JEWISH COOK BOOK

THE
JEWISH COOK BOOK

By MILDRED GROSBERG BELLIN

According to the Jewish Dietary Laws

- RECIPES OF AMERICA -
- AUSTRIA - GERMANY - RUSSIA -
- FRANCE - POLAND - ROUMANIA - HUNGARY -

NEW YORK
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THE JEWISH COOK BOOK

PUBLISHERS' PREFACE

This newly revised and enlarged edition of the famous *Jewish Cook Book* is published so that those who use it may have the benefit of the most modern discoveries in the science of dietetics. More than a hundred thousand copies of this internationally known cook book have been sold, which attests to its popularity, but in order to conform to modern ideas of food values, we are publishing this revised edition for the use of the up-to-date Jewish housewife.

The revision has been done by Mildred Grosberg Bellin, a graduate of Smith College, and author of *Modern Jewish Meals.* Following her graduation, she became connected with the Jewish Community Center of Albany, New York, where she directed meal-planning for clubs, cooking classes, etc. Mrs. Bellin, who is the wife of a physician, has made an intensive study of food with regard to nutrition, caloric value and the special problem of Jewish meals in which she combines modern theories of dietetics with the flavor of "mother's cooking." She uses her own kitchen as a laboratory where she combines the knowledge of modern American cooking with old Jewish dishes, the result being a series of recipes which have been tried and tested to provide modern, economical and attractively prepared Jewish meals.

In this new edition of the *Jewish Cook Book* most of the old recipes have been completely revised. Many of them can be found in no other cook book. Wherever necessary, the recipes have been rewritten for greater simplicity and clarity or because new and better methods of cooking have recently been found. Exact amounts of ingredients, temperatures and cooking time make these old-time favorites as easy to make as the new dishes which have been included. Many new recipes will be found, particularly in the chapters on meats and desserts, the former including more than one hundred recipes for using Kosher cuts of meat and poultry. Monotony in Kosher meat dishes can now be completely eliminated with the use of this new *Jewish Cook Book.*

Like the old edition, the new one is truly international. It contains not only favorite Jewish and American dishes but popular dishes of many countries. It includes simple, inexpensive everyday dishes as well as complicated and exotic ones. The Passover section has also been enlarged, and contains menus for Seder as

well as for luncheons and dinners for the entire week, thus enabling the housewife to serve interesting, varied and balanced menus for each Passover meal.

Last but by no means least, an entire new section has been added which is devoted to menus, for a week of each month, for the Jewish holidays, for Thanksgiving, and for buffet suppers, parties, campfires and picnics, light afternoon and evening refreshments, and luncheon parties.

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HOW TO USE THIS BOOK

This book is divided into two parts. The first is a complete cook book, containing recipes for about two thousand well-known and unusual dishes. The second part is a menu section, containing menus for balanced every day and company meals, Passover menus, and suggestions for party menus.

In general, most of the recipes are designed to serve 5 or 6 persons, unless otherwise stated. However, for many recipes it is impossible to give the number of portions. For example, large roasts after cooking, will serve varying numbers, depending on the amount of shrinkage, fat, and bone. In other cases, the size or amount of the finished product is indicated, such as 1 eight-inch cake, or 12 muffins.

Before making any recipe for the first time, read it over very carefully and slowly. If the recipe is long or complicated, read it several times, until the entire process is perfectly clear to you. Also, read over the general directions at the beginning of the chapter. If any terms, such as "simmer" or "fold in," are new to you, look for them under the chapter entitled "How To Do It." This chapter explains the meaning of the various cooking terms used in the book.

Throughout the book, I have used the step-by-step method in writing the recipes. The ingredients are mentioned, and the exact amount of them to be used is stated, at that process of the mixing at which they are included. Many cooks find a long list of ingredients at the beginning of a recipe confusing, as they must constantly shift from the directions to the list and back again.

This book contains both simple and complicated dishes, expensive and inexpensive ingredients. There are recipes to fit all budgets, and varying degrees of skill. It is wise for an inexperienced cook to use the simpler, more inexpensive recipes. With a little practice in cooking, she will soon find that she is able to make any recipe successfully.

Since there are several kinds of fat used in cooking, I have mentioned in each recipe that type of fat which is best suited to that recipe. However, if a recipe which contains butter is desired for a meat meal, a vegetable shortening or meat fat may be substituted. In the same way, butter may be substituted for meat fat, although

in both cases, the finished dish will not be equal in flavor to that made with the original recipe. To simplify the recipes, I have used the word butter to apply to both butter and margarines made with milk and vegetable fats; shortening to mean any type of meat, butter, or vegetable fat; fat to mean poultry fats which have been rendered, and oil to mean salad oil. Parve vegetable shortenings are excellent in pastry, unless another fat is specifically mentioned. However, since they have no flavor of their own, they should not be substituted for other fats which are needed to lend their own flavor to the dish.

The cuts of meat in the book are called by the names given them in Kosher markets.

RULES FOR KASHERING

In the religious and dietary laws of the Jewish people, the term "kasher" is applied to the preparation of meat and poultry, and means "to render fit" or "proper" for eating.

1. To render meat "fit" for food, the animal must be killed and cut up according to the Jewish method of slaughter, and must be purchased from a Jewish butcher.

2. The meat should be put into a pan, especially reserved for this purpose, entirely covered with cold water, and left to soak for half an hour. Before removing the meat from the water every particle of blood must be washed off. It should then be put upon the salting board (a smooth wooden board), placed in a slanting position, or upon a board with numerous perforations, in order to allow the blood to flow freely down. The meat should then be profusely sprinkled on all sides with coarse salt, and allowed to remain in salt for 1 hour. It is then removed, held over a sink or pan, and well rinsed with cold water 3 times, so that all the salt is washed off. Meat left for 3 days or more unsoaked and unsalted, may be used only for broiling over coals; it may not be cooked in any other way.

The ends of the hoofs and the claws of poultry must be cut off before the feet are *kashered.*

Bones with no meat or fat adhering to them must be soaked separately, and during the salting should not be placed near the meat.

3. The liver must be prepared apart from the meat. It must be cut open in both directions, washed in cold water, and broiled over the fire, and salted while it is broiling. It should be seared on all sides. Water must then be poured over it, to wash the blood away. It may then be used in any manner, as the heat has drawn out the blood. Small steaks and chops may be *kashered* in the same way.

4. The heart must be cut open, lengthwise, and the tip removed before being soaked, so that the blood may flow out. The lungs likewise must be cut open before being soaked. Milt must have veins removed.

5. The head and feet may be *kashered* with the hair or skin adhering to them. The head should, however, be cut open, the brain taken out, and *kashered* separately.

6. To *kasher* suet or fat for clarifying, remove skin, and proceed as with meat.

7. Joints from hind-quarters must not be used, until they have been "porged," which means that all veins of blood, forbidden fat, and prohibited sinew have been removed. In New York City no hind-quarter meat is used by orthodox Jews.

8. All poultry must be drawn, and the inside removed before putting in water.

Cut the head off and cut the skin along the neck; find the vein which lies between the tendons, and trace it as far back as possible; at the back of the neck it divides into two branches, and these must be removed.

Cut off the tips of the wings and the claws of the feet. Proceed as with meat, first cutting open the heart and the liver. Eggs found inside of poultry, with or without shells, must be soaked and when salted be placed in such a position that the blood from the meat does not flow upon them. Such eggs may not be eaten with milk foods.

In conducting a kosher kitchen care must be taken not to mix meat and milk, or meat and butter at the same meal.

The utensils used in the cooking and serving of meat dishes may not be used for milk dishes. They should never be mixed.

Only soaps and scouring powders which contain no animal fat are permitted to be used in washing utensils. Kosher soap, made according to directions for making hard soap, may be used in washing meat dishes and utensils.

To follow the spirit as well as the letter of the dietary laws, scrupulous cleanliness should always be observed in the storing, handling and serving of food.

It is very necessary to keep the hands clean, the flours and cereals clean, the ice-box clean, and the pots and pans clean.

HANDY HINTS

Measure Accurately. The success of many recipes is due to exactness in measuring. Have standard measuring equipment consisting of measuring spoons in all sizes, heat-proof glass or aluminum half-pint measuring cups, and kitchen scales.

In Measuring Dry Ingredients, sift them first. Heap the measure, then level it by sliding the edge of a knife across the top. To measure part of a cup, use the glass measuring cup, and fill to the marked line. A half spoonful may be measured by preparing a level spoonful, and cutting it in half. For a quarter spoonful, cut the half crosswise.

In Measuring Wet Ingredients, fill to the brim, or to the line indicated on the measuring cup. Measure melted shortening after melting.

In Measuring Shortening, pack it solidly into the cup or spoon, and level it as for dry ingredients.

In Melting Chocolate, grease a saucepan, add the chocolate, and melt it over hot water, to prevent scorching. When the pan is greased, the chocolate will not stick to it.

In Measuring Molasses, grease the measure, and the molasses will not stick.

To Transfer Pastry from the board on which it was rolled to the pan, first roll it carefully over the rolling pin. Put the edge of the pastry on the edge of the pan, and unroll.

HOW TO DO IT, A GLOSSARY OF TERMS USED IN THIS BOOK

To:—

1. *Add a Bouquet:*—Tie with a clean string, several different kinds of herbs, such as parsley, sprigs of thyme, or those which are mentioned in the recipe. Drop into the cooking mixture, cook the required length of time, and remove before serving. A "Bouquet-garni," frequently used in French cooking, consists of a sprig of parsley, a tiny sprig of thyme, and a small bay leaf, tied together.

2. *Baste:*—Fill a large spoon with liquid, and pour this over the entire surface of the article which is roasting or baking in the oven. The recipe will tell whether to use the liquid in the pan, or a mixture of water and fat.

3. *Beat Egg:*—a. *Frothy,* Beat the chilled egg whites until they are white and full of air, but do not hold their shape.

b. *Stiff,* Beat chilled egg whites until they are white and full of air, and will stand up in peaks. Be very careful not to overbeat. Stop beating while the whites are still glossy.

c. *Light and thick,* beat whole eggs or egg yolks until they become lemon colored and are as thick as whipped cream.

4. *Blanch:*—Pour boiling water over the food and let it stand for a few minutes. The skin will then slip off easily. To blanch means to remove the skin, and make white.

5. *Boil:*—Place the mixture in a saucepan or kettle over direct heat, until the surface is covered with bubbles. To *boil hard,* heat until the entire mixture is a mass of erupting bubbles. Count cooking time from the time the mixture reaches the boiling stage.

6. *Brown Butter:*—Place the butter in a shallow pan over direct heat. Cook slowly until the butter turns a light brown. Be very careful not to burn the butter.

7. *To Brown Flour:*—Place the flour in a shallow pan over a low flame. Stir constantly until the flour becomes a light brown. Sift the flour, then measure it.

8. *Brown in Fat:*—Melt fat in a pan over a medium flame. Add the ingredients to be browned. If they are chopped, stir occasionally until all the particles are a golden brown. Cook pieces of food

without stirring until the bottom is golden brown. Turn and brown on each side until all surfaces are brown.

9. Brown in the Oven:—Place the article in a heated oven until the surface is a rich brown.

10. Carmelize:—Place granulated sugar in a skillet or heavy frying pan over low heat until the sugar melts and turns a very light brown. Be very careful not to burn the sugar.

11. Chop:—Place the food on a board or in a chopping bowl. With a very sharp knife or double chopping knife cut it into very small particles. Do not grind in the food chopper unless the recipe says to do so, as this gives different results.

12. Coat Cake Pans with Flour:—Grease the pans. Add 1 teaspoon of flour, and tilt the pan until the flour completely covers the fat. Pour off any excess flour.

13. Cream:—Work shortening, or shortening mixed with other ingredients, until soft and fluffy, with the back of a large spoon. Vegetable shortenings which are already creamed may be beaten with eggs and sugar in one step.

14. To Cut In:—Place shortening and flour mixture in a bowl. Using the blades of 2 silver knives, one in each hand, cut the shortening into pieces of the required size. Work quickly, and as you cut, coat the pieces of shortening with the flour. Be very careful not to crush the shortening, and keep it as cold as possible while working.

15. Dice:—Cut the ingredients into small cubes. The size of the cubes varies with the recipe. If no size is suggested cut in ¼ inch cubes.

16. Fold In:—Place one ingredient over the other. With the side of a spoon cut through the center to the bottom of the bowl. Turn the spoon flat and bring it to the edge of the bowl. Turn it on its side and lift it to the top of the bowl. Give the bowl a quarter turn and repeat until the ingredients are thoroughly blended. The purpose of folding in is to blend a whipped mixture with another mixture without breaking the air bubbles.

17. Form a Ball in Water:—Drop ¼ teaspoon of the mixture into a half glass of very cold water. If the mixture falls apart, continue cooking. But if the mixture remains in one mass, lift the mass out with a spoon, and with the fingers feel it. The longer the mixture cooks, the harder the mass will become. Cook until the mass is the degree of firmness mentioned in the recipe.

18. Cut Julienne Strips:—Cut the food into pieces the size and thickness of a match.

19. Knead:—Place the dough on a pastry board. Roll the hands into balls. Press the knuckles into the dough, and push away from you. Pull the dough over in one lump, and continue. Occasionally give the dough a quarter turn. Continue kneading until the dough is smooth and elastic.

20. Marinate:—Soak the ingredients in French dressing to cover in a cold place for about 1 hour. Drain thoroughly before serving. In certain recipes, another dressing may be substituted for French dressing, but the ingredients are marinated in the same manner.

21. Make Radish Roses and Tulips:—Remove the tip end of the root, the longer leaves, and all but 1 inch of the stem. Scrub thoroughly and dry. For roses, make cuts in 3 rows around the radish, alternating the cuts. For tulips, cut into 6 equal parts from the root end down ¾ of the length of the radish. Soak in ice water at least one hour. Drain and dry just before serving.

22. Mince:—Chop the ingredients as fine as you possibly can.

23. Rinse:—Place in a strainer or colander under running water for a few minutes. Let all the water drain off before using.

24. Rub, Mash, or Press through a Sieve:—Place the mixture in a sieve over a bowl large enough to hold all of it. With the back of a large spoon press as much of the mixture as you possibly can through the sieve. There are several kinds of gadget made which do this work quickly and easily, and it is worth while to own one.

25. Salt and Pepper to Taste:—Add salt ⅛ of a teaspoon at a time, and pepper $\frac{1}{16}$ of a teaspoon at a time. Stir well and taste after each addition. Continue adding salt and pepper until the mixture is seasoned to please your own taste. Since tastes vary, whenever it is possible in the following recipes, I have suggested adding salt and pepper to taste.

26. Sauté:—Cook in a heavy frying pan or skillet in just enough hot fat to prevent burning.

27. Scald:—Heat over a direct flame in a saucepan until tiny bubbles appear around the edge of the liquid.

28. Separate Eggs:—Give the middle of the egg a light tap against the edge of a hard surface to crack the shell. Break the egg carefully in half with the yolk in one of the halves of the shell. Pour the yolk back and forth from one shell to the other, letting the white run into a bowl as you do so. Continue until all the white is separated from the yolk. There are handy little egg separators which are very convenient to use for this process.

29. Separate Lettuce Leaves without Breaking Them:—Remove the outside leaves, and with a sharp knife cut out the core of a

head of lettuce. Place the head, with the cut side up, under running, cold water. In a few minutes, the leaves will come apart, and may be easily separated. Wash and dry thoroughly before using.

30. Simmer:—Bring to a boil, then lower the flame until only one or two bubbles rise slowly to the surface. Continue cooking at this temperature, which is just under boiling.

31. Soak:—Cover the ingredient with the liquid mentioned in the recipe, and let it remain in the liquid the required length of time. Then drain thoroughly.

32. Spin a Thread:—Place a small amount of the boiling syrup in a spoon and hold it over the saucepan. Let the syrup pour out of the spoon. Wet the thumb and forefinger, and take a little of the syrup that remains on the edge of the spoon between them. Spread the fingers apart. When the syrup is sufficiently cooked it will take the shape of a long fine thread between the fingers.

33. Steam:—Cook over hot water in a double boiler, or in a special steamer or strainer in the steam that rises from boiling water.

34. Strain or Drain:—Place the mixture in a sieve or colander, according to the size of the particles, and let all the liquid pour off. Use a colander for larger pieces of food.

35. Stir:—Move the spoon or fork through the mixture from side to side and around the edge. Touch the sides and the bottom of the bowl or saucepan each time.

36. Thicken Gravy:—Mix flour with a little cold water to a smooth paste. Add to the gravy, and stir constantly until thickened. Cook a few minutes until the taste of flour has disappeared.

37. To Unmold Ice Cream Frozen in a Mold:—Remove the mold from the ice, and wipe carefully. Place the mold in hot water 1 minute, remove the cover, slip the blade of a knife around the edge of the cream, and invert on a platter.

38. Unmold Gelatine Mixtures:—Dip the mold, to the height of the pudding, in hot water for ¼ minute. Invert quickly on a plate, and the pudding will slip out. If the pudding sticks, dip the mold quickly into water for 1 second longer, and invert again.

39. Whip:—With a rotary beater or a flat wire whip or fork, beat until the mixture becomes light and thick.

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THE JEWISH COOK BOOK

APPETIZERS AND CANAPÉS

At the beginning of dinner, at cocktail parties, and at any party where cocktails are served, canapes and appetizers give zest to the appetite and distinction to the occasion. Small and highly seasoned, their purpose is to increase the desire for food and drink. Before dinner, canapes gracefully eaten with the fingers may be served in the living room, but hot appetizers or those requiring a fork or spoon should be served at the table. At a party where canapes are the only food, quantities of all kinds are a necessity. Appearance is as important as flavor. Each one should be attractively decorated, and all carefully arranged on platters.

There are all sorts of crackers on the market which are used as bases for canapes. In addition, bread cut with fancy cutters, rounds, stars, squares, diamonds, crescents, etc.—is used. Remove the crust from close-textured bread and slice thin, not quite ¼ inch thick. Sauté in a little butter or substitute on just one side until nicely browned. Have a low even heat. Spread untoasted side with mayonnaise and cover with various fillings. Serve as soon as possible. In the following recipes use the amount of salt and pepper which will suit your taste.

SARDINE CANAPÉS

Spread diamond-shaped canapes with the following mixture:—Skin and bone 6 sardines, put them in a bowl and mash to a paste. Add 2 tablespoons of lemon juice, a few drops of Worcestershire sauce, a dash of pepper, 2 teaspoons of chopped parsley, and 4 tablespoons of mayonnaise. Garnish with a border of finely chopped whites of hard-cooked eggs, and on top scatter shredded olives.

WHITE CAVIAR

Take the roe of any fish, remove skin. Salt and set aside over night. Next day beat roe apart, pour boiling water over it, and stir. When roe is white, drain off the water. Add 2 tablespoons of oil, 1 teaspoon vinegar, and a little salt and pepper. Mix well. Keep in the refrigerator a few days before using. May be substituted for Russian or domestic caviar.

CAVIAR CANAPÉS

Sprinkle a little lemon juice on caviar. Cover half of a 2 inch square of bread, dividing it diagonally. Cover the other triangle

with tiny pearl onions. Separate the two with a line of hard-cooked egg yolk, put through a sieve. Decorate with a border of the cooked egg white, also put through a sieve.

ANCHOVY CANAPÉS

Cut the bread as for Caviar Canapes, and spread with anchovy paste. Chop separately the whites and yolks of hard-cooked eggs, and cover the canapes, dividing them into quarters with anchovies split in two lengthwise, and using yolks and whites in alternate quarters.

HOT ANCHOVY APPETIZER WITH TOMATOES

For each person take a thin slice of toast covered with anchovy paste. Upon this place a whole egg which has been boiled 4 minutes so that the white is firm and the yolk soft. Peel before using. Put tomato sauce around the toast.

CHOPPED ONION AND CHICKEN FAT

Chop 1 yellow onion very fine, add 4 tablespoons of melted chicken fat, and salt to taste. Serve on thin slices of rye bread. If desired a hard-cooked egg chopped very fine may be added.

BRAIN APPETIZER

Mix cold cooked brains with 1 chopped onion, juice of 1 and ½ lemons, and salt and olive oil to taste. Serve on lettuce leaves.

CHICKEN LIVER PASTE, NO. 1

Using the finest blade of the food chopper, grind ½ lb. cooked chicken liver, 1 stalk celery, diced, 1 hard-cooked egg, 1 medium onion, ½ slice of hard bread, and add salt and pepper and enough chicken fat to make a smooth paste.

CHICKEN LIVER PASTE, NO. 2

Rub through a grater ¼ lb. cooked chicken liver. Add ¼ cup fresh mushrooms that have been fried for 3 minutes in 2 tablespoons of chicken fat and chopped fine. Moisten with the fat in which the mushrooms were cooked. Season with salt, pepper, paprika and a little onion juice.

CHOPPED HERRING

Soak herring a few hours, wash, clean, bone and chop. To 1 herring, use 1 onion, 1 sour apple, 1 slice of white bread soaked in a little vinegar. Chop all of these until fine, and add 1 teaspoon oil, and a little cinnamon and white pepper. Put on a platter over lettuce, and sprinkle with chopped hard-cooked eggs. This is very nice when molded in the shape of a fish.

CHEESE BALLS

Mash 1 package of cream cheese with 2 tablespoons cream and a little paprika. If desired, chopped green peppers, almonds or olives may be added. Roll into small balls and serve on lettuce leaves. This is also very good as a filling for sandwiches and canapes.

EGG APPETIZER

Cook eggs hard. Peel. Cut slice off the end, so the egg will stand firmly. Dip in French dressing, then with a pastry bag arrange sardellen butter on the top of the egg. Have ready small squares of toasted bread, spread with a thin layer of sardellen butter, on which to stand the eggs.

For variety, spread the toast with caviar seasoned with finely chopped onion, pepper, and lemon juice to taste. Over the top of the egg place a rosette of mayonnaise instead of sardellen butter.

DEVILLED EGGS WITH HOT SAUCE

Cut 6 hard-cooked eggs lengthwise and remove the yolks. Mash them very fine with 2 tablespoons of mayonnaise, cayenne pepper, salt and 1 tablespoon chopped parsley. Refill whites and press the halves together to resemble whole eggs. Cover with the following sauce:—Stir 1 tablespoon of flour and 1 tablespoon of butter over a low fire until the mixture bubbles. Stir in 2 cups of milk, a pinch of cayenne pepper and salt to taste. Stir constantly until the sauce thickens. Pour over the beaten yolk of an egg, mix well, and serve immediately. Sprinkle a little minced parsley over the sauce as a garnish. If desired, a little Sherry wine may be added.

IMITATION PÂTÉ DE FOIE GRAS

Take ¼ lb. liver, and the gizzards of any kind of a fowl. Boil separately until tender. Rub the liver to a smooth paste. Cook 1 finely chopped onion, 1 tablespoon of a pungent sauce, such as A-1, and salt and pepper, in 3 tablespoons of chicken fat slowly for 10 minutes. Strain through a thin muslin bag, pressing the bag tightly. Add to the liver, and work together until thoroughly blended. Grease a bowl and press the mixture into it. Cut the gizzards into bits and lay between the layers of the liver. Season this highly or lightly to suit taste.

STUFFED YELLOW TOMATOES

Take small yellow tomatoes, scoop out the center, salt lightly and invert for an hour to drain. Fill with caviar seasoned with onion juice, lemon, salt and pepper. Serve on lettuce or watercress.

CHEESE DREAMS

Take 1 slice of delicately browned toast for each person. Place a firm slice of tomato on each slice of toast, dot with butter and season with salt and pepper. Place several long thin strips of green pepper around the tomato, and cover all with a square slice of American cheese. Place in a moderate oven, 350° F., until the cheese is melted, and serve at once.

CELERY RELISH

Boil 6 pieces of celery root. When soft, peel and mash. Mix to a paste with a little salt, pepper, onion juice, mayonnaise and 1 teaspoon prepared mustard. Shape into small pyramids. For each portion, lay 3 slices of cooked beet on a lettuce leaf. Lay 1 pyramid on each slice. Put a little mayonnaise on top of each pyramid and garnish with caviar or sardellen butter put through a pastry bag.

SARDELLEN BUTTER

Drain, skin and bone 8 sardines (in oil). Mash with ½ cup butter, 1 teaspoon of lemon juice and 12 drops of Worcestershire sauce.

STUFFED EGGS

Peel hard-cooked eggs, cut in half lengthwise. Remove yolks. For each 6 yolks add 1 tablespoon catsup, 1 teaspoon prepared mustard, 1 teaspoon salt, ¼ cup mayonnaise, and a dash of pepper. Mash to a smooth paste and refill whites. Sprinkle lightly with paprika.

NUT AND CHEESE RELISH

Mix 1 package of cream cheese with 1 cup of chopped nuts, 1 teaspoon chopped parsley, 2 tablespoons cream, and salt and pepper. Roll into balls and serve cold, garnished with parsley or chopped nuts; or use as a spread for canapes.

GRAPEFRUIT COCKTAIL

Cut the grapefruit into halves, and carefully cut out the pulp, removing all membrane and seeds. Clean the shells, cut the edges with a sharp knife into scallops and place in ice water. Mix the pulp with a little powdered sugar, the amount of which will depend on the sweetness of the fruit, and chill thoroughly. Before serving drain and dry the shells, fill with the pulp and garnish with a maraschino cherry or bit of bright colored jelly in the center. A little wine may be added to the pulp if desired. Place filled shells on paper doilies or surround with bits of asparagus fern.

AMBROSIA

Fill fruit cocktail glass with alternate layers of seedless oranges, peeled, and cut in convenient sizes for eating, and shredded cocoanut. Place a maraschino cherry on top.

PEACH COCKTAIL

Fill the glasses with chilled, peeled, sliced peaches; cover with orange juice, sweeten to taste with powdered sugar, and serve very cold. Apricot and cherry cocktail may be made in the same way, or a combination of fruits may be used.

RASPBERRY COCKTAIL

Mash a pint of ripe, red currants; strain them through cheesecloth, and pour the juice over a pint of red raspberries. Sweeten to taste with powdered sugar, and put in the refrigerator to chill. Serve in cocktail glasses garnished with a green cherry.

PINEAPPLE AND BANANA COCKTAIL

Take equal parts of banana and fresh or canned pineapple. Cut into small cubes and cover with pineapple juice to which a little lemon juice has been added. Serve in glasses or orange shells placed on leaves or ferns.

STRAWBERRY COCKTAIL

Slice 5 or 6 large strawberries into each glass and squeeze over them the juice of a seedless orange. Add 1 heaping teaspoon powdered sugar, and place in refrigerator until well chilled, but no longer.

MELON COCKTAIL

Cut balls of equal quantities of cantaloupe, honeydew, and watermelon. For each fruit cup mix 1 tablespoon lemon juice with 1 tablespoon honey. Let the balls stand in this mixture in the refrigerator until thoroughly chilled. Garnish cocktails with fresh mint leaves. Balls of avocado may be added for a novel flavor.

FILLED LEMONS

Select large lemons; cut off tip to stand the lemon upright; cut top for a cover. Scoop out all the pulp, clean the shells and put them in ice water. For 6 lemons cut fine 1 box of boneless sardines, 6 anchovies and 2 green peppers. Moisten with lemon juice; fill dried shells; top with a bit of pimento for color, and put on the lemon shell covers. Serve on a bed of watercress and pass prepared horseradish.

HOT PIMENTO CANAPÉS

Mix together, 2 chopped hard-cooked eggs, 1 tablespoon chopped pimento, ½ teaspoon salt, 1 tiny pinch of mustard, and 2 tablespoons grated American cheese with enough melted butter to form a paste. Spread on canape rounds and place in hot oven for 3 minutes. Garnish with watercress.

SALTED ALMONDS

Pour boiling water over almonds, cool, and remove the skins. Dry thoroughly. For each cup of nuts, use ½ tablespoon of butter or olive oil, preferably the oil. Place oil and nuts in a pan in a hot oven until brown. Shake frequently. Sprinkle well with salt, and place on paper to dry and cool.

