circle and dispose in a serving dish; sprinkle with powdered sugar and fine-chopped, blanched pistachio nuts and serve as a dessert dish; or pour over a Richelieu or a currant jelly sauce and serve as an entrée with broiled or roasted meat.

Banana
Entrées.

See page 26.

Currant Jelly Sauce.

Melt half a cup of currant jelly in a scant cup of boiling water; add half a cup of sugar and let cook five minutes, then stir in a teaspoonful of corn-starch made smooth in a little cold water; let cook five or six minutes, then add a tablespoonful of butter, and a teaspoonful of lemon juice.

Richelieu Sauce.

Cook half a cup of sultana raisins in boiling water until tender, there should be about one cup of water; thicken with one teaspoonful of cornstarch diluted with cold water and let cook eight or ten minutes; add one tablespoonful of butter and the juice of half a lemon.

Banana Fritters.

1 egg, $\frac{1}{2}$ cup of flour,
 $\frac{1}{4}$ cup of milk or water, $\frac{1}{4}$ teaspoonful of salt,
Bananas.

See page 28.

Sift together the flour and salt, drop the yolk of the egg into the centre of the mixture and slowly stir in the milk; when the milk is about half used, beat the mixture until very smooth and stir in the rest of the milk. Cover the batter and set aside for an hour or more. When ready to use, fold in the white of the egg beaten dry. Remove the skin and coarse threads from the bananas, cut them in halves crosswise, then cut the halves lengthwise and dip the pieces in the batter, covering them completely. Fry in deep fat to a golden brown. Serve, sprinkled with powdered sugar and cinnamon, as a dessert dish, or, with currant jelly or a hot sauce as an entrée with meats. Often the pieces of banana are sprinkled with sugar, lemon juice or wine and set aside half an hour before frying. When so treated the banana needs be drained very carefully before it is dipped into the batter.



See page 23.

Sliced Bananas with Stewed Cherries.

Banana Desserts.

Wash and then stone one pint of cherries; add water to the juice to make one cupful and in this stew the cherries with the pits from five to six of the stones until the skins seem tender; add water to replace the liquid lost in cooking and from half to a whole cup of sugar, according to the acidity of the cherries; cook five or six minutes after boiling begins, add a tablespoonful of lemon juice and set aside to cool. When cold use as a dressing for bananas peeled and cut in quarter inch slices. Serve with sponge or other cake as a dessert dish. Other fruit as strawberries, currants, pineapple, etc., may be used in place of the cherries.

Sliced Bananas with Lemon Jelly and Cream.

Have ready a pint of lemon jelly moulded in a shallow dish; dip the mould into warm water that reaches to the height of the jelly and turn the jelly from the dish onto a clean paper. With a sharp knife dipped in hot water cut the jelly into small cubes. Have ready, also, three bananas, peeled and cut in slices one-eighth of an inch thick and a cup of cream, mixed with one-fourth a cup of sugar and a few drops of vanilla and whipped to a stiff froth. Dispose the slices of banana and cubes of jelly in glass dishes and surmount each dish with a spoonful of whipped cream. This dish is exceedingly dainty and attractive when jelly made of red oranges takes the place of the lemon jelly.

See page 26.

Banana and Prune Jelly.

$\frac{1}{2}$ a box of gelatine, 4 bananas, cut in cubes,
 $\frac{1}{2}$ a cup of cold water, $\frac{3}{4}$ a cup of sugar,
 $\frac{1}{2}$ a pound of prunes, $\frac{3}{4}$ a cup of lemon juice,
Boiling water.

Soak the prunes over night; then cook in water to cover until tender. Drain, remove the stones and cut in pieces. Soak the gelatine in the cold water; add enough boiling water to the hot prune liquid to make one pint and pour over the soaked gelatine and strain the whole over the banana slices. Heat to the scalding point; add the sugar, lemon juice, pieces of prunes and a little wine, if approved; stir, but without crushing the banana, until the sugar is dissolved. Turn into a mould and set aside to become firm. When cold, serve turned from the mould, and with whipped cream.

