

THESIS
on
SEASONABLE MENUS
and
RECIPES

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INTRODUCTION

The daily preparation of meals is an important and extremely interesting home problem, a fact, which is not wholly appreciated by the average house keeper. The importance of the provision of food is well shown in the words of Mrs. Ellen H. Richards, "the prosperity of a nation depends upon the health and morals of its citizens, and the health and morals of a people depend mainly upon the food they eat, and the homes they live in. Strong men and women cannot be raised on insufficient food: good tempered, temperate highly moral men cannot be expected from a race which eats badly cooked food irritating to the digestive organs and unsatisfactory to the appetite. Wholesome and palatable food is the first step in good morals and is conducive to ability and business, skill in trade and healthy tone in literature".

Careful planning and buying, good cooking, and attractive serving are three important considerations in preparing food for the home. Careful planning and buying involves a knowledge of the body requirements, and the individual needs of each person in the household as in the care of growing children, or sick-

ness, also, seasonable and appropriate foods. The art of cookery is the development of the full flavors of the food in the simplest method and serving it so that it may be pleasant and attractive.

In planning the following menus, great care has been taken to make them practical for a family of average size and of moderate circumstances, living either in the city or country. As a rule, one meal during the week, in addition to the Sunday dinner is a little more elaborate than others, in case of guests or for variety. Monday's meals are planned in view of the fact that the weekly washing is usually done on that day, and, as Tuesday is ironing day the menus are suggested accordingly. Saturday probably is cleaning and baking day so the meals are a little heavier.

Left over, a matter always of more or less difficulty are treated in as original manner as possible with very little waste. To disguise a left over dish greatest care should be taken to have it served daintily and under a new name.

Although no longer considered the one thing in housekeeping, the provision of food for the table, is as stated before of extreme importance and the home-

maker of the present day would do well if they learned and made use of the available knowledge of principles of diet, keeping an open mind to all new theories advanced.

The Five Food Principles

The term "five food principles" means something to the student, but to the average home-keeper it perhaps stands as a meaningless phrase. Still as development, growth and vital activity all depend upon the availability of food in the proper amounts it is well to have a knowledge of food.

According to Thompson a "food is anything, which taken into the body is capable of repairing its waste or of furnishing it with material from which to produce heat or nervous and muscular work". In classifying the nutritive constituents of food in accordance with their functions in the body it will be found that proteid alone performs both functions, namely:-forming tissue and producing heat and work.

Tissue former)	Proteids
)	
Work and heat)	Proteid
)	Carbohydrates
producers)	Fats

The mention of a few typical proteids in a more or less pure state will serve to make the term more easily understood. Everyone is familiar with milk curd as

separated from the whey, this shows a substance known as casein, a form of proteid. Other examples of proteid are--the white of egg; tender muscle fibre of meat; gluten as found in flour and as to this children can all testify for it is this sticky, elastic mass that they chew wheat.

Starch and sugar are two very characteristic members of the carbohydrate group. Cellulose, which may be illustrated in the woody fibre of vegetables, also, is important for it gives the necessary bulk to our diet, and in addition has a stimulating effect upon some of the secretory glands.

The fats are of both vegetable and animal origin, containing a high percentage of carbon, which accounts for the readiness with which they yield heat. Butter, olive oil, cod liver oil tallow are characteristic examples of fat.

The chief ^{function} of the mineral salts is to supply the necessary amounts, as found in vegetables and animal food; to aid in forming bone, teeth, blood, etc. When we realize that nearly two-thirds of the body weight is made up of water, then do we comprehend in a measure the importance of having sufficient water in our diet. This cannot be over estimated neither can

the value of having good water supply be emphasized.

In looking over the composition of various foods it is to be found that all the five food principles do not exist in any one food and for this reason great care must be exercised in the selection of our daily menus so that the deficiencies of one are made up in another.

Just as a head of a business firm, or an instructor in school work plans the daily work so ought women plan their housework and a great step towards this is the previous planning of menus. They need not be carried out to the minutest detail but to serve as a basis, and it will be found far more economical in time, labor, money and "good naturedness".

TABLE OF ABBREVIATIONS

c = cup

t = teaspoon

T = tablespoon

b. p. = baking powder

f. g. = few grains

sq. = square

BREAD

Bread Sticks

1 c scalded milk	1 yeast cake dissolved in
$\frac{1}{4}$ c butter	$\frac{1}{4}$ c lukewarm water
1 $\frac{1}{2}$ T sugar	White 1 egg
$\frac{1}{2}$ t salt	3 $\frac{3}{4}$ c flour

Add butter, sugar and salt to milk; when lukewarm, add dissolved yeast cake, white of egg well beaten, and flour. Knead, let rise, shape, let rise again, and start baking in a hot oven, reducing heat, that sticks may be crisp and dry. To shape sticks, first shape as small biscuits, roll on board (when there is no flour) with hands until eight inches in length, keeping of uniform size and rounded ends, which may be done by bringing fingers close to, but not over, ends of sticks.

White Flour Bread

1 c scalded milk	1 yeast cake dissolved in
1 c boiling water	$\frac{1}{4}$ c lukewarm water
1 T lard	6 c sifted flour
1 $\frac{1}{2}$ t salt	

Put butter, lard, sugar, and salt in bread raiser or large bowl without lip; pour on boiling water, and milk, when lukewarm, add dissolved yeast cake and five cups flour; then stir until thoroughly mixed, using

2-

a knife or mixing spoon. Add remaining flour, mix and turn on a floured board leaving a clean bowl, knead until mixture is smooth, elastic to touch, and bubbles may be seen under the surface. Some practice is required to knead quickly, but the motion once acquired will never be forgotten. Return to bowl, cover with a clean cloth kept for the purpose and board or tin cover; let rise over night in temperature of 65° F. In morning cut down: this is accomplished by cutting through and turning over dough over several times with a case knife, and checks fermentation for a short time; dough may be again raised, and recut down if it is not convenient to shape into loaves or biscuits after first cutting. When properly cared for, bread need never sour. Toss on board slightly floured, knead, shape into loaves or biscuits, place in greased pans, having pans nearly half full. Cover, let rise again to double its bulk and bake in hot oven, from 45"--60". This recipe will make a double loaf of bread and a pan of biscuits.

Graham Bread

2½ c hot liquid (water, or milk and water)	½ yeast cake dissolved in water)
1/3 c molasses	¼ c luke warm water
1½ t salt	3 c flour
	3 c Graham flour

Add sweetening and salt to milk; cool, and when lukewarm, add dissolved yeast cake and flour; beat well, cover, and let rise to double its bulk. Again beat, and turn into greased bread pans, having pans one-half full; let rise, and bake. Graham bread should not quite double its bulk during last rising--bake 35" to 45".

Rye Bread

1 c scalded milk	1½ t salt
1 c boiling water	¼ yeast cake dissolved in
1 T lard	¼ c lukewarm water
1 T butter	3 c flour
1/3 c brown sugar	Rye meal

To milk and water add lard, butter, sugar, and salt; when lukewarm, add dissolved yeast cake and flour, beat thoroughly, cover, and let rise until light. Add rye meal until dough is stiff enough to knead; knead thoroughly, let rise, shape in loaves, let rise again and bake.

Coffee Rolls

2 c milk	1 egg
1½ yeast cakes	½ t cinnamon

Butter	}	$\frac{1}{2}$ c each	1 t salt
Lard			Melted butter
Sugar			Confectioners' sugar
Flour			Vanilla

Scald milk when lukewarm , add yeast cakes, and as soon as dissolved, add three and one-half cups of flour. Beat thoroughly, cover, and let rise; then add butter, lard, sugar, egg unbeaten, cinnamon, salt, and flour enough to knead. Knead until well mixed, cover and let rise. Turn mixture on a floured cloth. Roll into a long rectangular piece one-fourth inch thick. Brush over with melted butter, fold from ends toward center to make three layers and cut off pieces three-fourths inch wide. Cover and let rise. Take each piece separately in hands and twist from ends in opposite directions, then shape in a coil. Place in buttered pans, cover, again let rise, and bake in a moderate oven twenty minutes. Cool slightly, and brush over with confectioners' sugar moistened with boiling water and flavored with vanilla.

Parker House Rolls

2 c scalded milk	1 t salt
3 T butter	1 yeast cake dissolved in
2 T sugar	$\frac{1}{4}$ c lukewarm water
	Flour

Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake and three cups of flour. Beat thoroughly, cover, and let rise until light; cut down, and add enough flour to knead (it will take about two and one-half cups). Let rise again, toss on slightly floured board, knead, pat, and roll out to one-third inch thickness. Shape with biscuit-cutter, first dipped in flour, and with it make a crease through the middle of each piece; brush over one-half of each piece with melted butter, fold, and press edges together. Place in greased pan, one inch apart, cover, let rise, and bake in hot oven twelve to fifteen minutes. As rolls rise they will part slightly, and if hastened in rising, are apt to lose their shape.

Boston Brown Bread

1 c rye meal	$\frac{3}{4}$ T soda
1 c granulated corn meal	1 t salt
1 c Graham flour	$\frac{3}{4}$ c molasses
2 c sour milk or-	1 $\frac{3}{4}$ c sweet milk or water.

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, turn into a well buttered mould, and steam three and one-half hours. The cover should be buttered before being placed on mould, and then

tied down with string, otherwise, the bread in rising might force off cover. Mould should never be filled more than two-thirds full. A melon mould or one pound baking powder boxes make the most attractive-shaped loaves, but a five pound lard pail answers the purpose. For steaming, place mould on a trivet in kettle containing boiling water, allowing water to come half-way up around mould, cover closely, and steam, adding as needed, more boiling water.

Nut Brown Bread

$\frac{1}{2}$ T lard	$\frac{1}{2}$ c milk
$\frac{1}{2}$ T butter	1 yeast cake
2 T molasses	$\frac{1}{2}$ c white flour
$\frac{1}{2}$ t salt	$2\frac{1}{2}$ c whole wheat flour
$\frac{1}{2}$ c water	1 c chopped nuts

Follow out the same method used in making white bread, adding the nuts with last addition of flour.

HOT BREADS

Biscuits, Gems, Breakfast Cakes, etc.

Rye Gems

1 $\frac{2}{3}$ c rye flour	$\frac{1}{4}$ c molasses
1 $\frac{1}{3}$ c flour	$1\frac{1}{4}$ c milk
4 t b. p.	2 eggs
1 t salt	3 T melted butter

Mix and sift ingredients, add molasses, milk, eggs well beaten, and butter. Bake in hot oven in buttered gem pans twenty-five minutes.

Golden Corn Cake

$\frac{3}{4}$ c corn meal	$\frac{1}{2}$ t salt
$1\frac{1}{4}$ c flour	1 c milk
$\frac{1}{4}$ c sugar	1 egg
5 t b. p.	1 or 2 T melted butter

Mix and sift dry ingredients; add milk, egg well beaten, and butter; bake in shallowed buttered pan in hot oven twenty minutes.

Baking Powder Biscuits

2 c flour	2 T to $\frac{1}{4}$ c shortening
1 t salt	About 1 c milk or
4 t b. p.	milk and water

Sift together the dry ingredients, with a knife or the tips of the fingers work in the shortening, then add the milk and mix with knife to a dough. Toss onto a board lightly dredged with flour; knead gently, then pat with the rolling pin into a sheet, cut into rounds and bake in a hot oven about fifteen minutes.

Plain Muffins

2 c flour	1 $\frac{1}{4}$ c milk
4 t b. p.	1 egg
5 T sugar	2 T melted butter
$\frac{1}{2}$ t salt	

Sift together the dry ingredients. Beat the egg until light without separating, add milk and stir at once into the dry ingredients. Add butter; beat thoroughly and bake about twenty-five minutes in a hot, well greased muffin or gem pan--2

Graham Muffins

1 c white flour	3 $\frac{1}{2}$ t b. p.
1 c Graham flour	1 egg
2 T sugar	1 $\frac{1}{4}$ c milk
$\frac{1}{2}$ t salt	2 T melted butter

Mix same as for "Plain Muffins". Rye flour may be substituted for the Graham in making Rye Muffins--2

Popovers

1 c milk 3 eggs
1 c flour 1 t salt

Beat eggs without separating until light; add the milk. Pour this gradually into the flour, to which the salt has been added, beating all the while. Strain through a sieve. Grease the cups, which should be iron gem pans, put them in the oven and, when very hot, take them out and fill them quickly half full of this thin batter. Put them back in the oven and bake three quarters of an hour. They should be at least four times their original size. If they fall they are not thoroughly done--3

Date Gems

2 eggs 1½ c flour
½ lb. dates 2 t b. p.
1 c milk

Separate the eggs. Beat the yolks; add the milk, the flour, and beat until smooth; add the baking powder and the dates, chopped. Mix thoroughly and fold in well beaten whites. Bake in twelve greased gem pans in quick oven, thirty minutes--3

Dodgers

1 pt corn meal	1 egg
2 T shortening	4 T milk

Sufficient boiling water
to moisten

Put into a bowl the corn meal, and into the center of this the shortening; pour over sufficient boiling water to moisten; it must not be very wet. Cover, and let cool. Beat the egg without separating, until light; add milk. Stir this into the meal. The meal must now be sufficiently thick to drop from a spoon, not pour, and should retain the shape of the spoon, as it is dropped. Bake in a moderately quick oven a half hour. Mrs Rorer's-"Bread and Bread-making".