The nuts may be cooked over the fire. Use enough oil to keep them from sticking. The oil may be drained and used again.

Other nuts may be skinned and prepared in the same way.

ANTIPASTO

On a long platter arrange lengthwise 6 piles of chopped lettuce with 1 slice of tomato on top of each. On each slice of tomato place a rolled filet of anchovy. On one side lay 12 slices of medium salami, overlapping each other. On the other side place 6 pieces of celery and 24 olives. Pour a French Dressing seasoned with a little mustard over the tomatoes, and serve very cold.

SANDWICHES

For best results, bread for sandwiches should be close-textured and 24 hours old. For tea and receptions, sandwiches should be cut as thin as possible and spread with creamed butter before the filling is added. Spread each slice with butter before cutting it from the loaf. Cut in fancy shapes, if desired, but always remove the crusts. For picnics, lunch or supper, cut the bread thicker and leave on the crust.

ANCHOVY SANDWICHES

Pound anchovies to a paste with an equal amount of stoned olives. Add enough mayonnaise or lemon juice to make a smooth consistency for spreading. Use on thin slices of rye bread.

CELERY SANDWICHES

Mix 2 cups of chopped celery, 2 tablespoons of chopped walnuts, 2 tablespoons chopped olives, and 1/4 cup mayonnaise. Spread between thin slices of buttered white bread.

FISH SANDWICHES

Spread one slice of bread with any cold, cooked fish that has been shredded and mixed with tartar sauce. Cover with lettuce leaf and slices of hard-cooked eggs dipped in tartar sauce. Cover with another slice of buttered bread and cut in half.

NUT AND RAISIN SANDWICHES

Take equal quantities of chopped nuts and raisins. Moisten with cream or grape juice and spread on thin slices of bread.

BROWN BREAD SANDWICHES

Season 1 cup of cottage cheese with salt and cayenne, and add 1 pimento cut in shreds. Cut white and brown bread in finger lengths 1 inch wide. Spread with cheese mixture and place a brown and white slice together.

OPEN CHEESE AND NUT SANDWICHES

Cut thin rounds of buttered rye bread. Spread with the following mixture: one 3 oz. cream cheese mixed with 2 tablespoons cream, 1 stalk minced celery, 1/4 cup chopped nut meats and salt and paprika to taste. Place a slice of stuffed olive on top, in the center of each piece of bread.

LETTUCE SANDWICHES

Trim fresh lettuce leaves, washed and dried, to fit thin slices of bread. Spread bread with mayonnaise and place lettuce between slices.

OLIVE SANDWICHES

Use either ripe or stuffed olives. Mince and mix with enough mayonnaise to spread. Use between slices of whole wheat or graham bread.

SARDINE SANDWICHES

Remove skin and bones from a tin of sardines. Rub to a paste with 1 hard-cooked egg, and season with salt, pepper and lemon juice. Moisten with mayonnaise and spread between slices of rye bread. For a luncheon sandwich add a lettuce leaf to each sandwich.

DATE AND FIG SANDWICHES

Run through the food chopper ¼ lb. pitted dates, ¼ lb. dried figs and ¼ lb. blanched almonds or walnuts. Add enough strained orange juice to make a mixture that will spread easily. Spread between thin slices of bread cut in fancy shapes.

FIG SANDWICHES

Remove the stems and chop the figs fine. Put in a double boiler and add a little water. Cook until a paste is formed. Add a few drops of lemon juice. When cool, spread on thin slices of buttered bread.

EGG SANDWICHES

Use 2 hard-cooked eggs for each 3 sandwiches. Mash the eggs to a paste and add enough mayonnaise to moisten. Season with salt and pepper. For a substantial sandwich, spread on buttered slices of bread and cover with shredded lettuce. For tea, spread on thin fancy slices.

CHESTNUT SANDWICHES

Spread 1 slice each of white and brown bread with chestnuts that have been boiled tender, peeled and rubbed through a sieve, then mashed with hard-cooked eggs, and moistened with mayonnaise.

SALMON AND BROWN BREAD SANDWICHES

Remove skin and bones from 1 cup of canned salmon and rub to a paste. Add ¼ teaspoon dry mustard, ¼ teaspoon salt, and ⅛ teaspoon pepper. Add enough mayonnaise to make it spread easily. Spread on 1 slice of buttered brown bread, cover with a layer of

thin slices of cucumber, then another layer of bread, press together lightly and arrange with sprigs of parsley on the platter.

CHECKERBOARD SANDWICHES

For a novel sandwich, butter alternate slices of brown and white bread, remove crusts and pile them one above the other in a loaf. Wrap in waxed paper and put under a weight for a few hours to set the butter. Then cut the new loaf across the slices, butter them, and pile them so that when this second loaf is cut, the slices will be in white and brown blocks. Wrap in waxed paper and place under a weight again before the second cutting.

TOASTED CHEESE SANDWICHES

Stir 1 cup of soft, mild cheese, finely cut, over the fire with 1 tablespoon butter, until the cheese is melted. Add ⅛ cup milk, 1 teaspoon prepared mustard, and salt and paprika to taste. Stir until smooth and creamy. Butter slices of bread thinly, spread on the cheese mixture generously, cover with another slice of bread, and set away until the filling cools and hardens. Toast on both sides and serve hot.

POACHED EGG SANDWICHES

Use 1 slice of bread, cut round, for each person. Toast and cool. On each, place 3 strips of pimento, on that a cold, poached egg, and on the egg put a dab of mayonnaise. Encircle the toast with sprigs of watercress.

MUSTARD SARDINE SANDWICHES

Take 1 tin of mustard sardines; bone and mash. Add to it, 1 tablespoon tomato catsup, 1 teaspoon Worcestershire sauce, juice of 1 lemon, a pinch of cayenne pepper, ¼ teaspoon white pepper, 2 tablespoons vinegar, and 1 tablespoon salad or olive oil. Mix thoroughly until it becomes a paste. Spread on thinly cut bread.

OPEN CAVIAR AND SALMON SANDWICHES

Cut thin slices of rye bread with a biscuit cutter. Spread with prepared mustard. Put some caviar in the center of each piece, strips of smoked salmon around the caviar, and strips of pickle around the salmon.

RIBBON SANDWICHES

(1) Cut 2 slices of white bread and 2 of brown. Butter 3 and spread with a thick paste made of 2 hard-cooked eggs finely mashed with mayonnaise. Build the slices up one above the other, alternating white and brown. Place the unbuttered slice on top. Place under a weight to set the filling. Slice down ¼ inch thick for sandwiches. Remove crusts before slicing.

(2) Use 4 slices of white bread. Spread 3 with butter. On each use a different colored filling, such as red jelly, soft tinted cream cheese, mashed eggs, sardines, etc. Pile the slices up one above the other, using the unbuttered slice for the top. Place under a weight to set the fillings, remove crusts, and slice ¼ inch thick.

EGG AND OLIVE SANDWICHES

Chop 4 hard-cooked eggs with ¼ cup chopped olives. Season to taste and moisten with mayonnaise. Spread between thin slices of buttered bread.

RUSSIAN SANDWICHES

Spread bread with thin slices of Neufchatel cheese, cover with finely chopped olives moistened with mayonnaise. Cover with another slice of bread.

SURPRISE SANDWICHES

Mix equal quantities of orange marmalade, chopped pecans, and cream cheese. Spread on thin slices of buttered bread.

CHICKEN SANDWICHES

(1) Mince 1 cup of cold cooked chicken with 1 hard-cooked egg. Moisten with gravy. Spread between thin slices of bread, and press gently together. The bread may be spread with mustard.

(2) Grind up chicken in the meat chopper. To each cup add 1 tablespoon mayonnaise and 1 tablespoon chicken soup. Scoop out finger rolls and fill with the mixture.

(3) Slice cooked or roast chicken. Place on toast and cover with hot gravy. Serve with pickles and French fried potatoes.

DEVILED TONGUE SANDWICHES

Grind up tongue. The root may be added. To each cup of meat, add 1 teaspoon prepared mustard, and 1 tablespoon mayonnaise. Chopped pickle, about 1 tablespoon, may be added if desired. Spread between slices of rye bread.

BOILED, SMOKED, OR PICKLED TONGUE SANDWICHES

Remove the crust from slices of white or rye bread, spread with mustard, and place very thin slices of tongue on half the slices. Cover the tongue with lettuce leaves, and another slice of bread.

MINCED GOOSE SANDWICHES

Chop highly seasoned, cooked goose, and for each cup, add 1 or 2 chopped pickles or 1 teaspoon catsup. Spread slices of bread or fresh rolls with goose fat, and cover with minced goose and another slice of bread.

VEAL OR BEEF SANDWICHES

Roast or cooked veal or beef may be prepared as above or cut in thin slices spread with mustard. Hot sandwiches are very nice for lunch or supper. To make them, heat minced meat in a little gravy and spread on toast. Or cut neat slices of the meat, trim away excess fat, and lay on toast spread with mustard. Cover with hot gravy.

SOUPS

SOUP STOCK

While meat soup stocks have almost no nourishing qualities of their own, they still have a valuable place on our menu. Their warmth and pleasant taste aid digestion, and when combined with vegetables or cereals, they become an agreeable means of adding these items to the diet.

So many soups are made by adding different ingredients to a basic soup stock that it is worth while to make a large quantity at one time, even for a very small family. If the stock is brought to a boil each day and kept icy cold in a clean container, it will keep and improve in flavor for several days. The meat used in cooking the stock may be utilized in several ways. (See Chapter on Meats.)

Years ago when coal stoves were the rule, economical cooks kept a stock pot simmering at all times. To it were added daily left-overs and gravies, with the result that there was always a delicious soup on hand, with a taste that cannot be duplicated. Today we can still use odds and ends to make soup. Left-over meats, except pickled or chopped ones, may be combined with water and vegetables and a stock obtained. Strained vegetable juices should be saved and added. In general, however, fresh soup stock is made with meat and bones, onions, celery, carrots and seasonings, to which are often added tomato, turnip, parsley, and asparagus stalks. A soup bouquet made of parsley wrapped around bayleaf, peppercorns, cloves and other herbs and tied, may be added. Always add vegetables and seasonings the last hour of cooking.

When done, the soup is strained and chilled overnight, if possible. Next day the cake of fat is removed from the top easily. The rest of the fat is removed by passing a cloth wrung out of hot water over the top and around the edges. If the stock must be used at once, remove as much of the fat as possible with a spoon and absorbent paper passed over the surface.

For a clear soup, skim as soon as it boils. Otherwise, do not skim, as the scum that rises contains some nourishment.

WHITE STOCK

3 lbs. veal, chicken or turkey.
2 veal bones
3 qts. cold water
1 peeled onion
Chopped celery tops
2 peeled carrots
6 peppercorns
1 tbsp. salt.

Bring meat, bones and water to a boil, and simmer until almost tender. Add remaining ingredients, cook 1 hour and strain. This makes about 2 quarts of stock.

BROWN STOCK

3 qts. cold water
3 lbs. beef—chuck and flanken mixed are the best
2 beef bones
2 onion skins
2 sprigs parsley
1 tbsp. salt
1 bay leaf
6 peppercorns
3 whole cloves (optional)
½ cup each chopped carrots, celery, onions, and turnips

Bring meat, bones and water to a boil. Simmer several hours until almost tender. Add remaining ingredients and cook 1 hour. Strain, cool and remove fat. This makes about 2 quarts of stock.

CONSOMME

Make brown stock, skim as it cooks. To make it perfectly clear, add 1 broken egg shell and 1 slightly beaten egg white to each quart of stock. Stir constantly until it reaches the boiling point. Boil 2 minutes, strain through muslin, and serve. Do not clarify until ready to use.

BOUILLON

Bring a 3 lb. chicken, 3 lbs. lean beef, 2 soup bones and 6 quarts of water to a boil. Simmer slowly until the meat is almost tender. Add ¼ cup each diced carrot, onion and celery. Season with 6 peppercorns, 1 tablespoon salt, and a bay leaf. Cook I hour longer. Strain, cool and remove any fat. Makes about 4 quarts of bouillon.

RUSSIAN BEET SOUP—FLEISCHIG

Cut 2 large beets and 4 onions in thick pieces. Add 2 lbs. of fat brisket of beef and 2 quarts of water. Cook slowly until the meat is tender. Remove the meat. Add about ¾ cup sugar and a little citric acid or lemon juice to make the soup sweet and sour. Cook 15 minutes, season with salt and pepper to taste. Chop beets, return to soup, and serve hot.

BORSHT

Peel and dice 2 bunches of red beets. Add 2 quarts of water and cook until the beets are tender. Season to taste with salt, sugar, and lemon juice or citric acid and cook 15 minutes longer. Chill.

Beat 2 egg yolks with ½ pint heavy sour cream until smooth, and well blended. Add soup and serve with hard-cooked eggs and boiled potatoes, if desired. This makes an excellent hot weather lunch.

SCHALET OR TSCHOLNT (SHABBAS SOUP)

This dish requires a coal stove. Wash 1 pint of white haricot beans and 1 pint of coarse barley. Put them in a pot with 1 lb. of fat meat or the backs of 2 fat geese which have been skinned and well spiced with ginger and garlic. Season with pepper and salt, and add water to cover. Cover the pot tightly, and place in the oven from Friday afternoon to Saturday noon. If there is no coal oven, this dish may be sent to the bakers and kept in the oven overnight. It is used as a soup for Shabbas dinner.

CHICKEN SOUP

(1) Cook 1 large chicken with 3 quarts of water until almost tender. Add 1 onion, 1 carrot, 2 stalks of celery, 1 tablespoon salt and ¼ teaspoon pepper. Cook 1 hour longer and strain. Chill overnight, and remove cake of fat. Serve with boiled rice, noodles, etc.

(2) Take the carcass of a cold, cooked chicken, and break into small pieces. Add ½ cup of chopped celery and 1 onion chopped fine. Cover with water, and simmer slowly for 2 hours. Strain, and add salt and pepper to taste.

(3) Cut a chicken in small pieces. Place in the top of a large double boiler. Add 2 quarts of water, cover, and place over boiling water. Cook several hours until the meat is very tender. Add water to the lower part of the boiler as often as it is necessary. Strain, season with salt and pepper, and chill overnight. Remove the cake of fat, and reheat.

JULIENNE SOUP

Simmer in 2 quarts of soup stock, 2 cups of mixed vegetables, including diced celery, carrots, potatoes, onions, and peas. Cook 1 hour. Sprinkle finely minced parsley over the soup as it is served.

MOCK TURTLE SOUP

Wash 1 calf's head thoroughly, and cook slowly in 4½ quarts of water until very tender. Cook with it 2 seeded red peppers, 1 sliced onion, ⅓ cup diced carrots and an equal amount of diced celery, 6 whole cloves, 1 teaspoon salt and ½ teaspoon pepper. Strain, and chill overnight. Remove all the meat from the calf's head and cut in neat, tiny pieces. Next morning, remove all fat from the soup. Use ¼ cup of this fat or any other meat fat. Brown the fat in a pan with ¼ cup of flour. Gradually stir in the soup stock, and

simmer 15 minutes. Add the diced meat, 1 sliced lemon, and 1 cup of sherry. If desired, 2 sliced hard-cooked eggs may also be added. Allow the soup to come just to a boil and serve at once. This makes 3 quarts of soup.

MUTTON BROTH

Cut 3 pounds of lean shoulder or neck of lamb into small pieces. Cook slowly in a covered pot with 3 quarts of water. Add 2 tablespoons of well-washed rice to the boiling soup. Cook 1 hour longer. Stir from time to time, and watch closely so that it does not burn. Strain. Mix 1 tablespoon of flour with ¼ cup cold water to a smooth paste. Add to the soup with 1 teaspoon salt and ¼ teaspoon pepper. Simmer 15 minutes.

MULLIGATAWNY SOUP

Add to 3 quarts of chicken soup, 3 onions, 2 carrots, 1 head of celery and 2 sour apples cut in dice. Add 1 teaspoon of sugar. Bring to a boil, then simmer for 25 minutes. Mix 1 tablespoon curry powder and 1 tablespoon of flour with ¼ cup of cold water to a smooth paste. Add to the soup and cook 5 minutes. Pass through a sieve, mashing all the vegetables through the sieve, too. Serve with small pieces of chicken cut in it. Serves 10.

FARINA SOUP

Remove every particle of fat from 2 quarts of strained soup stock. Return it to the kettle and bring to a boil. When it boils hard gradually stir in ¼ cup of farina. Add the farina very slowly so that no lumps are formed. Cook 15 minutes. Place in the soup bowl, the yolk of 1 egg beaten with 1 tablespoon of cold water. Pour the soup into the bowl gradually, and stir constantly until all has been poured into the bowl. Serve at once.

GREEN KERN SOUP

Soak ½ cup of green kern in 2 cups of water overnight. Next day, bring to a boil, and cook slowly. As the water cooks down, add 2 quarts of soup stock. A slice of toasted rye bread may be cooked with the soup. When the green kern is tender, the soup may be strained or served as it is. Season to taste and serve with croutons.

Another way of using the green kern is to grind it fine, and cook it until tender in the stock.

NOODLE SOUP

Cook 2½ pounds of beef off the neck (no bone), 3 quarts of water, 1 onion, 1 celery root, 2 carrots, 1 large peeled potato, a few sprigs of parsley, 3 tomatoes or 1 cup canned tomatoes, 1 tea-

spoon salt, and ¼ teaspoon pepper very slowly until the meat is tender. Strain and remove every bit of fat. Add 1 or 2 cups of cooked noodles and bring to a boil. The amount of noodles depends upon personal taste. This amount serves 6–8.

MUSHROOM AND BARLEY SOUP

To 1 quart of bouillon, add ¼ pound of barley which has been cooked in water until tender, 1 ounce of dried mushrooms thoroughly washed and cut in pieces, 1 diced onion, 1 diced carrot and a bouquet made of a few sprigs of parsley and dill wrapped around 2 bay leaves and tied. Cook slowly until the vegetables are tender, and remove the bouquet. Add ½ cup of the meat from which the bouillon was made, cut in small pieces, and serve.

OXTAIL SOUP

Wash 2 large oxtails and cut into pieces. Cut 1 onion fine and cook in 1 tablespoon of any meat fat. When brown, add the oxtails, and let them brown. Then, put the meat in a soup kettle with 4 quarts of cold water, 1 tablespoon of salt, 1 tablespoon of mixed herbs, 4 whole cloves, 4 peppercorns, and a few sprigs of parsley. Simmer until the meat is tender. Strain and remove all fat. Serve with a little of the meat cut in small pieces, and small pieces of cooked vegetables. Serves 10–12.

GREEN PEA SOUP

Make soup stock as usual, but add to it in addition to the other vegetables, 1 pint of washed pea-pods. In a separate pan, melt 1 tablespoon of chicken fat. Add 2 cups of peas and 1 tablespoon finely chopped parsley. Stir until the peas are well coated. Add 1 cup of soup stock, cover, and cook until the peas are tender. Add 1 quart of strained stock, and salt to taste. Two teaspoons of sugar may be added if desired. Add dumplings before serving.

TURKEY SOUP

Cut up bones and meat of cold turkey, and cook like Chicken Soup, No. 2.

Any left-over fowl may be used in the same manner.

CHICKEN GUMBO SOUP (CREOLE)

Melt 2 tablespoons of chicken fat in a large soup kettle. Add 1 large chicken, cut up as for stewing and 1 slice of corned beef, diced. Cover closely, and simmer 10 minutes. Then add 1 small minced onion, 1 green pepper, chopped, and 1 sprig of thyme or parsley, minced. Let these brown with the meat for a few minutes. Add 6 fresh or 1½ cups of canned tomatoes and 4 okra pods, sliced. Stir well, add 3 quarts of boiling water, and let simmer over a

low fire for 2 hours. Remove chicken, add 1 cup of cooked rice, season to taste with salt and pepper, and serve in a tureen, if possible. Serves 10.

TCHORBA—TURKISH SOUP

Boil 1 pound of diced lamb in 1 quart of water until tender. In another pan cook ½ cup rice in 4 cups of water until soft. Strain the rice and add to the meat. Just before serving, add 1 beaten egg and the juice of ½ lemon.

BARLEY SOUP

Cook ½ cup of medium barley, 2 finely diced onions, ½ cup of diced carrots, 1 teaspoon of salt and ½ teaspoon of pepper in 1 quart of water until tender. Stir in 1 quart of soup stock, and bring to a boil. Stock made with lamb makes a delicious soup.

DRIED PEA SOUP

Soak 1 cup of well-washed dried peas overnight in 3 cups of water. Cook in the same water until very soft. Meanwhile, cut 2 frankfurters in quarters and cook them in 3 cups of strained soup stock until tender. Remove the frankfurters. Mash peas through a sieve into the soup stock. Taste soup, and add salt and pepper if necessary. Skin the frankfurters, and cut into neat strips, ⅛ x ⅛ x ¼ inches long. Pour soup into colorful cups, and place a spoonful of the meat strips on each portion.

If desired, omit the frankfurters, and strain the peas into the usual soup stock.

LENTIL SOUP (LINZEN)

(1) Soak 2 cups of lentils overnight in cold water to cover. Drain and add to 1 diced onion which has been browned in 2 tablespoons of fat. Stir over the fire for 5 minutes and add 3 stalks of celery cut in small pieces, 1 teaspoon salt, ¼ teaspoon pepper, and 2 quarts of hot water. Simmer slowly until the lentils are tender. Mash through a sieve, return to saucepan, bring to a boil and serve.

(2) Make in the same way as Dried Pea Soup. One cup of strained tomatoes may be added.

SOUR SOUP (FOR PURIM)

Simmer 1 pound of soup meat and 2 soup bones in 1 quart of water until tender and strain. Add to the stock 2 leeks cut in noodle-like strips, 1 cup strained tomato, a few flowerets of cauliflower, 2 tablespoons of sugar, 1 pinch sour salt, ¼ teaspoon pepper, and ½ teaspoon salt. Cook until the vegetables are tender. Beat 2 egg yolks with ½ teaspoon salt and ¼ cup cold water until well blended. Pour the hot soup over this and serve at once.

TOMATO SOUP

Cook 2 pounds of soup meat, 2 onions, 1 potato, 2 carrots, 1 turnip, a few sprigs of parsley, and some celery leaves in 1 quart of water to which a No. 2½ can of tomatoes has been added. Simmer until the meat is tender. Strain and season to taste with salt and pepper. If desired, this may be thickened with 1 tablespoon of flour mixed to a paste with ¼ cup of cold water. Add to the soup and cook 10 minutes. The soup meat is very good when cooked in this way. Serve it hot as a main course with mashed potatoes and vegetables.

VEAL SOUP

Cook 2 pounds veal, off the neck, with 2 veal bones in 2 quarts of water. Add a sprig of parsley and onion cut up small. When the meat is tender, strain. Season with salt and pepper to taste. Pour over 2 egg yolks beaten with 1 tablespoon cold water until blended. Serve at once.

VEGETABLE SOUP

Cut small ½ cup each of celery, cabbage, carrots and onion. Brown in 2 tablespoons of fat for 5 minutes. Add 1 tablespoon chopped parsley, ½ cup of diced potatoes, 1 cup canned tomatoes, and ¼ cup each of any of the following vegetables you may have on hand:—corn, lima beans (fresh), peas, diced mushrooms and diced turnips. Add to 2 quarts of soup stock and simmer 1 hour. Season to taste with salt and pepper.

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CREAM SOUPS

CREAM OF ALMOND SOUP

Blanch, and grind or pound ½ pound of almonds, and let them simmer slowly in 1 pint of milk for 5 minutes. In another pan, melt 1 tablespoon of butter, stir in 1 tablespoon of flour and let it bubble a few seconds. Slowly add 1 cup of milk and stir until smooth and thick. Stir in the almond mixture and simmer again until creamy. Remove from fire and add 1 cup of cream, either whipped or plain. Sprinkle a little minced parsley on each portion just before serving.

CREAM OF CELERY SOUP

Cut 3 stalks of celery in 1 inch pieces and cook in a double boiler with 1 slice of onion and 3 cups of milk until tender. Remove onion. In another pan melt 2 tablespoons of butter, stir in 2 tablespoons of flour and cook until it bubbles. Add 1 teaspoon of salt

and ¼ teaspoon of pepper. Add the celery mixture, a little at a time, stirring after each addition until smooth. Add 1 cup of cream, heat just to the boiling point and serve at once.

CREAM OF ASPARAGUS SOUP

Proceed as for Cream of Celery Soup, substituting ½ bundle of fresh asparagus or an equal amount of canned for the celery stalks. Or the tips of a bundle of asparagus may be cut off for table use and the remainder used for soup. In either case, the asparagus will be better if mashed through a sieve after it is cooked, to remove the woody portions.

CREAM OF CAULIFLOWER SOUP

Scald a solid head of cauliflower to take away the strong taste. Drain, separate the flowers, and proceed as for Cream of Celery Soup.

CREAM OF CORN SOUP

(1) Use 6 ears of raw corn. Run a sharp knife down through the center of each row of kernels, and with the back of the knife press out the pulp leaving the husk on the cob. Break the cobs in half, and cover them with cold water. Boil 30 minutes and strain. Measure 1 pint of the liquor and add to it the corn pulp and 1 slice of onion. If desired, a bay leaf may also be added. Cook 15 minutes. Meanwhile, in another pan, melt 1 tablespoon of butter and stir in 1 tablespoon of flour. Cook until it bubbles and stir in gradually 2 cups of milk. Cook until smooth and thickened. Remove onion and bay leaf from corn liquor, and stir the liquor into the sauce. Season to taste with salt and pepper, and serve hot.

(2) Cook 1 can of cream style corn, 1 slice of onion, 1 bay leaf and 1 pint of water 10 minutes. Remove onion and bay leaf, and stir into a sauce made as above. Season to taste with salt and pepper.

CREAM OF HERRING SOUP (RUSSIAN STYLE)

Boil 2 cups of milk, 2 cups of water, 1 small onion, ½ teaspoon salt and ¼ teaspoon pepper for 10 minutes. Add 2 herrings which have been previously soaked and cut into small pieces. Cook until herring is tender. Add more salt if desired.

MILK, OR CREAM SOUP

Moisten 1 tablespoon of flour or cornstarch with cold milk, and stir until it forms a smooth paste. Gradually add 1 quart of scalded milk, cream, or half milk and half cream. Cook and stir for 10 minutes. Add 1 tablespoon of butter, and season to taste with salt and pepper. Pour over pieces of toasted bread cut into dice, or over crackers. This is very nice for a young child's supper.

FISH CHOWDER

Skin and bone 1 and ½ pounds of codfish or haddock. Cut 6 large tomatoes, 6 large potatoes, and 2 large onions in small pieces. Add ½ teaspoon salt, ¼ teaspoon pepper and 3 pints of water to the vegetables and cook ¾ hour. Add the fish cut in small pieces, and cook until the fish is tender, about 15 minutes. Add ½ pint of light cream, ¼ cup of butter, and 1 teaspoon of paprika. Cook 5 minutes and serve. Taste and add more salt if desired.

MOCK FISH CHOWDER

Make as above, but omit the fish. Sprinkle with chopped parsley before serving.

GLOBE ARTICHOKE OR TURNIP SOUP

Remove the tough outer leaves and cut 1 inch off the top of 1 and ½ pounds of globe artichokes. Cut in quarter inch slices. Or peel and slice an equal amount of turnips, if they are used. Melt 2 tablespoons of butter in a saucepan, stir in the vegetable and let it cook 5 minutes. Stir in 1 tablespoon of flour and cook 3 minutes. Add 3 cups hot milk and 3 cups of hot water and 1 teaspoon salt. Cook until the vegetables are tender. Rub through a sieve and return to the saucepan. Add 1 teaspoon sugar and more salt, if desired. Heat thoroughly, and serve.