Banana Jelly.

1 pint of banana pulp, $\frac{1}{2}$ a cup of sugar,
The juice of one lemon, $\frac{1}{3}$ a package of gelatine,
 $\frac{1}{4}$ a cup of sherry, if approved, $\frac{1}{3}$ a cup of cold water.

Soak the gelatine in the cold water; add the banana pulp (pass the peeled bananas through a sieve) and let scald over hot water; remove from the fire, and add the sugar, the wine and the lemon juice. Mix thoroughly and turn into a mould. Let stand in a cold place to become firm then serve with whipped cream, sweetened and flavored before whipping, or served with boiled custard, sliced oranges, or strawberries.

Banana and Tapioca Trifle.

Sprinkle one-third a cup of quick cooking tapioca into one pint of boiling water; add one-fourth a cup of sugar and a tablespoonful of butter, let cook about fifteen minutes, or until the tapioca becomes transparent. Add one-third a cup of sugar and fold in the whites of two eggs beaten dry. Let cook a moment then remove from the fire. Have ready the pulp of three bananas, sliced into a serving-dish, sprinkle them, while slicing, with the juice of half a lemon, then pour the tapioca over the bananas. Serve at once with sugar and cream. If preferred the bananas may be lightly stirred through the tapioca, or, the whites of the eggs may be omitted from the mixture, and after the addition of sugar be spread over the pudding and browned in the oven as a meringue. To make the meringue, gradually beat into the whites of two eggs, beaten light, two level tablespoonfuls of sugar, then fold in two tablespoonfuls of sugar and use to cover the pudding. Return to the oven for about ten minutes. This dessert may be served hot or cold, but is best when hot.



Steamed Bananas and Raisin Pudding.

5 or 6 bananas, $\frac{1}{2}$ a cup of sultana raisins,
 $1\frac{1}{2}$ cups of stale bread crumbs, $\frac{1}{2}$ a lemon, juice and grated rind,
2 eggs beaten until light, $\frac{3}{4}$ a cup of sugar.

Peel the bananas, remove the coarse threads and pass the pulps through a ricer or sieve; add the other ingredients—the bread should be grated or pressed through a colander—and when thoroughly mixed turn into a buttered mould. Steam two hours and a half. Serve with any hot pudding sauce or with hard sauce. The hard sauce may be piped with pastry bag and tube upon slices of lemon and thus ornament the dish. Candied cherries add a touch of color to the whole.



See page 23.

See page 20.

Banana Pie.

1 cup of sifted banana pulp, $\frac{1}{2}$ a teaspoonful of salt,
 $\frac{1}{2}$ a cup of sugar, $\frac{1}{3}$ a teaspoonful of cinnamon,
1 cracker, powdered fine, 1 egg,
 $\frac{1}{2}$ a cup of milk, $\frac{1}{3}$ a cup of Cream,
Grated rind and juice of $\frac{1}{2}$ a lemon or 2 tablespoonfuls of
Molasses.

Mix the ingredients together and bake until firm in a pie-pan lined with pastry, as for a squash pie. The cracker may be omitted unless a rather firm pie be preferred.

See page 22.

Banana Cake.

$\frac{1}{3}$ a cup of butter, $\frac{1}{2}$ a cup of milk,
1 cup of sugar, $1\frac{3}{4}$ cups of flour,
2 eggs, $2\frac{1}{2}$ level teaspoonfuls of baking powder.

Cream the butter; add the sugar gradually, then the beaten yolks of the eggs; add the flour sifted with the baking powder, alternately, with the milk, and lastly the beaten whites of the eggs. Bake in two layers. Put the layers together with a banana filling and cover the top with sifted confectioner's sugar mixed to a smooth paste with a tablespoonful of lemon juice and boiling water.