Waffles--2

1½ c flour	1 c thick sour milk
¼ t salt	2 eggs
½ t soda	3 T melted butter

Sift together the flour, salt and soda; add the yolks of the eggs beaten and mixed with the sour milk, the melted butter, and lastly, the whites of the eggs well beaten. Have both sides of the waffle-iron hot and well greased; put a tablespoonful of the mixture

in each compartment and let down from top; turn iron from side to side. Remove waffle when cooked, with fork.

Bread Crumb Griddle Cakes

2 c breadcrumbs 1 egg
1 pt thick sour milk 1 t soda
1 c flour $\frac{1}{2}$ t salt

Soak the crumbs in cold water, wring out the water and stir with the flour into the milk. Let stand over night, then add the egg beaten very light, the salt, the soda, dissolved in a tablespoonful of cold water, and more flour or liquid as required--2

Rice Griddle Cakes

2 c hot boiled rice $\frac{1}{2}$ t salt
2 c flour 2 c milk
4 t b. p. 2 eggs

Stir the salt and milk into the hot rice; let cool, then add the yolk of the eggs well beaten, and the flour sifted with the baking powder, and, lastly, the whites of the eggs beaten until dry.

EGGS

Baked or Shirred Eggs

Butter an egg shirrer or individual pudding mould. Cover bottom and sides with fine cracker crumbs. Break an egg into a cup, and carefully slip into shirrer. Cover with seasoned, buttered crumbs, and bake in moderate oven until white is firm and crumbs brown--1

Stuffed Eggs

Cut four hard boiled eggs in halves crosswise; remove yolks, mash, and add two tablespoons grated cheese, one teaspoon vinegar, one-fourth teaspoon mustard and salt and cayenne to taste. Add enough melted butter to make mixture of the right consistency to shape. Make in balls size of original yolks, and refill whites--1

Egg Timbales

1 T butter	1 T chopped parsely
1 T flour	$\frac{1}{2}$ t salt
$\frac{2}{3}$ c milk	$\frac{1}{3}$ t pepper
3 eggs	Celery salt

Make a sauce of the butter, flour and milk; add yolks beaten until thick and lemon colored; then add

seasonings. Beat whites of eggs until stiff and dry, and cut and fold into first mixture. Turn into buttered moulds, set in pan of hot water, and bake in a slow oven until firm. Serve with Tomato Sauce--1

Beauregard Eggs

4 hard boiled eggs 1 c white sauce

Chop the whites of the hard boiled eggs quite fine and stir into the white sauce. Spread the sauce on the buttered toast and press the yolks, seasoned with salt and pepper on top. Garnish with parsley---2

Eggs in Shell

For each egg allow one pint of boiling water in a hot saucepan (less will do where several eggs are to be cooked), gently lower the eggs into the water and let stand, uncovered, on the back of the range, where the heat will neither be increased nor diminished, eight or ten minutes. If wished very firm, let stand forty or forty-five minutes, covering the sauce pan after the first five minutes--2

Scrambled Eggs

5 eggs	$\frac{1}{2}$ t salt
$\frac{1}{2}$ c milk	$\frac{1}{8}$ t pepper
2 T butter	

Beat egg slightly with silver fork; add salt, pepper, and milk. Heat omelet pan, put in butter, and when melted, turn in the mixture. Cook until of creamy consistency, stirring and scraping from bottom of pan--1

Poached Eggs

Have ready a shallow pan two-thirds full of boiling salted water, allowing one-half tablespoonful salt to one quart of water. Put two or three buttered muffin rings in the water. Break each egg separately into a cup, and carefully slip into a muffin ring. The water should cover the eggs. When there is a film over the top, and the white is firm, carefully remove with a buttered skimmer to circular pieces of buttered toast, and let each person season his own egg with butter, salt, and pepper.

Omelet

4 eggs	4 T hot water
$\frac{1}{2}$ t salt	1 T butter
F. g. pepper	$1\frac{1}{2}$ c Thin White Sauce

Separate yolks from whites. Beat yolks until thick and lemon colored; add salt, pepper and hot water. Beat whites until stiff and dry, cutting and folding

as it cooks, prick and pick up with fork until whole is of creamy consistency. Place on hotter part of range that it may brown quickly underneath. Fold, and turn on hot platter--1

Ham Omelet

Mix as for Plain Omelet. Fold in remnants of finely chopped ham. Cook same as Plain Omelet.

Tomato Omelet

4 good-sized tomatoes	6 T water
6 eggs	$\frac{1}{2}$ t salt
2 T butter	Pepper

Peel the tomatoes, cut them into halves, press out the seeds, then cut into pieces. Put these, with half the butter, in a stewpan, cover and stew gently fifteen minutes; season with salt and pepper. Make a plain omelet with six eggs and water and the remaining butter. Turn the omelet out on a heated platter, garnish the ends with the fresh cooked tomatoes and send at once to table--3

Eggs au Gratin

Arrange poached eggs on a shallow buttered dish. Sprinkle with grated Parmesan cheese. Pour over eggs one pint White Sauce. Cover with stale

bread crumbs, and sprinkle with grated cheese. Brown in oven--1.

Eggs in Ramequins

Butter small timbale moulds or ramequins very thoroughly; sprinkle the butter thickly with finely chopped parsley. Break an egg in each mold, taking care not to break the yolk; sprinkle on the eggs a little salt and pepper. Set the moulds on several folds of paper in a dish and turn in boiling water to half the height of the moulds. Let cook in the oven or covered on top of the range until the egg is firm to touch. Serve, turned from the moulds, with cream or tomato sauce--

-----B. C. S. School Mag.

DESSERTS

Brown Betty

$\frac{1}{2}$ c melted butter	Juice of lemon or orange
1 qt. breadcrumbs	Water to make $\frac{1}{2}$ c juice
1 qt. apples, pared and cored	Sugar (grated) Lemon or orange rind

Put the crumbs, moistened with butter into a baking dish in layers, alternately with the apple, making the last layer of crumbs, and sprinkle each layer of apple with the fruit juice, water, and sugar. Bake about an hour. Let the dish be covered during first part of baking--2

Steamed Chocolate Pudding

3 T butter	$2\frac{1}{2}$ c flour
$\frac{2}{3}$ c sugar	$4\frac{1}{2}$ t b. p.
1 egg	$2\frac{1}{2}$ sq. Baker's chocolate
1 c milk	$\frac{1}{4}$ t salt

Cream the butter, add sugar gradually, and egg well beaten. Mix and sift flour with baking powder and salt and add alternately with milk to first mixture, then add chocolate melted. Turn into a buttered mould. Cover, and steam two hours. Serve with Cream Sauce---1

Harvard Pudding.

1/3 c butter	3½ t b. p.
½ c sugar	¼ t salt
2½ c flour	1 egg
1 c milk	

Mix and sift dry ingredients and work in butter with tips of fingers; beat egg, add milk, and combine mixtures; turn into buttered mould, cover, and steam two hours; serve with warm Apple Sauce and Hard Sauce--1

Ginger Pudding

1/3 c butter	3½ t b. p.
½ c sugar	¼ t salt
1 egg	2 t ginger
2½ c flour	1 c milk

Cream the butter, add sugar gradually, and egg well beaten; mix and sift dry ingredients; add alternately with milk to first mixture. Turn into buttered mould, cover, and steam two hours; serve with Vanilla Sauce--1

Baked Indian Pudding

1 qt. boiling milk	1½ c yellow Indian meal
1 qt. cold milk	2 T ground ginger

1 t salt $\frac{1}{2}$ pt. molasses

Add the cornmeal to the boiling milk in a double boiler and stir until it slightly thickens; then add the molasses, the salt and the ginger. Cook until the consistency of mush. Empty into a baking dish and pour over the quart of cold milk. Bake in a moderate oven about four hours. Serve hot with Hard Sauce.-----
---Mrs. R. Veg. Cookery.

Apple Dumpling

1 qt. flour $1\frac{1}{2}$ c milk
4 T butter 2 t b. p.
 $\frac{1}{2}$ t salt

Select tart apples, small in size and perfectly round. Pare and core them. Mix the baking powder and salt with the flour and sift together; rub in the shortening. Add the milk gradually. The dough must be sufficiently stiff to easily roll. Roll out, cut into large squares or rounds. Stand an apple in the center of each, fill the core with sugar; add a little cinnamon, fold up the corners, stand the apples and in a baking-pan and bake in a moderate oven about forty-five minutes, or until apple is tender.--Mrs. R. Veg. Cookery.

Chocolate Bread Pudding

2 c stale bread crumbs $\frac{2}{3}$ c sugar
4 c scalded milk 2 eggs
2 sq. Baker's chocolate $\frac{1}{4}$ t salt
1 t vanilla

Soak bread crumbs in milk thirty minutes; melt chocolate in sauce placed over hot water, add one-half sugar and enough milk taken from break and milk to make of consistency to pour; add to mixture with remaining sugar, salt, vanilla and eggs slightly beaten; turn into buttered pudding dish and bake in a moderate oven--1

Fruit Pudding

1 c entire wheat flour 1 t mixed spices
 $\frac{1}{2}$ t salt 2 t of melted butter
1 t b. p. $\frac{3}{4}$ c fruit(dates,prunes)
 $\frac{1}{2}$ c molasses (currants, raisins, etc)
1 egg $\frac{1}{2}$ c sweet milk

Sift together the first four ingredients.
Beat the egg, add the milk and the molasses, and stir into the dry ingredients, then add the melted butter and the fruit. Steam two and one-half hours. Serve with Hard Sauce---2

Cottage Pudding

$\frac{1}{4}$ c butter	$\frac{1}{2}$ c milk
$\frac{1}{2}$ c sugar	$1\frac{1}{2}$ c flour
1 egg well beaten	$2\frac{1}{2}$ t b. p.

Mix as a cake and bake in an agate muffin pan.
Serve with lemon, wine, or strawberry sauce.

Steamed Apple Dumpling

2 c flour	2 t butter
4 t b. p.	$\frac{3}{4}$ c milk
$\frac{1}{2}$ t salt	4 apples, cut in eighths

Mix and sift dry ingredients; work in butter with tips of fingers, add milk gradually, mixing with a knife; toss on floured board, pat and roll out, place apples on middle of dough, and sprinkle with one table-spoon sugar mixed with one fourth teaspoon each of salt and nutmeg; bring dough around apples and carefully lift in buttered mould or five pound lard pail; or apples may be sprinkled with sugar and cooked until soft in granite kettle placed on top of range, covered with dough, rolled size to fit in kettle, then kettle covered tightly, and dough steamed fifteen minutes. When turned on dish for serving, apples will be on top--1

Steamed Blackberry and Raspberry Puddings

Mix and sift dry ingredients and work in butter same as for steamed Apple Pudding. Add one cup of either blackberries or raspberries rolled in flour, turn into buttered mould and steam one and one-half hours. Serve with Creamy Sauce--1

Strawberry, Peach or Raspberry Shortcake

1½ c flour	1/3 to ½ c butter
½ c cornstarch	½ t salt
4 t b. p.	Milk as needed

Sift together the flour, cornstarch, baking-powder, and salt, and work in the butter with a knife or fingers; add milk a little in a place, to mix a rather soft dough. Divide the dough in halves, and pat out to fit two tins; or bake in one tin, one round above the other, first spreading the lower round generously with butter. Bake separately, if needed, and butter the cakes. Put together with fruit mixed with sugar. Garnish with cream and fruit. Two boxes of strawberries are required--2

Baked Custard

4 eggs	A grating of nutmeg
$\frac{2}{3}$ c sugar	1 qt. milk
$\frac{1}{2}$ t salt	

Beat the eggs until the yolks and whites are well mixed; add the sugar, salt, nutmeg, and milk, and stir until the sugar is dissolved, then strain into buttered cups or a baking-dish. Cook standing on several folds of paper, or on a trivet until the center is firm--2

Pineapple Custard

2 c scalded milk	$\frac{1}{4}$ c sugar
Yolks 3 eggs	$\frac{1}{8}$ t salt
$\frac{1}{2}$ t vanilla	

Beat eggs slightly, add sugar and salt; stir constantly while adding hot milk. Cook in double boiler, continue stirring until mixture thickens and a coating is formed on the spoon, strain immediately; chill and flavor. If cooked too long the custard will curdle; should this happen, by using a Dover egg-beater it may be restored to a small consistency. Arrange slices of pineapple in glass dish, pour over them Boiled Custard, cover with Meringue--1

Caramel Custard

4 c scalded milk $\frac{1}{2}$ t salt
5 eggs 1 t vanilla
 $\frac{1}{2}$ c sugar

Put sugar in omelet pan, stir constantly over hot part of range until melted to a syrup of light brown color. Add gradually to milk, being careful that milk does not bubble up and go over, as is liable on account of high temperature of sugar. As soon as sugar is melted in milk, add mixture gradually to eggs slightly beaten; add salt and flavoring, then strain in buttered mould. Bake as custard. Serve with Caramel Sauce--1

Plain Pie Crust

$1\frac{1}{2}$ c flour $\frac{1}{3}$ c lard
 $\frac{1}{2}$ t salt Cold water

Mix salt with flour. Reserve one and one-fourth tablespoons lard, work in remainder to flour, using tips of fingers or a case knife. Moisten to a dough with water. Toss on a floured board, pat and roll out. Spread with one tablespoon of the reserved lard, dredge with flour, roll up like jelly roll, pat and roll out; again roll up. Cut from the end of roll

a piece large enough to line a pie plate. Pat and roll out, keeping the paste as circular as possible. The remaining lard is used to dot over the upper crust of pie just before sending to the oven. Milk brushed over will give a glazed appearance. This quantity of paste will make one pie with two crusts and a few puffs, or two pies with one crust where rim is built up and fluted.