SPINACH SOUP

Wash thoroughly, and pick over 2 quarts of spinach. Cook in 1 quart of water for 20 minutes. Drain, chop and rub through a sieve. Return to the water in which it was cooked, add ½ cup of chopped onion and cook 15 minutes. Make a white sauce of 2 tablespoons melted butter mixed with 2 tablespoons flour. Cook until it bubbles and add 2 cups of milk. Season with ½ teaspoon salt and ¼ teaspoon pepper. Cook until smooth and thick and add the spinach mixture. Serve very hot.

CREAM OF LETTUCE SOUP

Substitute 2 heads of lettuce for the spinach, and proceed as for Spinach Soup.

CREAM OF TOMATO SOUP

Cook 1 quart of fresh tomatoes with 1 pint of water until the tomatoes are tender. Press through a sieve. Three cups of strained canned tomatoes or tomato juice may be used instead of fresh tomatoes. Melt 2 tablespoons of butter, add 2 tablespoons of flour and cook until it bubbles. Add 1 and ½ cups of milk, or half cream and half milk, 1 teaspoon salt, 1 teaspoon sugar, ¼ teaspoon pepper, 1 teaspoon chopped parsley and 1 teaspoon chopped

celery. Cook until smooth and thick, and strain. Just before serving heat the tomato juice, add ¼ teaspoon baking soda, and stir the tomato into the hot sauce gradually. Serve immediately, or it will curdle.

CREAM OF LENTIL SOUP

Soak 1 cup of lentils overnight. Drain and boil slowly for 1 hour in water to cover containing ½ teaspoon of baking soda. Drain and boil again very gently in just enough water to prevent burning. Stir often until the lentils are very tender. Add 2 tablespoons of butter or butter substitute, 2 teaspoons of salt, and ½ teaspoon of sugar. Scald 3 cups of milk. Mash the lentils through a strainer directly into the milk and serve at once. Pass croutons with the soup.

ONION SOUP

Peel and slice 2 or 3 large onions. Fry them slowly in 2 tablespoons of butter until they are soft and golden brown. Be careful not to burn them. Stir in 3 tablespoons of flour and cook a few minutes. Add slowly 2 cups of boiling water and cook and stir until smooth and thick.

Boil and mash 3 large potatoes. Add to them slowly 1 quart of scalded milk. Be sure there are no lumps in the mixture. Add to the onion mixture. Season to taste with salt and pepper. If desired, this may be strained through a sieve into a soup tureen, or the onions may be served in the soup. Sprinkle over the top a little parsley chopped very fine, and a few croutons.

CREAM OF WINE SOUP

Cook 1 cup of white wine, ½ cup of cold water, 2 pieces of stick cinnamon and 7 lumps of cut loaf sugar for 10 minutes. Scald 1 cup of light cream in a double boiler. Pour the cream over the well-beaten yolks of 2 eggs. Stir constantly. Gradually pour in the boiling wine, from which the cinnamon has been removed. Stir well while pouring or it will curdle. Serve hot or cold. This makes 2 portions.

VEGETABLE SOUP (MILCHIG)

Brown ½ cup of chopped onion in 2 tablespoons of butter, add 1 and ½ quarts of boiling water, 2 cups of shredded cabbage, ½ cup of diced carrots, 1 sliced leek, 1 tablespoon of chopped green pepper, and ¼ cup of finely diced celery. Simmer for 1 hour, then add 1 medium-sized potato, diced, and a peeled tomato. Season with ½ teaspoon salt, ¼ teaspoon pepper, a pinch of paprika, and a pinch of thyme. Cook until the potatoes are tender. Mix 2 tablespoons of flour to a paste with ¼ cup of cold milk, stir into the soup, and cook 10 minutes.

BROWN FLOUR SOUP

Melt 2 tablespoons of butter in a spider, add 4 tablespoons of flour and brown to a light golden brown. Add 1 quart of water, stirring constantly. Season with salt, pepper, and a little nutmeg. Add 1 pint of milk, bring to a boil, and serve at once.

CREAM OF MUSHROOM SOUP

Wash thoroughly and chop ½ pound of fresh mushrooms, and place in a 2 quart saucepan with 2 tablespoons of butter. Cover, and cook slowly for 10 minutes. Add 2 tablespoons of flour, stir well, and cook 1 minute. Add 2 cups of water, and simmer for 15 minutes. Blend the yolk of an egg thoroughly with ¼ cup of cream. Add 1 cup of milk and stir into the soup. Heat just to the boiling point, season to taste with salt, and serve garnished with two tablespoons of chopped parsley and a dash of paprika.

BEER SOUP

(1) Bring to a boil 1 pint of beer and 1 cup of water. Season if desired, with ¼ teaspoon each salt and cinnamon. Mix 1 teaspoon sugar, 2 teaspoons of flour, and 2 egg yolks to a smooth paste. Add 1 cup of milk and stir into the beer mixture. Let it come almost to the boiling point, fold in the stiffly beaten whites of the 2 eggs, and serve at once with croutons. Equal parts of beer and water may be used instead of milk.

(2) Mix 1 pint beer with ⅔ cup of water, 1 teaspoon sugar, the grated crust of 2 slices of stale rye bread, a stick of cinnamon and 1 tablespoon lemon juice, and boil 10 minutes. If desired, ¼ cup of dried currants may be boiled with it. Pour over small pieces of zwieback (rusk).

SOUR MILK SOUP

Let 1 quart of sour milk stand until it jellies, but does not separate. Put it into a saucepan and simmer 1 minute. Melt 1 tablespoon butter in another saucepan, add 2 generous tablespoons of flour and stir until they bubble. Add the milk and stir until smooth. Strain through a fine sieve. Sprinkle a spoonful of grated maple sugar over the top of each serving.

POTATO SOUP

Cook 1 teaspoon chopped onion in 1 tablespoon of butter for 3 minutes. Stir in ½ tablespoon of flour, and mix until it bubbles. Add 2 cups of milk to make a thin sauce. In a separate pan boil 3 large potatoes. Mash, and add to sauce. Press the soup through a strainer. Return to the fire, season to taste with salt and pepper, and simmer 5 minutes. Sprinkle chopped parsley and croutons on each serving. This makes 3–4 portions.

For Fleishig Soup: Substitute fat for the butter, and use the water in which the potatoes cooked instead of milk. Any left-over meat gravy may be added to the soup for a rich flavor.

GREEN PEA PUREE

Cook 1 quart of green peas until very tender and mash through a sieve. Heat 1 quart of milk and 1 tablespoon butter. Season with 1 teaspoon salt and ½ teaspoon pepper. Add the pea puree and simmer 5 minutes.

LEEK SOUP

Melt 1 tablespoon of butter in a saucepan. Add 5 or 6 sliced leeks. Turn for 5 minutes, until the leeks are browned. Add 1 quart of water and 1 slice of stale bread. Season to taste with salt and pepper and simmer until the leeks are tender. Strain. Serve with croutons and grated cheese.

RED WINE SOUP

Bring to a boil 1 cup of good red wine and ½ cup of water, 3 whole cloves, 3 pieces of stick cinnamon, and sugar to taste. Boil 10 minutes, and strain over the well-beaten yolk of 1 egg, stirring constantly. Eat hot or cold. This amount serves one person.

SPLIT PEA SOUP (PARVE)

Soak 2 cups of split peas overnight in 2 quarts of water. Next day, bring to a boil and add 1 potato, diced, 1 large celery root, diced, a few sprigs of parsley, a small diced onion, a small carrot, diced, and if desired, a small clove of garlic. Simmer until it has boiled down to half the quantity. Stir often to prevent burning. Press through a strainer. If the soup seems too thin, it may be thickened with 1 tablespoon of flour blended with ¼ cup of cold water. Add to soup and simmer 10 minutes. Serve with croutons.

TOMATO SOUP WITH RICE

Brown slightly 1 minced onion in 1 tablespoon of butter. Add 1 quart can of tomatoes; or 1 quart of medium sized tomatoes cut in pieces and 1 cup of water. Season with salt and pepper, 1 tablespoon of sugar, and a pinch of paprika. Simmer ½ hour, and strain. Mash all the tomato pulp through the sieve. Thicken with 1 tablespoon of flour mixed with ¼ cup of cold water. Simmer 10 minutes. Add 1 cup of cooked rice, and serve. Serves 4.

MILK AND CHEESE SOUP

Mix ½ tablespoon of flour and ¼ cup of cold milk to a smooth paste. Add 3 cups of milk and cook 1 hour in a double boiler, stirring often. When ready to serve, add 1 cup of grated American cheese and season with salt and paprika.

BLACK BEAN SOUP

Soak 1 pint of black beans overnight, drain, add cold water, and rinse thoroughly. Cook together 2 tablespoons of butter, and 2 tablespoons of chopped onion for 5 minutes. Add the beans, with 2 stalks of celery, diced, and 2 quarts of water. Cook slowly until the beans are soft. Add water as it boils away, so that the quantity in the saucepan is always the same. Rub through a strainer, add 1/8 teaspoon of pepper, 1/4 teaspoon of dry mustard, and salt to taste. Heat 2 tablespoons of flour in a saucepan with 1 tablespoon of butter. Stir in 2/3 cup of soup, then gradually, the rest of the soup. Slice a seedless lemon and 2 hard-cooked eggs into the soup, and serve.

BARLEY AND VEGETABLE SOUP

Boil 1/2 cup of coarse barley in 2 quarts of water for 1 hour. Skim. Add 2 onions, 3 carrots, a few sprigs of parsley, 2 turnips, 1 green pepper, and 6 small tomatoes, all chopped fine. Add also 1/4 cup green peas, lima beans and fresh or canned corn. Add salt and pepper to taste, and cook slowly until all the vegetables are tender. Add a small piece of butter, about 2 tablespoons, and 1/4 teaspoon of sage and thyme, if desired. If the soup seems too thick while it is cooking, more water may be added.

CHERRY SOUP

Boil 1 quart of large red or black cherries, unpitted, 1 cup claret, 1/2 tablespoon of broken stick cinnamon, 1/4 cup of sugar and 1/2 finely sliced lemon in 2 cups of water for 15 minutes. Press through a sieve. Add 1 tablespoon of cornstarch, mixed with 1/4 cup of cold water to a smooth paste, and cook and stir for 10 minutes. One cup of orange juice may be substituted for the claret. In this case add the orange juice at the same time as the cornstarch. If very sour cherries are used increase the amount of sugar to between 1/2 and 3/4 cup. Chill thoroughly, and serve with or without a topping of whipped cream.

FRUIT SOUP

Boil 2 pounds of carefully washed plums, cherries, or red currants and raspberries to a pulp in 1 pint of water. Cool slightly, and stir in the well-beaten yolk of an egg and sugar to taste. Mash through a sieve, and chill before serving.

COLD SOUR SOUP

Remove the leaves from 1 pound of sorrel (sour grass), wash well and cut. Peel and dice 3 potatoes, mince a bunch of scallions, add 1/2 teaspoon salt, and 1 quart of water. Bring to a boil, and

add the sorrel. Cook until tender, add 2 tablespoons sugar, and a small piece of sour salt, and simmer 5 minutes longer. Cool. Beat the yolks of 2 eggs and add to the soup. A half pint of heavy sour cream may also be added if desired. Serve cold.

GARNISHES AND DUMPLINGS FOR SOUP

Cream soups, bean, split-pea, and other dull colored ones need to be dressed up with an attractive garnish in order to appeal to the eye and the appetite. The garnish should provide colorful contrast and zestful flavor in as simple a manner as possible. A dash of paprika, a little minced parsley, or a sprinkle of grated cheese are all effective. Hot buttered pop corn is delicious with corn soup, and puffed rice with tomato.

Whipped Cream adds richness as well as appeal to any cream soup and may be used plain, a spoonful on each portion, or in any of the following ways:

Parsley Cream: Stir 1 tablespoon minced parsley into each half cup of whipped cream.

Pimento Cream: Add 1 stiffly beaten egg white and ½ teaspoon sieved pimento to each ½ cup of whipped cream.

Whipped Cream Roses: Whip cream very stiff, force through a pastry tube in rosettes on small round crackers. Drop on cream soup just before serving.

Noodles and Dumplings give body and nourishment to thin or clear soups, both milk and meat.

NOODLES

Beat 1 large egg slightly with ¼ teaspoon salt. Add about ⅔ cup flour, or enough to make a very stiff dough. Knead well, until the dough is smooth. Place on a slightly floured board and roll out very thin. Place the sheet of dough on a clean cloth until it is dry but not too brittle to handle. Fold in a tight roll. With a sharp knife cut through the roll in thin threads. Toss the threads lightly with the fingers to separate them, and spread on the board to dry thoroughly. Store in a covered jar. When ready to use, cook in boiling salted water or soup for 10 minutes.

BROAD NOODLES

Broad noodles for vegetables and puddings are made in the same way, but to each egg ½ egg shell of cold water, and a little more flour may be added. Cut the strips ½ inch wide.

PLAETCHEN

Roll out dough thin, as for noodles. When dry, cut into 3 inch strips, place the strips on top of one another, then cut into ½ inch strips crosswise. Pile the ½ inch strips and cut again to form ½ inch squares. Dry in the same way as noodles. Drop by handfuls in boiling soup and cook 10 minutes.

KREPLECH, OR RAVIOLI

Roll noodle dough thin, and cut in pieces 2 inches square. Place 1 tablespoon of force-meat on each square, then fold square into 3 cornered pockets, pressing edges well together. Dry 1 hour. Drop in boiling soup or salted water and cook 15 minutes. Serve in soup, or with a tomato sauce.

FORCE-MEAT FOR KREPLECH

Grind or chop fine 2 cups of any cooked or left-over meat. Season with 1 teaspoon of salt, ⅛ teaspoon pepper, ½ teaspoon onion juice, and a pinch of ginger or nutmeg. Add an egg and mix well. This may also be rolled into ½ inch balls, rolled in flour and cooked in boiling soup, or in fat.

BAKING POWDER DUMPLINGS

Sift 1 cup of flour, ¼ teaspoon salt, and 1 teaspoon of baking powder. Stir in a scant ½ cup of milk or water, and mix to a smooth batter. Drop by teaspoonsful into the boiling soup, cover kettle tightly, and keep it covered for 5 minutes. Remove cover, and serve at once.

CROUTONS

Remove crusts from day old bread, and cut into ½ inch cubes. The cubes may be browned in several ways:—

1. Place in pan, and brown in a medium oven, 350° F. until golden.
2. Butter bread before placing in the oven, and brown as above.
3. Fry in deep hot fat until golden brown.
4. Sauté in a little fat or butter until golden brown.

PFARVEL

Beat the yolk of 1 egg slightly with ¼ teaspoon salt. Add flour until the mixture forms a stiff ball. Grate on a coarse grater and spread on a board to dry. Add to boiling soup and cook 10 minutes.

SPATZEN

Beat 1 egg well, add ½ teaspoon salt, ¾ cup of flour, and ⅓ cup of water. Stir to a smooth batter. Drop by teaspoonsful into boiling soup and cook 10 minutes.

EGG CUSTARD

Beat slightly the yolks of 2 eggs, add 2 tablespoons of milk and a few grains of salt. Pour into a small buttered cup, place the cup in a pan of hot water and bake until firm. Cool, remove from cup and cut into fancy shapes with cutters.

GRATED IRISH POTATO

Peel, wash and grate 1 large Irish potato, or 2 medium-sized ones. Put in a sieve and run hot water over the potato until it is perfectly white. Put the potato in a bowl and fold in 1 stiffly beaten egg white, and a few grains of salt. Drop by teaspoonsful into boiling soup and cook 20 minutes. Beat the yolk of the egg and put it in the soup tureen. Stir in a little of the soup, then gradually the rest. Serve at once.

FARINA DUMPLINGS

Heat in a double boiler 1 teaspoon of butter and 1 cup of milk. When the milk is hot, slowly stir in ½ cup of farina, and stir until smooth and thick. Remove from stove and cool. Add the well-beaten yolks of 2 eggs, ¼ teaspoon salt, a pinch of nutmeg, and also ½ cup of grated almonds, if desired. Fold in the stiffly beaten whites of the eggs. Form into little balls and drop into boiling soup. Cook 10 minutes.

BOILED FLOUR BALLS WITH ALMONDS

Beat 2 egg yolks very light, and add a pinch of salt, a pinch of white pepper, and ½ teaspoon finely chopped parsley. Add 6 blanched almonds, grated, and enough sifted flour to form a stiff batter. Fold ½ teaspoon of baking powder into the stiffly beaten whites of the eggs and fold into the almond mixture. Drop by teaspoons into boiling soup and cook 10 minutes.

EINLAUF (EGG DROP)

Beat 1 egg, add ⅛ teaspoon salt, 3 tablespoons of flour, and ¼ cup of cold water. Stir until smooth. Pour slowly from a considerable height from the end of a spoon into boiling soup. Cook 3 minutes. Add chopped parsley and serve at once.

EGG DUMPLINGS FOR SOUP

Rub the yolks of 2 hard-cooked eggs to a smooth paste. Add a pinch of salt and nutmeg and ½ teaspoon of melted butter. Chop the whites of the 2 eggs fine and add. Stir in a raw egg yolk and form into little marbles. Put in boiling soup and cook 1 minute.

SCHWEM KLOESE

Mix 1 egg, ½ cup of milk, and 3 tablespoons of flour to a smooth batter. Melt 1 teaspoon of butter in a pan, pour in the batter, and

stir until it leaves the sides of the pan. Cool. Add 2 well-beaten eggs and a pinch of salt. Form into small balls, put them in boiling soup and cook 5 minutes.

DUMPLINGS FOR CREAM SOUPS

Cook 2 tablespoons of flour and 1 tablespoon butter in a pan until they bubble. Add ¾ cup of milk and stir until smooth and thick. Cool. Add 1 well-beaten egg yolk and fold in the stiffly beaten egg white. Drop by spoonsful into boiling water, cover, and cook 10 minutes. Remove from water with a perforated spoon, and serve in cream soups immediately.

DROP DUMPLINGS

Break into a measuring cup the whites of 3 eggs, and fill the cup with milk. Melt 1 tablespoon of butter in a spider, add the milk mixture and 1 cup of sifted flour. Stir and cook until the mixture leaves the sides of the pan. Cool. Stir in the 3 egg yolks one at a time. Season with ¼ teaspoon salt, a pinch of white pepper, and a pinch of nutmeg. Mix thoroughly. Drop by spoonful into boiling soup and cook 10 minutes. Serve immediately.

LIVER KLOESE (DUMPLINGS)

Mince a small onion and brown in 1 tablespoon of chicken fat. Add a cooked chicken liver, chopped fine, 1 teaspoon of chopped parsley, 2 tablespoons of flour, a pinch of nutmeg, and a pinch each of red and white pepper. Stir until well mixed and remove from the fire. Beat in 2 eggs. Drop by spoonful into boiling soup and cook 10 minutes. Serve at once.

FRITTER BEANS

Beat 1 egg until light, add ¾ teaspoon of salt, ½ cup of flour and 2 tablespoons of water. Pour through a colander into deep hot fat and fry until brown. Drain and serve in soup.

SPONGE DUMPLINGS

Separate 3 eggs. Beat the yolks until light and add 1 cup of soup stock, ¼ teaspoon salt, and the stiffly beaten whites. Pour into a greased baking dish, set in a pan of water and bake at 350° F. until firm. Cool, remove from cup, and cut into small dumplings. Serve in boiling soup, and garnish with minced parsley.

MATZOTH MEAL KNEIDLACH

Beat the yolks of 2 eggs very light, add 1 tablespoon chicken fat, ¼ teaspoon salt, and a pinch of nutmeg. A few chopped chicken grieben may be added if desired. Add about ½ cup of matzoth meal and fold in the stiffly beaten egg whites. The mixture

should be just stiff enough to form into balls. Make balls 1 and ¼ inches in diameter, and set in the refrigerator for 1 hour to swell. Drop in boiling water and cook 15 minutes. Remove from water and serve with soup. In making these, it is a wise precaution to form one ball and cook it first. If it falls apart, add a little more matzoth meal to the rest of the batter and proceed as above. If too much matzoth meal is used, the kneidlach will not be light and fluffy.

FISH

Fish that is not fresh is very dangerous food, and great care should be taken in selecting fish that is in good condition. If the fish is hard in body and the eyes are clear and bright, the gills a bright red and slimy, the flesh so firm that when it is pressed the marks of the fingers do not remain, and the scales not dry or easy to loosen, the fish is fresh.

In the refrigerator, the fish will taint butter and other foods if placed uncovered in the same compartment. It should either be placed on a plate on ice, or wrapped in parchment or waxed paper before it is put in the refrigerator.

Pickerel weighing more than five pounds should not be bought. If belly is thick it is likely that there is another fish inside. The smaller fish or any found in any other fish may not be used as food.

Salt fish should be soaked in fresh water, skin side up, to draw out the salt. If the water is changed frequently, much less time is needed to freshen the fish.

Each fish is at its best in its season, for instance:—Bluefish, Butterfish, Sea, Striped Bass, Porgies, Sea-trout or Weakfish are best from April to September.

Fluke and Flounders are good all year round, but the fluke is better than the flounder in summer. Carp may be had all year, but care must be taken that it has not been in polluted water.

Cod, Haddock, Halibut, Mackerel, Redsnapper, Salmon, and Whitefish are good all year.

In the various states of the United States there are laws governing the fishing for trout, so the season for that fish varies in different states.

Black Bass, Perch, Pickerel and Pike are in season from June 1st to December 1st.

Shad, April to June.

Smelts, November to April.

The process of fast-freezing has now made it possible to secure all kinds of fish in every part of the country. In using this fish, be very careful to follow the directions on the wrapper.

TO CLEAN FISH

The fish may be cleaned at the market, but needs to be looked over carefully before cooking.

To remove the scales, hold the fish by the tail and scrape firmly toward the head with a small sharp knife, held with the blade slanting toward the tail. Scrape slowly so that the scales will not fly, and rinse the knife frequently in cold water.

If the fish is to be served whole, leave the head and tail on, and trim the fins; otherwise, remove them.

It is a good idea to lay fish on a large sheet of paper while it is being cleaned. When the fish is ready, all waste may be easily wrapped in the paper and discarded.

TO OPEN FISH

To open small fish cut under the gills and squeeze out the contents by pressing upward from the middle with the thumb and finger. To open large fish, split them from the gills half way down the body toward the tail; remove the entrails and scrape and clean, opening far enough to remove all the blood from the backbone, and wiping the inside thoroughly with a cloth wrung out of cold, salted water.

TO SKIN FISH

To skin a fish, remove the fins along the back and cut off a narrow strip of the skin the entire length of the back. Then slip the knife under the skin that lies over the bony part of the gills and work slowly toward the tail. Do the same with the other side.

TO BONE FISH

To bone a fish, clean it first and remove the head. Then, beginning at the tail, run a sharp knife under the flesh close to the bone, scraping the flesh away clean from the bone. Work up one side toward the head; then repeat the same process on the other side of the bone. Lift the bone carefully and pull away any small bones that may be left in the flesh.

BOILED FISH

It is very important to boil fish properly, as no food, perhaps, is as insipid as fish carelessly cooked. It must be boiled until well-done, but no longer, and it must be well seasoned. A good rule to cook fish by is the following: allow 10 minutes for the first pound and 5 minutes for each additional pound. For example, boil a fish weighing 5 pounds for 30 minutes. By pulling out a fin you may ascertain whether your fish is done. If it comes out easily, and the meat is an opaque white, it has boiled long enough. Fish steaks are done when they flake easily. Bring the water to a boil before adding the fish. A dash of vinegar will help keep the meat firm. Salt, an onion, celery and parsley root should be added to the water to give flavor to boiled fish, no matter what kind of sauce

is to be served with the fish. If the fish is to be served whole, tie it in a napkin and lay it on a plate at the bottom of the kettle. Use just enough water to cover the fish.

To thicken the sauce, use 1 tablespoon of flour, or the yolks of 2 eggs, for each cupful of liquid.

BAKED FISH

Wash and dry the fish, rub inside and out with salt. Fill with a bread stuffing, and sew. Sprinkle the surface with a little paprika and place in a greased pan in an oven of 400° F. When it begins to brown, baste every 10 minutes with a mixture of 1 cup water and ¼ cup melted butter. Bake until done, allowing 1 hour or more for a large fish, and 20 to 30 minutes for a small one. Remove to a hot platter; draw out the strings, garnish with slices of lemon well covered with chopped parsley, and serve with Hollandaise sauce.

BROILED FISH

For broiling, large fish should be split down the back and head and tail removed. Salmon and halibut should be cut into 1-inch slices. Very small fish may be left whole. Wipe the fish as dry as possible and sprinkle with salt and pepper. If the fish is dry and white, brush the flesh side well with oil or butter. Heat the broiler, grease well, and place the fish on it with the thickest parts toward the middle. Broil under a high flame until the flesh side is nicely browned. Turn carefully, and cook the skin side just long enough to make the skin crisp. Small fish require from 10 to 15 minutes; large fish from 15 to 25. To remove from the broiler loosen first one side, then the other, and lift carefully with a pancake turner. A thin layer of fine breadcrumbs sprinkled on the broiler before the fish is added will help keep it from sticking. Place on a platter, spread with butter, garnish with lemon, and serve with Maitre d'Hotel butter.

JEWISH METHOD OF FRYING FISH

Scale the fish thoroughly, remove the entrails, wash very thoroughly, and salt both inside and out. Then cut the fish into slices, place them on a strainer, and leave them there for an hour.

Meanwhile, place some flour in one plate, and some beaten eggs in another, and heat a large frying pan half full of oil or butter. Wipe the fish slices thoroughly with a clean cloth, dip them first in flour and then in beaten eggs, and fry until brown. The oil should be very hot. If a cube of bread will brown in 50–60 seconds it is hot enough (340° F.–375° F.). Put fish in a hot frying basket, and then into the oil. Cook until golden brown, and be very careful not

to pierce it while it is frying. Drain on brown paper, and arrange on a platter.

When the oil has cooled strain it through several folds of cheesecloth, pour into a jar, and keep covered. It may be used again for fish only.

FRIED FISH

(1) Thoroughly mix 2 cups of flour with 1 ounce of olive oil, 1 egg yolk, and a pinch of salt. Stir in ½ cup of tepid water, and let the mixture stand for ½ hour in a cool place. Beat the white of an egg stiff, and fold into the batter. Dip each fillet or slice of fish into the batter, then roll in bread crumbs, and cook in hot oil or vegetable fat (340°–375° F., or until a cube of bread will brown in 50–60 seconds). Do not use butter, and remove the fish as soon as it is a rich deep brown. Drain on brown paper, and serve with Sauce Tartare.

(2) Beat the yolk of an egg with ¼ cup of water until blended. Add ½ teaspoon salt, and ¼ teaspoon pepper. Dip each fillet or thin slice of fish into the egg, and then cover completely with bread crumbs. Let stand 1 hour in a cool place, and fry as above.

SAUTÉD FISH

Clean fish, sprinkle with salt and pepper, roll in flour or cornmeal, and cook in just enough browned butter to prevent sticking. Brown well on one side, turn, and brown on the other. Vegetable shortening or oil may be used, but butter will give a finer flavor.

LEMON FISH

Bring to a boil 3 tablespoons of vinegar, 1 sliced onion, 6 whole peppers, 1 teaspoon salt, 1 piece of stick cinnamon, and 3 cups of water. Add 5 or 6 portions of fish, and cook until the fish is done. Remove the fish carefully and keep hot on a platter. Strain the gravy, measure 1 cup and discard the rest. Mix 2 well-beaten egg-yolks, the juice of 2 lemons, sugar to taste, about 2 teaspoons, and 12 grated almonds. Stir in the cup of fish gravy and bring the mixture to a boil. Pour at once over the fish, sprinkle with finely chopped parsley and garnish with lemon slices. Bluefish, mackerel, shad, salmon, halibut and porgies may be cooked with this sauce.