Banana Filling.

Cook together a cup of sifted banana pulp (peeled bananas passed through a sieve), the juice of half a lemon, or an orange, half a cup of sugar and a tablespoonful of butter; when thick and cold spread upon the cake. Or, heat the ingredients in a double boiler and then stir in an egg beaten with a tablespoonful of sugar; cook and stir until thickened, then cool and use as above.

Banana Snow or Banana Filling, No. 2.

Free banana pulp from skin and coarse threads and press enough through a ricer or vegetable press to fill a cup; add one cup of granulated sugar, the juice and grated rind of a lemon and the unbeaten white of one egg. Beat with a perforated wooden spoon until solid to the bottom of the bowl. It will take about twenty minutes. Use between and above the layers. Put on a part of the mixture with a pastry bag and tube. Decorate with candied cherries. This mixture may be served in glasses or as a filling for Charlotte Russe.

Banana Bread Pudding.

Mix one cup and a third of grated bread crumbs, one cup of sifted banana pulp, the grated rind and juice of half a lemon and two tablespoonfuls of melted butter. Beat one egg and two yolks; add one-fourth a teaspoonful of salt and one cup of milk, and when well mixed





pour over the bread and banana mixture. Bake in a buttered pudding-dish, in a slow oven, until firm. Spread the top with currant or other jelly and cover with a meringue made of the whites of two eggs, and four level teaspoonfuls of powdered sugar. To make the meringue, beat the whites dry, then beat in half the sugar, gradually, and fold in the other half. Return the pudding to the oven for about eight minutes, to brown the meringue.

Escalloped Bananas.

Stir one-fourth a cup of melted butter into a pint of grated bread crumbs. Sprinkle the bottom of a baking dish with the crumbs, cover with sliced bananas, and sprinkle with a little sugar mixed with cinnamon; repeat the layers of buttered crumbs and bananas, until the crumbs are used having the last layer of crumbs. Add a little lemon juice or hot water, cover and bake twenty-five minutes, then remove the cover to brown the crumbs. Serve as a dessert dish with cream and sugar, or with hard sauce.



See page 26.

Banana and Cornstarch Pudding.

3 bananas,	The yolks of 2 eggs,
$\frac{1}{2}$ a cup of sugar,	2 tablespoonfuls of sugar,
1 pint of milk,	The whites of two eggs,
$\frac{1}{3}$ a cup of cornstarch,	$\frac{1}{3}$ a cup of powdered sugar,
$\frac{1}{3}$ a teaspoonful of salt,	Vanilla extract.

Remove the skins and coarse threads from the bananas and cut the pulp into slices; dispose these in a pudding dish, and sprinkle with the half cup of sugar. Dilute the cornstarch with a little of the milk and stir into the rest of the milk that has been scalded over hot water; let cook ten minutes. Beat the yolks of the eggs, add the sugar and salt and stir into the hot mixture; let cook a moment, then pour over the bananas. Beat the whites of the eggs until dry then beat into the eggs gradually half of the sugar and fold in the other half; add a few drops of vanilla extract and spread upon the pudding. Let stand about eight minutes in a moderately heated oven to brown the meringue. Serve hot or cold.

Banana Pudding with Meringue.

Dispose slices of stale sponge cake on a serving dish that will stand the heat of the oven; cover these with a cooked banana mixture, then add other slices of cake and other layers of banana mixture, until the pudding is of the size required. Cover the whole with a meringue and set the dish into the oven about 10 minutes, or until the meringue is delicately browned. The oven should be moderately heated. Serve hot or cold. This dish is more conveniently prepared, perhaps, with small pieces of cake and in individual portions. Or if small cakes are at hand, the centres may be scooped out, the spaces filled with the banana mixture and the top, only, decorated with meringue.

Banana Mixture.