Pumpkin Pie

1½ c steamed and	½ t ginger
strained pumpkin	½ t salt
2/3 c brown sugar	2 eggs
1 t cinnamon	1½ c milk
½ c cream	

Mix ingredients in order given and bake in one crust--1

Mince Pie

5 c chopped cooked beef	Juice 2 lemons
2½ c chopped suet	Juice 2 oranges
7½ c chopped apples	1 T mace
5 c sugar	2 nutmegs grated
¾ lb. citron, chopped	2 T lemon extract

Mince Pie-Continued

3 c cider	Cinnamon)	} 2 T each
$\frac{1}{2}$ c vinegar	Clove	
1 c molasses	Allspice)	
$2\frac{1}{2}$ c whole raisins	1 t almond	
$1\frac{1}{2}$ c raisins finely chopped	Salt	
3 c liquor in which beef was cooked		

Mix ingredients in order given, except brandy and let simmer one and one-half hours; then add brandy and shavings from rind of lemons and oranges. Bake for pie, in two crusts--1

Lemon Pie

$\frac{3}{4}$ c sugar	2 egg yolks
$\frac{3}{4}$ c boiling water	3 T lemon juice
2 T corn starch	Grated rind 1 lemon
2 T flour	1 T butter

Mix cornstarch, flour, sugar, add boiling water, stirring constantly. Cook two minutes, add butter, egg yolks, and rind and juice of lemon. Line plate with paste same as for Custard Pie. Turn in mixture which has been cooled, and bake until pastry is well browned. Cool slightly, and cover with Meringue, then return to oven and bake meringue.

Squash Pie-Continued

Mix sugar, salt and spice, add squash, egg slightly beaten and milk gradually. Bake in one crust, following directions for Custard Pie. If richer pie is desired, use one cup squash, one-half cup each of milk and cream, and an additional egg yolk.

English Apple Pie

Butter a shallow agate dish. Select one that is deeper than a pie plate. Slice apples into the dish to fill it. Sprinkle on about a cup of sugar, half a teaspoonful of salt and a grated nutmeg or lemon rind. Put on two teaspoonfuls of butter, in bits, here and there, add two or three tablespoonfuls of cold water, then roll out half of the quantity of paste indicated in the above recipes. Cut slits in the paste and spread it over the apple, pressing it against the dish on the edge. Bake about forty minutes. Serve with or without cream--Boston Cooking School Magazine.

Rhubarb Pie

1½ c rhubarb	1 egg
7/8 c sugar	2 T flour

Rhubarb Pie-Continued

Skin and cut stalks of rhubarb in half inch pieces before measuring. Mix sugar, flour and egg; add to rhubarb and bake between crusts. Many prefer to scald rhubarb before using; if so prepared, losing some of its acidity, less sugar is required--1

Blackberry Pie

Pick over and wash one and one-half cups of berries. Stew until soft, with enough water to prevent burning. Add sugar to taste, and one-eighth teaspoon salt. Line plate with crust, put on a rim, fill with berries (which have been cooled); arrange six strips of pastry across the top, cut same with as rim, put on an upper rim. Bake thirty minutes in moderate oven--1

Chocolate Souffle

2 T butter	1/3 c sugar
2 T flour	2 T hot water
2/4 c milk	3 eggs
1 1/2 sq. Baker's Chocolate	1/2 t vanilla

Melt the butter, add flour, and pour on gradually, while stirring constantly, milk; cook until boiling point is reached. Melt chocolate in a small

saucepan placed over hot water, add sugar and water, and stir until smooth. Combine mixtures, and add yolks of eggs well beaten; cool. Fold in whites of eggs beaten stiff, and add vanilla. Turn into a buttered baking-dish, and bake in a moderate oven twenty-five minutes. Serve with Cream Sauce--1

Caramel Junket

2 c milk	Few gr. salt
1/3 c sugar	1 t vanilla
1/3 c boiling water	Whipped cream, sweetened
1 junket tablet	and flavored

Chopped nut meats

Heat milk until lukewarm. Carmalize sugar, add boiling water, and cook until syrup is reduced to one-third cup. Cool, and add milk slowly to syrup. Reduce junket tablet to powder, add to mixture, with salt and vanilla. Turn into a glass dish, let stand in warm place until set, then chill. Cover with whipped cream and sprinkle with chopped nuts--1

Orange Bavarian Cream

1/2 lemon, grated rind	2 eggs
and juice	1 t granulated gelatine

Orange Bavarian Cream-Continued

$\frac{1}{2}$ c orange juice 1 T cold water
 $\frac{1}{3}$ c sugar

Mix lemon, orange juice, sugar and yolks of eggs; stir vigorously over fire until mixture thickens, add gelatine soaked in water, then pour over whites of eggs beaten stiff. Set in pan of ice-water, and beat until thick enough to hold its shape. Turn into a mould lined with lady fingers, and chill--1

Compote of Rice with Peaches

Wash two-thirds cup rice, add one cup boiling water, and steam until rice has absorbed water; then add one and one-third cups hot milk, one teaspoon salt, and one-fourth cup sugar. Cook until rice is soft. Turn into a slightly buttered round shallow mould. When shaped remove from mould to serving dish, and arrange on top sections of cooked peaches drained from their syrup and dipped in macaroon dust. Garnish between sections with candied cherries and angelica cut in leaf shapes. Angelica may be softened by dipping in hot water. Color peach syrup with fruit red, and pour around mould--1

Macedoine of Fruit and Nuts

Make orange, lemon or wine jelly. Let a few spoonfuls become set in the bottom of a mould. Arrange upon this a design with slices of bananas and blanched

almonds, halves. Cover with jelly; add figs and dates, cut in small pieces, and slices of blanched almond, alternately, with jelly, until the mould is filled. Serve surrounded with a wreath of whipped cream sweetened and flavored before whipping--2

Grape Sponge

$\frac{1}{2}$ oz. gelatine or	$\frac{3}{4}$ c sugar
$\frac{1}{4}$ package	Juice of 1 lemon
$\frac{1}{4}$ c cold water	Whites of 3 eggs
1 c of grape juice	

Soak the gelatine in cold water, and dissolve by standing the dish in hot water. Dissolve the sugar in the fruit juice and strain the gelatine into the mixture. Set into ice and water and stir occasionally until the mixture begins to thicken; then add, gradually, the whites of the eggs beaten stiff enough to hold their shape, then beat the whole until very stiff. Pile lightly in a glass serving dish, and serve very cold with whipped cream sweetened before whipping. Strawberry, raspberry, or lemon juice are good substitutes for the grape juice--2

Irish Moss Blanc Mange

1/3 c Irish moss 1/4 t salt
4 c milk 1 1/2 t vanilla

Soak moss fifteen minutes in cold water to cover, drain, pick over, and add to milk; cool in double boiler thirty minutes; the milk will seem but little thicker than when put on to cook, but if cooked longer blanc-mange will be too stiff. Add salt, strain, flavor, restrain, and fill individual mould previously dipped in cold water; chill, turn on glass dish, surround with bananas, or some kind of fruit. Serve with sugar and cream--1

Chocolate Blanc-Mange

Irish Moss Blanc-Mange flavored with chocolate. Melt one and one-half squares Baker's chocolate, add one-fourth cup sugar and one-third cup boiling water, stir until perfectly smooth, adding to milk just before taking from fire. Serve with sugar and cream

Prune Whip

1/3 lb. prunes 1/2 c sugar
Whites 5 eggs 1/2 t lemon juice

Prune Whip-Continued

Pick over and wash prunes, then soak several hours in cold water to cover; cook in some water until soft; remove stones and rub prunes thru a strainer, add sugar, and cook five minutes; the mixture should be of the consistency of marmalade. Beat whites of eggs until stiff, add prune mixture gradually when cold, and lemon juice. Pile lightly on buttered pudding dish, bake twenty minutes in slow oven. Serve cold with Boiled Custard.

Lemon Jelly

$\frac{1}{2}$ box gelatine or	$\frac{1}{2}$ c cold water
2 T granulated	$2\frac{1}{2}$ c boiling water
gelatine	1 c sugar
$\frac{1}{2}$ c lemon juice	

Soak gelatine twenty minutes in cold water, dissolve in boiling water, strain, and add to sugar and lemon juice. Turn into mould, and chill.

Peach Sherbet

1 qt. water	10 peach kernels
2 c sugar	Juice of two oranges
1 t gelatine	Juice of one lemon
$1\frac{1}{2}$ c peach pulp	

Peach Sherbet-Continued

Boil the water, peach kernels and sugar twenty minutes; add the gelatine softened in two tablespoonfuls of cold water and strain. When cold add the peach pulp (Peaches, pared, stoned and the pulp passed thru a rice or sieve) the orange and lemon juice. Freeze as usual and serve from freezer or mould--2

Dutch Apple Cake

1 pt. flour	$\frac{1}{4}$ c butter
3 t b. p.	1 c milk
$\frac{1}{2}$ t salt	1 egg

Sift together flour, baking powder and salt. Rub in quickly and lightly one-fourth cup of butter, add one scant cup of milk and one well beaten egg; make it into a dough soft enough to spread easily on a baking pan. It should be about one-half an inch thick. Cut tart apples in eighths, remove skin and core, and press the apples into the dough in parallel rows. Serve with butter or cream or Lemon Sauce.--Home Science Cook Book.

Fruit Souffle

$\frac{1}{2}$ c boiling water	$\frac{1}{2}$ c milk
2 T butter	2 T sugar
$\frac{1}{2}$ c flour	Yolks of 2 eggs

Put the boiling water in a saucepan on the stove, melt in it the butter and stir in flour; cook thoroughly. Then add gradually milk, sugar, and, when cool, the yolks of two eggs. Beat well, then fold in the stiff whites of the eggs. Have a layer of fruit or jam in a pudding dish, and pour the mixture over it. Set the dish in a pan of water and bake for a half hour or more in moderate oven.-Home Science Cook Book.

Fruit Sponge

1 pt. milk	$\frac{1}{2}$ c sugar
3 eggs	$\frac{1}{2}$ pt. fruit pulp
$\frac{1}{2}$ box gelatine	

Make a soft custard with the milk and yolks of eggs. Take from fire and add gelatine dissolved in one-half cup of cold water, add sugar, and a speck of salt. Strain and cool stirring occasionally. When it begins to thicken beat thoroughly, and add one-half pint of sifted fruit pulp and the stiffly beaten whites of the eggs. Pack in molds and serve cold.-Home Science Cook Book.

Apple Whip

Whites 3 eggs $\frac{3}{4}$ c apple pulp
Powdered sugar

Pare, quarter, and core four sour apples, steam until soft, and rub through sieve; there should be three-fourths cup apple pulp. Beat on a platter whites of eggs until stiff (using wire whisk), add gradually apple sweetened to taste and continue beating. Pile lightly on glass dish, chill, and serve with Boiled Custard--1

Fig Ice-Cream

3 c milk	1 lb. figs finely chopped
1 c sugar	$1\frac{1}{2}$ c heavy cream
Yolks of 5 eggs	Whites of 5 eggs
1 t salt	1 T vanilla
2 T brandy	

Make custard of yolks of eggs, sugar, and milk; strain, add figs, coal, and flavor. Add whites of eggs beaten until stiff, and heavy cream beaten until stiff; freeze and mould--1

Baked Rhubarb

Peel and cut rhubarb in one inch pieces. Put in a earthen pudding dish, sprinkle generously with sugar,

and add enough water to prevent burning. Bake in oven until soft. If baked slowly for a long time it has a rich red color.

SAUCES

Lemon Sauce

1/3 c butter 1/3 c boiling water
1 c sugar 3 T lemon juice
3 egg yolks Few gratings lemon rind

Cream butter, add sugar gradually, and yolks of eggs, slightly beaten; then add water, and cook over boiling water until mixture thickens. Remove from range, add lemon juice and rind--1

Hard Sauce

1/3 c butter 1/3 t lemon extract
1 c powdered sugar 2/3 t vanilla

Cream the butter, add sugar gradually and flavoring.