SWEET SOUR FISH

Slice 3 pounds of shad, trout, or pike. Bring to a boil 3 and ½ cups of water and 2 cups of vinegar. Add 2 onions cut in round slices, 2 dozen raisins, 2 lemons cut in round slices, 4 bay leaves, and 12 cloves. Add the fish and cook until well done. Remove fish to a platter.

Put the liquid back on the stove, add 3 tablespoons of carmelized

sugar. Cook until the sugar melts, then add 2 tablespoons of flour which has been rubbed smooth with ¼ cup of water. Cook 5 minutes and taste. If not sweet enough, add more granulated sugar. Pour over the fish, and serve cold.

SWEET AND SOUR FISH

Place 3 pounds of sliced fish in a strong salt water solution for 1 hour. Remove and rinse well. Cook 3 cups of water, 1 cup of vinegar, 1 sliced onion, and ¼ cup of raisins until the onion is tender. Add brown sugar to taste, about ½ cup, and 4 gingersnaps. Add the fish, and cook until it is done. Place the fish on a platter, garnish with chopped parsley and sliced lemon, and pass the gravy separately.

SWEET SOUR FISH WITH WINE

Boil 1 cup of water, ½ cup of vinegar, 2 tablespoons of brown sugar, 6 cloves, ½ teaspoon ground cinnamon, and 1 onion cut in round slices for 10 minutes. Strain, and add 1 lemon cut in round slices, 1 cup of red wine, 12 raisins, and 1 tablespoon of pounded almonds. Bring to a boil and add 3 pounds of sliced and salted fish. Cook until done and remove fish to a platter. Add to the gravy a small piece of Lebkuchen or gingerbread, crumbled. Beat the yolks of 4 eggs until light and gradually stir in the gravy. Taste, and add more sugar if desired. Pour over the fish. Shad or trout is the best fish to use.

FISH STOCK

Put in a saucepan 1 tablespoon of butter or butter substitute. Add 1 tablespoon each of chopped onion, carrot and turnip. Cook them without browning, then add fish-bones, head and trimmings, a stalk of celery, a few sprigs of parsley and thyme, a bay leaf, a tomato, or a slice of lemon. Cover with water and simmer an hour. Season to taste with salt and pepper. Strain.

PIKE WITH EGG SAUCE

Clean 3 pounds of pike thoroughly, and wash it in hot water. Wipe dry and salt inside and out. Bring to a boil 1 cup of water, 4 tablespoons of butter, 1 sliced onion, a piece of sliced celery and parsley root, 3 slices of lemon, 12 whole peppers, and 1 teaspoon of salt. Add the fish, and slowly pour over it just enough boiling water to cover it. Cook until the fins will pull out readily. Meanwhile, beat the yolks of 2 eggs until light. Add 1 tablespoon of cold water and 12 blanched almonds, pounded to a paste. When the fish is done, remove it to a platter. Strain the sauce, and add it slowly to the beaten eggs. Stir constantly. Return the sauce to the fire and

bring to a boil. Pour at once over the fish. Chill, and garnish with cooked lemon slices and parsley.

GEFILLTE FISH

(1) Prepare a trout, pickerel, or pike, in the following way: Scale and clean the fish thoroughly. Cut open along the backbone. Remove all the meat that adheres to the skin, but be very careful not to injure the skin. Remove the backbone, but leave the head and tail intact. Remove all bones from the meat, and chop the meat fine in a chopping bowl.

Soak 3 cups of diced bread in water until soft, and squeeze dry. Melt 6 tablespoons of butter in a pan, and add 2 tablespoons of chopped parsley and the bread. Cook together for a minute and remove from the fire. Add the chopped fish, 1 grated onion, 1 teaspoon salt, ¼ teaspoon pepper, 6 pounded blanched almonds, the yolks of 2 eggs, and a pinch of grated nutmeg. Mix together thoroughly, and fill the skin until it looks natural. Lay on a plate in a kettle, cover carefully with boiling water, add ½ teaspoon salt, 1 tablespoon of butter, and some celery root, parsley root and an onion. Cook about 1 and ¼ hours, or until the fish is done. Remove the fish and place on a platter. Strain the gravy over 2 beaten egg yolks, return to the fire, add 3 slices of lemon, and stir until thickened. Serve with the fish.

This fish may be baked, but it must be rolled in flour and dotted with butter.

(2) Cut 1 and ½ pounds each of pike and white fish into 2 inch pieces. If you like, ½ pound of carp may be substituted for some of the other fish. Wash and clean thoroughly, and remove all meat from the skin; be very careful not to injure the skin. Carefully remove all bones from the meat, and chop the meat fine with 3 onions. The meat and onions may be put through the food chopper. Add 2 eggs, ½ cup cold water, and salt and pepper to taste. Mix well, and fill the pieces of skin with this mixture. Keep the hands moist with cold water while handling the fish. Line a heavy kettle with the bones, 3 onions, sliced but not peeled; 2 carrots, peeled and sliced; 2 stalks of sliced celery, and a few sprigs of parsley. Place fish on top, and cover carefully with boiling water. Add a little salt to the water, if desired. Simmer uncovered 2 hours. Cover and cook 1 hour longer. Shake the kettle occasionally to prevent burning. Serve hot or cold.

GEFILLTE FISH WITH EGG SAUCE

Cut a five pound haddock into 4-inch slices. Cut a big hole in each slice, preserving the backbone and skin. Put the meat cut from the fish into a wooden chopping bowl, add 4 large onions and

a sprig of parsley. Chop until very fine, then add 2 eggs, a pinch of pepper and cinnamon, a pinch of salt, and 1 tablespoon of sugar. Add enough cracker meal to stiffen the mixture. Put this filling in the holes cut in the fish.

In a large kettle put 1 sliced onion, a sprig of parsley, a small sliced carrot, and a pinch of pepper and salt. Add the fish and cover with cold water. Cook slowly for 1 hour. Remove the fish and place on a platter. Strain the gravy for the sauce.

Egg sauce for fish: Beat the yolks of 2 eggs thoroughly. Stirring constantly, slowly add the fish gravy. Return to the stove and stir and cook for 5 minutes.

RUSSIAN FISH CAKES

Use 1 and ½ pounds of any fat fish, and 1 and ½ pounds of lean fish, such as weakfish or carp, pickerel or haddock or whitefish. Remove skin and bones from the fish and chop the flesh very fine. Stir in a large grated onion. Make a depression in the center of the chopped fish and add ¾ cup of water, ½ cut of soft bread crumbs, 1 teaspoon salt and ½ teaspoon pepper, ¼ cup of sugar, 2 egg whites, and 2 tablespoons of melted butter. Chop until very smooth and form into cakes containing a generous tablespoon each. Put the skin and bones into a large pan. Add 1 sliced onion and 1 tablespoon of butter. Add the fish cakes, and simmer 1 and ¼ hours, in enough water to keep the cakes covered. Remove the cakes. Beat 2 egg yolks with 1 teaspoon of sugar. Strain the gravy over the eggs, and return to the fire. Stir over a low fire, until thickened, but do not let the mixture boil. Pour over the fish cakes and serve hot or cold. The butter and sugar may be omitted if desired.

BOILED FISH, TURKISH STYLE

Bone 2 pounds of fat fish. Cover with water, add ½ teaspoon salt, and cook until done. Place on a platter. Pour 1 cup of the gravy over 1 beaten egg, whipped until light and thick, and gradually stir in the juice of ½ lemon.

FRITADA

Steam 3 pounds of any fish, and remove all skin and bones. Flake the fish. Peel 4 large tomatoes and cut small. Add 1 tablespoon chopped parsley, 2 tablespoons of minced scallions or leeks, 1 teaspoon minced celery, 4 well-beaten eggs, and salt and pepper to taste. Mix all the ingredients well with the fish, and pat into a greased omelet pan. Place in a moderate oven, 350° F., and bake until well browned. Left-over cooked fish may be used for this.

HECHT (PICKEREL)

This fish is best prepared "Scharf," or well seasoned with pepper. Clean 3 pounds of the fish thoroughly, and sprinkle with salt the

day before it is to be used. Wrap it in a clean towel and lay on ice until ready. Line a large kettle with celery and parsley root and 1 sliced onion. Add 2 tablespoons of butter. Add the fish, either whole or sliced. Sprinkle a little salt and pepper over the fish, and add 12 peppercorns and 1 sliced lemon. Add just enough hot water to cover. Blanch and pound 12 almonds and add to the water. Simmer until the meat will loosen readily when it is tried with a fork. Remove fish from the gravy and arrange on a platter. If it has been sliced place the slices together so as to make the fish appear whole. Garnish with slices of lemon and sprigs of parsley and sprinkle with minced parsley. Strain the sauce over 2 egg yolks beaten with 1 tablespoon of cold water. Pour over the fish.

Haddock, sea-bass, pike, perch, weakfish and porgies may be cooked in this manner.

FRESH COD OR STRIPED BASS

Cut 3 pounds of fish into sizes convenient for serving. Salt and let stand 1 hour. In a large kettle put 1 large sliced onion, 1 sliced carrot, 1 sliced turnip, a piece of celery root, and 3 cups of water. Boil 15 minutes. Add the fish, 2 tablespoons of butter, a tiny piece of stick cinnamon, and salt and pepper to taste. If necessary, add more hot water, so that the fish is just covered. Simmer 15 minutes. Mix 1 teaspoon of flour to a smooth paste with a little cold water. Add to the fish and continue cooking until the fish is done. Remove fish and arrange on a platter. Strain the gravy over 2 egg yolks mixed with 1 tablespoon of cold water. Return to the fire and stir until thickened. Pour over fish and garnish with parsley.

AHILADO SAUCE (TURKISH)

Mix 2 cups of tomato sauce, 1 tablespoon olive oil, 1 tablespoon minced parsley, and salt and pepper to taste. Bring to a boil and add cooked, sliced sea-bass or flounder. Heat thoroughly and serve.

BOILED TROUT

In a fish kettle place 1 cut celery root, 1 sliced onion, and a sprig of parsley. Tie a cleaned trout in a napkin and lay it on this bed of roots. Pour in enough hot water to cover and add 1 tablespoon of vinegar. Boil the fish 10 minutes for the first pound and 5 minutes extra for each additional pound (see directions for boiling fish). Remove the fish from the gravy, unwrap carefully, and lay on a platter. In another pan scald 1 cup of sweet light cream, add 1 tablespoon of butter, and 1 tablespoon of flour mixed to a paste with a little cold milk. Boil 5 minutes, stirring constantly. Add salt and pepper to taste, and pour over the fish. Blanch about 12 almonds, and stick them into the fish, points up. Separate the yolks

and whites of 2 hard-cooked eggs, chop them separately, and garnish the fish with alternating rows of white and yolk. Lay chopped parsley all around the platter.

Fresh cod and striped bass may be cooked in this way.

FISH PIQUANT

Cook any large fish—salmon is especially good prepared this way—in water to cover, to which has been added 1 cup of vinegar, 2 sliced onions, some celery root and parsley, and salt to taste. When the fish is done, remove the kettle from the fire, and let the fish stand in the gravy while the following sauce is made.

In the top of a double boiler place 2 egg yolks, ½ teaspoon of Colman's dry mustard, 1 tablespoon of butter, 1 tablespoon of vinegar, ½ cup of water, ½ cup of fish gravy, and salt and pepper to taste. Cook until thick. Chop fine enough parsley, green onions, capers, shallots, astragon, and vinegar pickle to make ½ cup. Poach the whites of the eggs, and chop fine. Add all these to the sauce. Mix well. Remove the fish from the gravy, lay on a platter, and pour the sauce over it.

SALMON CUTLETS

Mix 2 cups of boiled salmon or an equal amount of canned salmon with ½ cup of mashed potatoes, 1 tablespoon bread crumbs, 1 tablespoon chopped parsley, 1 tablespoon flour, a pinch of mace, 1 egg, 1 teaspoon salt, and ½ teaspoon pepper. Press the mixture into a pan coated with bread crumbs, and let stand 1 hour. Cut into flat cutlets, dip in beaten egg and roll in bread crumbs. Fry in hot vegetable shortening, 375° F., 1 inch deep in a heavy frying pan. Drain on absorbent paper. Serve with White Sauce to which 1 chopped hard-cooked egg has been added. Garnish with parsley.

PAPRIKA CARP

Slice and salt 3 pounds of carp. In a heavy kettle, place 4 sliced onions. Add the fish, and pour over it 1 cup of water to which has been added 1 teaspoon of paprika. Cover tightly, and cook over a very low flame until the fish is tender.

REDSNAPPER WITH TOMATO SAUCE

Scale 3 pounds of redsnapper thoroughly, sprinkle with salt and pepper inside and out, wrap in a clean cloth, and lay on ice overnight. When ready to cook it, cut up a piece of celery or parsley root, or both, 2 large onions and 2 carrots. Place them in a fish kettle with 1 quart of water, and bring them to a boil. Add the fish, 1 tablespoon of butter, 3 or 4 tomatoes or 4 large spoonfuls of canned tomato, and more hot water if necessary to cover the fish. Cook 30 minutes. As soon as the fins will pull out readily the fish

is done. Lift the fish out carefully and place it on a large platter. Strain the sauce gradually over the well-beaten yolks of 2 eggs. Return to the fire, and stir constantly until the sauce thickens. Garnish the fish with parsley and serve with the sauce.

Redsnapper is also very good fried.

BONED SMELTS, SAUTÉD

Split 2 dozen raw smelts from the back lengthwise, leaving the head and tail intact. Take out the large center bone without opening the stomach. Sprinkle with salt. Put ½ cup of butter in a saucepan and heat until it begins to brown. Place the smelts in it with the cut side underneath. When the underside is nicely browned, turn and brown the other side. Place the fish on a very hot dish, pour the butter in which they cooked over them, and pour over all the juice of ½ lemon to which 1 tablespoon of parsley has been added.

FISH WITH HORSERADISH SAUCE

Cook 3 pounds of salmon or halibut steak in 1 quart of hot water to which 1 teaspoon of salt has been added, about 20 minutes, or until well-done. Lift out carefully, place on a hot platter, and pour over the fish ¼ cup of melted butter. Sprinkle with 2 tablespoons of minced parsley. In a separate bowl, serve the following sauce: Whip 1 cup of heavy cream very stiff, and fold in ¾ cup of grated horseradish, 1 tablespoon of lemon juice and salt to taste. Serve the fish very hot, and the sauce very cold.

FISH WITH SAUERKRAUT

Cook 1 finely diced onion in 1 tablespoon of butter for 2 minutes, add 3 cups of sauerkraut and cook 30 minutes. Boil 1 and ½ pounds of fish fillets in boiling water to cover. Add ½ teaspoon of salt to the water in which the fish cooks. When the fish flakes, remove it from the water and shred it. Fry 2 minced onions in 4 tablespoons of butter for 5 minutes, add the fish, 2 beaten egg yolks, 1 tablespoon of breadcrumbs, and a pinch of pepper. Put into the upper part of a double boiler and cook, covered, over hot water for 30 minutes. Serve with the kraut.

FILLET OF SOLE À LA MOUQUIN

Thoroughly wash and pick over 1 pound of spinach, and cook it in the water that clings to the leaves for 10 minutes. Drain, and chop fine. Boil 1 and ½ pounds of thin fillet of flounder, halibut, or whitefish in hot water to cover, to which 1 slice of lemon has been added. Season with 1 slice of onion, a sprig of parsley and a bay leaf, and cook until the fish flakes, about 10 minutes. Drain. Put the minced spinach into the bottom of a buttered baking dish,

arrange the fillets on it, and cover all with 2 cups of medium white sauce to which 1 tablespoon of grated American cheese has been added. Cook in a medium oven, 350° F., until the top is nicely browned.

FILLET DE SOLE À LA CREOLE

Fillet 3 pounds of flounder, and have the fishman send you all the bones. Boil the bones in 2 and ½ cups of water for 15 minutes. Wash, dry, and season the fillets with salt and pepper. Put ½ teaspoon of butter broken into bits on each. Roll and fasten each one with a wooden toothpick. Mix 2 tablespoons of browned flour, 1 minced onion, 1 cup of canned tomatoes, 1 chopped green pepper, ¼ teaspoon of salt, and ⅛ teaspoon of pepper. Strain the water in which the bones cooked, and add 1 and ½ cups of it to the tomato mixture. Simmer over a low flame for 1 hour. Put the fillets in a greased casserole, pour 1 cup of the sauce over them and bake in a moderate oven, 350° F., for 15 minutes. Cover with the rest of the sauce, sprinkle with a little chopped parsley, and serve in the casserole. If desired, ¼ pound of sliced mushrooms may be cooked in 2 tablespoons of butter, and added to the sauce.

BAKED BLACK BASS

Carefully clean 3 pounds of black bass, rub with ½ teaspoon of salt, and lay it in a greased baking pan. Pour around it ¾ cup of water. Cut 1 tablespoon of butter into small pieces and place them on top of the fish. Add ¼ teaspoon of pepper and 1 teaspoon of minced parsley to the water, and bake at 350° F. for 1 hour; baste often until the fish is brown, using the water in the pan. Serve on a heated platter and garnish with lemon slices and parsley sprigs. Mix 1 teaspoon of flour with 4 tablespoons of sherry and 1 tablespoon of catsup. Add this to the fish gravy and cook until thick. Serve in a separate bowl. Creamed potatoes are excellent with fish prepared in this way.

BAKED FLOUNDER

Clean and wipe dry 3 pounds of flounder. Lay the fish in a greased baking dish and sprinkle with ½ teaspoon salt and ¼ teaspoon pepper. Cut 2 tablespoons of butter into small pieces and place on the fish. Add 1 diced onion, 1 teaspoon of minced celery and 1 teaspoon of bread crumbs. Pour 1 cup of water around the fish to prevent burning. Bake at 350° F. until brown. Baste frequently with the water in the pan.

BAKED BASS À LA WELLINGTON

Remove the scales and clean a bass weighing 4 or 5 pounds. Melt 1 tablespoon of butter in a double boiler, add 2 cups of stale bread

crumbs, 1 tablespoon of chopped onion, 1 teaspoon of chopped parsley, 2 teaspoons of chopped capers, and ¼ cup of sherry. Cook until all the ingredients are hot, season to taste with paprika and salt, and stuff the bass with the mixture. Sew up the fish, lay it in a greased baking dish, and bake in a hot oven, 400° F. until done. Allow at least 1 hour. Baste every 10 minutes with a mixture of 1 cup of sherry and ¼ cup of butter.

BAKED FISH—TURKISH STYLE

Stuff 3 pounds of perch with a mixture of 1 steamed onion, 1 well-beaten egg, 2 finely diced tomatoes, 1 cup bread crumbs, 1 teaspoon chopped parsley or celery, and salt and pepper to taste. Bake until the fish is nicely browned. (See directions for Baked Fish.)

SHAD ROE

Parboil 3 shad roes in salted water 10 minutes. Drain. Season with salt and pepper to taste, and stir in ¼ cup of melted butter. Form into balls, roll in beaten egg and then in cracker crumbs until well coated. Fry in hot oil or vegetable shortening.

The roe may be baked and served with tomato sauce. Parboil and season as above, and place in a greased baking dish. Cook in a moderate oven until brown.

BAKED SHAD

Clean and split a 3 pound shad. Place in a buttered dripping pan. Season with salt and pepper, brush with melted butter, cover, and bake in a hot oven, 400° F. for 30 minutes.

SCALLOPED FISH ROE

Cover 3 large fish roes with water, add 1 tablespoon of vinegar and boil 10 minutes. Plunge into cold water. Wipe the roe dry. Mash the yolks of 3 hard-cooked eggs into ½ cup of melted butter. Add 1 teaspoon of anchovy paste, 1 tablespoon of chopped parsley, the juice of half a lemon, 1 cup of bread crumbs, and salt and pepper to taste. Lightly mix in the roe that has been broken into pieces. If the mixture seems very stiff moisten with a little water. Put it in a greased baking dish, cover with breadcrumbs and dot with butter. Bake in a moderate oven, 350° F. about 30 minutes, until nicely browned.

BAKED MACKEREL

Split 3 pounds of mackerel, clean, and remove head and tail. Put in a greased baking dish, sprinkle with ½ teaspoon salt and ¼ teaspoon of pepper, and dot with 3 tablespoons of butter. Pour ⅔ cup of milk over the fish. Bake 25 minutes in a hot oven, 400° F.

STUFFED FILLET OF HERRING

For each 2 fillets, make a dressing of 2 tablespoons bread crumbs, 1 tablespoon of chopped parsley, 2 tablespoons of melted butter, the juice of ½ a lemon, and salt and pepper to taste. Add enough hot water to make soft. Fill the herrings, roll up, tie in shape. Cover with greased paper and bake ten to fifteen minutes.

FISH WITH GARLIC

Clean any fish, sprinkle with salt, and let stand ½ hour. Wash and dry with a clean cloth. Cut a clove of garlic very thin, and rub it over the fish. Place in a moderate oven, 350° F., and bake until the odor of garlic has disappeared. Serve cold.

BAKED CHOPPED HERRING

Soak 2 herring in water for 1 hour and in milk for 1½ hours. Skin, bone, and chop the herring. Cut a medium-sized onion very small, and fry in 2 tablespoons of butter until golden brown. Add 1 cup of rich milk or light cream, 2 egg yolks, ¼ cup of white bread crumbs, and the herring. Mix well. Butter a baking pan, sprinkle with crumbs or cracker dust, add the herring mixture, and sprinkle with ¼ teaspoon of pepper. Bake in a moderate oven, 350° F. for ¾ of an hour.

MARINIRTE (PICKLED) HERRING

Soak 1 dozen milch herring in cold water overnight. Drain and remove entrails, but keep the milch. Cut into inch slices, or leave whole, if preferred. Place in a crock in layers with 4 large sliced onions, 2 sliced lemons, 2 tablespoons black peppers, 2 tablespoons mustard seed, 12 bay leaves, 1 tablespoon sugar, and 3 cups of vinegar. Rub the milch through a fine sieve and add to the sauce. Cover and keep in a cool place until the herring has become pickled.

SALT HERRING

Soak 3 salt herring overnight in cold water, to draw out the salt. Drain, and serve with boiled potatoes; or bone and place in a pot of cold water, bring to a boil, and simmer a few minutes until tender. Drain, pour melted butter over them, and serve with boiled or fried potatoes.

BROILED SALT MACKEREL

Freshen the fish by soaking it overnight in cold water, with the skin up. Drain, and wipe dry, remove the head and tail, place the fish on a buttered broiler, and slowly broil to a light brown. Place upon a hot dish, sprinkle lightly with pepper, minced parsley, and lemon juice, and dot with bits of butter.

BOILED SALT MACKEREL

Soak mackerel overnight in water, with the skin side up, to draw out the salt. If the water is changed frequently, less time is required. Drain. Place mackerel in a shallow pan, cover with water, and boil 10 to 15 minutes, or until the fish separates from the bone. Remove to a platter, and pour hot, melted butter over it. Serve with hot potatoes.

Salt mackerel may be boiled as above, and served with a White Sauce.

MARINIRTE FISH

Cut into 2 inch slices 3 pounds of pickerel, pike, or any other lean fish. Wash well, sprinkle with salt, and place in the refrigerator for a few hours. When ready to cook, wash slightly, so as not to remove all salt from the fish. Boil the heads with a whole onion in water to cover for 25 minutes, then add the other pieces of fish, 2 cups of vinegar, 1 cup of water, 4 bay leaves, 12 allspice, ¼ teaspoon of pepper, and ¼ teaspoon of ginger. Cook 35 minutes longer. Taste the fish, and add more water or vinegar to taste. Remove fish carefully, in order not to break the pieces, and let it cool. Strain the sauce, and pour it over the fish. Add a few bay leaves and allspice. Set in a cool place until the sauce forms a jelly around the fish. This will keep for some time if it is kept covered in a cool place.

SOUSED HERRING

Split 3 herrings, cut in half, roll up and tie with string. Place them in a pie plate, and add 1 cup of vinegar, 3 whole peppers, ½ teaspoon of salt, 2 bay leaves, and cloves to taste. Bake in a slow oven, 325° F. until soft, about 20 minutes.

SALMON OR TUNA FISH LOAF

Remove the skin and bones from the contents of a 1 pound can of salmon, or use an equal quantity of tuna fish. Add 1 cup of grated bread crumbs, 2 beaten eggs, 1 cup of milk, 1 teaspoon of lemon juice, ½ teaspoon of paprika, ½ teaspoon of salt, 1 tablespoon of chopped parsley, and 1 tablespoon of onion juice. Mix well and place in a greased loaf pan. Sprinkle the top with a thin layer of bread crumbs. Bake in a moderate oven, 350° F. from 45 minutes to 1 hour, or until the crumbs that cover the dish are nicely browned. Serve with White Sauce.

CREAMED SALMON OR TUNA FISH

Remove the skin and bones from the contents of 1 half-pound can of salmon, or use an equal quantity of tuna fish. Break into

small pieces. Add 1 teaspoon of lemon juice to 1 and ½ cups of white sauce. Add fish, and heat thoroughly. Stir carefully in order not to break the pieces of fish. One-half cup each of cooked sliced mushrooms, peas, or chopped hard-cooked eggs may be added. The oil in canned salmon and tuna fish is nourishing, and should be added to the sauce.

PICKLE FOR SALMON

Boil 1 cup each of vinegar, white wine, and water, with ¼ teaspoon of mace, a clove or two, ¼ teaspoon of ginger, 1 or 2 whole peppers, and 1 teaspoon grated horseradish. Cook 15 minutes, and strain over 3 pounds of boiled salmon. Serve cold.

KEDERGEE

Combine 2 cups of cooked rice, 4 chopped, hard-cooked eggs, 3 tablespoons of chopped parsley, 2 cups of any cold, flaked fish except herring, ½ cup of cream, and salt and pepper to taste. Heat in the top of a double boiler or in the oven in a buttered baking dish. Cook just long enough to heat thoroughly.

SWISS CREAMED FISH

Mix 1 teaspoon of flour with ¼ cup of water until smooth. Add ¾ cup of water, and stir into 1 cup of boiling milk. Remove the skin and bones from 2 cups of cooked fish, and add to the sauce. Season to taste with salt and pepper. Add 1 tablespoon of butter, and heat thoroughly. For extra richness, add 1 well-beaten egg 1 minute before removing the fish from the fire.

CODFISH BALLS

Wash 1 cup of codfish in cold water and tear into shreds. Add 2 cups of diced potatoes, cover with water, and cook until the potatoes are tender. Drain. Mash thoroughly in the dish in which they cooked. Add ½ tablespoon butter, ⅛ teaspoon pepper, and 1 well-beaten egg. Form into cakes and roll in flour. Fry in hot fat until brown. Drain well on brown paper.

FINNAN HADDIE

To broil finnan haddie, parboil 10 minutes, drain, wipe dry, and broil as for fresh fish. See directions for broiling fish.

To bake, place the fish in a greased pan, add 1 cup of milk and 1 cup of water, cover and cook 10 minutes in a hot oven, 400° F. Remove cover, drain, place on a platter, and season with melted butter and pepper.

FINNAN HADDIE AND MACARONI

Cook until tender 1 cup of elbow macaroni. Flake 1 cup of finnan haddie. Mix the fish and macaroni and place in a greased bak-

ing dish. Pour over them 1 and ½ cups of drawn butter sauce or white sauce, then cover with bread or cracker crumbs. Bake 30 minutes in a moderate oven, 350° F.

SCALLOPED FISH

(1) Line a buttered baking dish with ¾ cup of cold, flaked fish. Sprinkle with salt and pepper, cover with ¾ cup of cooked rice, and dot with butter. Repeat, and cover with cracker or bread crumbs. Bake 20 minutes in a moderate oven, 350° F.

(2) Place ¾ cup of cold cooked fish in a buttered baking dish. Sprinkle with ¼ cup bread crumbs, 1 teaspoon minced parsley, ¼ teaspoon salt, 1 tablespoon melted butter, and a pinch of pepper. Repeat. Make a white sauce of 2 tablespoons melted butter cooked with 1 tablespoon of flour. Add 1 cup of milk and stir until smooth and thick. Pour over the fish. Sprinkle top with buttered bread crumbs and bake.