Stir half a cup of sugar and four level teaspoonfuls of arrowroot or cornstarch, sifted together, into one cup of boiling water and cook ten minutes; add a teaspoonful of vanilla, the juice of half a lemon or one-fourth a cup of fruit jelly and enough bananas, peeled and cut into small cubes, to make a thick mixture. Let cook until the banana cubes are scalded.

Meringue.

Beat the whites of three eggs until stiff; add gradually four level tablespoonfuls of powdered sugar, and when all is added fold in three level tablespoonfuls of sugar. Flavor with half a teaspoonful of vanilla extract.



Banana Whip.

See page 19.

Press the pulp of three bananas through a ricer, vegetable press or sieve; cook with one-third a cup of sugar and a tablespoonful of lemon juice until scalded; cool and flavor with a few drops of vanilla or a little wine, add also a few grains of salt; then beat gradually into a cup of double cream beaten solid with a Dover egg beater. Set aside to become chilled then serve piled high, in small glasses with a sprinkling of fine-chopped pistachio nuts on the top. Line the glasses before filling with slices of banana. This makes a particularly good Charlotte Russe filling.

See page 28.

Fruit Salad.

- | | |
|--|----------------------------------|
| 3 bananas, | 4 tablespoonfuls of oil, |
| 2 oranges, | 2 tablespoonfuls of lemon juice, |
| $\frac{1}{2}$ a lb. of white Tokay Grapes, | Salt and pepper, |
| 1 head of lettuce, | White Mayonnaise dressing. |

See page 24.

Peel the bananas, remove the coarse threads and cut in slices; peel the oranges and cut in lengthwise slices; skin the grapes, cut in





halves and remove the seeds. Dress the lettuce and each kind of fruit, separately, with salt, pepper, lemon juice and oil, using more of the condiments than is given if needed. Dispose the fruit on the lettuce, the bananas in the centre, the oranges at the side, and sprinkle the orange slices with the grapes. Half a cup of mayonnaise dressing mixed with one-fourth its bulk of sweet cream, beaten solid, may be added at discretion. Serve at luncheon in place of a sweet dessert dish.

Fruit Salad (Sweet).

Cut four bananas free from skin and coarse threads in slices one-fourth an inch thick; cut peeled oranges in thin slices lengthwise of the orange. Arrange the slices of banana and orange in a glass dish in alternate layers, sprinkling each layer lightly with sugar and grated cocoanut. Let stand in a cold place about half an hour, longer in summer, and serve with sponge or other cake as a dessert dish. Either slices of peaches or bits of pineapple may be substituted for the cocoanut.

Fruit Salpicon (Sweet).

3 bananas,	$\frac{1}{2}$ a cup of Maraschino cherries,
2 oranges or a pint of strawberries,	The juice of one lemon,
$\frac{1}{2}$ a pineapple,	About one cup of sugar,
	$\frac{1}{2}$ a lb. of white grapes.

Peel the bananas, remove the coarse threads and cut the pulp in thin slices; peel the oranges and cut in lengthwise slices; remove the exterior of the pineapple and with a silver fork remove the fruit from the core; skin the grapes, cut them in halves and take out the seeds. If strawberries be used, cut them in halves. Mix the fruit lightly with the sugar and lemon juice and chill thoroughly and quickly. Serve in sherbet cups, or in cups made of orange skins, either as a relish at the beginning of a luncheon party or as a sweet dish at close of dinner or luncheon.

Fruit Punch.

6 bananas,	4 cups of sugar,
6 oranges,	4 cups of water,
4 lemons,	6 quarts of ice cold water,
1 pint of strawberry juice,	1 bottle of Appollinaris water,
	1 cup of tea, fresh made.

Boil the water and sugar fifteen minutes; when cool add the juice of the oranges, the lemons, the pulp of four of the bananas, the strawberry juice and the tea; let stand on the ice until time of serving then add the ice cold water, the appollinaris, and the pulp of the other two bananas, cut in slices one-fourth an inch in thickness.