Creamy Sauce

1/2 c butter 1 c powdered sugar
1/2 c thick cream

Rub butter until creamy. Gradually add sugar and cream. Flavor as desired.-Home Science Cook Book.

Vanilla Sauce

1/2 c sugar 2 T butter

Vanilla Sauce-Continued

1 c boiling water 1 t vanilla
1 T corn starch, or F. g. salt
1½ T flour

Mix sugar and corn starch, add water gradually, stirring constantly; boil five minutes, remove from fire, add butter and vanilla---1

Molasses Sauce

1 c molasses 2 T lemon juice or
1½ T butter 1 T vinegar

Boil molasses and butter five minutes; remove from fire and add lemon juice--1

Drawn Butter Sauce

¼ c butter 1 c boiling water
2 T flour ¼ t salt
1/16 t white pepper

Melt the butter, add the flour and seasonings and mix them well. Add the water, one-third at a time, stirring until sauce grows smooth. When it has come to the boiling point it is done.-Fireless Cook Book.

Hollandaise Sauce

$\frac{1}{2}$ c butter	$\frac{1}{4}$ t salt
2 egg yolks	Cayenne pepper
1 T lemon juice	$\frac{1}{2}$ c boiling water

Rub the butter until soft and creamy, add the egg yolks, lemon juice, and seasoning, and rub them till blended, then pour on the boiling water and stand the covered bowl, containing the sauce, on the stove over hot water as soft custard, stirring constantly.-Fireless Cook Book.

Tomato Sauce

$\frac{1}{2}$ c tomatoes, or	1 t salt
2 c raw tomatoes	$\frac{1}{8}$ t pepper
1 slice onion	3 T butter
$\frac{1}{2}$ bay leaf	3 T flour
$\frac{1}{2}$ c water or stock	

Cook all the ingredients but the butter and flour in cooker(if using Fireless Cooker) for one hour or more, or, on top of stove for fifteen or twenty minutes. Rub them thru a strainer and add this gradually to the blended butter and flour--Fireless Cook Book.

Egg Sauce

To Drawn Butter Sauce add beaten yolks of two eggs "hard-boiled", cut in one-fourth inch slices--1

Brown Sauce

2 T butter	1 c Brown Stock
$\frac{1}{2}$ slice onion	$\frac{1}{4}$ t salt
3 T flour	$\frac{1}{8}$ t pepper

Cook onion in butter until slightly browned; remove onion and stir butter constantly until well browned; add flour mixed with seasonings, and brown the butter and flour; then add stock gradually--1

Hot Sauce Tartare

$\frac{1}{2}$ c White Sauce I.	Capers)	$\frac{1}{2}$ T each, finely chopped
$\frac{1}{3}$ c mayonaise	Pickles)	
$\frac{1}{2}$ t vinegar	Olives)	
	Parsley)	

To white sauce add remaining ingredients. Stir constantly until mixture is thoroughly heated, but do not let it come to the boiling point. Serve with boiled steamed or fried fish--1

White Sauce

Thin - 1 T flour + 1 T butter to one cup milk

Medium- 2 T flour + 2 T butter to one cup milk

Thick - 3 T flour + 3 T butter to one cup milk

Put butter in saucepan, stir until melted and bubbling; add flour mixed with seasonings, and stir until thoroughly blended. Pour on gradually the milk adding about one-third at a time stirring until well mixed, then beating until smooth and glossy. If a wire whisk is used, all the milk may be added at once-1

Cheese Sauce

1 T butter	$\frac{3}{4}$ c milk
1 T cornstarch	$\frac{1}{2}$ lb. grated cheese
1 egg	Salt, mustard and cayenne to taste

Make a sauce of the first ingredients; add the cheese and seasonings and stir until melted; add a beaten egg and serve as soon as the egg is blended with the sauce; do not let boil after the cheese is added--2

VEGETABLES

Stuffed Potato

Select six medium-sized potatoes and bake, following recipe for Baked Potatoes. Remove from oven, cut slice from top of each and scoop out inside. Mash, add tablespoon butter, salt, pepper, and three tablespoons hot milk; then add whites two eggs, well beaten. Refill skins and bake five to eight minutes in very hot oven. Potatoes may be sprinkled with grated cheese before putting in oven--1

Potato Croquettes

2 c hot riced potato	Cayenne
2 T butter	Few drops onion juice
$\frac{1}{2}$ t salt	Yolk 1 egg
$\frac{1}{8}$ t pepper	1 t finely chopped
$\frac{1}{4}$ t celery salt	parsley.

Mix ingredients in order given, and beat thoroughly. Shape, dip in crumbs, egg, and crumbs again, fry one minute in deep fat, and drain on brown paper. Croquettes are shaped in a variety of forms. The most common way is to first form a smooth ball by rolling one rounding tablespoon of mixture between hands. Then roll on a board until of desired length, and flatten ends--1

Potato Puff

1 pt. mashed potatoes $\frac{1}{2}$ c hot milk
Whites of 2 eggs 1 t salt

If potatoes are cold, put into a saucepan with the milk and pepper and stir until they are hot; then fold in the whites of the eggs, well beaten. Turn this into a baking-dish and bake until a golden brown, about fifteen minutes--3

Franconia Potatoes

Prepare as for Boiled Potatoes, and parboil ten minutes; drain, and place in pan in which meat is roasting; bake until soft, basting with fat in pan when basting meat. Time required for baking about forty minutes. Sweet potatoes may be prepared in the same way--1

French Fried Potatoes

To one cup hot riced potatoes add one table-
spoon butter, one-fourth teaspoon salt, one-eighth tea-
spoon celery salt, and a few grains cayenne. Cool
slightly, and add one-half beaten egg and one-half tea-
spoon finely chopped parsley. Shape in small balls,

French Fried Potatoes--Continued

roll in flour, fry in deep fat, and drain.--1

Potato Balls

Select large potatoes, wash, pare, and soak. Shape in balls with a French vegetable cutter. Cook in boiling salted water until soft; drain, and to one pint potatoes add one cup Thin White Sauce. Turn into hot dish, and sprinkle with finely chopped parsley--1

Lyonnaise Potatoes

Slice cold boiled potatoes to make two cups. Cook five minutes, one and one-half tablespoons butter with one tablespoon finely chopped onion. Melt two tablespoons butter, season with salt and pepper, add potatoes and cook until potatoes have absorbed butter, occasionally shaking pan. Add butter and onion, and when well mixed, add one-half tablespoon finely chopped parsley--1

Glazed Sweet Potatoes

Wash and pare six medium-sized potatoes. Cook ten minutes in boiling salted water. Drain, cut in halves lengthwise, and put in a buttered pan.

Glazed Sweet Potatoes-Continued

Make a syrup by boiling three minutes one-half cup sugar and four tablespoons water; add one tablespoon butter. Brush potatoes with syrup and bake fifteen minutes, basting twice with remaining syrup--1

Asparagus Souffle

$\frac{1}{4}$ c butter	1 c cooked asparagus
$\frac{1}{4}$ c flour	rubbed through a sieve
$\frac{1}{3}$ c cream	3 egg yolks
$\frac{1}{3}$ c water in which	3 egg whites
vegetables were cooked	Salt and pepper

Melt butter, add flour, and pour on gradually cream and water; add vegetable, yolks of eggs beaten until thick and lemon colored, and fold in whites of eggs beaten until stiff; then add seasonings. Turn in a buttered baking-dish and bake in a slow oven--1

Escalloped Tomatoes

6 large tomatoes, or	4 T chopped onion
$\frac{1}{2}$ c tomatoes	1 t salt
6 slices bread	1 t pepper
2 T butter	

Escalloped Tomatoes-Continued

Mix the salt and pepper together. Cut the butter into bits the size of a hazel-nut; cut the bread into half-inch cubes; peel the tomatoes; cut into halves and each half into quarters. Put a layer of bread in the bottom of a baking-dish, then a layer of tomatoes, a little onion, salt and pepper and a few bits of butter; then another layer of bread, and so continue until all materials are used, having the last a layer of bread; put over three or four bits of butter and bake in a quick oven thirty minutes. Serve in the dish in which they are baked---3

Stuffed Tomatoes a la Carolina

1 doz. round tomatoes $\frac{1}{2}$ c butter
1 c rice 1 c tomato sauce
 $\frac{1}{2}$ green pepper

Select tomatoes of same size. Remove a piece about an inch in diameter from blossom end of each and take out seeds. Cook rice in a quart of well seasoned broth, with half a green pepper cut fine. When rice is nearly tender, add butter and mix thoroughly, but carefully, to avoid breaking the grains of rice. Fill the

Stuffed Tomatoes a la Carolina-Continued

tomato shells with rice; put back the covers, set in a baking-pan, stem end down, brush over the outside with olive oil or melted butter and bake half an hour in a moderate oven. Remove carefully to a serving dish and pour around the tomatoes a cup of highly seasoned tomato sauce--2

Brussels Sprouts, Buttered

Trim neatly and soak in cold water for an hour; throw into boiling salted water and cook in an uncovered vessel for thirty minutes. Drain in a colander. If they lose their color and turn sort of yellowish-green and become soft they have been cooked too long. They should be a bright green and very delicate. Turn them into a heated dish and pour over either plain melted butter, white sauce, or Hollandaise--3

Fried Cauliflower

Clean and separate a cauliflower into its flowerets, and trim the stalks to a point. Let cook five minutes in boiling water, drain, and let cook again in fresh boiling water until tender, adding a level table-spoonful of salt to the water; cover with a beaten egg.

Fried Cauliflower-Continued

diluted with two tablespoonfuls of water, drain off the egg, and roll a second time in breadcrumbs; or dip in batter. When ready to serve, fry to a golden brown in deep fat and drain on soft paper. Serve piled on a folded napkin garnished with parsley--2

Creamed Cabbage

Cut cabbage in quarter or smaller sections and freshen in cold water. Cook uncovered in boiling salted water about thirty minutes. The addition of a little soda reduces the odor while cooking and aids in softening the cabbage. Drain thoroughly and mix with half as much white sauce as cabbage, season, put in a dish, cover with buttered crumbs, and bake until hot and brown-H.L.C.B.

Stuffed Peppers

8 green peppers	1 t grated onion
1 peeled tomato	1 t salt
1 c boiled rice	1 T butter
1 sweetbread or	
1 c cold meat	

Cut tops from peppers; take out the seeds, pour

Stuffed Peppers-Continued

boiling water over them and let them stand one-half an hour. Have ready the sweetbread or cold meat cut fine, the tomato, rice, onion and salt; mix altogether and use to fill peppers. Set in agate pan with one cup and a half of water and tablespoon of butter, and bake half an hour--2

Creamed Celery

Wash, scrape, and cut celery stalks in one-inch pieces; cook twenty minutes or until soft in boiling salted water; drain, and to two cups celery add one cup thin White Sauce. This is a most satisfactory way of using the outer stalks of celery--1

Buttered Beets

Wash beets carefully to avoid breaking the skin and so loss of color while boiling. Bail rapidly until tender. New beets will cook in one or two hours. Old beets can hardly be cooked enough. When tender drain and cover with cold water to loosen the skins. The skins should be removed with the hands. Season with salt, pepper, and butter. If the beets be large, cut in slices. Dress with butter Sauce--2

Squash, Fried

Pare, cut in one-fourth inch slices, and soak over night in cold salted water. Drain, let stand in cold water one-half hour, drain again, and dry between towels. Sprinkle with salt and papper, dip in butter, or dip in flour, egg, and crumbs, and fry in deep fat--1

Vegetable Ragout

Cut six choice pared potatoes into half inch cubes; add six sliced leeks, cover with boiling water, let cook ten minutes, then drain. Cut half a bunch of asparagus in inch lengths, and let cook in boiling water about ten minutes; add to the potatoes and leeks. Scald one pint of milk and one-fourth a cup of butter; add half a teaspoonful of salt and a dash of pepper and pour over the vegetables. Let simmer until all are tender. Turn into a dish and sprinkle with a table-spoon of fine chopped parsley.

Succotash

Scrape, wash and score in quarter-inch slices a quarter of a pound of salt-pork. Cover with boiling water and let simmer five or six hours, or until nearly

Succotash-Continued

tender. Add one pint of sweet-corn pulp. Cook about fifteen minutes, and add two tablespoonfuls of butter, or a little sweet cream, and salt if needed. Pour the succotash into the serving-dish, slice the pork in the scorings, and serve at once--2

Corn Fritters

6 ears corn	1 t b. p.
$\frac{1}{2}$ pt. milk	$\frac{1}{2}$ t salt
2 eggs	1 saltspoon pepper
$\frac{1}{2}$ pt. flour	

Grate or press out the corn; add the yolks of the eggs, salt, pepper, milk and then the flour, sifted with the baking-powder. Beat thoroughly; fold in the well beaten whites; fry in deep fat by tablespoonfuls. These should be round, not flat. Serve hot---3

Red Beans, Spanish Style

1 pt kidney beans	3 pimentos
1 pt tomatoes	2 T butter
1 good sized onion	1 t salt

Wash and soak the beans over night. Next morning, cover with fresh boiling water, bring slowly to

Red Beans, Spanish Style-Continued

boiling-point; simmer for thirty minutes, drain, and throw water away; cover with fresh boiling water and simmer gently until tender--about one hour. Chop the onion and pimentos; put butter in a saucepan, add the onion and pimento, shake over the fire until onion is soft, add tomato and salt. Drain the beans, add them to the sauce, simmer gently thirty minutes. Serve in a border of carefully boiled rice.--3.