FISH MOUSSE WITH CUCUMBER SAUCE

Soak 2 tablespoons of vegetable gelatine in ½ cup of cold fish stock, for 5 minutes. Bring to a boil 1 and ½ cups of fish stock or milk and stir the gelatine into it. Stir until the gelatine is dissolved. Place in a cool place until it begins to thicken. Add ¾ cup of mayonnaise and beat with an egg beater until frothy. Fold in 1 pint of cream, whipped stiff, and 1 and ½ pounds of flaked, cold, cooked fish. Turn into a fish or ring mold and set in the refrigerator until firm. Unmold on a bed of shredded lettuce. Slice a cucumber very thin, without peeling it. Dip each slice in French Dressing and place about the fish as a garnish. Serve with Cucumber Sauce.

SAUCES FOR FISH AND VEGETABLES

The proper sauce, perfectly made, is frequently the chief basis for a reputation for good cooking. In seasoning the sauce, imagination and taste both play a part, but for the fundamental cooking of the sauce a few simple rules are necessary.

Many sauces are made by combining fat, flour, liquid and seasonings. In making these the flour must be well blended and well cooked. The best method is to blend the flour and fat thoroughly, cook them slowly until they bubble, then add the hot liquid, and cook and stir until the sauce is smooth and thick. This method cooks the flour before the liquid is added. Sometimes, however, the flour must be added to a previously cooked mixture, such as a soup gravy, to thicken it. In this case, mix the flour thoroughly with a little cold liquid until it forms a smooth, lump-free paste. Add to the hot mixture, and stir and cook until all taste of flour has disappeared. This sauce must be cooked longer than the first.

Sauces, such as Hollandaise, which are made with eggs, must be cooked in a double boiler over hot, not boiling water, in order to prevent curdling. All recipes using eggs should be cooked with very low heat. If the sauce should curdle, remove at once from the stove, set in a pan of cold water, and beat with a rotary beater until smooth.

If a strongly flavored sauce is desired, the vegetables used for seasoning, such as onion, parsley, mushrooms, etc., should first be cooked with the fat. This brings out a decided flavor. Spices, such as curry, may be mixed with the flour. For a bland or mild sauce, add the seasonings after the sauce is cooked.

DRAWN BUTTER OR BROWN SAUCE

Melt 2 tablespoons of butter, brown slightly, and stir in 2 tablespoons of flour. Cook until the mixture bubbles. Add carefully 1 cup of boiling water or stock, season with ½ teaspoon salt and ¼ teaspoon pepper, and stir until smooth and thick.

Many sauces are made with Drawn Butter or Brown Sauce as a foundation.

For *Caper Sauce* add 3 tablespoons of capers.

For *Egg Sauce* add 1 hard-cooked egg, chopped fine.

For *Mushroom Sauce,* drain the liquid from a can of mushrooms,

and use in place of water. Slice the mushrooms and add. Stir in 1 teaspoon chopped parsley.

FRESH MUSHROOM SAUCE

Separate the caps and stems of ½ pound of mushrooms. Reserve the caps and use the stems for the sauce. Chop the stalks, and cook in 2 tablespoons of butter. Add 2 tablespoons of flour, stir until well-blended, and add 1 cup of hot milk. Cook and stir until smooth and thick, and season to taste with salt, white pepper, and 1 teaspoon of minced parsley.

BEARNAISE SAUCE

Chop 1 slice of onion, add to 2 tablespoons of vinegar and 2 tablespoons of water. Simmer 10 minutes and strain through a fine sieve. Beat the yolks of 3 eggs very light. Add slowly to the liquid, and cook over hot, not boiling water, until smooth. Add 4 tablespoons of butter, and cook and stir until creamy. Season with salt and pepper, and ⅛ teaspoon of paprika. Serve at once.

QUICK BEARNAISE SAUCE

Beat the yolks of 4 eggs with 4 tablespoons of oil and 4 of water. Add a cup of boiling water and cook slowly until thick and smooth. Take from the fire, and add minced onion, capers, olives, pickles, and parsley and a little tarragon vinegar.

CUCUMBER SAUCE

Pare 2 large cucumbers, remove seeds, if large. Chop fine and drain. Add ¼ teaspoon salt, 3 tablespoons vinegar or lemon juice, a few grains of white pepper, and ½ cup of heavy cream, whipped stiff.

SAUCE HOLLANDAISE

Divide 1 cup of butter into 3 parts. Put first portion of the butter in the top of a double boiler. Add 4 egg yolks, 1 tablespoon of lemon juice, and a few grains of cayenne. Place over hot, not boiling water, and beat constantly until the butter is dissolved. Add the second portion of butter, and continue beating until it is melted. Add the third portion and ¼ teaspoon salt. Continue beating until the sauce is the consistency of thick mayonnaise. Remove from stove and serve at once.

MOCK HOLLANDAISE SAUCE

Blend 2 tablespoons of butter and 2 tablespoons of flour over a low fire until they bubble. Add 1 cup of hot milk, and salt and pepper to taste. Cook and stir until thick. Add 1 tablespoon of the sauce to 2 beaten egg yolks. Gradually stir the yolks into the rest

of the sauce. Cook 1 minute, stirring constantly. Add a tablespoon of lemon juice and ½ cup of mayonnaise. Blend thoroughly.

MAÎTRE D'HÔTEL BUTTER

Work into ½ cup of creamed butter all the lemon juice it will take. Add 1 teaspoon of minced parsley.

PICKLE SAUCE

Cream 2 tablespoons of butter, add 1 pinch of salt and 1 tablespoon of chopped pickle. Place a small amount on each portion of broiled fish.

SARDELLEN OR HERRING SAUCE

Brown 1 tablespoon of flour in 1 tablespoon of hot butter. Add 1 cup of hot stock, 3 sardellen or an equal quantity of herring chopped fine, and 1 finely-chopped onion. Stir until smooth and thickened. Add 1 teaspoon each of vinegar and sugar. Strain through a sieve, add a few capers and 1 wineglass of white wine. Pour over the beaten yolk of 1 egg, return to the fire and cook slowly until thickened.

ANCHOVY SAUCE

Dissolve 2 teaspoons of anchovy paste in 1 cup of melted butter. Gradually add ⅓ cup of pale sherry or lemon juice. Bring to a boil and simmer for 5 minutes, stirring vigorously all the time. This thickens the sauce slightly. Serve at once. Serve with boiled or broiled fish.

SAUCE PIQUANT

Melt 1 cup of butter and allow it to brown slightly. Add ½ tablespoon each of vinegar and lemon juice, and 1 tablespoon each of chopped capers, pickles and olives, ¼ teaspoon onion juice, and a few grains of cayenne pepper. Serve at once with broiled or boiled fish.

SAUCE TARTARE

Add to ½ pint of well-made mayonnaise dressing 2 olives, 1 gherkin and 1 small onion, chopped fine. Chop sufficient parsley to make a tablespoonful, crush it in a bowl and add it to the mayonnaise. Stir in a tablespoon of drained capers and serve with fried or broiled fish.

WHITE SAUCE

Place 2 tablespoons of butter in a saucepan, stir until melted, add 2 tablespoons of flour mixed with ¼ of a teaspoon of salt and a few grains of pepper. Stir until smooth. Add 1 cup of milk gradually and continue to stir until well mixed and thick. Chopped

parsley may be added. Used for creamed vegetables—potatoes, celery, onion, peas, etc.

For a thin White Sauce, use 1 tablespoon of flour, and proceed as above.

For a thick White Sauce, use 3 tablespoons of flour, and proceed as above.

CHEESE SAUCE

Add ½ cup of grated American Cheese to White Sauce and stir until dissolved.

CREAM MUSTARD SAUCE

Make white sauce as directed above. Mix 1 tablespoon of mustard with a teaspoon of cold water and stir into the sauce about 2 minutes before serving. The quantity of mustard may be increased or diminished, as one may desire the flavor strong or mild.

CURRY SAUCE

Use 1 teaspoon of curry in the flour while making white sauce.

SPANISH SAUCE

Cook 1 onion and green pepper chopped fine in 2 tablespoons of hot butter; add 4 tablespoons of flour, stir until smooth. Add 2 cups of strained tomatoes. Season with salt and pepper. Stir and cook until smooth and thick.

TOMATO SAUCE

Cook 2 tablespoons of butter and 2 tablespoons of flour slowly until the mixture bubbles. Add 1 and ½ cups of strained tomatoes, 1 teaspoon of sugar, a pinch of salt, pepper and red pepper, 1 tablespoon of vinegar, and 1 tablespoon of tomato catsup. Cook and stir until smooth and thick. Butter substitute may be used.

CUCUMBER BUTTER

Cream ¼ cup of butter until soft. Peel and core ½ of a medium sized cucumber. Chop very fine. Add to butter with ½ teaspoon salt and the juice of 1 lemon. Place in ice water to chill. Cut into rounds with a cooky cutter dipped in hot water. Serve with broiled salmon.

NEWBURG SAUCE

Melt 2 tablespoons of butter. Add ½ cup of thin cream and 3 egg yolks slightly beaten. Place in a double boiler over hot water and stir until thickened. Add ¼ cup of sherry, 2 tablespoons of cognac, ½ teaspoon of salt, and cayenne and nutmeg to taste. Mix with 2 cups of cooked and diced fish for Fish Newburg.

PREPARED HORSERADISH

Wash 1 pound of horseradish root, peel and grate. Add 3 tablespoons of sugar and cover with white vinegar. Always serve prepared horseradish with gefillte fish.

SAUCES FOR MEATS

APPLE SAUCE

Quarter tart apples. Put them in a saucepan with just enough water to keep them from burning; bring to a boil quickly and cook until the pieces are soft. Then press through a colander and add 4 tablespoons of sugar (or less) to each pint of apples.

If desired, cinnamon or grated nutmeg may be sprinkled over the top after the apple sauce is in the serving dish, or a little stick cinnamon or lemon peel may be cooked with the apples. Serve with goose.

BROWN SAUCE

Fry 1 tablespoon of chopped onion in 1 tablespoon of fat. Add 1 tablespoon of flour, and cook and stir until the mixture bubbles. Stir in 1 cup of soup stock, 1 teaspoon of lemon juice, and salt and pepper to taste. Cook until smooth and thickened. Strain before serving.

The following sauces can be made by using brown sauce as a foundation:

Mushroom Sauce: Substitute mushroom liquor for all or part of the soup stock. Add ½ cup of chopped mushrooms to the cooked sauce.

Olive Sauce: Add 1 dozen olives, chopped fine, to the sauce.

Wine Sauce: Mix 1 teaspoon of flour with ½ cup of white wine until the mixture becomes a smooth paste. Add to the sauce with 1 tablespoon of currant jelly. Cook until the taste of the flour disappears.

CRANBERRY JELLY

Cook 4 cups of cranberries, which have been picked over and washed, in 2 cups of water until they are soft and burst from the skins. Press through a sieve. Add 2 cups of sugar and cook 10 minutes. Pour into molds wet with cold water, and set aside to chill.

CRANBERRY SAUCE (STEWED CRANBERRIES)

Boil 2 cups of water and 2 cups of sugar together for 5 minutes. Wash and pick over 4 cups of cranberries, and add them to the syrup at the end of the 5 minutes. Boil without stirring for 5 minutes, or until all the skins pop open. Remove from the fire and allow the sauce to cool in the same vessel.

For variety, add 4 whole cloves with the cranberries.

SAUCE BORDELAISE

Chop very fine, 1 medium-sized onion, and cook it in 1 tablespoon of fat until golden brown. Add 1 tablespoon of browned flour, and stir until smooth. Add ½ cup thin beef gravy, and ½ cup claret or white wine. Stir until smooth and thickened. Season to taste with salt, pepper, and chopped parsley. Serve with broiled steak.

CARAWAY OR KIMMEL SAUCE

Heat 1 tablespoon of fat or drippings in a spider. Add 1 tablespoon of flour and stir until smooth and bubbling. Add 1 cup of soup stock and ½ teaspoon of caraway seeds. Stir until smooth and thick. Serve with boiled or left-over beef.

ONION SAUCE

Cook 1 medium-sized onion, chopped very fine, in 1 tablespoon of fat. If desired, ½ clove of minced garlic may be cooked with it. Add 1 tablespoon of flour and stir until smooth. Add 1 cup of soup stock and cook until smooth and thick. Season to taste with salt and pepper. Serve with beef.

LEMON SAUCE

Simmer 3 slices of lemon, 1 teaspoon of sugar, ¼ teaspoon of grated nutmeg and 1 cup of chicken soup for 5 minutes. Thicken with a paste made of 2 teaspoons of flour mixed with a little cold water; or pour a little sauce over 1 beaten egg yolk, return to the fire and cook until thick. Serve with stewed poultry.

MINT SAUCE

Chop fine ¼ cup of mint. Bring to a boil ½ cup of vinegar and 1 tablespoon of sugar. Add the mint, and let the mixture boil up once. Cool before using. Serve with lamb.

RAISIN SAUCE

Brown 1 tablespoon of fat in a spider. Add 1 tablespoon of flour and stir until smooth. Add 1 cup of hot soup stock, and stir until thickened. Add ¼ cup of seedless raisins, 6 pounded blanched almonds, 3 slices of lemon, 1 tablespoon of vinegar, and brown sugar to taste. If desired add a few cloves and a piece of stick cinnamon. Simmer 5 minutes. Serve with fat beef.

HORSERADISH SAUCE

(1) Bring to a boil ½ cup of grated horseradish and 1 cup of soup stock. Add 1 tablespoon of fat, ⅓ cup of bread crumbs, ¼ cup of sugar, ½ teaspoon salt, and ¼ cup of grated almonds. Add more sugar if desired. Serve with beef or tongue.

(2) Fry ¼ of an onion, diced, in 1 tablespoon of fat until light brown. Stir in 1 tablespoon of flour or cracker meal. Add 2 tablespoons of grated horseradish. Let this mixture brown a little, then add 1 cup of soup stock, 1 tablespoon of brown sugar, 2 cloves, 2 bay leaves, 2 tablespoons of vinegar, ½ teaspoon of salt, and ¼ teaspoon of pepper. Stir until smooth and thick. Add 1 tablespoon of horseradish and more sugar or vinegar to taste. Lay sliced, cooked meat in the sauce, heat thoroughly, but do not boil, and serve at once.

KNOBLAUCH SAUCE (GARLIC)

Heat a tablespoon of meat or goose drippings in a frying pan. Mince 1 or 2 cloves of garlic and let them brown slightly in the fat. Add 1 tablespoon of flour, stir until smooth, and add 1 cup of soup stock. Stir until smooth and thick, and season to taste with salt and pepper.

MAÎTRE D'HÔTEL SAUCE

Heat 1 heaping tablespoon of goose or meat drippings in a spider. Add 2 teaspoons of flour, stir until smooth, and add ¾ cup of soup, the juice of a lemon, ¼ cup of chopped parsley, and salt and pepper to taste. Cook and stir until smooth and thick. Serve with roast, boiled, or broiled meats.

BARBECUE SAUCE

Simmer ¼ cup of fat, 1 tablespoon of vinegar, ¼ teaspoon of mustard, and 1 teaspoon of sugar for 20 minutes. Add ½ teaspoon of salt, ¼ teaspoon of chili powder, ½ teaspoon table sauce, ¼ teaspoon tabasco, ½ teaspoon black pepper, 1 teaspoon paprika, and 1 teaspoon scraped onion mixed with ¼ clove of finely minced garlic. This is a very hot sauce, and only a few drops need be used. Serve with beef.

MUSTARD SAUCE

Chop or grate 1 small onion very fine and cook with 1 tablespoon of fat until brown. Add 1 tablespoon of flour, blend well, and then add 1 cup of diluted gravy, soup stock or water. Cook till smooth and thick, and season with 1 tablespoon prepared mustard, 1 tablespoon white vinegar, 1 tablespoon sugar, salt and pepper.

FRYING

PREPARED BREAD CRUMBS FOR FRYING

All scraps of white bread should be saved for crumbs, the crusts being separated from the white part, then dried, rolled, and sifted, and put away until needed in a covered glass jar.

The brown crumbs are good for the first coating, the white ones for the outside, as they give better color. Cracker crumbs give a smooth surface, but for most things bread crumbs are preferable.

For meats a little salt and pepper, and for sweet articles, a little sugar, should be mixed with the crumbs. Crumbs left on the board should be dried, sifted, and kept to be used again.

DEEP FAT FRYING

Frying is cooking in very hot fat or oil, and the secret of success is to have the fat hot enough to harden the outer surface of the article to be fried immediately and deep enough to cover these articles of food. As the fat or oil can be saved and used many times, the use of a large quantity is not extravagant.

To fry easily one must have, in addition to the deep, straight-sided frying-pan, a frying-basket, made from galvanized wire, with a side handle. The frying-pan must be at least 6 inches deep with a flat bottom; iron, aluminum or copper may be used, the first two are preferable. There must be sufficient fat wholly to cover the articles fried, but the pan must not be too full, or there is danger of overflow when heavy articles are put in. After each frying, drain the fat or oil through several thicknesses of cheese cloth, put it into a receptacle kept for the purpose, and use it over and over again as long as it lasts. As the quantity begins to lessen, add sufficient fresh fat or oil to keep up the amount.

Always put the fat or oil in the frying-pan before you stand it over the fire.

Wait until it is properly heated before putting in the articles to be fried.

Fry a few articles at a time. Too many will cool the fat or oil below the point of proper frying and they will absorb grease and be unpalatable.

Put articles to be fried in the wire frying-basket and lower into the boiling hot fat or oil.

Fry croquettes a light brown; drain over the fat, lift the frying-basket from the hot fat to a round plate, remove the articles from the basket quickly to brown paper, drain a moment and serve.

For all deep fat frying use olive oil, vegetable oil, or vegetable fat such as Spry or Crisco. Olive oil is the best but is too expensive for general use.

Occasionally, fry a few sliced potatoes slowly in the fat. This will remove any odors or particles of food in it.

Proper temperature is essential for success in deep fat frying. An inexpensive frying thermometer will always give the accurate temperature and prevent many failures. If there is no thermometer, a cube of bread dopped into the fat will give a fair test. Use the following chart in frying.

Temperature	*Bread Test*	*Kind of Food*
340° F.—375° F.	Cube of bread turns light brown in 50–60 seconds	Uncooked mixtures such as doughnuts and fritters, also small pieces of raw foods.
375° F.—400° F.	Cube of bread turns light brown in 40–50 seconds	Previously cooked mixtures such as croquettes, fish cakes, French fried potatoes, and potato chips

SHALLOW FRYING OR SAUTÉING

In sautéing, only a small amount of fat is used. This method is used for very thin filets, or thin fish such as butter fish; to cook eggs or hash; and to brown foods which are afterwards cooked in water. Fritters and croquettes may be sautéd, but the result is less satisfactory.

When the food is intended for a meat meal, poultry or beef fat may be prepared according to the following directions, and used in place of oil or vegetable fat. For milk foods, butter may be used.

TO RENDER GOOSE, DUCK, CHICKEN OR BEEF FAT

Cut the fat into small pieces. Put in a deep kettle and cover with cold water. Place on the stove uncovered; when the water has nearly all evaporated, lower the flame, and let the fat try out slowly. When the fat is still and scraps are shriveled and crisp at the bottom of the kettle, strain the fat through a cloth into a stone crock, cover and set it away in a cool place. The water may be omitted and the scraps slowly tried out over a low fire, or in moderate oven. When fat is tried out, pour in crock.

Several slices of raw potato put with the fat will aid in the clarifying.

All kinds of fats are good for drippings except mutton fat, turkey fat and fat from smoked meats which has too strong a flavor to be used for frying.

ENTREES

CROQUETTES

Combine ingredients as directed in the recipe, roll the mixture lightly between the hands into a ball. Have a plentiful supply of bread crumbs spread evenly on a board; roll the ball lightly on the crumbs into the shape of a cylinder, and flatten each end by dropping it lightly on the board. Put it in the egg (to each egg add 1 tablespoon of water, and beat together), and with a spoon moisten the croquette completely with the egg; lift it out on a knife-blade, and again roll lightly in the crumbs. Have every part entirely covered, so there will be no opening through which the grease may be absorbed. Where a light yellow color is wanted, use fresh white crumbs grated from the loaf (or rubbed through a purée sieve) for the outside, and do not use the yolk of the egg. Coarse fresh crumbs are used for fish croquettes, which are usually made in the form of chops, or half heart shape. A small hole is pricked in the pointed end after frying, and a sprig of parsley inserted. Have all the croquettes of perfectly uniform size and shape, and lay them aside on a dish, not touching one another, for an hour or more before frying. This will make the crust more firm.

The white of an egg alone may be used for egging them, but not the yolk alone. Whip the egg with the water, just enough to break it, as air-bubbles in the egg will break in frying, and let the grease penetrate. Serve the croquettes on a platter, and garnish with sprigs of parsley.

CHICKEN CROQUETTES

Cook ½ tablespoon of flour in 1 tablespoon chicken-fat, add ½ cup of soup stock gradually, and ½ teaspoon each of onion juice, lemon juice, salt, and ¼ teaspoon of pepper and 1½ cups of chicken, chopped very fine. Mix these well, remove from the fire and add 1 well-beaten egg. Turn this mixture out on a flat dish and place in ice-box to cool. Then roll into small cones, dip in beaten egg, roll again in powdered bread or cracker crumbs and drop them into boiling fat 375° F.; fry until a delicate brown.

Chopped mushrooms, sweetbreads, calf's brains, tongue, or truffles are used with chicken, and a combination of 2 or more of them much improves the quality of the croquettes.

CROQUETTES OF CALF'S BRAINS

Lay the brains in salt water an hour, or until they look perfectly white, then take out one at a time, pat with your hands to loosen the outer skin and pull it off. Beat or rub them to a smooth paste with a wooden spoon, season with salt and pepper and a very little mace; add a beaten egg and about ½ cup of bread crumbs. Heat fat in a spider and fry large spoonfuls of this mixture in it.

MEAT CROQUETTES

Veal, mutton, lamb, beef and turkey croquettes may be prepared in the same way as chicken croquettes.

MEAT AND BOILED HOMINY CROQUETTES

Use equal portions of chopped meat and boiled hominy. Proceed as for chicken croquettes.

SWEETBREAD CROQUETTES

Chop cooked sweetbreads and mushrooms. Use half as many mushrooms as sweetbreads. Proceed as for chicken croquettes, but use 2 eggs instead of 1.

CAULIFLOWER CROQUETTES

Finely chop 2 cups of cold cooked cauliflower. Add 1 cup of very thick white sauce, a small, finely chopped onion, and 1 tablespoon of minced parsley. Line the bottom of a square pan with fine bread crumbs. Pack in the cauliflower mixture and cover with crumbs. Chill thoroughly. Cut into squares, dip in egg and crumbs, and fry in deep hot fat, 375° F.

ROUMANIAN EGGPLANT CROQUETTES

Peel an eggplant, place in hot water and cook until tender. Drain. Add 2 eggs, 2 tablespoons of matzoth or white flour, or bread crumbs, and salt and pepper to taste. Beat together until smooth. Fry by tablespoonfuls of the mixture in butter, fat, or oil.

FISH CROQUETTES

Carefully bone and flake any kind of cooked fish. Measure 2 cups. Add 2 tablespoons of chopped parsley, ½ teaspoon of lemon juice, and 1 cup of very thick hot white sauce. Add salt and pepper to taste, if necessary. Chill. Form into croquettes, dip in fine crumbs, then into an egg beaten with 1 tablespoon of water and again in crumbs. Fry in deep hot fat, 375° F., about 5 minutes, until golden brown. Drain on unglazed paper, and serve with white sauce.

POTATO CROQUETTES

Beat until smooth and light 2 cups of mashed potatoes, 2 tablespoons of melted butter, and one well-beaten egg. Season to taste

with salt and nutmeg. Shape into croquettes, roll in crumbs, dip into an egg beaten with 1 tablespoon of water, and again in crumbs. Fry in deep hot fat, 375° F. Chicken fat may be substituted for the butter.

SWEET POTATO CROQUETTES

Beat 2 cups of hot, mashed sweet potatoes, 2 tablespoons butter or fat, 1 teaspoon salt, 1/8 teaspoon pepper, 1 teaspoon of sugar, and 1 well-beaten egg. If mixture seems very stiff, add a little milk or water. Shape into croquettes. Roll in crumbs, dip in egg diluted with 1 tablespoon of water, and again in crumbs. Fry in deep hot fat, 375°F., until golden brown. Drain on unglazed paper.

PEANUT AND RICE CROQUETTES

To 1 cup of freshly cooked rice, add 1 cup of peanut butter, 4 tablespoons of minced celery, 1 teaspoon of grated onion, 1 tablespoon of canned tomatoes, a well-beaten egg, and salt and pepper to taste. Mix well and shape into croquettes. Dip in crumbs, an egg diluted with 1 tablespoon of water, and again in crumbs. Fry in deep hot fat 375° F. until golden brown.

RICE CROQUETTES

(1) Place in the top of a double boiler 2 cups of cooked rice, 3 tablespoons of milk, 1 well-beaten egg, 2 tablespoons of butter, 2 tablespoons of parsley, and salt, pepper and cayenne to taste. Cook until the egg thickens. Remove and cool on a flat dish. Shape into croquettes, dip into seasoned crumbs, egg and crumbs. Cook in deep hot fat 375° F. until brown. Serve with tart red jelly.

(2) Mix 1 and 1/2 cups of cooked rice with 1 cup of very thick white sauce, 1 tablespoon of minced parsley, and salt and pepper to taste. Chill. Form into croquettes, dip in bread crumbs, then in egg beaten with 1 tablespoon of water and again in crumbs. Fry in hot deep fat 375° F. until brown. Drain on unglazed paper and serve with cheese sauce.

SWEDISH TIMBALES

Mix and sift 1 cup flour, 1/2 teaspoon salt, and 1/2 teaspoon of sugar. Add gradually 2/3 cup of milk or water and 1 well-beaten egg. Add 1 tablespoon melted butter or fat and beat until smooth. Put a little batter in a cup. Put timbale iron in deep fat, and heat until the fat is hot enough for frying. Remove the iron and dip in the batter in the cup nearly to the top. Return again to the hot fat, and fry 1 or 2 minutes until the batter is a delicate brown. Remove the timbale; make the rest in the same manner. If the fat

is too hot or too cool, the batter will fall off the iron. Fill timbales with any desired creamed mixture. This amount makes 18–20 small timbales.

FRIED CALF'S BRAINS

Lay calf's brains in ice-water and then skin. They will skin easily if patted in the hands. Wipe until thoroughly dry. Sprinkle with salt, pepper and flour. Dip in an egg slightly beaten with a tablespoon of water, and roll in crumbs. Fry in deep hot fat 350° F. until golden brown. Serve very hot.

CALF'S BRAINS, SWEET AND SOUR

Clean the calf's brains as described above. Lay in ice-cold salted water for an hour. Lay a sliced onion, a few slices of celery root, 3 whole peppers, and the crust of a slice of rye bread in a pan. On them place the calf's brains. Add just enough water to cover. To the water add 2 tablespoons of vinegar and ½ teaspoon of salt. Boil 15 minutes and remove the calf's brains with a perforated skimmer. Lay them on a platter to cool. Crumble a "lebkuchen" or 4 gingersnaps, add 2 tablespoons of brown sugar, 2 tablespoons of molasses, ½ teaspoon of cinnamon, a few seedless raisins, and a few blanched and pounded almonds. Moisten these with 2 tablespoons of vinegar and add to the sauce. Boil 10 minutes and pour over the brains. If desired more brown sugar or vinegar may be added to taste. Serve cold, garnished with slices of lemon.