Banana Ice Cream.

See page 26.

Scald one quart of thin cream, dissolve in this one cup and a half of sugar, when cold add a pint of thin cream unscalded and begin to freeze. When the cream is rather more than half frozen, add a cup and a half of ripe banana pulp (measured after being pressed through a ricer), mixed with the juice of one lemon and a half and finish freezing. Let stand an hour to ripen.



See page 19.

Banana Sponge.

$\frac{1}{3}$ a package of gelatine,	The juice of 1 lemon,
$\frac{1}{3}$ a cup of cold water,	1 cup of banana pulp,
$\frac{1}{3}$ a cup of boiling water,	Whites of 3 eggs,
1 cup of sugar,	Slices of banana.

Soften the gelatine in cold water, and add the boiling water and sugar; when the sugar is dissolved strain over the banana pulp, heat to the scalding point, let cool a little, add the lemon juice and beat over ice water until light and cold, then beat in, gradually, the whites of the eggs first beaten until dry. Turn the mixture into a mold lined with slices of banana. Serve cold, ornamented with double cream, sweetened and flavored, then beaten solid.

Hot Cabinet Pudding with Bananas.

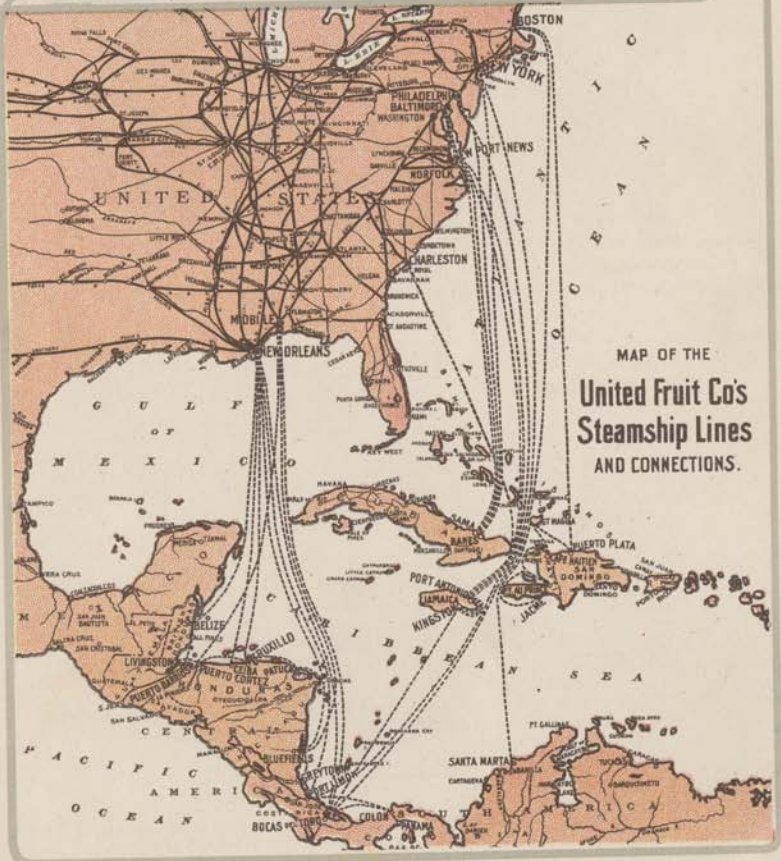
Line a quart mold with well-buttered paper; sprinkle the paper with sugar, then dispose slices of banana and sultana raisins on the bottom of the mold to form a simple design; cover with a layer of stale sponge cake cut in slices, then fill the mold loosely with alternate layers of bananas and raisins and slices of cake. Beat three eggs, add half a teaspoonful of salt, half a cup of sugar and one pint of cold milk and strain over the fruit and cake in the mold. Bake nearly an hour, standing on several folds of paper, in hot water. Serve hot with a hot currant jelly or claret sauce.




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