SALADS

French Dressing

$\frac{1}{2}$ t salt	2 T vinegar
$\frac{1}{4}$ t pepper	4 T olive oil

Mix ingredients and stir until well blended.

some prefer the addition of a few drops onion juice.
French Dressing is more easily prepared and largely
used than any other dressing--1

Cream Dressing

$\frac{1}{2}$ T salt	1 egg slightly beaten
$\frac{1}{2}$ T mustard	$2\frac{1}{2}$ T melted butter
$\frac{3}{4}$ T sugar	$\frac{3}{4}$ c cream
$\frac{1}{4}$ c vinegar	

Mix ingredients in order given, adding vinegar
very slowly. Cook over boiling water, stirring constant-
ly until mixture thickens, strain and cool--1

Mayonnaise Dressing

$\frac{1}{2}$ t salt	1 egg yolk
$\frac{1}{2}$ t mustard	Oil
1 T vinegar	1 T lemon juice

Mix together salt and mustard, lemon juice and
vinegar. In another bowl beat the yolk of an egg

Mayonnaise Dressing-Continued

slightly with fork or wooden spoon, and drop in oil slowly; as it thickens add a little of the mixture. The process will be now rapid if utensils and materials are cold. Continue till one cup of oil and all the seasonings have been used. Keep dressing in a cold place until nearly ready to serve the salad.-Home Science Cook Book.

Boiled Dressing

2 T butter	1 t salt
2 T flour	1 t sugar
$\frac{1}{2}$ c vinegar	1 t mustard
Cayenne	1 egg or
	2 beaten egg yolks

Melt butter in a saucepan, add flour, cook together till frothy, but not browned, add vinegar, and continue cooking till the mixture thickens; then remove from stove. Thoroughly mix one teaspoon each of salt, sugar, and mustard, and a few grains of cayenne, and sift into the vinegar sauce, stirring in smoothly. Heat one cup of milk in a double boiler, add two beaten egg yolks or the one egg, and cook like soft custard stirring constantly. When slightly thickened remove

Boiled Dressing-Continued

the upper part of the double boiler, and gradually mix the custard with the vinegar sauce. Beat the two parts together with the egg beater until perfectly smooth; strain. This may be kept for weeks.-Home Science Cook Book.

Potato Salad.

Cut cold boiled potatoes in one-half inch cubes. Sprinkle four cupfuls with one-half table-
spoon salt and one-fourth teaspoon pepper. Add four
tablespoons oil and mix thoroughly; then add two table-
spoons vinegar. A few drops of onion juice may be
added, or one-half tablespoon chives finely cut.
Arrange in a mound and garnish with whites and yolks of
two "hard-boiled" eggs and parsley. Chop whites and
arrange on one-fourth of mound, then arrange yolks that
have been forced through a potato ricer. Put small
sprigs of parsley for further garnishing--1

Tomato Salad

Put small, smooth, round tomatoes into a wire
basket and plunge them in hot water; drain, remove the
skins, and stand at once in a very cold place or on ice.

Tomato Salad-Continued

When ready to serve, remove the hard part from the stem end, turn each tomato upside down on a lettuce leaf, put a spoonful of mayonnaise on the top of the tomato, and serve at once--1

Cucumber and Tomato

Alternate slices of chilled tomato and cucumber, dressed with French dressing, along two sides of a salad bowl, with a line of heart leaves of lettuce between. Decorate the tomato with mounds of mayonnaise dressing--2

Lettuce Salad

If lettuce be wilted, revive by sprinkling gently with water and setting away for a few hours in an airtight vessel. Use the inner leaves; wipe these dry with a damp cloth. Just before serving dress with French dressing made with tarragon vinegar. Garnish with slices of radish--1

Egg and Lettuce Salad

6 hard-boiled eggs 1 T chopped chives
1 head lettuce 2 T vinegar
 $\frac{1}{2}$ c mayonnaise dressing $\frac{1}{2}$ t poprika
1 T chopped parsley $\frac{1}{2}$ t salt
1 saltspoon pepper

Egg and Lettuce Salad-Continued

Remove shells from eggs and cut into halves crosswise. Take out the yolks and take a chipping from the bottom of each white to make it stand. Mash the yolks through a sieve; add the salt, pepper, chives and parsley. Then add gradually the vinegar. Make this mixture into balls and put them into the whites of the eggs. Garnish around dish with lettuce leaves; stand the eggs in the center; add the paprika to the mayonnaise, mix; put a tablespoonful on the top of each yolk and send at once to table--3

Radish Chicory Salad

Wash carefully, soak in cold water until crisp, drain and serve with French dressing--garnish with radishes cut in shapes of a flower.

Cabbage Salad

Select a medium-sized hard head of cabbage. Cut a thick slice from the top; remove center of head, leaving a wall of three or four leaves. Trim the stem end so that the "cup" will stand. Chop fine the cabbage removed from center; throw into cold water. When ready to serve, drain, spread on a clean towel, twist

Cabbage Salad-Continued

the towel, wringing it dry. Mix with plain mayonnaise. Decorate the cabbage-cup on the outside with whole cloves, sticking them up to the heads. Fill the mixture into the cabbage-cup; stand on a round plate and serve--3

Spinach and Egg Salad

1 Nonchated cheese Salad oil
4 hard-boiled yolks of eggs Salt
 $\frac{3}{4}$ c cooked spinach Cayenne

Sift the yolks of eggs and spinach separately; add oil, salt and cayenne, to taste, mix all thoroughly, and when well blended shape into balls. Serve on white leaves of lettuce with French mayonnaise or boiled dressing--2

Shrimp-Lettuce Salad

Remove shrimps from can, cover with ice water, and let stand twenty minutes. Drain, dry between towels, remove intestinal veins, and break in pieces, reserving six of the finest. Moisten with thin Mayonnaise, and arrange on **nests** of lettuce leaves. Put a spoonful of dressing on each and garnish with a whole shrimp and an olive cut in quarters--1

Cheese Salad

Mash a cream cheese, moisten with cream and season with salt and cayenne. Add six olives finely chopped, lettuce finely cut, and one-half can pimento cut in strips. Press in original shape of cheese and let stand two hours. Cut in slices, separate in pieces, and serve on lettuce leaves with Mayonnaise Dressing--1

Waldorf Salad

Mix equal quantities of finely cut apple celery, and moisten with Mayonnaise Dressing. Garnish with curled celery and canned pimentos cut in strips or fancy shapes. An attractive way of serving this salad is to remove tops from red and green apples, scoop out inside pulp, leaving just enough adhering to skin to keep apples in shape. Refill shells thus made with the salad, replace tops, and serve on lettuce leaves--1

Banana Nut Salad

Remove one section of skin from each of four bananas. Take out fruit, scrape and cut fruit from one banana in thin slices, fruit from other three bananas in

Banana Nut Salad-Continued

one-half inch cubes. Mix with one-half cup of chopped pecan nuts. Marinate with French Dressing; refill skins and garnish each with slices of bananas. Stack around a mound of lettuce leaves. Strawberries cut in halves may be added to this salad.

Apple Date Salad

Mix equal parts of finely cut apple and shredded dates--and a few chopped walnuts. Serve either with Mayonnaise Dressing or a custard sauce.

Apple-Nut Salad

Same as Waldorf Salad with the addition of a half cup of chopped walnuts.

COOKIES, CAKES

Molasses Cookies

1 c molasses	1 T ginger
$\frac{1}{2}$ c shortening, butter and lard	1 T soda
$2\frac{1}{2}$ c bread flour	2 T warm milk
	1 t salt

Heat molasses to boiling-point, add shortening, ginger, soda dissolved in warm milk, salt, and flour.

Proceed as for Plain Cookies--1

Brownies

1 c sugar	$\frac{3}{4}$ t vanilla
$\frac{1}{4}$ c melted butter	$\frac{1}{2}$ c flour
1 egg, unbeaten	$\frac{1}{2}$ c walnut meats,
2 squares Baker's chocolate melted	cut in pieces

Mix ingredients in order given. Line a seven-inch square pan with paraffine paper. Spread mixture evenly in pan and bake in a slow oven. As soon as taken from oven turn from pan, remove paper, and cut cake in strips, using a sharp knife. If these directions are not followed paper will cling to cake, and will be impossible to cut it in shapely pieces.

Plain Cookies

1/3 c butter and lard in	1/4 c milk
equal proportions	2 c flour
1 c sugar	2 t b. p.
1 egg	1/2 t salt
	2 t vanilla

Cream the butter, add sugar, egg well beaten, and vanilla. Mix and sift dry ingredients and add to first mixture. Chill thoroughly. Toss one-fourth of mixture on a floured board and roll as thinly as possible; shape with a small round cutter, first dipped in flour. Place near together on a buttered sheet and bake in a moderate oven. Gather up the trimmings and roll with another portion of dough. During rolling, the bowl containing mixture should be kept in a cool place, or it will be necessary to add more flour to dough, which makes cookies hard, rather than crisp and short--1

Sponge Cake

3 eggs	1 T hot water
1 c flour	1 T lemon juice
1 c sugar	1/4 t salt

Sponge Cake-Continued

Beat the yolks with an egg beater until very light and thick; add the sugar gradually, beating continuously, then add the flavoring. Beat the whites until stiff and dry; cut and fold part of the whites into the yolks and sugar, then cut and fold in part of the flour; now, in the same order, the remaining whites and flour. If preferred, add the whites, then the flour entire. Bake in an unbuttered pan, made for the purpose and let the cake stand in the invested to cool-2

Plain Cake

1½ c flour	1 c sugar
2½ t b. p.	¼ c butter
2 eggs	¼ t flavoring
¼ t salt	½ c milk

Cream the butter using an earthen bowl and a wooden spoon to avoid discoloring the ingredients; add the sugar gradually, beating constantly, add yolks of eggs beaten until thick and light colored. If more sugar is to be used than can be creamed easily with the butter, add it to the yolks and with them to the rest of the sugar and butter; then add the liquid, followed by

Plain Cake-Continued

the flour and leavening ingredients sifted together, or add the liquid and flour alternately. Beat the mixture thoroughly to secure a fine grain, then beat in, lightly, the whites of the eggs beaten dry. Put in well greased and floured pan, bake in moderate oven--2

Angel Cake

1 c egg whites	1 c flour
1 c sugar	$\frac{1}{2}$ t cream-of-tartar
1 t vanilla extract	

Beat the whites of the eggs until foamy; add the cream-of-tartar and beat until dry; beat in the sugar gradually using a cake spoon, add the extract, then fold in the flour; bake in a tube pan unbuttered with a stronger heat than for yellow sponge cake. Thirty to fifty minutes will be needed according to depth of the pan--2

Gingerbread

$\frac{1}{2}$ c butter	1 c molasses
$\frac{1}{2}$ c sugar	3 c flour
2 eggs	1 t ginger
1 c thick sour milk	$1\frac{1}{2}$ t soda
1 t cinnamon	

Gingerbread-Continued

Bake in two brick loaf pans, or in one shallow
pan--2

MEAT

EDWARDS & KELCEY

Broiled Lamb Chops

Chops should be cut at least an inch thick; trim off superfluous fat; the small flank ends of loin chops may be cut off for the soup kettle, or skewered around the rest of the chop. The bones of rib chops should be trimmed to uniform length, then scrape clean down to the eye of tender meat. Wipe chops very carefully, to remove bits of crushed bone. Heat broiler very hot, a heavy wire double broiler is the most convenient--rub it over with a bit of the fat and put in the meat with ridges of fat towards the handle of the broiler to insure the basting of the meat during broiling. Hold broiler close to coals so as to imprison juices, broil about eight minutes. When done spread with butter and sprinkle with salt and pepper.

Hamburg Roast

2 lbs. beef from	1 t salt
top of round	f. g. paprika
4 oz. beef marrow	1 egg beaten
2 sprigs parsley	

Mix in order given into a compact shape, longer than wide. Slide the meat on to a buttered baking

Hamburg Roast-Continued

sheet, spread with flour and butter, or drippings, cream-
ed together and set to cook in a hot oven. When the
meat is seared over on the outside, reduce the heat.
Let cook about half an hour, basting frequently with
drippings. Serve with sauce made in pan after removal
of the meat--B. C. L. M.