DEVILED CALF'S BRAINS

Clean brains as described above. Place in cold salted water for an hour. Cook 15 minutes in salted water, and cut into small pieces. In a separate pan melt 1 tablespoon of fat. Add 2 tablespoons of flour and stir until smooth and lightly browned. Add 1 cup of canned tomato, 1 teaspoon of finely chopped parsley, a dash of cayenne, and salt and pepper to taste. Stir until smooth and thick. Add the brains, heat thoroughly, and serve in small patty shells or Swedish timbales.

CALF'S BRAINS WITH EGG SAUCE

Clean calf's brains as described above and cook 15 minutes in salted water. In a saucepan place 1 sliced onion, ¼ teaspoon of ginger, 1 and ½ cups of soup stock, and salt and pepper if necessary. Add the brains, cut in pieces, and ⅛ teaspoon of marjoram. Simmer for 30 minutes. Mix the yolks of 2 eggs, the juice of a lemon, 1 teaspoon of flour, and 1 teaspoon of minced parsley. Gradually stir in the sauce, and cook slowly. Stir constantly to prevent curdling. When the sauce has thickened serve at once.

JELLIED CHICKEN

Boil a chicken in just enough water to cover it until the meat falls from the bones. Remove the chicken. Take all the meat from the bones, chop fine and season with salt and pepper to taste. Put into a mold a layer of chopped chicken and a layer of sliced hard-cooked eggs. Add alternate layers of chicken and eggs until the mold is ¾ full. Boil down the liquor until 2 cups are left. Moisten 2 tablespoons of vegetable gelatine with ¼ cup of cold water. Add to the hot stock and stir until the gelatine is dissolved. Pour into the mold over the meat. Set in the refrigerator for several hours to jell.

PRESSED CHICKEN

Prepare Chicken Fricassee, (see Poultry Index). Use as little water as possible. When the chicken is very tender, remove all the meat from the bone, and take off all the skin. Chop the chicken meat as fine as powder. Add just enough well-seasoned chicken gravy to hold the meat together. Press it into the shape of a brick between 2 platters, and put a heavy weight over it. Chill in the refrigerator for several hours. Serve whole, garnished with parsley and lemon. Slice at the table, and serve with pickles and olives.

Veal may be pressed in the same way. A combination of half veal and half chicken is delicious.

CHICKEN GIBLET FRICASSEE

Sauté in 2 tablespoons of chicken fat 1 large onion, 2 stalks of celery and ½ green pepper, all finely diced. When the vegetables are tender, add the cut up giblets of 2 or more chickens. Wings, gizzard, neck, etc., may be used. Brown the giblets and add 2 cups of water, ½ teaspoon salt, ¼ teaspoon pepper, and 1 teaspoon of paprika. Simmer for 1 hour and add small hamburger balls. For the giblets of 2 chickens, ½ pound of hamburger will be sufficient. Cook until the chicken is tender. Thicken the gravy with 1 tablespoon of flour mixed with ¼ cup of cold water. One tablespoon of catsup may be added, if desired.

HOME-STYLE CHICKEN TAMALE

Bring to a boil 4 cups of well-seasoned chicken stock. Gradually stir in ½ cup of corn meal. Cook and stir for 30 minutes. Season with 1 tablespoon of chili sauce, 3 tablespoons of tomato catsup, 1 teaspoon of Spanish pepper sauce, and salt to taste. Add 1 cup of diced cooked chicken, heat thoroughly and serve in ramekins.

SWEETBREADS

Wash 2 pair of sweetbreads very carefully and remove all bits of skin and fatty matter. Cover with cold water, add ½ teaspoon of

salt, and boil for 15 minutes. Remove from the boiling water and plunge into cold water. Remove from the water and dry thoroughly. Sprinkle with salt and pepper, dip in beaten egg and bread crumbs, and fry in hot, deep fat, 375° F.

SWEETBREAD GLACÉ, SAUCE JARDINIÈRE WITH SPAGHETTI

Clean 2 pair of sweetbreads, and soak in cold, salted water for 1 hour. Drain, and sprinkle with salt and pepper. Heat 2 tablespoons of poultry fat in a saucepan, add an onion chopped fine, and cook until yellow. Add the sweetbreads and slice 2 tomatoes over them. Cover tightly and simmer over a low flame 15 minutes. Turn occasionally. Add ½ cup of soup stock and cook 10 minutes longer. In a separate pan heat 1 tablespoon of fat. Add ½ cup of finely cut string beans, ½ cup of drained canned peas, and ½ cup of finely cut carrots. Season with ½ teaspoon salt, and ¼ teaspoon of ginger. Cook and stir until the vegetables are tender. Add to the sweetbreads. Mix 1 teaspoon of flour with a little cold water to a smooth paste, and add. Cook until the taste of flour has disappeared. Boil ½ pound of spaghetti in salted water until tender. Drain and serve with the sweetbreads.

CHICKEN À LA SWEETBREAD

Cut the breast of fricasseed chicken into small pieces. Add ½ cup of sliced, sautéd mushrooms. Stir into 1 and ½ cups of Brown Sauce, and serve in patty shells.

SWEETBREAD WITH MUSHROOMS

Clean 2 pair of sweetbreads, boil until tender and cut into small pieces. Heat 1 tablespoon of fat, add 1 tablespoon of flour, stir until smooth and add ½ cup of the liquor of a can of mushrooms and ½ cup of soup stock. Add 1 teaspoon catsup, 1 teaspoon mushroom catsup, a few drops of kitchen bouquet, a clove of garlic and a small onion. Season with salt and pepper to taste. Simmer 15 minutes and remove the onion and garlic. Add sweetbreads, ½ cup of sliced canned mushrooms, and 2 finely chopped, hard-cooked eggs.

VEAL SWEETBREADS, SAUTÉD

Clean 2 pair of veal sweetbreads and lay in slightly salted water for an hour. Pull off all the outer skin, wipe dry, and sprinkle with salt and pepper. Heat 2 tablespoons of poultry fat in a spider, add the sweetbreads and fry slowly over a low flame. Turn frequently until nicely browned.

CALF'S FEET, PRUNES AND CHESTNUTS

Season 2 calf's feet, sawed into joints, with salt and pepper a day before using. When they are ready to be cooked, place them in a very heavy pot with ½ pound of Italian chestnuts which have been scalded and skinned, ½ cup of raisins, 1 pound of prunes, 1 small onion, 1 small piece of celery root, 2 olives cut small, ⅛ teaspoon of paprika and 1 cup of soup stock. Simmer slowly for 3 hours, without stirring. One hour before serving add a wine glass of claret and a wine glass of sherry.

CALF'S FOOT JELLY

Wash 1 calf's foot carefully, split it and boil it in 1 quart of water. Boil from 3 to 4 hours. Strain and let stand overnight in the refrigerator. Next day bring to a boil and add 2 stiffly beaten egg whites. Boil until clear and strain through a cheesecloth. Add sherry and sugar to taste. Chill until firm.

SULZE VON KALBFUESSEN (CALF'S FOOT JELLY)

Clean carefully 1 calf's head and 4 calf's feet. Place in cold water for 30 minutes. Drain. Place in a large pot with 4 quarts of water, 3 small onions, 3 cloves, 1 teaspoon whole peppers, 3 bay leaves, the juice of a large lemon, 1 cup of white wine, and ¼ cup of white vinegar. Boil slowly for several hours until it has reduced one-half. Strain through a fine sieve and let stand overnight in the refrigerator. Remove the meat from the bones and cut into fine pieces. Cut the brains in small pieces and add to the meat. Next day, skim off every particle of fat from the jelly and bring it slowly to a boil. Add 1 teaspoon of sugar and the whipped whites of 3 eggs. Boil very fast for 15 minutes, skimming well. Taste, and if not tart enough, add more vinegar. Strain through a flannel bag without squeezing or shaking until the jelly ceases to run freely. Remove the bowl and place another bowl under the bag. Press what remains in the bag into the second bowl. This second jelly will not be so clear, but is good to use. Wet one mold with the clear jelly and chill until set. Add the meat, brains, and 2 sliced hard-cooked eggs to the second jelly. Mold in a separate form. Chill until firm, and cut in slices when ready to serve.

ASPIC (SULZ)

Bring to a boil 2 chopped calf's feet, 1 pound of beef, and 1 calf's head in 1 quart of water and 1 cup of white wine. Add 1 celery root, 3 small onions, a bunch of parsley, 12 whole peppercorns, 6 cloves, 2 bay leaves and 1 teaspoon of salt. Boil slowly for several hours, until reduced to half. Strain through a fine sieve. Chill and remove every particle of fat. Bring to a boil. Beat 2 egg whites,

add ½ cup of vinegar and the crushed egg shells. Pour some of the soup stock into this, and return to the rest of the stock. Boil until clear. Strain through a jelly bag. Pour into a mold and chill until set. This aspic is used as the basis of many molded meat dishes. A mixture of sliced meat or poultry, sliced hard-cooked eggs and vegetables, attractively arranged in aspic makes an ideal hot-weather meal or supper party dish.

GOOSE LIVER IN ASPIC

Fry a large goose liver in goose fat. Season with salt, pepper, a few whole cloves, and ¼ of a sliced onion as it cooks. Cut in slices and arrange in a mold with aspic and hard-cooked eggs.

PURÉE OF GOOSE LIVER IN ASPIC

Fry goose liver as above and rub through a sieve. Mix with the aspic and chill until firm.

GOOSE LIVER

Lay a goose liver in salted water for an hour. Dry well with a cloth, and if very large, cut in half. Season with salt and pepper and dredge with flour. Heat 1 tablespoon of goose fat until it is very hot. Add the liver and 2 cloves. Dice 1 tablespoon of onion very fine and add. Cover tightly and cook 15 minutes. Turn occasionally while cooking. Serve a slice of lemon on each piece of liver.

GOOSE LIVER WITH GLACÉD CHESTNUTS

Prepare goose liver as above. Scald ½ pound of peeled and skinned Italian chestnuts until perfectly white. Melt 2 tablespoons of goose fat in a pan, add the nuts, sprinkle ¼ cup of sugar over them, and cook and stir until the chestnuts are glazed a light brown.

GOOSE LIVER WITH MUSHROOM SAUCE

Lay a large goose liver in salt water for an hour. Wipe dry, salt, pepper, and dredge with flour. Heat 1 tablespoon of goose fat until it is very hot. Add ¼ of an onion, diced, a few cloves, a stalk of celery finely diced, 2 whole peppers, 1 bay leaf, and ½ cup of sliced mushrooms. Cover closely and cook 15 minutes. Stir occasionally. Add 1 tablespoon of lemon juice and serve at once.

SPANISH LIVER

Boil in salted water ½ pound of calf's liver. Drain and cut into small cubes. Soak 1 cup of bread crumbs in hot water, and drain well. Add to the crumbs 1 chopped onion, 1 tablespoon of chopped parsley, 1 teaspoon chopped mint, 2 cloves, ¼ teaspoon of cin-

namon, a dash of tabasco sauce, 1 tablespoon of olive oil and 1 cup of soup stock. Mix well and bring to a boil. Add the liver and cook 5 minutes. Serve with Spanish rice.

STEWED MILT

Clean the milt thoroughly and boil with the soup meat, for 2 hours. Remove from the soup and cut into finger lengths. Serve with it the following sauce: Heat 1 tablespoon of fat in a spider. Add 1 finely minced clove of garlic and brown slightly. Add 1 tablespoon of flour and stir until the mixture bubbles. Stir in 1 cup of soup stock, and cook until smooth and thick. Add the pieces of milt, and simmer 5 minutes. If desired, ½ teaspoon of caraway seeds may be substituted for the garlic.

GEFILLTE MILZ (FILLED MILT)

Clean the milt by taking off the thin outer skin and every particle of fat that adheres to it. Lay it on a clean board, and make an incision with a knife through the center of the milt. Be careful not to cut through the lower skin. Scrape with the edge of a spoon, and remove all the flesh you can without tearing the milt. Put the flesh in a bowl until needed. In a separate bowl soak 2 cups of diced bread until soft. Squeeze dry. Heat 2 tablespoons of fat in a spider, cook in it ½ of a diced onion until brown. Add the bread, and cook until the bread is dry. Add the flesh scraped from the milt, 2 eggs, ½ teaspoon of salt, ¼ teaspoon of pepper, ⅛ teaspoon of nutmeg, and a pinch of thyme or ginger. Mix together thoroughly and fill the milt. Sew the opening firmly. Prick the milt with a fork in several places to prevent bursting as it cooks. The milt can now be prepared in either of 2 ways.

1. Cook it in the soup for 2 hours. Drain well, and brown slightly in 4 tablespoons of hot fat.
2. Shape into a ball and place in a greased baking pan. Dot with fat and bake at 350° F. until a hard crust forms over the milt. Baste often with a little water and the fat in the pan.

CALF'S LIVER SMOTHERED IN ONIONS

Heat 1 tablespoon of goose fat in a pan with a close fitting lid. Slice an onion in the fat and cook until the onion is yellow. Dice ½ pound of calf's liver, sprinkle with salt and pepper and dredge with flour. Add to the fat with a bay leaf, 5 cloves and 2 peppercorns. Cover tightly and cook 5 minutes. Turn the liver, add ½ cup of hot water, stir well, and cook 10 minutes longer, tightly covered. Chicken fat may be substituted for the goose fat.

CHICKEN LIVERS

Slice 3 or 4 chicken livers and dredge well with flour. Cook 1 minced onion in 1 tablespoon of fat until light brown. Add the

liver and brown on all sides. Add ½ teaspoon of salt, ⅛ teaspoon of paprika, and ½ cup of strong soup stock. Bring to a boil, add 1 tablespoon of claret or sherry and serve at once on toast.

Chicken livers may be substituted for goose livers in any of the above recipes, and chicken fat used in place of goose fat.

KISHKES—RUSSIAN STYLE

Buy beef casings. Clean thoroughly. Prepare a filling of ⅓ cup of fat, ¼ cup of chopped onions, ½ teaspoon salt, and ¼ teaspoon pepper for each cup of flour. Cut the casings in short lengths, fasten one end, stuff and fasten the other. If the large casings are used they need not be cut shorter. After filling, plunge the exposed surface into boiling water, and scrape until thoroughly cleaned. Slice 2 large onions in a roasting pan, add ¼ cup of fat, and bake the kishkes slowly at 325° F., until well browned. Baste frequently with the fat in the pan.

BOILED KISHKES

Prepare as above. Boil for 3 hours in water to cover. Keep them covered with water at all times during cooking. Drain well. Heat 4 tablespoons of fat in a spider, add the kishkes, cover and brown well. Serve very hot.

HASHED CALF'S LUNG AND HEART

Soak the lung and heart in cold water for 30 minutes. Place in the soup kettle with the soup stock which is being prepared. Cook the lung and heart until soft, remove from the soup, and chop fine. Heat 1 tablespoon of goose or chicken fat in a spider, add a finely chopped onion and cook until the onion is yellow. Add the chopped lung and heart, ½ cup of cold soup stock which has been mixed to a paste with 1 teaspoon of flour, and salt and pepper to taste. Cover and cook slowly for 10 minutes. If desired, this may be made sweet and sour by adding 1 teaspoon each of vinegar and brown sugar, ¼ teaspoon of cinnamon and 1 teaspoon of molasses.

TRIPE À LA CREOLE

Scald and scrape 1 pound of tripe. Boil until tender with an onion, a few sprigs of parsley, a few stalks of celery, ½ teaspoon of salt, and ¼ teaspoon of pepper. Drain and cut into small pieces. Heat 1 tablespoon of fat and add 2 tablespoons of flour. Cook until the mixture bubbles, and add 1 cup of strained tomatoes, and ½ cup of cooked sliced mushrooms. Cook until smooth and thick. Add salt and pepper to taste. Add the tripe, heat thoroughly, and serve in ramekins.

BOILED TONGUE, SWEET AND SOUR

Boil a fresh tongue in salted water to cover until tender. Keep the tongue covered with water all during the cooking, and keep the pot closely covered. The tongue should cook from 3 to 4 hours. Run a fork through the thickest part of the tongue. If it is tender, the meat is done. Remove the tongue from the water, and pare off the thick skin which covers it. If the tongue is thoroughly cooked, it will pare very easily. Cut the tongue in even slices, and sprinkle them with ½ teaspoon of salt. Heat 1 tablespoon of fat in a 2 quart saucepan. Add a finely chopped onion and cook slowly until the onion is yellow. Add 1 tablespoon of flour and stir until smooth. Stir in 2 cups of the liquid in which the tongue cooked, one slice of lemon, 2 dozen raisins, 6 pounded almonds, a stick of cinnamon and 3 cloves. Mix together 4 tablespoons of brown sugar, ½ teaspoon of ground cinnamon, 1 tablespoon of molasses and 2 tablespoons of vinegar. Add to the sauce. Cook and stir for 10 minutes. Add the sliced tongue, heat thoroughly, and serve, with the cooked lemon slices as a garnish.

FILLED TONGUE

Make an incision in one side of a pickled tongue. Chop or grind ½ cup of corned beef, add 1 egg, ½ minced onion browned in 1 tablespoon of fat, and ½ cup of bread which has been soaked until soft and squeezed dry. Fill the tongue with this mixture, sew the edges firmly together, and cook in water to cover 3 or 4 hours until very tender. Remove the thick skin, and slice.

SMOKED TONGUE

Cover a smoked tongue with water, cover the pan tightly and cook for 3 or 4 hours until the tongue is very tender. Keep adding water as it boils away, so that the tongue is always covered. Let it cool in the liquor in a cool place. If the tongue is very dry, soak it overnight before boiling. When it is cold, cut in thin slices, and garnish with parsley.

SMOTHERED TONGUE

Place a fresh tongue in water to cover and bring to a boil. Remove from the water, sprinkle with 1 teaspoon of salt, and ½ teaspoon of pepper, and cover with a sliced onion. Cover the dish and set in the refrigerator overnight. Next day, put 4 tablespoons of fat in a heavy pot, add the tongue, and whatever juice the seasonings drew. Cover tightly, place over a low flame, and cook slowly until tender, about 3 or 4 hours. Skin and slice.

TO PICKLE BEEF TONGUE, GOOSE OR BEEF

Crush ½ teaspoon of saltpetre, and dissolve in ¼ cup of warm water. Dissolve 2 cups of salt in 4 quarts of water. Add saltpetre, ¼

cup of sugar, 3 sliced cloves of garlic, 1 teaspoon of paprika, and 1 tablespoon of mixed spices. Place tongue, goose or beef in a 3 gallon stone crock, cover with the brine, and cover all with a large plate. Place a heavy weight on the plate. Leave the meat in the brine for 3 weeks. Turn the meat two or three times while it is pickling. This amount of brine will pickle 10 pounds of meat.

MEATS

It is in the preparation of meat that the housewife who keeps a Kosher home feels that she must limit the variety of her dishes. With the exception of certain fish and sea-foods, she may use all the good things the earth supplies for her table. But because she cannot use meat with milk products, and because she is forbidden the use of several kinds of meat, very often she fails to take advantage of the great number of dishes she can make. She has at her disposal the forequarter cuts of lamb, beef, and veal, in addition to the liver, tongue, stomach, heart, lungs, brains and sweetbreads. She also has poultry and smoked and pickled meats and sausages.

There is a common belief that the most tender and delicious steaks and roasts are not included in that portion of the animal which may be eaten. The finest roast possible is the rib, and this cut may be used for steaks as delicious and tender as sirloin or filet mignon. A little knowledge, ingenuity, and an occasional substitution of one cut for another are the chief requirements of a great number of Kosher meat dishes.

The housewife who is interested in her meat cookery will do well to consult her butcher about all the possible cuts of meat and their uses.

In addition to the recipes in this chapter, there are many using meat under Entrées, Vegetables, and Passover Dishes.

ROAST BEEF

Have the butcher cut 2, 3 or 4 ribs in one large piece. The 2 rib roast should be used only if the family is very small, as the larger roast is preferable. The meat may be boned and rolled or left standing style. In the latter case, it is well to have the short ribs removed, in order to make the roast neater in appearance and easier to carve. The meat should now be weighed again, in order to determine the roasting time. Mix together 1 tablespoon of flour, 1 teaspoon of salt, ½ teaspoon of pepper and ¼ teaspoon of celery salt, and rub this mixture into the meat on all sides. Place the meat on a rack in the roaster and put it into a cold oven. Set the thermometer to 350° F., light the oven, and roast to the desired degree of doneness. Allow 20 minutes for each pound for rare meat, 25 minutes for each pound for medium, and 30 minutes for

well done. For example, if the roast weighs 7 pounds *after* it is trimmed it should cook 2 hours and 20 minutes for rare, 2 hours and 55 minutes for medium, and 3 hours and 30 minutes for well done. Do not add water, cover or turn the meat.

When the meat is sufficiently roasted, it may be served au jus, that is sliced with no sauce or gravy; or gravy may be made as follows: Remove the meat and all but 2 tablespoons of the fat in the pan. To the fat left in the pan add 2 tablespoons of flour, stir well, and add 1 cup of water. Stir until smooth and thick. Put the gravy in a gravy boat and pass separately.

POT ROAST

Use 4 to 5 pounds of end of steak, chuck, or first cut brisket. Tie the meat into a neat shape with heavy cord. Mix together 1 tablespoon of flour, ½ teaspoon of salt, and ¼ teaspoon of pepper. Pat well into the meat. Heat 4 tablespoons of fat in a large heavy pot or Dutch Oven. Brown the meat in the fat on all sides. Add 1 sliced onion and cook until the onion is well-browned. Add 2 cups of water or canned tomatoes, cover the pot tightly, and cook slowly for several hours, until the meat is tender. The time of cooking will depend on the size and tenderness of the meat. If desired, 1 cup each of diced carrot, diced potatoes and peas may be added during the last hour of cooking.

Left-over pot roast may be sliced cold and reheated in the gravy. Heat the gravy very hot, add the meat, and cook just long enough to heat the meat thoroughly. Do not let the meat cook, as this will toughen it.

POT ROAST AND LIMA BEANS

Soak 1 cup of dried lima beans overnight in 3 cups of water. Brown 4 pounds of first cut brisket of beef in 2 tablespoons of fat. Add the dried limas and the water in which they soaked, 2 teaspoons of salt, and ½ teaspoon of pepper. Cover the pan tightly and cook 2 hours, or until the meat is almost tender. Add 2 cups of canned, whole kernel corn, 1 cup of canned tomatoes, 1 diced onion, and ½ cup of diced celery. Continue cooking about an hour longer, until meat and vegetables are tender. Make a smooth paste of 3 tablespoons of flour and a little cold water. Add a little hot gravy, and slowly pour into the gravy in the pan. Stir until smooth and thick, and cook 5 minutes longer. Place the meat in the center of a large platter, and pour the vegetables and gravy around it.

Use a very heavy kettle or Dutch Oven to make this, in order to avoid burning the meat.

POT ROAST WITH CRANBERRY SAUCE

Brown meat according to the directions for Pot Roast. Cover with 2 cups of Cranberry Sauce (Stewed Cranberries). Cover tightly, and cook the meat slowly for about 3 hours, until it is very tender.

CHILI SAUCE POT ROAST

Peel and slice 6 onions and cook them until brown in 3 tablespoons of fat. Remove the onions and brown 4 or 5 pounds of pot roast in the same fat. Add ½ cup of hot water, 2 cups of chili sauce, the onions, and ½ cup of chopped sweet pickled onions. Cover the pot tightly and cook over low heat about 3 hours, or until the meat is tender. Taste the gravy, and add salt, pepper, 1 tablespoon sugar, or 1 tablespoon lemon juice, if desired. If the gravy seems thin, it may be thickened with 1 tablespoon of flour mixed to a paste with a little cold water. Add to gravy and cook and stir for 5 minutes.

POT ROAST DE LUXE

Mix together 1 teaspoon of salt, ½ teaspoon of pepper and ¼ teaspoon of ginger. Rub this well into 4 or 5 pounds of pot roast. Chop 1 clove of garlic very fine and slice 3 onions. Heat ¼ cup of olive oil in a heavy pot or Dutch Oven and cook the garlic and onions in it until yellow. Add meat and brown on all sides. Add ½ cup of water, cover the pot tightly and cook over a low flame for 1 and ½ hours. Turn the meat frequently. While the meat is cooking, soak ½ cup of dried mushrooms and 1 and ½ cups of prunes in 1 and ½ cups of water. After the meat has cooked 1 and ½ hours add the mushrooms, prunes, the water in which they soaked, and 1 cup of ripe olives. Cover the pot and continue cooking until the meat is very tender, about 2 hours longer. Place the meat on a platter with the prunes and olives around it, and pass the gravy separately.

SAUERBRATEN

Place 3 or 4 pounds of cross-rib or middle cut of chuck in a deep earthen jar. Pour over it enough boiling vinegar to cover. If the vinegar is very strong it may be diluted with ⅓ to ½ water. Add to the vinegar 4 bay leaves, 6 whole peppercorns, 6 cloves, and 3 whole mace. Cover the jar, and set it in a very cool place. Turn the meat daily. During the summer, allow the meat to stay in the pickle for 3 days. In the winter it may be kept for 8 days. When the meat is ready, remove it from the brine, wipe dry, and sprinkle with 1 teaspoon of salt. Heat 1 tablespoon of fat in a heavy pot, and brown 2 sliced onions in it. Add the meat, and ½ cup of the

brine in which it soaked. Cover tightly, and cook over a low fire until the meat is tender, about 3 hours. If desired, the gravy may be thickened with 1 tablespoon of flour mixed with a little cold water. Add to the gravy, and cook and stir 5 minutes.

POT ROASTED ROLLED BEEF

Use 1 and ½ pounds of the Kosher cut known as tenderloin. Lay the meat on a board, and sprinkle the surface with 1 teaspoon minced parsley, 1 teaspoon minced onion, ½ teaspoon of salt, and ¼ teaspoon of pepper. Roll the meat as you would a jelly roll and tie with heavy thread. Brown it on all sides in 2 tablespoons of fat. Add 1 cup of water, soup stock or canned tomatoes, 1 diced carrot and a bay leaf. Cover tightly and cook until the meat is tender, about 2 hours.

MOCK DUCK

Have the butcher cut the tenderloin so that it may be opened flat. Lay it on a board, and cover the surface with 1 cup of any desired poultry stuffing. (See Stuffings.) Spread the mixture on the meat evenly, roll up and tie with heavy white thread. Turn in the ends to make it even and shapely.

Cut into dice an onion, turnip and carrot. Place them in a greased baking pan. Lay the rolled meat on the vegetables, and add enough stock or water to cover the pan 1 inch deep. Add a few sprigs of parsley, a bay leaf, 3 cloves, 1 teaspoon of salt, and ½ teaspoon of pepper. Cover the pan tightly, and place in an oven heated to 325° F. Cook slowly for several hours, until the meat is very tender.

BRISKET OF BEEF WITH SAUERKRAUT

Place 2 cups of sauerkraut in a large kettle. On it place 3 pounds of boneless brisket of beef. Mix 1 large grated raw potato with 2 more cups of sauerkraut and spread over the beef. Sprinkle with 1 tablespoon of brown sugar, and 1 teaspoon of caraway seeds. Cover the pot tightly, and cook slowly for about 3 hours, until the meat is tender.

ROAST END OF STEAK

Place 3 pounds of boneless end of steak in a roasting pan. Sprinkle with 1 teaspoon of salt and ½ teaspoon of pepper. Add 1 cup of water, 1 cup of canned tomatoes, 2 sliced onions, 2 sliced carrots, ½ clove of sliced garlic, 1 sliced green pepper, and ½ cup of sliced mushrooms. Cover tightly and roast at 350° F. until the meat is very tender. Baste frequently with the gravy in the pan.