Beefsteak en Casserole

Take two pounds of raw round steak and cut in
three inch squares an inch thick. Rub a very hot pan
with suet, put in the steak and cook slightly on both
sides to harden surface and retain juices. Put the
meat into the casserole with a few herbs, add a pint of
boiling water. Cover and cook in a moderate oven about
one hour and ten minutes, then add salt and more water if
necessary. Remove the herbs, arrange the meat in the
center of the casserole and border with fried onions.
add a cream sauce garnished with finely chopped parsley
and replace the cover. Cook twenty minutes longer
and serve--Mary E. Moore

Bruised Beef

In the absence of a bruising pan a large earth-

Bruised Beef-Continued

enware casserole is desirable. Brown five or six pounds of beef from rump or round, on all sides in a hot frying pan. Sprinkle half a cup, each, of small cubes of salt pork, carrots, onion, and celery into the casserole and place the meat on these; add about a pint of stock or water, a bay leaf, six pepper corns, and three cloves. Spread a few more cubes of vegetables on the top of the meat and add half a teaspoonful of salt, if water be used, with seasoned stock it may be omitted. Put on the cover, bind a strip of cloth spread with flour paste, over joining of the dish and cover and let cook in a very slow oven about six hours. Thoroughly rinse the pan in which the meat was browned, with the stock or water, to retain the browned juices from the meat. The meat may be dredged with flour while browning, or a brown sauce may supplant the stock or water. Serve some of the vegetables with the meat. a cup of tomato purce added when the meat is half cooked, is often an improvement; so also is a little grailed horse radish.

Stuffed Steak

Wipe a round steak, spread out flat--put two

Stuffed Steak-Continued

cups of stuffing in the center and roll. Fasten the edges of the steak together with toothpicks. Then place in Casserole and proceed as with steak in the Casserole.

Beef a la Mode

Insert twelve lardoons in a four pound piece of beef cut from the round. Make incisions for lardoons by running through the meat a large skewer. Season with salt and pepper, dredge with flour, and brown the entire surface in pork fat. Put on a trivet in kettle, surround with one-third cup each, carrot, turnip, celery, and onion cut in dice, sprig of parsley, bit of bay leaf, and water to half cover meat. Cover closely and cook slowly four hours, keeping liquor below point. Remove to hot platter. Strain liquor, thicken and season to serve as a gravy. When beef is similarly prepared (with exception of lardoons and vegetables), and cooked in smaller amount of water, it is called pot roast--1

Beef Balls

Chop finely one pound lean raw beef; season

Beef Balls-Continued

highly with salt, pepper, and a few drops onion juice or one-half shallot finely chopped. Shape in small round balls, and broil in a greased broiler or frying pan. A few gratings of nutmeg and one egg slightly beaten may be added--

Ragout of Kidneys

Soak lambs kidneys one hour in lukewarm water. Drain, clean, cut in slices, season with salt and pepper, dredge with flour, and sante in butter. Fry one sliced onion and one-half shallot, finely chopped, in three tablespoons butter until yellow; add three tablespoons flour and one and one-fourth cups Brown Stock. Cook five minutes, strain, and add kidneys, salt and pepper, serve as soon as heated--1

Fried Sweetbreads

Sweetbreads spoil very quickly so should be attended to as soon as received from the market. After being soaked in cold water an hour or more, the water being renewed several times, let simmer for about twenty minutes in salted, acidulated water, then remove to cold

Fried Sweetbreads-Continued

water to harden. Remove all the tubes, outside skin, and fibres, but do not break the sweetbreads themselves. Cut the sweetbreads in slices of uniform thickness, egg and bread crumb and fry in deep fat.- Serve with Tartare sauce or omit sauce and serve with green peas--2

Stuffed Heart

Wash a calois heart, remove veins, arteries, and clotted blood. Stuff with

$\frac{1}{4}$ c cracker crumbs	Salt
$\frac{1}{4}$ c stale bread crumbs	Pepper
2 T melted butter	Onion juice
2 T hot water	Sage

Mix in order given-

Sew it in well. Sprinkle with salt and pepper, roll in flour and brown in hot fat. Place in small deep baking-pan, half cover it with boiling water, cover closely, and bake slowly two hours, basting every fifteen minutes. It may be necessary to add more water. Remove heart from pan, and thicken the liquor with flour diluted with a small quantity of water. Pour around heart before serving--1

Braised Liver

Skewer, tie in shape and lard with bacon upper side of calf's liver. Place in deep pan, with trimmings from bacon; surround with one-fourth cup each carrot, onion, and celery, cut in dice; one-fourth teaspoon peppercorns, two cloves, bit of bay leaf, and two cups Brown Stock or water. Cover closely and bake two hours, uncovering the last twenty minutes. Remove from pan, strain liquor, and use liquor for the making of brown sauce with one and one-half tablespoons butter and two tablespoons flour. Pour sauce around liver for serving--1

Cannelon of Beef

2 lbs. lean beef, cut	$\frac{1}{2}$ t onion juice
from round	2 T melted butter
Grilled rind $\frac{1}{2}$ lemon	f. g. nutmeg
1 T finely chopped parsley	1 t salt
1 egg	$\frac{1}{4}$ t pepper

Chop meat finely, and add remaining ingredients in order given. Shape in a roll six inches long, wrap in buttered paper, place on rack in dripping pan, and bake thirty minutes. Baste every five minutes with one-fourth cup butter melted in one cup boiling water--1

Roast Veal

The leg, cushion(thickest part of leg) and loin, are suitable pieces for roasting. When leg is to be used, it should be boned at market. Wipe meat, sprinkle with salt and pepper, stuff, and sew in shape. Place on rack in dripping pan, dredge meat and bottom of pan with flour, and place around meat strips of fat salt pork. Bake three or four hours in moderate oven, basting every fifteen minutes with one third cup butter melted in one-half cup boiling water, until used, then baste with fat in pan. Serve with brown gravy--1

Creamed Veal

Reheat two cups cold roast veal, cut in small strips, in one and one-half cups thin white sauce. Serve in a potato border and sprinkle over all finely chopped parsley.

Veal and Ham Pie

Half a pound of cooked veal and half a pound of cooked ham cut in small pieces, two cups of cooked macaroni, also cut small, one-quarter of a cup of chopped onion, one teaspoon of chopped parsley, two hard

Veal and Ham Pie-Continued

boiled eggs chopped fine. Mix and add salt and pepper. Beat into the mixture one-quarter cup of creamed butter and half a cup of veal gravy. Line a dish with pastry, fill with the mixture and cover with the pastry. Bake in medium oven and serve with slices of lemon.

Curried Veal

Wipe a slice of veal one-half inch thick, weighing one and one-half pounds, and cook in frying pan without butter, quickly searing one side, then the other. Place on a board and cut in one and one-half inch pieces. Fry two sliced onions in one-half cup of butter until brown, remove onions, and add to the butter, meat, and one-half tablespoon curry powder, then cover with boiling water. Cook slowly, with meat permitted to become tender. Thicken with flour diluted with enough cold water to pour easily, then add one teaspoon vinegar. Serve with a border of steamed rice--1

Stuffed and Steamed Chicken

Truss a fowl for boiling; rub with the cut

Stuffed and Steamed Chicken-Continued

side of a lemon and lay on slices of salt pork or bacon and steam with an onion and two or three stalks of celery until tender--three hours or longer. Have ready the following stuffing and fill the fowl after it has become tender, then place in the oven and bake for half an hour.

2 c soft breadcrumbs $\frac{1}{4}$ t pepper
 $\frac{1}{2}$ c butter, melted in $\frac{1}{2}$ t poultry spice
 $\frac{1}{3}$ c hot milk or water 1 beaten egg
 $\frac{1}{4}$ t salt

Mix ingredients thoroughly. The egg may be omitted if the dressing is to be eaten hot--2

Chicken Souffle

2 c scalded milk	2 c cold cooked chicken
$\frac{1}{8}$ c butter (2T)	finely chopped
$\frac{1}{8}$ c flour (2T)	3 egg yolks, well beaten
1 t salt	1 T finely chopped parsley
$\frac{1}{8}$ t pepper	3 egg whites, beaten
$\frac{1}{2}$ c stale soft bread	stiff
crumbs	

Make a sauce of first five ingredients, add

Chicken Souffle-Continued

bread crumbs and cook two minutes; remove from fire, add chicken yolks of eggs, and parsley, then fold in whites of eggs. Turn in a buttered pudding-dish, and bake thirty-five minutes in a slow oven. Serve with Mushroom Sauce if desired--1

Baked Bass and Stuffing

Prepare fish, leaving it whole-but removing eyes, fins, etc. Fill the body with the stuffing, but not too full, as material well sewed and too well filled will swell. Sew up opening with a trussing needle.

Stuffing for Black Bass

$\frac{1}{4}$ loaf bread crumbs	2 egg yolks
1 T chopped parsley	$\frac{1}{4}$ t each of salt and
2 T chopped onion or	pepper
1 t onion juice	$\frac{1}{4}$ c melted butter

Soak the bread from which the crust has been taken, in cold water fifteen minutes; put in a bit of cheesecloth and wring as dry as possible; add the other ingredients and use. If a moist stuffing be desired,

Stuffing for Black Bass--Continued

omit the yolk of the eggs. A teaspoon, each, of chopped capers and pickles are often used--2

Broiled Trout

Cut off the fins, draw by the gills, push the handle of a wooden spoon along the backbone of each fish on the inside, to loosen the blood-vessel that lies along the spine; wash and wipe dry; cut small incisions on both sides, season with salt and pepper, baste with oil, and broil from ten to fifteen minutes. Turn every few seconds, to avoid burning skin--2

BREAKFAST DISHES

Minced Chicken on Toast

To one cup cold roast chicken, cut in small dice, add one-third cup stale bread crumbs. Make one cup medium White Sauce; season with salt, pepper, and onion juice. Heat chicken and bread crumbs in sauce. Serve on small pieces of toast--1

Codfish Croquettes

4 T butter	1 beaten egg
8 T flour	1½ c codfish
1 c milk	¼ t paprika
1/3 c cream	

Make a suce of butter, flour and milk, cream; season with paprika. Add egg and codfish, picked into bits with the fingers, soaked in warm water two hours, and drained free from water. Turn onto a buttered dish to become cold; shape, roll in crumbs, in an egg again in crumbs and fry in deep fat--B. C. S. Magazine.

Cream Toast

1 pt. scalded milk	½ t salt
2 T butter	Cold water
2½ T bread flour	6 slices dry toast

Cream Toast-Continued

Add cold water gradually to flour to make a smooth, thin paste. Add to milk, stirring constantly until thickened, cover, and cook twenty minutes; then add salt and butter in small pieces. Dip slices of toast separately in sauce; when soft, remove to serving dish. Pour remaining sauce over all--1

LUNCHEON DISHES

Rice and Cheese Croquettes

$\frac{1}{2}$ c rice	$\frac{1}{2}$ t salt
$\frac{1}{2}$ c boiling water	3 T grated cheese
1 c Thick White Sauce	1 egg yolk Cayenne

Wash rice, and steam in stock or water until rice has absorbed water. Then add white sauce into which has been added cheese, pepper and beaten egg yolk. Spread on a shallow plate to cool. Shape in balls, roll in crumbs egg and crumbs, fry in deep fat and drain on brown paper--1

Rice and Nut Loaf

$1\frac{1}{2}$ c cold rice	Salt
1 c chopped walnuts	Pepper
2 eggs	Milk to moisten
2 T butter	

Bake in a long narrow bread pan. Serve in slices with White Sauce.

Rice, Cooked in Broth

Chop fine a white onion and two green peppers, sante in one-fourth a cup of butter; cook about ten

Rice, Cooked in Broth-Continued

minutes, then add a cup of blanched rice and three cups of beef broth, simmer twenty minutes, then add four tomatoes, peeled and cut in thin slices, and one teaspoon of salt. Cover and finish in the oven or in a double boiler--2

Hominy Balls

1 qt. boiled hominy Egg

Bread crumbs

Shape hominy into balls, roll in sifted crumbs, then dip in an egg, beaten and diluted with two tablespoons of cold water, and again in crumbs, and fry in deep fat. Drain on soft paper--2.

Macaroni and Cheese

Cook three-fourths a cup of macaroni, broken in small pieces, in rapidly boiling salted water half an hour. Drain, then add a cup of milk, and cook until the milk is absorbed; then stir into one cup of white sauce (use three tablespoons of flour in making sauce), add two tablespoons of grated cheese, and, when cooled a little two eggs beaten light. Turn into a buttered border mould, sprinkled with bread crumbs, and

Macaroni and Cheese-Continued

poach standing in a pan of hot water about twenty-five minutes. Turn from mould, garnish and serve--2

Macaroni and Nuts

$\frac{3}{4}$ c macaroni broken 2 qts. boiling water
in pieces one inch 1 T salt
 $\frac{1}{2}$ c chopped walnuts $1\frac{1}{2}$ c White Sauce

Cook the macaroni in boiling salted water twenty minutes or until soft, drain in strainer; reheat in White Sauce to which has been added the nuts. Garnish with chopped parsley and serve.

Tomato Rarebit on Toast

2 T butter	$\frac{1}{8}$ t soda
2 T flour	$\frac{3}{4}$ c cheese cut in fine
$\frac{3}{4}$ c thin cream	2 eggs
$\frac{3}{4}$ c stewed and strained tomatoes	Salt Pepper Mustard

Melt butter; add flour and milk gradually; then add soda and tomatoes-cheese; stir until cheese is melted. Stir in beaten eggs-and serve on toasted crackers.

Convent Pie

Cook half a cup of macaroni broken into pieces an inch long in boiling salt water until tender; drain and rinse in cold water. Scald one cup of cream and pour it over a cup (well pressed down) of soft bread crumbs; add one-fourth a cup of butter, a piece of red or green pepper, chopped fine, half a tea spoon of grated cheese, Parmesan preferred, a teaspoon of onion juice, a tablespoon of fine chopped parsley, three eggs beaten as for custard, and the prepared macaroni. Line a dish, holding a quart, with paper; butter it thoroughly and turn in the mixture. Set on many folds of paper, in a dish of water, in oven and cook until firm in the center. It will take from half to three-fourths of an hour. The water should be at the boiling point when it is turned in, around the mould, but should not boil thereafter. Serve with stewed tomatoes or tomato sauce-B. C. S. Magazine.

Ham and Macaroni Timbales (For two)

Have a scant half a cup of macaroni broken into short pieces. Set them to cook in a saucepan of rapidly boiling water, to which a teaspoon of salt has been added. When tender, drain in a colander and let

Ham and Macaroni Timbales-Continued

cold water run through it for a few moments, then turn on to a cloth. Cut part of the macaroni into one-fourth inch slices; take these one by one, on a skewer, dip in melted butter and use to line well-buttered moulds. To half a cup of boiled ham, chopped fine, add one-fourth a cup of macaroni rings, one beaten egg, one-fourth teaspoon each of salt and paprika, and two-thirds a cup of rich milk or tomato purce. Mix thoroughly and turn into the prepared moulds. Set the moulds on many folds of paper, in a baking dish, and pour in boiling water to come half way to the top of the moulds. Let cook in the oven or on top of the range until centers feel firm--B. C. S. Magazine.

Hot Cheese Custard

2 T butter	F. g. cayenne
3 T flour	$\frac{1}{4}$ c grated cheese
$\frac{1}{2}$ c scalded milk	3 egg yolks
$\frac{1}{2}$ t salt	3 egg whites

Melt butter, add flour, when well mixed add gradually scalded milk. Then add salt, cayenne and cheese. Remove from fire; add yolks of eggs beaten

Hot Cheese Custard-Continued

until lemon colored. Cool mixture, and cut and fold in whites of eggs beaten until stiff and dry. Pour into a buttered baking-dish and bake twenty minutes in a slow oven. Serve at once.

Hot Ham Sandwiches

Spread slices of bread, cut for sandwiches, with chopped ham seasoned with a little mustard and press the slices together in pairs. Beat an egg, add half a cup of rich milk and soak the sandwiches in the mixture a few moments. Heat a tablespoonful or more of butter in a hot pan and brown the sandwiches in it, first one side and then the other. Drain on soft paper and serve at once--2

Boston Baked Beans with Pork

1 pt. of navy beans 1 t mustard
1 t soda 1 t salt
 $\frac{1}{4}$ to $\frac{1}{2}$ lb. salt pork 1 T molasses

Soak the beans in cold water over night. In the morning wash and rinse thoroughly, then parboil until they are soft enough to pierce with a pin and no longer.

Boston Baked Beans with Pork-Continued

Change the water while parboiling, always using boiling water for cooking and rinsing. During the last boiling add soda. Rinse thoroughly in hot water. Put one-half of the beans in the bean pot. Pour scalding hot water over the salt pork and score the rind in half inch strips. Put into the bean pot above the beans and pour in the remainder of the beans. Mix the mustard, salt, and molasses with hot water and pour over the beans; add boiling water to cover. Bake about eight hours in a moderate oven. Keep the beans covered with water also, the cover on the bean pot until the last hour. The pork may be drawn to the surface and browned the last hour--2.

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MENUS

-101-

Summer Menus
Monday

Cream of Wheat

Baked eggs Rye gems

Coffee

Cream of asparagus soup

Bread sticks

Fried cereal Marmalade

Veal and ham pie

Mashed potatoes

Tomatoes and Cucumbers

Raspberry dumplings

Sauce

Tuesday

Cantaloupes

Boiled rice and cream

Tomato Omelet

Coffee

Canned corn custard

Baking Powder Biscuit

Honey in the comb

Tea

Roast beef

Franconia potatoes Summer squash

Tomato salad

Strawberry shortcake

Cream

Wednesday

Peaches

Corn flakes and fruit juice

French toast

Coffee

Banana and nut salad

Toasted crackers

Cup custards .

Scotch callops

Mashed potatoes Creamed turnips

Strawberries and cream

Thursday

Apple sauce

Corn Bread

Crisp bacon

Coffee

Stuffed eggs

Lettuce Graham gems

Cantaloupes

Cookies

Cream of green corn soup

Lamb chops Green peas

Mashed potatoes

Peach shortcake Cream

Friday

Raspberries

Oatmeal Cream

Eggs in shell

Cocoa

Succotash

Rye bread Cottage cheese
Apple sauce Sponge cake

Cold roast veal

Asparagus Tartare sauce
Cucumber and tomato salad
Steamed blackberry pudding
Hard sauce