WIENER BRATEN—VIENNA ROAST

Have the bone removed from a piece of shoulder of beef. The boned meat should weigh between 3 and 4 pounds. Pound the meat well with a wooden meat pounder, then tie it into a neat shape. Cover the meat with vinegar for 24 hours, then wipe it dry and pat into it 1 teaspoon of salt, ½ teaspoon of pepper, and ¼ teaspoon of ginger. Melt 2 tablespoons of goose fat in a large pot with a tight fitting cover. Add the meat and brown on all sides. Stick 6 cloves into an onion and add. Add also a bay leaf, 2 sliced tomatoes, 1 cup of soup stock, and ¼ cup of white wine. Cover closely, and cook over a slow fire for three or four hours, or until the meat is very tender. Turn the meat occasionally with 2 large spoons. Serve one or two potato pancakes with each portion.

SWISS STEAK

Use 3 pounds of shoulder steak, cut 1 and ½ inches thick. Place the meat on a board and pound into it a mixture of ½ cup of flour, 1 and ½ teaspoons of salt, and ⅛ teaspoon of pepper. Use a wooden meat pounder or the edge of a heavy saucer. Pound the flour into the meat on all sides, until all the flour is used. Melt 3 tablespoons of fat in a heavy pot. Add 1 sliced onion and 1 clove of garlic. Let brown lightly, remove the garlic and push the onions to one side. Add the meat and brown well on all sides. Add 2 cups of hot tomato juice or water, cover tightly, and cook over a low flame for 2 or 3 hours, until the meat is very tender.

During the last hour of cooking 2 cups of vegetables such as diced potatoes, carrots, celery, green pepper, and peas may be added.

For variety the meat may be prepared in the following way: Pound the flour mixture into it as above. Melt 2 tablespoons of fat in a pan, brown the meat well on all sides. Add 2 cups of crushed pineapple, cover tightly, and cook until the meat is tender, over a low flame.

BROILED STEAK

Allow about ¾ of a pound of rib steak for each portion. Broiled steak is best when it is cut from 1 and ½ to 2 inches thick. Preheat the broiler with a medium flame, 350° F., with the rack 3 inches under the flame. Place the meat on the rack, and cook from 5 to 10 minutes on one side. The 5 minute cooking will give a rare steak, the 10, one that is medium well done. Turn the meat, sprinkle with salt and pepper to taste, and continue cooking for 5 to 10 minutes. Place at once on a hot platter, and serve with any desired steak sauce or mushrooms.

PAN-BROILED STEAK

Have rib steak cut about ¾ of an inch thick. Use ¾ of a pound for each portion. Heat a skillet very hot, add 1 tablespoon of fat. Add the meat. Cook 3 minutes, turn and cook 3 minutes longer over a fairly high flame. Season after it is cooked with salt and pepper, and serve with fried onions.

Shoulder steak may be cooked in this way if it is first tenderized. Cut the meat part way through at half inch intervals, lengthwise on one side of the meat and crosswise on the other; or pound the meat well with a meat pounder. Cook as for rib steak.

MOCK FILET MIGNON

Use only the tender round portion in the center of the rib. Trim away all bone, fat, and excess meat. Cut the filet 2 inches thick, and 2 inches square. Broil as for Broiled Steak. Serve on a small square of toast, pour over the meat the juices which collected in the pan during cooking, sautéd mushrooms, and minced parsley.

BRUNSWICK STEW

Cook 1 pound of brisket of beef and 3 pounds of young chicken with 1 pint of soup stock or water, 1 pint of Lima beans, 4 ears of cut corn (cut from cob), 3 potatoes diced, 2 tomatoes quartered; 1 small onion, 1 teaspoon of paprika and 1 teaspoon of salt. Let all these simmer until tender, and before serving remove any visible chicken bones.

This stew may be made of breast of veal omitting the chicken and brisket.

MEAT OLIVES

Have a flank steak cut in six 3-inch squares. Spread each piece with some of the following dressing: 1 cup of bread crumbs, 2 tablespoons of minced parsley, 1 chopped onion, a dash of red pepper and 1 teaspoon of salt. Moisten with ¼ cup of melted fat. Roll up and tie in shape. Cover with water and simmer until meat is tender. Take the olives from the sauce and brown in the oven. Thicken the sauce with ¼ cup of flour moistened with water to form a thin paste.

SHORT RIB OF BEEF, SPANISH

Get 6 small ribs of beef and put on with water enough to cover, seasoning with salt, pepper, an onion and a tiny clove of garlic. Let it cook about 2 hours, then add a can of tomatoes and season highly either with red peppers or paprika. Cook at least 3 hours.

BRAISED OXTAILS

Wash and joint 2 oxtails, and slice 6 onions. Melt 3 tablespoons of fat in a pot. Add onions and oxtails and cook until nicely

browned. Add water enough to cover the meat, cover the pot, and cook slowly for 1 hour. Add 2 small diced carrots, 1 diced green pepper, a sprig of parsley, ½ cup of tomatoes, and 6 small potatoes. Season to taste with salt and pepper and cook until meat and vegetables are tender. In a separate pan put ½ cup of flour. Stir over a moderate flame until the flour is golden brown. Mix the flour with a little cold water and add to the meat. Stir and cook for 5 minutes. Place 2 cups of cooked macaroni on a platter, cover with the meat, and serve at once.

HUNGARIAN GOULASH

Have 2 pounds of beef cut into 1 inch squares. Dredge in flour and fry until brown. Cover with water and simmer for 2 hours; the last ½ hour add 1 tablespoon of salt and ⅛ of a teaspoon of pepper. Make a sauce by cooking 1 cup of tomatoes and 1 stalk of celery cut in small pieces, a bay leaf and 2 whole cloves, for 25 minutes; rub through a sieve, add to stock in which meat was cooked. Thicken with 4 tablespoons of flour moistened with 2 tablespoons of water. Serve meat with cooked diced potatoes, carrots, and green and red peppers cut in strips.

RUSSIAN GOULASH

Cut 2 pounds of beef in 1 inch squares. Place in a pot with 1 chopped green pepper, 1 large onion, chopped, 1 finely chopped blade of garlic, 1 teaspoon of salt, ½ teaspoon of pepper, and enough water to cover the meat. Simmer until the meat is very tender. As the water cooks down add 2 cups of canned tomatoes. When the meat is tender, add 2 cups of cooked spaghetti or macaroni. Heat thoroughly and serve at once.

BEEF STEW

Cut 2 pounds of beef in 1 inch cubes. Roll in a mixture of 2 tablespoons of flour, 1 teaspoon salt, ½ teaspoon pepper, and ½ teaspoon paprika. Brown well in 3 tablespoons of fat. Add water to cover and simmer 1 hour. Dice 4 potatoes, 6 onions, 4 carrots, 1 turnip, and 1 cup of celery. Add to the stew with 1 cup of peas. Continue cooking until meat and vegetables are tender. Serve with dumplings if desired. (See Dumplings, p. 150.)

Any of the recipes for Pot Roast may be used for a stew. First dice and brown the meat. If no left-overs are desired, use 2 pounds of meat, for 5 persons.

CHILI CON CARNE

Cut 1 and ½ pounds of beef into ½ inch cubes. Heat ¼ cup of fat in a heavy iron pan. Add the meat and brown well on all sides. Add 1 minced clove of garlic, 1 pinch of Cominos, ½ large

onion minced, ½ teaspoon of salt and from 3 to 6 teaspoons of chili powder. The amount of chili powder used depends on individual taste. Simmer gently until the meat is very tender. Add water as needed. When it is done, the gravy should be a rich red, and thick and smooth. Add 2 cups of hot cooked or canned kidney beans and serve at once with French bread.

LANGUEDOC BEEF

Cut 2 pounds of lean beef into 1 inch cubes. Heat 2 tablespoons of olive oil in a large pot, add the meat and brown well on all sides. Add ½ cup of chopped onions and stir until the onions are golden brown. Add 2 cups of dry red wine, ½ teaspoon of salt, ¼ teaspoon of pepper, a bay leaf, a pinch of thyme, ½ clove of minced garlic, and ¼ cup of olives. Cover the pot tightly and simmer 3 hours. If necessary, add a little hot water from time to time. When the meat is done there should be about 2 cups of sauce. Mix 1 teaspoon of flour with a little cold water, and add to the gravy. Cook and stir 5 minutes. If desired, 2 tablespoons of brandy may be added just before the meat is served.

BEEF LOAF

To 2 pounds of chopped beef take 3 egg yolks, 3 tablespoons of parsley, 3 tablespoons of melted chicken fat, 4 heaping tablespoons of soft bread crumbs, ½ teaspoon of kitchen bouquet, 2 teaspoons of lemon juice, grated peel of 1 lemon, 1 teaspoon of salt, ½ teaspoon of onion juice and 1 teaspoon of pepper. Mix and form into a loaf. Melt ¼ cup of chicken fat in a baking pan, add the loaf, and pour ½ cup of boiling water around it. Bake 1 hour in a moderate oven, pre-heated to 350° F. Baste often with the gravy in the pan. Serve with any desired sauce.

HAMBURGER STEAK (PLAIN)

Grind or chop fine 1 pound of lean beef. Form into patties ¼ of an inch thick. Sprinkle with salt and pepper to taste and a little onion juice if desired. Heat a pan very hot, add enough fat to grease it lightly. Add the patties, cook until well browned on one side, turn and brown the other. Serve with fried onions.

HAMBURGER STEAK (MEAT BALLS)

To 1 and ¼ pounds of ground lean beef add ½ cup of bread crumbs, ½ cup of water, 1 egg, ¼ teaspoon baking powder, 1 teaspoon of salt, ½ teaspoon of pepper, 1 grated onion, ¼ cup of minced green pepper, and ¼ teaspoon minced garlic. Mix well, and form into patties 1 inch thick. Heat 2 tablespoons of chicken fat in a skillet. Add the patties and cook quickly until well browned

on all sides. Lower the heat, and continue cooking 10 minutes longer.

BITKI—RUSSIAN HAMBURGER STEAK

Mix 2 cups of chopped beef with 2 cups of bread crumbs and ½ cup of water. Add 1 teaspoon salt and ½ teaspoon pepper. Mix well, form into cakes, and fry as for Hamburger Steak.

CHOPPED MEAT WITH RAISINS—ROUMANIAN

Mix together 1 pound of chopped beef, 1 grated onion, 1 egg, ¼ cup of matzoth flour, ½ teaspoon salt, and ¼ teaspoon of pepper. Form into small balls. Put the meat into a pot and add ½ cup of water, 1 tablespoon of fat, 1 tablespoon of sugar, ¼ cup of large black raisins, and 3 slices of lemon. Cover tightly, and simmer for 30 minutes. Add a little hot water if necessary.

CARNATZLICH—ROUMANIAN

Chop or grind 1 pound of tenderloin, add an egg, ½ teaspoon of paprika, ¼ teaspoon of black pepper, ½ teaspoon of salt, and 4 cloves of garlic which have been scraped, soaked in water for 10 minutes, and mashed. Form the meat into sausage-like rolls. Boil 30 minutes and serve at once with Slaietta. (See Vegetables.)

STUFFED CABBAGE

Boil 1 large head of cabbage for 5 minutes and separate the leaves. Mix together 1 pound of ground beef, ¾ cup of cooked rice, 1 chopped onion, ½ teaspoon salt, and ¼ teaspoon of pepper. Select the largest cabbage leaves and place 3 tablespoons of the meat mixture in each. Fold the cabbage leaves over the meat and tie firmly with white thread. Line a large pot with the rest of the cabbage leaves. Place the stuffed leaves on them, and add 2 cups of canned tomatoes, ½ cup of seedless raisins, 2 tablespoons of brown sugar, and ¼ teaspoon of salt. Cover the pot, and stew gently for several hours. Add a little water if necessary to keep the meat covered with liquid at all times. When the meat is tender add lemon juice or sour salt and brown sugar to taste.

CORNED BEEF

Cover corned beef with water, and simmer gently until the meat is tender. Allow about 30 minutes for each pound. Serve with cooked beets, potatoes, carrots and cabbage. Cabbage that is served with corned beef is cut into quarters and cooked.

Left over corned beef should be brought to a boil in the water in which it cooked and cooled in the same water. Have the water come just to the top of the meat. Put a plate on the meat, and a heavy weight on the plate. Set in the refrigerator to chill. To serve, remove from the gravy, and slice. Serve cold.

ROAST VEAL

The shoulder and breast of veal are best for roasting. Always buy veal that is fat and white. Prepare for the oven in the following manner: Wash and then dry; rub it well with salt, a very little ground ginger, and dredge it well with flour. Lay in roasting-pan and put slices of onion on top with a few tablespoons of goose fat or drippings. Cover tightly and roast, allowing 35 minutes to the pound. Baste frequently. Veal must be well done. When cold it slices as nicely as turkey.

BREAST OF VEAL—ROASTED

Roast as directed above. Have the butcher cut a pocket to receive the stuffing. Prepare bread stuffing and sew up the pocket. Sprinkle a little caraway seed on top of the roast. A tablespoon of lemon juice adds to the flavor. Baste often.

STUFFED SHOULDER OF VEAL

Have the butcher remove the blade from shoulder of veal. Fill the opening with any desired stuffing and sew. Chopped, cooked mushrooms and a teaspoon of lemon juice will improve the flavor of the stuffing. Roast as above.

FRICASSEED VEAL

Use the breast or shoulder for this purpose, the former being preferable, and cut it up into pieces, not too small. Sprinkle each piece slightly with fine salt and ginger. Heat a tablespoon of goose oil or poultry drippings in a stew-pan, and lay the veal in it. Cut up an onion and 1 or 2 tomatoes (a tablespoon of canned tomatoes will do), add with a little water, and stew two hours, closely covered. When done mix a teaspoon of flour and a little water and add to the veal. Chop up a few sprigs of parsley, add it, boil up once and serve. Use 3 pounds of veal for 5 portions.

STEWED VEAL

Prepare as above, but do not have the meat cut in small pieces. If desired ½ teaspoon of caraway seed may be used instead of the parsley. Mashed potatoes and green peas or stewed tomatoes are usually served with veal.

Any of the flour or potato dumplings are excellent served with stewed or fricasseed veal.

HUNGARIAN STYLE VEAL

Slice 4 onions and cook until light brown in a tablespoon of fat. Add 1 teaspoon of paprika and 2 pounds of boneless veal cut in 1 inch squares. Brown the meat on all sides, add 1 diced sweet green pepper, cover the pan tightly and cook a few minutes. Add 1

cup of water and simmer until the meat is tender. As the water cooks down add more, so that there is always about 1 cup of gravy. Season to taste with salt and pepper, and serve with dumplings.

BREADED VEAL CUTLETS, TOMATO GRAVY

Bread veal cutlets in eggs and crumbs, and sauté until brown on both sides. Cover with a mixture of ½ tomato juice and ½ water, seasoned with salt and pepper. Cover the pan, and let cook until the cutlets are done. Veal prepared in this way is unusually tender. Enough of the juice should be left in the pan to form a gravy.

VEAL BIRDS

Cut calf's steak into strips 2 inches wide and 6 inches long. Use 2 strips to a portion. Prepare a bread stuffing, and cover each strip of veal with stuffing. Roll tightly and tie with string. Dip each roll in flour and paprika, and sauté in hot fat until nicely browned. Place in a greased baking dish, half cover with water to which 1 teaspoon salt has been added, and bake in a moderate oven until the veal is very tender, about 1½–2 hours.

CURRY OF VEAL WITH RICE

Buy 1 and ½ pounds of veal cut in pieces for stewing. Cook 1 large, sliced onion in 2 tablespoons fat till brown, add 1 and ½ teaspoons curry powder and the meat, sprinkle with 2 tablespoons lemon juice, and cover closely. Cook 15 minutes, then add 2 cups strained canned tomato juice, season to taste, and simmer until the meat is tender. If necessary add a little more juice or water. Thicken the gravy a little with flour, and serve on a bed of rice.

FRENCH VEAL STEW

Have the butcher cut 1 and ½ pounds of stewing veal into small pieces. Roll each piece in seasoned flour and brown in a little fat. Add 3 small potatoes cut into cubes, a large cubed carrot, ½ cup cubed celery, 1 grated onion, and ¼ pound of mushrooms cut small. Mix 1 tablespoon flour with a little cold water until smooth, add 2 cups more water or stock, and pour over meat and vegetables. Put in a casserole, and bake at 350° F. until the meat is tender.

VEAL LOAF SUPREME

Mix together thoroughly 1 and ½ pounds of ground veal, 1 teaspoon of salt, 1 egg, ½ teaspoon celery salt, 1 finely chopped onion, ¼ teaspoon dry mustard, ½ teaspoon of thyme, ½ teaspoon of ground sage, ¼ teaspoon of pepper, and ¾ cup of bread crumbs. Form into an egg shaped loaf and place on the rack of a roaster. Put into the refrigerator for an hour to become firm. Pour 2 cups of canned tomatoes around the meat and place in an oven heated

to 350° F. Bake for 1 and ½ hours; baste the meat frequently with the tomatoes. When the meat is done, remove it carefully to a platter and keep it hot while the sauce is made. Place the roaster over a medium flame on top of the stove. Add ½ cup of water to the tomatoes in the pan. Mix 2 tablespoons of flour with a little cold water to a smooth paste, and add to the gravy. Stir until smooth. If the sauce seems too thick, add a little more tomato juice or water. Season to taste with salt and pepper, and strain. Serve in a sauce boat with the meat.

CALF'S HEARTS

Remove arteries and veins from 2 calf's hearts. Stuff with a highly seasoned bread dressing and sew. Dredge with flour, and brown in 2 tablespoons of hot fat. Cover with water, and cook gently, either on the stove or in an oven pre-heated to 350° F., for 2 or 3 hours, until the hearts are tender. Thicken the gravy with 1 tablespoon of flour mixed with a little cold water. Cook 5 minutes, and serve with the hearts.

IRISH STEW

Cut 1 and ½ pounds of boneless lamb into small pieces. Dredge each piece of meat in flour. Brown in the frying-pan. Put in kettle, cover with water and cook slowly 1 hour or until tender. Add 1 quart of potatoes cut in small dice, ½ cup of carrots and 3 onions, after cooking 30 minutes. Season with salt, pepper, and thicken with 2 tablespoons of flour moistened in enough cold water to form a smooth paste. Serve with dumplings. (See Dumplings, p. 150.)

LAMB AND MACARONI

Dilute 1 can of concentrated tomato sauce with 1 quart of water; mince 2 medium-sized onions very fine and fry slowly in olive oil or drippings until they are a golden brown, and add to tomatoes. Fry 1 and ½ pounds of lean neck of lamb in a little drippings until the meat is nicely browned all over and add to the tomatoes. Season with one clove of garlic, two bay leaves, two teaspoons of sugar, pepper and salt, and let it simmer for about 1 and ½ hours, or until the meat is tender and the sauce has become the consistency of thick cream. Have ready some boiled macaroni, put in with the meat and stir well. Serve hot.

Short ribs of beef may be cooked in the same manner.

LAMB STEW, TOCANE

Brown ½ cup of sliced leeks or onions in 1 tablespoon of fat. Add 1 and ½ pounds of neck or breast of lamb cut in small pieces.

Add 1 teaspoon of salt, ½ teaspoon of pepper and 1 teaspoon minced parsley. Add 2 cups of water, cover, and simmer until the meat is tender. Season to taste with dill just before serving.

ROLLED LAMB SHOULDER, CURRANT SAUCE

Have a shoulder of lamb boned and rolled. Rub with 1 tablespoon of salt and ¼ teaspoon of pepper and place on the rack of a roasting pan. Have the oven pre-heated to 350° F., place the roaster in the oven, and cook uncovered. Allow 40 minutes for each pound. During the last hour baste frequently with the following sauce.

Melt 2 tablespoons of shortening, add ½ cup of currant jelly, 2 tablespoons of vinegar, and ½ teaspoon dry mustard. Stir until the jelly is melted. Serve additional sauce with the roast. Allow ⅓ pound of boned meat for each portion.

CURRIED MUTTON

Have 3 pounds of mutton cut in 1 inch squares. Wipe, put in kettle and cover with cold water. Cook for 5 minutes, drain and again cover with boiling water. Add 1 cup of chopped onion, 1 teaspoon of peppercorns, and ½ of a red pepper, cut in small strips. Place over a low flame and allow it to simmer until tender. Strain liquor and thicken with flour. Add 2 tablespoons of drippings, 1 tablespoon of minced parsley, 1 teaspoon of curry powder, and ½ teaspoon of salt. Serve with molded rice.

Lamb may be prepared in the same manner, but it is not necessary to parboil it.

GEWETSH

Brown 1 large onion in 1 tablespoon of fat, add 1 teaspoon of paprika and 2 pounds of neck or shoulder of lamb cut into small pieces. Add 2 cups of water and cook 1 hour. Grease a pudding dish well. Slice 2 large tomatoes and place them on the bottom of the pan. Cover them with 1 and ½ cups of cooked rice and half the meat. Slice 2 green peppers and place them over the meat. Pour half the gravy over this, and sprinkle with 1 teaspoon of salt. Place another layer of tomatoes, rice, meat, and green peppers over this. Use the same amount of each ingredient, as you used in the first layer. Cover all with 2 more sliced tomatoes, and the rest of the gravy. Sprinkle with 1 teaspoon of salt. Cover the dish and bake at 375° F. for ¾ of an hour.

ROAST LAMB WITH POTATOES

Wash and dry thoroughly a shoulder of lamb. Rub with 1 teaspoon of salt, ¼ teaspoon of pepper, and ¼ teaspoon of ginger. Place in a covered roasting pan. Put a few pieces of whole mace

and a few slices of onion on top, and pour 1 cup of hot water into the pan. Set in an oven pre-heated to 350° F., cover the pan tightly, and roast 30 minutes to the pound. Baste frequently, if the roaster is not self-basting. Pare 6 medium sized potatoes, sprinkle with ½ teaspoon of salt, and lay them around the roast. Add the potatoes 1 hour before the roast is done. Serve with mint or cranberry sauce or jelly.

STUFFED SHOULDER OF LAMB OR MUTTON

Have the butcher carefully remove the blade from a shoulder of lamb or mutton. Fill the space with any desired stuffing. Sew up the opening, and roast as for Roast Lamb, or Rolled Lamb Shoulder. Serve with Currant or Mint Sauce.

MUTTON OR LAMB CHOPS

Have shoulder or rib chops cut 1 inch thick. Pre-heat the broiler with the regulator set at 350° F. Place the chops on the broiler so that the top of the meat is 1 inch below the flame. Cook 5 minutes, turn, season with salt and pepper, and cook 5 minutes longer. Lamb chops should not be well done. Serve at once.

LEFT-OVER MEATS

Some meats, especially pot roast and stews, improve in flavor if they are left overnight in their own gravy. To serve them again, heat the gravy very hot before adding the meat. Cook only until the meat is heated. Pot roast will look and taste better if it is sliced while cold, and then re-heated.

Other meats may be prepared in many ways. Even a small family can enjoy the larger roasts, because the left-overs can be used in so many different ways.

MEAT TIMBALES

Beat 4 eggs lightly. Stir in 1 cup of cold soup stock and ½ teaspoon of salt. Add 1 cup of chopped, cooked meat, and 1 cup of chopped, cooked mushrooms. Season with 1 chopped onion and 1 teaspoon of paprika. Turn into greased timbale cups, pack firmly and steam or bake until firm, about 45 minutes. Unmold and serve with mushroom sauce. A silver knife blade inserted into a mold will come out clean when the timbales are done. Bake at 350° F.

CROQUETTES

Left-over or soup meats may also be used to make Croquettes. A complete description of how to make them will be found under Entrées.

EMPANADA CHILEAN

Trim away all fat and gristle from left-over or soup meat. Beef is best for this dish. Chop or grind the meat fine, and measure 2 cups. Sauté 1 small chopped onion and 1 green pepper, chopped, in 2 tablespoons of fat. Add the meat, 1 dozen seedless raisins, 2 sliced hard-cooked eggs, and ½ cup of minced olives. Moisten the mixture with ½ cup of gravy or soup stock. Place in a greased casserole. Make a plain pastry of 1 cup flour, ¼ cup of fat, ½ teaspoon salt, and ¼ cup of ice water. (See directions for making pastry.) Roll out and fit over the top of the casserole. Press the pastry well over the edges of the casserole, and prick the top in several places with a fork. Place in an oven of 400° F. until the pastry is well browned, about 20 minutes.

MEAT BLINTZES

Trim away all fat and gristle from left-over meat. Grind or chop fine. Measure 2 cups. Add 1 egg, ½ teaspoon of salt, ¼ teaspoon of pepper, and 2 tablespoons of soup stock or catsup. Mix well. Prepare pancakes as for Cheese Blintzes. Place 1 heaping tablespoon of the meat mixture in the center of each pancake. Fold over and fry in fat. Serve with gravy or tomato sauce.

MEAT PIE

Trim away all fat and gristle from left-over meat and cut into 1 inch squares. Measure 2 cups. Dice 2 onions and 1 cup of celery. Fry in 2 tablespoons of fat until brown. Add the meat, 1 diced green pepper, 3 tablespoons of chopped parsley, 2 cups of diced cooked carrots, 1 cup of peas, and 1 cup of diced cooked potatoes. Remove from the fire.

Combine 4 tablespoons of poultry fat with 5 tablespoons of flour. Stir over the fire until it bubbles. Add 3 cups of soup stock, and stir until smooth and thick. Season to taste with salt and pepper. Pour over the meat. Grease a casserole, fill it with the meat, and cover with plain pastry, or biscuits made with water. (See Pastry and Baking-powder biscuits.)

Bake 20 minutes in a hot oven, 425° F. Serve at once.

SHEPHERD'S PIE

Any left-over meat may be used for this, but lamb is especially good. Grind the meat and measure 4 cups. Add 1 teaspoon of salt, ½ teaspoon of pepper, 1 finely chopped onion, and 2 tablespoons of chopped parsley. Mix well. Moisten with ½ cup of gravy or stock. Line the bottom and sides of a greased casserole with mashed potatoes or cooked rice. Fill with meat mixture and cover with the

rice or potatoes. Dot with fat. Bake in a moderate oven, 350° F. for 1 hour. Serve at once.

HASH

Mix 1 cup of ground beef or corned beef, 6 medium-sized cold, boiled potatoes, riced, 1 small finely chopped onion, ¼ teaspoon pepper and 1 teaspoon of salt. Put the mixture into a greased baking dish and bake at 350° F. until nicely browned; or melt 2 tablespoons of fat in a skillet, add the meat, cover the pan, and cook until a crust has formed on the bottom. Fold over, and serve.

RED FLANNEL HASH

To 1 cup of ground corned beef, add 6 chopped cooked potatoes, 3 chopped cooked beets, and 2 chopped carrots. Proceed as above.

MEAT LOAF SURPRISE

Slice 1 large, peeled eggplant in ½ inch slices, soak 1 hour in salt water. Drain well and dry. Break an egg into a saucer and beat slightly with 2 tablespoons of water. Slice cold meat loaf ½ inch thick. Dip each meat and eggplant slice into the egg and coat thoroughly with fine crumbs. Sauté in 2 tablespoons of chicken fat until golden brown. Place a slice of meat on a slice of eggplant. Cover with tomato sauce and serve at once.

QUICK MEAT KNISHES

Sift 2 cups of flour, measure accurately, and sift again with 1 teaspoon of baking powder and ½ teaspoon of salt. Cut in 1 tablespoon of fat. Add 2 beaten eggs and 2 tablespoons of water. Form into a smooth dough. Roll into a thin sheet on a floured board. Cut dough into 6 squares.

Grind 2 cups of cooked meat and add ½ cup of mashed potatoes. Season with ½ teaspoon salt and ¼ teaspoon of pepper. Place some of the meat mixture on each square. Moisten the edges of the dough and fold up over the meat, so that a little of the meat shows in the center of each. Press the edges of the dough firmly together. Melt 2 tablespoons of fat in a pan, place the knishes in it, and bake in an oven heated to 350° F. until the crust is nicely browned, about ¾ of an hour. Serve with any desired sauce.