Saturday

Melons

Wheat-hearts Cream
Waffles Honey
Coffee

Rice and cheese croquettes
Lettuce French dressing
Currant buns
Tea

Round steak en Casserole

New potatoes Cream sauce

Spinach

Rhubarb Pie

Sunday

Grape nuts Cream

Apple fritters

Toast Coffee

Roast chicken

Green corn on cob String beans

Lettuce and tomato salad

Peach ice cream

Black coffee

Brown bread and butter

Apple sauce Sponge cake

Tea

Second Week

Monday

Corn-flakes Cream

Minced chicken on toast

Raspberries Coffee

Asparagus Souffle

Spinach Sliced eggs

Blackberry pie

Broiled lamb chops

New potatoes Buttered beets

Cottage pudding

Lemon sauce

Tuesday

Grapes

Cream-of-wheat Cream

Bread crumb griddle cakes

Coffee

Boston Baked Beans

Sliced tomatoes Mayonnaise

Brown bread

Baked halibut Hollandaise

Mashed potatoes Spinach salad

Vanilla Junket

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Wednesday

Rice Cream

Waffles with sugared strawberries

Coffee

Lettuce and fish salad

Raspberry dumplings

Tea

Beef balls

New onions, buttered. Fried potatoes

Tomato, cucumber salad

Dutch apple cake

Cream

Thursday

Gluten grits Cream

French omelet

B. P. biscuits Coffee

Hot cheese custard

Baked rhubarb

Tea

Roast veal Bread stuffing

Franconia potatoes

Radish and onion salad

Fruit sponge

Wafers

Friday

Melons

Cream of Wheat Cream

Cream toast

Coffee

Potato salad

Rye gems Cheese

Ginger cake

Milk

Creamed veal

Mashed potatoes Green peas

Spiced peaches

Blanc-mange Caramel sauce

Black coffee

Saturday

Wheat hearts Cream

Shirred eggs

Baked apples Gems

Coffee

Escalloped cauliflower

Apple-nut salad

Wafers Tea

Hamburg loaf

Fried egg plant Sliced tomato

Apple whip

Cream

Sunday

Strawberries

Oatmeal Cream

Corn fritters

Toast Coffee

Fried chicken Cream gravy

Summer squash

Lettuce and peppergrass salad

Sliced peaches Cream

Hermits

Pimola sandwiches

Ice cream

Wafers

Third Week

Monday

Blackberries

Broiled lamb's liver

Rye muffins Coffee

Cream of tomato soup

Lettuce and radish salad

Gingerbread

Tea

Roast beef

Green corn Buttered beets

Peach shortcake

Tuesday

Rice Cream

Tomato omelet

Muffins Coffee

Browned hash

Graham bread Gooseberry sauce

Lamb stew Dumplings

Fried potatoes Radishes

Strawberry and banana salad

Black coffee

Wednesday

Raspberries

Frizzled beef Popovers

Coffee

Clam chowder

Rolls Jelly

Roast veal

Green peas Cream potatoes

Fruit sherbet

Wafers

Thursday

Corn flakes Cream

Rice griddle cakes

Cantaloupe Coffee

Cold veal

Bread and butter sandwiches

Steamed rhubarb

Cookies

Broiled trout

Mashed potatoes Fried egg plant

Lettuce salad

Individual strawberry shortcakes

Whipped cream

Friday

Grape fruit

Yeast rolls Honey

French omelet

Coffee

Welsh rarebit

Kale slaw Wafers

Canned fruit

Roast lamb

Potato balls Green peas

Caramel custard

Tea

Saturday

Cream of wheat Cream

Lamb on toast

Biscuit Coffee

Potato salad

Rolled bread sandwiches

Apple pie

Breaded sweet-breads

Asparagus Creamed turnips

Cucumber and tomato salad

Sponge drops

Coffee

-115-

Sunday

Bananas

Puffed rice Cream

Codfish Croquettes

Coffee

Stuffed and Steamed Chicken

Asparagus and Drawn butter

Celery and apple salad

Vanilla ice-cream Coffee

Cold chicken

Plain sandwiches

Fruit

Autumn Menus

First Week

Monday

Melons

Corn flakes Cream

Cream toast

Coffee

Succotash

Potato salad

Cocoa Molasses cookies

Ragout of kidneys

German fried potatoes

Cabbage salad

Brown Betty

Tuesday

Baked apples Cream

Shirred eggs

Toast Coffee

Frizzled beef

B. p. biscuits Spiced grapes

Tea

Hamburg loaf

Potato patties Stuffed tomatoes

Pear compote

Wafers

Wednesday

Baked pears

Cream of Wheat Cream

Creamed nuts on toast

Coffee

Tongue and celery salad

Parker house rolls Jelly

Cocoa

Curry of veal

Buttered carrots

Cottage pudding Lemon sauce

Black coffee

Thursday

Cantaloupe

Rice Cream

Popovers Coffee

Stuffed green peppers

Baked potatoes

Preserved peaches Tea

Stuffed steak

Steamed sweet potatoes Creamed cauliflower

Chicory radish salad

Macedoine of fruit

Friday

Shredded Wheat Biscuit

Cream

Browned hash

Toast Coffee

Rice croquettes

Cheese sauce

Apple tarts Tea

Broiled lamb chops

Green peas Baked sweet potatoes

Lettuce salad

Apple dumplings

Cream

Saturday

Bananas

Oatmeal Cream

Bacon Popovers

Coffee

Macaroni and nuts

Creampuffs Cocoa

Bacon and calf's liver

Baked potatoes Creamed celery

Chocolate bread pudding

Sunday

Griddle cakes Syrup

Sausages

Toast Coffee

Tomato bouillon

Roast veal Bread dressing

Glaced sweet potatoes

Pineapple custard

Sponge cake

Hot cheese sandwiches

Baked apple sauce

Cake

Second Week

Monday

Corn meal mush Cream

Creamed cod fish

Doughnuts Coffee

Potato salad

Rye bread Cottage cheese

Cocoa

Spare ribs

Browned potatoes Sauer Kraut

Steamed fig pudding

Hard sauce

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Tuesday

Oranges

Wheat hearts Cream

Poached eggs on toast

Coffee

Rice and nut loaf

Cabbage salad

Wafers Cocoa

Potato soup

Baked salmon Lima beans

Prune whip

Wednesday

Baked apples

Cream of wheat Cream

Buttered toast Coffee

Macaroni Tomato sauce

Nut brown bread

Cocoa

Mutton broth

Broiled steak

Creamy potatoes String beans

Compote of rice and pears

Thursday

Farina Cream

Broiled bacon

Creamy gravy Toast

Coffee

Clam chowder

Lettuce salad

Buns

Beef a la Mode

Brussels sprouts French fried potatoes

Harvard pudding

Vanilla sauce

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Friday

Hominy Cream

Cream toast

Coffee

Boston Baked Beans

Brown bread

Tea

Veal stew Dumplings

Mashed potatoes

Custard float Cup cakes

Saturday

Farina with dates

Hash on toast

Rolls Coffee

Cream of pea soup

Rice and nut loaf

Canned peaches

Braised beef

Vegetables-carrots, turnips, potatoes

Fruit salad Whipped cream

Wafers

Sunday

Cream of Wheat Cream

Buck wheat griddle cakes

Syrup Coffee

Loin roast pork

Hot apple sauce Mashed potatoes

Green beans

Pineapple custard Angel cake

Cold sliced meat

Fruit Whipped cream

Cocoa

Third Week

Monday

Bananas in cereal

Beauregard eggs Toast

Coffee

Lima beans

Stuffed peppers

Gems Milk

Roast veal

Creamed peas Baked sweet potatoes

Washington pie

Tuesday

Corn meal mush Cream

Apple fritters Syrup

Coffee

Cream of Lima bean soup

Cabbage salad

Rye bread Cocoa

Veal loaf

Scalloped potatoes Mashed turnips

Pumpkin pie

Cheese

Wednesday

Stewed figs

Boiled hominy Cream

French toast Jam

Coffee

Shrimp in cream sauce

Celery-lettuce salad

Cocoa

Curry of mutton breast

Boiled rice Squash fried in deep fat

Apple dumpling

Hard sauce

Thursday

Gluten grits Cream

Rice griddle cakes

Honey

Coffee

Spaghetti a' l' Italienne

Apple butter Cookies

Hamburg steak

Cauliflower Hollandaise

Corn on ear

Chocolate pudding

Cream

Friday

Fresh stewed prunes

Graham mush Cream

Scrambled eggs Buttered toast

Coffee

Stuffed potatoes

Gooseberry jelly tarts Cocoa

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Broiled salmon Egg sauce

Mashed potatoes Buttered onions

Apple pie

Cheese Small coffee

Saturday

Oatmeal Cream

Egg timbales

Golden Corn Cake

Coffee

Vegetable Ragout

Ginger bread Cocoa

Lamb chops

Creamed carrots Franconian potatoes

Lemon jelly

Whipped cream

Sunday

Oatmeal Cream

Fish balls

Parker House Rolls Marmalade

Coffee

Leg mutton Mint sauce

Creamed cauliflower Baked sweet potatoes

Grape fruit and celery salad

Prune whip Custard sauce

Nut and cheese sandwiches

Canned peaches

Layer cake

Winter Menus

First Week

Sunday

Apples

Poached eggs on toast

Oatmeal muffins Coffee

Loin roast pork

Browned potatoes Tart apple sauce

Creamed turnips

Steamed lemon pudding

Coffee

Raisin nut sandwiches

Canned fruit

Cocoa

Monday

Oranges

Corn meal mush

Bacon

Popovers Coffee

Browned hash

Lettuce salad

Cocoa

Meat pie

Sweet potatoes Brussel sprouts

Watermelon pickles

Apple sauce

Cookies

Tuesday

Stewed figs

Cream of wheat

Muffins Marmalade

Coffee

Split pea soup

Croutons

Baked apple dumplings

Baked fish with stuffing

Mashed potatoes Creamed celery

Lettuce and walnut salad

Baked custard

Wednesday

Wheat hearts with dates

French toast

Coffee

Boston baked beans

Browned bread

Brownie cookies

Cocoa

Cream of vegetable soup

Rib roast of beef Steamed squash

Apple Betty

Hard sauce

Thursday

Grape fruit

Waffles Honey

Coffee

Cream celery soup

Curried vegetables

Cocoa

Beef stew Dumplings

Boiled potatoes Carrots

Mince pie

Friday

Stewed prunes

Rolled oats Cream

Bacon

Toast Coffee

Macaroni and cheese

Rolls Jelly

Broiled salmon Egg sauce
Mashed potatoes Brussel sprouts with butter sauce
Indian pudding

Saturday

Bananas
Puffed rice Cream
Egg timbales
Toast Coffee

Cream of tomato soup
Celery and nut salad
Doughnuts Cocoa

Broiled sweet breads
Potato puff Steamed squash
Steamed date pudding
Hard sauce

Second week

Sunday

Baked apples

Rolled oats Cream

Muffins Coffee

Baked fowl

Dressing Mashed potatoes

Celery

Chocolate Blanc Mange

Whipped cream

Stuffed eggs

Prune whip Wafers

Cocoa

Monday

Oranges

Hominy Cream

Minced chicken on toast

Coffee

Steamed Lima beans

Canned fruit Buns

Bacon and liver

Boiled potatoes Scalloped tomatoes

Squash pie

Tuesday

Rice Cream

Finnan Haddie

Toast Coffee

Tomato rarebit on toast

Hot gingerbread

Tea

Beef from round, braised

Brown sauce

Buttered carrots Baked potatoes

Cup custard

Sponge cake

Wednesday

Eggs in shell

Graham muffins Marmalade

Coffee

Creamed beef on toast

Lettuce salad

English apple pie

Baked bass Bread stuffing

Butter sauce

Scalloped potatoes Peas

Thursday

Cream of Wheat Cream

Fish and potato cakes

Toast Cocoa

Olive salad

Hot cheese sandwiches

Milk

Stuffed heart

Sweet potatoes Hominy croquettes

Washington pie

Friday

Baked apples

Toasted cornflakes Cream

Broiled bacon Cream gravy

Toast Coffee

Rice, cooked in broth with tomato, onion, etc.

Waldorf salad

Milk

Breaded veal cutlets

Tomato sauce Canned green beans

Boiled onions buttered

Cherry pie

Saturday

Oatmeal Cream

Bread crumb griddle cakes

Coffee

Convent pie

Rye bread Cottage cheese

Apple sauce

Broiled beef steak

Baked squash Creamed celery

Grape sponge

Third Week

Sunday

Minced beef on toast

Parker House Rolls Marmalade

Cocoa

Roast chicken Giblet sauce

Cranberry jelly

Mashed potatoes Corn

Apple celery salad

Ice Cream Cake

Hot ham sandwiches

Toasted crackers Canned fruit

Jelly roll Cocoa

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Monday

Stewed prunes

Cereal Cream

Cream toast

Doughnuts Coffee

Lima beans

B. P. biscuits(half whole wheat)

Canned fruit

Broiled Hamburg steak

Baked sweet potatoes Celery

Lettuce, French dressing

Tapioca custard Whipped cream

Tuesday

Cream of wheat Cream

Broiled ham

Lyonnaise Potatoes

German Coffee Cake Coffee

Tomato soup with vegetables and rice
Toasted crackers Steamed crab apples
Cocoa

Veal roast
Mashed potatoes Canned peas
Bread pudding

Wednesday

Oatmeal Cream
Shirred eggs
Graham muffins Marmalade
Coffee

Veal balls en Casserole
Lettuce salad
Prune pie Milk

Boiled salmon Egg sauce
Creamed celery
Baked potatoes
Cottage pudding Lemon sauce

Thursday

Bananas

Cream of wheat Cream

Hashed potatoes

Coffee Rolls

Salmon salad

Boiled rice

Gingerbread Tea

Spare ribs Hot apple sauce

Baked potatoes Mashed turnips

Steamed prune pudding

Hard sauce

Friday

Graham mush Cream

Corn meal griddle cakes

Maple syrup Dry toast

Coffee

Ham and macaroni timbales

Apple dumplings

Milk

Round steak(cooked in bean pot)

Escalloped potatoes Green beans

Fruit salad

Cream

Saturday

Broiled bacon Eggs in shell

Dry toast

Coffee

Boston baked beans

Brown bread and butter

Canned fruit

Tea

Lamb chops Sweet Potatoes

Cabbage salad

Apple pie Cheese

Spring Menus

First Week

Monday

Oranges

Grape nuts Cream

Ham omelet

Coffee

Potato salad

Rolls Jelly

Cocoa

Breaded veal cutlets

Creamed potatoes Green beans

Canned peaches

Cream

Tuesday

Cream Wheat Cream

Cream toast Cheese sauce

German coffee cake Coffee

Fish turbot ✓

Wafers Stewed figs

Rib roast beef

Rice New carrots

Cup custard

Wednesday

Cornflakes Cream

Waffles Syrup

Coffee

Meat croquettes Scalloped potatoes

Sponge cake Cocoa

Duchess soup ✓

Lamb stew Dumplings

Spinach Egg

Caramel custard

Thursday

Grape fruit

Graham mush Cream

Oatmeal muffins Coffee

Cream of tomato soup

Egg salad Brown bread sandwiches

Tea

Stuffed heart

Riced potatoes Asparagus

Steamed fig pudding

Hard sauce

Friday

Puffed rice Fruit juice

Scrapple

Toast Coffee

Creamed lobster

Lettuce and radish salad

Cocoa

Baked macaroni and cheese

Greens Steamed tomatoes

Irish moss blanc mange

Saturday

Prune sauce

Cornmeal mush Cream

Creamed nuts on toast

Coffee

Stuffed potatoes

Wafer-cheese sandwiches

Cocoa

Broiled steak

Tomato sauce Creamed brussel sprouts

Chocolate souffle

Cream sauce

Sunday

Hominy Cream

Orange fritters Syrup

Toast Coffee

Consomme'

Leg lamb Mint sauce
Mashed potatoes Green peas
Ice cream Wafers

Stuffed eggs
Rye bread sandwiches
Fruit
Angel food

Second Week

Monday

Oatmeal Cream
Marmalade
Toast Coffee

Macaroni timbales
Loganberries Cake

Cold sliced lamb
Stuffed peppers Spinach
Pineapple custard

Tuesday

Ralston's Barley Food Cream
Creamed salt codfish
Buttered toast Coffee

Scotch broth
Turkish Pilaf
Quince preserve Wafers

Cannelon of Beef
Canned corn Beet greens
Ginger pudding
Vanilla sauce

Wednesday

Cracked wheat mush Cream
Poached egg on
Swedish rosette
Coffee

Boston baked beans

Brown bread Lettuce salad

Cocoa

Hungarian Stew

Fried cauliflower New carrots creamed

Chocolate Junket

Whipped cream

Thursday

Grape fruit

Steel cut oatmeal Cream

French toast

Coffee

Spaghetti and ham

baked in Casserole

Muffins Jelly

Tea

Lamb chops

Lyonnais potatoes Peas

Rhubarb pie

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Friday

Corn meal mush Cream

Plain omelet

Rye gems Coffee

Cheese souffle

Graham bread Fruit

Cocoa

Stuffed bass

Hollandaise sauce Mashed potatoes

Orange Bavarian Cream

Saturday

Steamed figs

Rice Cream

Bacon Milk gravy

Toast Coffee

Red beans Spanish style

Hot rice

Gingerbread Cocoa

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Tongue

Noodles Mashed potatoes

Egg salad

Sliced bananas and cream

Sunday

German griddle cakes

Toast

Coffee

Prime roast beef

Yorkshire pudding Brown potatoes

Creamed spinach

Rhubarb jelly and banana cream

Black coffee

Cold sliced meat

Graham sandwiches

Pineapple

Whipped Cream

Third Week

Monday

Oranges

Corn Flakes Cream

Omelet with ham

Toast Coffee

Cream of corn soup

Yeast rolls

Fruit

Cottage pie

Carrots with canned peas

Rhubarb Shortcake

Tuesday

Farina

Asparagus on toast

Coffee rolls Coffee

Potato salad

Nut sandwiches Cottage cheese

Breaded lamb chops

Potato balls with parsley

Spinach-egg garnish

Lemon pie

Wednesday

Fried cereal Syrup

Dodgers

Coffee

Clam chowder

Bananas in popover crusts

Tea

Broiled steak

Broiled onions Dandelion greens

Stewed gooseberries

Hermits

Thursday

Oat meal Cream
Eggs baked on toast
Baked rhubarb sauce
Coffee

Curry of meat

Rice

Cocoa Cookies

Calf liver and bacon

Creamed brussels sprouts

Nut and watercress salad

Sponge cake Canned peaches

Friday

Rice Cream

Bread omelet

B. p. biscuits Jam

Coffee

Mexican beans Tomato sauce

Brown bread

Tea

Baked Fillets of Halibut

Egg sauce Potato balls

Lettuce, radish salad

Fruit souffle

Lemon sauce

Saturday

Cream of Wheat Dates

Frizzled beef

Toast Coffee

Waffles Maple syrup

Cocoa

Pork tenderloins

Buttered parsnips Cole slaw

Asparagus salad

Cream puffs

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Sunday

Oatmeal Cream

Eggs in ramequins Cream sauce

Toast Marmalade

Coffee

Crown of lamb

Chestnut stuffing Spinach

Vanilla ice cream

Maple sauce

Egg salad sandwiches

Individual strawberry shortcakes

Milk

CONCLUSION

These menus are what may be termed seasonable, being made out for the four seasons of the year, Summer, Autumn, Winter and Spring with three weeks of menus for each. It is not necessary however, that these menus be used for just the twelve weeks designated but by a system of rotation they may be made useful indefinitely. For example, take the menus for the first week of Spring and with a little changing of fruit and vegetables they might well do for Autumn meals or, in fact, any time of the year. Menus offered here should serve as a foundation upon which one may build according to season, expense and circumstances.

In following this system of rotation a great deal of ingenuity must be exercised in order to bring about the desired variety. In the breakfasts vary the fruit, according to season then again you may have it cooked in place of raw, in this way you may use the same breakfast foundation an innumerable number of times. For dinner the meat and vegetables as well as dessert may be interchanged thus giving a greater variety. One thing that must be borne in mind however is to make such changes as will not throw the

five food principles for the day out of balance. To illustrate this supposing one wished to change the main dish at luncheon from potato salad to baked beans thus making the total problem of the day very much out of proportion. Perhaps a few approximately equivalent food materials would be helpful.

Dried beans)	
Dried peas)	Lentils
Potatoes	Rice
Turnips	Carrots
Cheese	Beef
Chicken	(Fish
	(
	(Lamb
Rice	Macaroni
Lettuce	(Chicory
	(
	(Cress
Beef	Dried beans
Graham bread	Rye bread
Cabbage	Brussel sprouts
Turnips	Parsnips
Cauliflower	Cabbage
Veal	Lamb