MEAT SOUFFLÉ

Melt 3 tablespoons of fat, add 3 tablespoons of flour and stir until the mixture bubbles. Add ¾ cup of warm soup stock, and cook until smooth and very thick. Stir in 1 and ½ cups of ground cooked meat, ¾ teaspoon of dry mustard, ⅛ teaspoon of pepper, and 1 teaspoon salt. Beat 3 egg yolks until very light, and stir into the mixture. Cook over a low flame for 5 minutes. Beat 3 egg whites

until stiff, and fold in carefully. Pour into a deep, well-greased pudding dish, set the dish in a pan of hot water, and bake in an oven heated to 350° F. for about an hour, or until the blade of a silver knife, when inserted, will come out clean. Serve immediately.

STUFFED GREEN PEPPERS

With a sharp knife cut around the stems of 5 or 6 green peppers. Carefully remove the stems and seeds. Cook 3 minutes in boiling water and drain. Mix together 2 cups of ground, cooked meat, ¾ cup of cooked rice, 1 tablespoon of chicken fat, 1 teaspoon of salt, ¼ teaspoon of pepper, and 1 egg. Stuff the peppers with this mixture. Place upright in a greased pan, and bake about ¾ of an hour at 350° F., or until the peppers are tender and the meat is brown. Serve with tomato sauce.

POULTRY

TO DRESS AND CLEAN POULTRY

Singe by holding the fowl over a flame. Pick off pin feathers. Cut off the nails, then cut off the head, turn back the skin and cut the neck off quite close; take out windpipe and crop, cutting off close to the body. Cut through the skin around the leg 1 inch below the leg joint; take out the tendons and break the leg at the joint; in old birds each tendon must be removed separately by using a skewer.

Make an incision just below the breast bone large enough to insert your hand, take out the fat and loosen the entrails with your forefinger. When everything is removed, cut off the neck, feet and head. Separate the gall from the liver. In doing this be very careful not to break the gall, which has a very thin skin. Scrape all the fat off carefully that adheres to the entrails and lay it in a separate dish of water overnight. Cut open the gizzard, clean and pull off the skin, or inner lining.

Make Kosher as directed.

If you make use of the head, which you may in soup, cut off the top of the bill, split open the head, lengthwise, take out the brains, eyes and tongue.

Clean the gizzard and feet by laying them in scalding water for a few moments. This will loosen the skin, which can then be easily removed.

Remove the oil bag from the upper side of tail.

After making Kosher and cleaning poultry, season all fowls for several hours before cooking. Salt, pepper, and ginger are the proper seasoning. Some like a tiny bit of garlic rubbed inside and outside, especially for goose or duck.

Dress and clean goose, duck, squab, and turkey as directed for chicken.

TO TRUSS A CHICKEN

Press the thighs and wings close against the body; fasten securely with skewers and tie with string. Draw the skin of the neck to the back and fasten it.

ROAST CHICKEN OR CAPON

Stuff and truss a large, tender chicken or capon. Sprinkle with salt and pepper and rub with flour. Place on the rack of a roasting

pan. Pre-heat the oven to 350° F., place the chicken in the oven, and roast at that temperature until the chicken is tender. Allow about 30 minutes for each pound. To tell if the chicken is tender, prick the drumstick with a fork. If the meat seems soft, the chicken is done. When the chicken is well-browned on one side, turn and brown the other. If the chicken becomes browned before it is done, cover the pan tightly for the remaining cooking time. During the last hour of cooking, if the skin appears to be becoming too dry, baste with a mixture of ½ cup of water and 2 tablespoons of fat. When the chicken is done, remove it from the pan and keep it hot while the gravy is being made.

To make gravy, remove all the fat from the pan, measure 4 tablespoons and return them to the pan. Add 4 tablespoons of flour and stir until the mixture bubbles. Stir in 2 cups of boiling water. Stir and cook until smooth and thick. Season to taste with salt and pepper.

BOILED CHICKEN, BAKED

Make chicken soup with an old hen. Remove chicken from soup just as soon as tender. Place in roasting-pan with three tablespoons of chicken fat, 1 onion sliced, 1 clove of garlic, ½ teaspoon each of salt and paprika. Sprinkle with soft bread crumbs. Baste frequently and when sufficiently browned, cut in pieces for serving. Place on platter with the strained gravy poured over the chicken and serve.

BROILED CHICKEN

Select chickens weighing 1 to 1 and ½ pounds. Split down the back, break the joints and remove the breast bone. Rub well with chicken fat, and sprinkle with salt and pepper to taste. Pre-heat a broiler with a moderate flame, 350° F. Place chickens on the broiler, and cook until well-browned on all sides. Serve at once. Allow 1 small chicken for each portion.

FRIED CHICKEN

(1) Cut young frying chickens in quarters, wash and dry thoroughly. Rub with melted fat, and place in a paper bag with a little flour. Shake the bag well. This will dredge the chickens quickly and evenly. Melt 4 tablespoons of fat in a frying pan. When it is hot, add the chicken, sprinkle with salt and pepper, and fry until a deep brown on all sides. Add 2 cups of water, salt and pepper to taste, cover the pan tightly, and cook over a low flame until the chicken is very tender. Dissolve 3 tablespoons of flour in cold water. Add to the gravy and stir until smooth and thick. A few mushrooms may be added with the water. Allow 2 quarters of chicken for each portion.

(2) Cut a large soup chicken into pieces as for fricassee. Use the chicken to make soup. Drain, and dry each piece of chicken thoroughly. Sprinkle with salt and pepper, dip in egg and bread crumbs and fry in deep hot fat until golden brown. (See directions for frying.)

GIBLETS

Heart, liver, and gizzard constitute the giblets, and to these the neck is usually added. Wash well, cover with cold water, and boil until very tender. Add more water when necessary. The liver will cook in 10 minutes, the rest will take at least an hour. Cut heart, liver, and gizzard into very small pieces and add to gravy. The stock may be used to make the gravy.

CHICKEN FRICASSEE

Cut off the wings, legs, and neck of a large old fowl. Separate the breast from the chicken and cut it in half. Cut the back into 2 pieces. Separate the thighs at the joint. Prepare a mixture of salt, ginger, and a little pepper and dust each piece of chicken with this mixture. Melt all particles of fat removed from the chicken in a large kettle. Use 2 tablespoons of this melted fat and remove the rest. Brown a diced onion in the fat. Add the chicken a few pieces at a time, and brown lightly. Add ½ cup of diced celery and 1 cup of hot water. Cover the pan tightly and simmer until the chicken is very tender. Add hot water from time to time, so that there is always about 1 cup of liquor in the pan. When the chicken is tender, mix 1 teaspoon of flour to a smooth paste with a little cold water. Stir into the gravy, and cook and stir for 5 minutes. Serve with dumplings or biscuits, and garnish with parsley.

PERSIAN CHICKEN WITH RICE

Boil a 4 pound chicken in 2 quarts of water, adding a chopped onion, a bay leaf, 6 whole peppercorns, a tablespoon of salt, a stick of cinnamon and a bunch of sweet herbs. When the meat is tender, remove the big bones and cut the meat in pieces. Strain the stock and add to it a cup of well-washed rice. Cover and boil 12 minutes, then add a cup of seeded raisins, a tablespoon of fat, and the chicken. Cover and cook gently until the rice has taken up all the stock, watching that it does not burn. Serve hot, with a few chopped almonds.

CHICKEN WITH SPAGHETTI, EN CASSEROLE

Stuff and truss a tender young chicken, as if for roasting. Place it in a casserole, and pour over it 2 tablespoons of olive oil, a cup of white wine, a cup of bouillon, salt and pepper to taste, 1 tablespoon of dried mushrooms soaked in 1 cup of water and chopped

fine, the water in which they soaked, and 1 cup of canned mushrooms. Cover tightly, place in an oven pre-heated to 350° F., and cook about 1 hour, or until the chicken is tender. Mix 1 tablespoon of flour with 1 tablespoon of chicken fat and add to the gravy. Add also 1 dozen olives. Return to the oven and cook 10 minutes. Meanwhile cook enough spaghetti to make 2 cups. Place the chicken on a platter, add the spaghetti to the sauce, and serve with the chicken.

STUFFED CHICKEN, TURKISH STYLE

Steam chicken and when it is almost tender stuff it with the following: Take ¼ pound of almonds, chopped; season with parsley, pepper and salt to taste, add 1 tablespoon of bread crumbs and bind this with one well-beaten egg. Put chicken in roasting-pan and roast until done.

CHICKEN CURRY

Cut a large chicken in 12 pieces, simmer in water to cover until tender. Remove chicken, and simmer the stock until it is reduced to 3 cups. Cook ½ a chopped onion in ¼ cup of chicken fat a few minutes and add to the stock. Add ½ cup of chopped apples and ¼ cup of seedless raisins. Mix 3 tablespoons of flour with 1 tablespoon of curry powder with a little cold water to a smooth paste. Stir into the stock. Add chicken and simmer 15 minutes. Add 1 cup of canned or fresh cocoanut milk, and cook 3 minutes longer. Serve with separate bowls of rice, grated cocoanut and Chutney.

Left-over meats or chicken may be made into a curry in the following way: Chop 1 small apple and 2 tablespoons of onion. Cook in 2 tablespoons of fat until brown. Mash to a paste, add 2 teaspoons of curry power, 1/16 teaspoon of ground cloves, and 1 teaspoon of lemon juice. Simmer 10 minutes. Add to 2 cups of gravy and heat. Add 2 cups of cut up meat or chicken and heat thoroughly.

CHICKEN PAPRIKA WITH RICE

Cut a plump 5 pound chicken in pieces to serve, salt it, and let stand several hours. Remove some of the fat from the chicken and melt it in the bottom of a large pot. Use ¼ cup of this fat. Mince 1 medium-sized onion and brown it in the ¼ cup of fat. Remove the onion from the fat, and keep it for the rice. Add the chicken to the fat and fry each piece until golden brown. Add 1 tablespoon of paprika and water to cover. Cover the pot and simmer until the chicken is very tender. The gravy should be rich in fat. Season to taste with salt and pepper.

Wash 1 cup of rice in cold water, drain, add the fried onion, 1 teaspoon of salt, and 4 cups of boiling chicken stock. Cook until the rice is tender. Strain off the excess liquid and serve the rice with the chicken.

CHICKEN SPANISH

Cut 4 broilers in pieces for serving. Season with salt and pepper and dredge in flour. Brown in 2 tablespoons of hot fat. Parboil 6 large red peppers until soft, and rub them through a sieve. Chop fine 2 small onions, 3 cloves of garlic, and ¼ cup of capers. Add these to the peppers and pour over the chicken. Add enough water to cover, and simmer until the chicken is tender. In serving broilers, always allow 1 whole one for each portion, if a generous serving is desired. For a small portion half of a large broiler may be used.

TURKISH PILAF

Wash 1 cup of rice in cold water. Drain, and stir into 2 cups of boiling soup stock. Mince ¼ of a medium-sized onion and add. Cook until the rice absorbs all the stock. Add 1 cup of canned tomatoes and cook until the rice is tender. Add olive oil or chicken fat, salt and pepper to taste.

Cut a 3 pound chicken in pieces for serving, and cook until almost tender. An equal amount of cold cooked chicken or turkey may be used instead. Cook in 2 tablespoons of chicken fat until light brown. Place the rice in a greased pudding dish, cover with the chicken, dot with 2 tablespoons of olive oil or chicken fat, cover the dish, and bake for 20 minutes in an oven pre-heated to 350° F.

RUSSIAN PILAF

Substitute 2 and ½ cups of cooked lamb for the chicken. Add 2 chicken livers sautéd in 1 tablespoon of chicken fat and cut in small pieces. Proceed as for Turkish Pilaf.

SPANISH PIE

Take 1 pint of cold chicken, duck or any poultry. Cut it into flakes and place it in a pudding dish which has been lined with a thin crust. On the layer of meat place a layer of sweet red peppers (seeds removed), cut in slices; next, a layer of thinly sliced sausage, and so on until the dish is full. Over this pour a glass of claret into which have been rubbed 2 tablespoons of flour. Cover with a thin crust of pastry, and bake.

CHICKEN À LA ITALIENNE

Cut the remains of cold chicken (or turkey) into pieces about 1 inch long and marinate them in a bowl containing 1 tablespoon

of olive oil, 1 teaspoon of tarragon vinegar or lemon juice, a few drops of onion juice, salt and pepper. At the end of half an hour sprinkle with finely chopped parsley, dip them in fritter batter, and fry in boiling fat. Drain on brown paper, and serve with or without tomato or brown sauce.

In some parts of Italy this dish is made of several kinds of cold meats, poultry, brains, etc. (the greater the variety the better), served on the same platter, and in Spain all kinds of cold vegetables are fried in batter and served together.

CHICKEN PORTOLA

Cut 2 two pound chickens in pieces for serving. Place in a greased baking dish which has a very tight cover. In an iron skillet put 4 tablespoons of olive oil, 1 finely chopped onion, 1 finely chopped green pepper, and a sliver of garlic. Cook over a low flame until brown, remove the garlic and add 1 cup of canned tomatoes and ½ teaspoon of sugar. Cook gently for 10 minutes and strain. Add to this 3 tablespoons of shredded cocoanut and 1 cup of canned whole kernel corn. Mix and pour over the chicken. Cover the pan tightly and set it in another pan of water. Place in an oven pre-heated to 400° F. and bake until the chicken is tender, about 1 hour.

CHICKEN CHOP SUEY

Melt 3 tablespoons of chicken fat in a large skillet, add 3 cups of diced celery, 2 cups of diced onions, and 1 and ½ cups of chicken soup. Cook gently until the vegetables are tender. Add 2 cups of diced cooked chicken, 1 can of drained Chop Suey vegetables, and 1 tablespoon of Soy Sauce. Cover the skillet and cook gently for 15 minutes. Meanwhile mix 3 tablespoons of cornstarch, 2 tablespoons of sugar, and 2 tablespoons of Soy Sauce to a smooth paste. Add to the meat, and cook and stir constantly for 15 minutes. Serve very hot with cooked rice or heated Chinese Noodles, which may be purchased ready to serve.

Veal or beef may be substituted for the chicken.

QUENNELLES

Grind fine 2 cups of cooked chicken. Then pound it to a paste with a pestle. Soak ½ cup fine bread crumbs in a little water. Press out as much of the water as possible. Add to the chicken with ¼ cup of chicken fat, ½ teaspoon of salt, ⅛ teaspoon of pepper, ⅛ teaspoon of nutmeg, ¼ teaspoon of cinnamon, and the yolk of an egg. Stir well and add the yolk of another egg. Beat the 2 egg whites stiff and fold into the mixture. Form into little balls 1 inch in diameter, and roll the balls in flour. Drop into boiling water,

lower the flame under the water until it just simmers, cover the pot, and let the quennelles poach 15 minutes. Remove with a slotted spoon, and serve at once with the following sauce:

Mix 2 tablespoons of chicken fat and 2 tablespoons of flour. Cook until the mixture bubbles, add 1 and ¼ cups of hot chicken soup, ½ teaspoon of salt, ½ teaspoon of cinnamon, and ¼ teaspoon of nutmeg. Cook and stir until smooth and thick.

CHICKEN-ORANGE FRICASSEE

Prepare chicken according to the direction for Chicken Fricassee, but substitute the juice of 2 oranges for part of the water. Add the grated rind of the oranges.

CHICKEN CACCIATORI

Cut 3 two pound frying chickens in pieces for serving. Cut the livers in half. Fry the chickens until a golden brown in ¼ cup of olive oil. Add 2 minced onions, 3 minced green peppers, 1 minced sweet red pepper, and ¼ pound of sliced mushrooms. Brown lightly. Add the chicken livers. Mix together 1 can of Italian tomato paste with 2 and ½ cups of Italian tomatoes. Add to the first mixture and stir well. Season with 1 teaspoon of salt, ½ teaspoon of pepper, 1 teaspoon of sugar, and 4 bay leaves. Cover the pan, and simmer gently until the chickens are tender. Place 3 cups of cooked spaghetti (the long strands are best) on a large platter, cover with the chicken and serve at once.

CHICKEN PIE

Remove all the bones from a 3 pound cooked chicken. Leave the meat in as large pieces as possible. In separate pans cook 5 small whole onions, ½ cup of large peas, ½ cup of diced carrots and 1 cup of potato balls. Drain the vegetables. Grease a large casserole and invert a tea cup in the center. Place around it the chicken and vegetables. Mix 3 tablespoons of chicken fat with 3 tablespoons of flour. Cook until the mixture bubbles. Add 2 cups of hot chicken broth and cook and stir until smooth and thick. Season to taste with salt and pepper. The sauce should be rather highly seasoned. Pour over 2 beaten egg yolks. Pour the sauce over the meat and vegetables. Cover the pie with a rich pastry pressed well over the edges of the pan, or biscuits made with water. If the crust is used, prick in several places. Leave a little space between the biscuits. Place in an oven pre-heated to 375° F., and cook 35 minutes.

CHICKEN À LA KING

Melt 5 tablespoons of chicken fat, add 5 tablespoons of flour, and cook until the mixture bubbles. Add 2 and ½ cups of chicken

soup, and cook and stir until smooth and thick. Add 2 and ½ cups of diced cooked chicken, 1 cup of sliced, cooked mushrooms, 1 diced, cooked, green pepper, 1 diced pimento, 1 cup of peas, and salt and pepper to taste. Just before serving, pour over the beaten yolks of 2 eggs. Stir well and serve in patty shells or crousades, or on toast or biscuits.

ROAST GOOSE

Have a 7 pound goose prepared for stuffing. The day before it is to be served place it on the rack of the roaster, and put it in an oven pre-heated to 350° F. for 1 hour. Pour off the fat. Cool, stuff with any desired stuffing, and sprinkle with 1 teaspoon of salt, ½ teaspoon of pepper and ½ teaspoon of ginger. Place in the refrigerator overnight. Next day, pat with flour, and put on the rack of the roaster. Set in an oven of 350° F. and let roast about 2 and ½ hours longer, or until tender. Allow about 30 minutes to the pound for the entire cooking time. Serve with tart apple sauce. Goose prepared in this way lacks the excess fat which many find objectionable. The tried out fat may be used for shortening.

Left-over roast goose is delicious sliced cold, or used in sandwiches.

STUFFED GOOSE NECK (RUSSIAN STYLE)

Remove skin from neck of goose, duck or chicken in 1 piece. Wash and clean well and stuff with same mixture as for Kishke. Sew at both ends and roast in hot oven until well browned.

STEWED GOOSE, PIQUANTE

Skin, and remove as much fat as possible from a 7 pound goose. Place the goose in a large kettle and cover with water. Add 1 teaspoon of salt, ½ teaspoon of pepper, 3 cloves, a slice of lemon peel, and ¼ teaspoon of ginger. Cook slowly until the goose is tender. Brown 1 tablespoon of flour and stir in 1 tablespoon of goose fat. Cook until the mixture bubbles. Add the goose gravy and cook and stir until smooth and thick. Season to taste with lemon juice or vinegar and sugar. Serve with the goose.

ROAST DUCK

Duck is stuffed, trussed and roasted in the same manner as chicken. Cook and chop the giblets and add to the gravy. Since duck is fatter than chicken, the skin may be pricked occasionally during the roasting to help the fat try out.

CANETON À LA BIGARDE

Stuff, truss and roast a duck according to the directions for Roast Chicken. While the duck is roasting slice 3 cooked carrots

and 2 raw onions. Cook them in 2 tablespoons of duck fat until they are brown. The fat used should be taken from the roaster. Cut the rind of an orange into julienne strips and cook in a little hot water until they are soft.

When the duck is tender remove it from the roaster and keep hot while the gravy is made. Pour off all but 2 tablespoons of the fat in the pan. Add 1 cup of orange juice and 1 small glass of currant jelly. Stir until the jelly is melted, mixing well. Add the drained rind.

Place the duck on a platter, garnish with the carrots and onions, and pass the gravy separately. Peel and separate the sections of a seedless orange. Decorate the breast with some of the sections and lay the rest about the platter.

DUCK IN ASPIC

Roast, but do not stuff a duck. Cool. Remove the breast meat carefully. Remove all skin, fat, and bones from the duck. Chop fine all but the breast meat. Arrange it in a mold. Make Calf's Foot Jelly (see Entrées), but substitute Port wine for sherry. Pour the jelly over the duck and set in the refrigerator until firm. Unmold on a bed of watercress. Peel and slice thin seedless oranges. Lay the slices around the duck. Cut the breast meat into neat strips and garnish the orange slices with them.

ROAST SQUABS

Prepare and stuff squabs according to the directions for all poultry. Allow 1 squab for each portion. Mix together ½ teaspoon of salt, ¼ teaspoon of pepper, and ¼ teaspoon of ginger for each squab. Rub the surface well with this mixture. Melt poultry fat ¼ inch deep in a large skillet. Brown the squabs on all sides in this. Place them close together in a roaster with a tight cover. Brown 2 diced onions in the same fat. Add 1 cup of water, stir well, and pour the liquid over the squabs. Add 1 cup of sliced mushrooms, and if desired a small wine glass of sherry. Place in an oven pre-heated to 375° F., cover tightly, and cook about 1 hour, or until the squabs are tender. If desired 1 cup each of diced carrots, peas, and potato balls may be added with the mushrooms.

BROILED SQUABS

Prepare squabs according to the directions for Broiled Chicken. Allow 1 whole squab for each portion.

ROAST TURKEY

When buying turkey, allow 1 pound for each portion. Clean, and rub inside and out with a mixture of 2 teaspoons of salt, 1 teaspoon of pepper and 1 teaspoon of ginger. Stuff, truss, and place

in the refrigerator overnight. Next day pat with flour, and sprinkle lightly with paprika. Place on the rack of a roaster in a moderate oven, 350° F. Let brown uncovered on one side, turn without pricking the skin, and brown on the other side. When the turkey is a rich brown, if it is not yet tender, cover the pan tightly and continue roasting. If the roaster is not self-basting, baste with a little water every 15 minutes. The time for roasting will vary with the tenderness of the turkey, but allow at least 20 minutes for each pound. To make the gravy, pour off all but 4 tablespoons of the fat in the pan, add 4 tablespoons of flour, stir well, and add 4 cups of boiling water. Cook until smooth and thick and season to taste with salt and pepper.

Left-over turkey may be used for croquettes, salads, sandwiches, re-heated, sliced, and served with gravy, or in any recipe using cooked chicken.

GRIEBEN

Remove the skin and all fat from any kind of fowl. Place the fat in a kettle, cut the skin into neat pieces about 1 inch square and add them to the fat. Cook over a moderate fire until the skin begins to brown. Add 1 diced onion. Cook until the skin is crisp and well browned, but be careful not to burn the onion. Strain off the fat, and serve the grieben with rye bread.

STUFFINGS FOR MEAT AND POULTRY

All stuffings are built on the same pattern. There is a starchy base, shortening, seasoning, and sometimes an egg or a little liquid. Stuffings may be varied in many ways. The starch may be bread, potatoes, rice, kashe or chestnuts. Mushrooms, onions, celery, fruits, and chopped nuts may be added if desired. For the fatty birds, such as duck and goose, the addition of a tart fruit or dried fruits is especially desirable to cut the richness of the meat. Potato Kugel makes a delicious stuffing for either veal or poultry.

When judging the quantity of stuffing necessary, allow ½ cup for each serving. If the inside of the bird is unusually small and will not hold that amount, put the rest in a casserole, dot with fat, bake for 1 hour at 350° F., and serve with the roast.

TO STUFF POULTRY

Use enough stuffing to fill the bird but do not pack it tightly or the stuffing will be soggy. Close the small openings with a skewer; sew the larger one with linen thread and a long needle. Remove skewers and strings before serving.

CRUMB DRESSING

Take 1 tablespoon of chicken fat, mix in 2 cups of bread crumbs, pinch of salt and pepper, a few drops of onion juice, 1 tablespoon of chopped parsley, and lastly 1 well-beaten egg. Mix, and stuff fowl.

BREAD DRESSING FOR FOWL

In a fryer on the stove heat 2 tablespoons of drippings or fat, drop in ½ onion cut fine, brown lightly and add ½ loaf of stale baker's bread (which has previously been soaked in cold water and then thoroughly squeezed out). Cook until it leaves the sides of the fryer, stirring occasionally. If too dry add a little soup stock. Remove from the fire, put in a bowl, season with salt, pepper, ginger, and finely chopped parsley, add a small lump of fat, break in 1 whole egg, mix well and fill the fowl with it.

POTATO STUFFING

Add 2 cups of hot, mashed Irish or sweet potatoes to bread stuffing. Mix well and stuff in goose, stuffed veal or lamb breast, or in beef casings, cleaned and dressed.

APRICOT STUFFING

Mix 3 cups of hot, freshly cooked rice, ¼ cup of melted fat, 1 small chopped onion, 1 cup of cut-up celery tops, salt, pepper and thyme to taste, and 1 and ½ cups of chopped dried apricots. This is especially nice for duck or veal.

PRUNE OR APPLE STUFFING

If apples are used, peel, quarter, and core 5 sour ones, and cook until half done. Drain. Or stew ¼ pound of prunes, pit and cut in quarters. Add 1 cup of bread crumbs, 2 tablespoons of fat, ½ teaspoon of poultry seasoning, ½ teaspoon of salt, and ⅛ teaspoon of pepper. Mix well.

CHESTNUT STUFFING

Shell and blanch 2 cups of chestnuts. Cook in boiling salted water until tender. Drain and force through a colander or a potato ricer. Add ¼ cup of melted chicken fat, ¼ teaspoon of pepper, ¾ of a teaspoon of salt, 1 cup of grated bread crumbs, and enough soup stock to moisten.

RAISIN STUFFING

Take 3 cups of stale bread crumbs; add ½ cup of melted chicken fat, 1 cup of seeded raisins cut in small pieces, 1 teaspoon of salt and ¼ teaspoon of white pepper. Mix thoroughly.

VEGETABLES

During the past few years we have learned so much about the composition of vegetables that in many respects it has greatly changed our methods of cooking them. We have learned to conserve vitamins and nutrition by scraping instead of paring, by using all vegetable juices, by cooking each vegetable in the manner best suited to it, and only until it is tender.

All vegetables should first be washed thoroughly. Those which may contain small bugs, such as cabbage, cauliflower, or Brussels sprouts, should be soaked heads down in salted, cold water. Those vegetables which grow above the ground should be put to cook in boiling water; those which grow under the ground in cold water. Mild flavored vegetables should be steamed or cooked in just enough boiling water to prevent burning. Strong flavored vegetables should be cooked in a large amount of water, uncovered.

To preserve the bright green color of vegetables cook them uncovered. Add salt to vegetables when they are almost cooked.

Above all, if you wish for delicious flavor and maximum nutrition from vegetables, buy only those which are fresh and in good condition, remember to cook them only until tender, and save every bit of the juices for soup or sauces.

ASPARAGUS

Cut off the lower, tough part of the stalks at the point at which they will snap. Soak in lukewarm water 5 minutes. Remove every scale on the stalk and wash the place it covered. Tie the asparagus in bunches of about 6 each. Place in a high narrow pan with the cut ends on the bottom. Pour in boiling water to come up to the heads, but not to cover them. Partly cover the pan and boil gently until the stalks are tender. When almost done, add 1 teaspoon salt for each quart of water. The length of time required for cooking will vary with the tenderness of the asparagus. Drain well. For each serving, place 3 or 4 stalks on a buttered slice of toast. Cover with melted butter, browned butter, asparagus, Hollandaise or Mock Hollandaise, or white sauce. The juice may be used for the sauce or in soup.

ASPARAGUS SAUCE

Melt 3 tablespoons of butter in a saucepan. Stir in 3 tablespoons of flour, and cook gently until the mixture bubbles. Add ¾ cup

asparagus juice and ¾ cup evaporated milk. Cook until smooth and thick. Season to taste with salt and pepper. Pour over asparagus on toast. If a poached egg is placed on this, it makes a delicious main luncheon dish.

CANNED ASPARAGUS

Turn can upside down and open from the bottom. Place asparagus and juice carefully in a saucepan. Bring to a boil but do not cook. Drain well, and proceed as for fresh asparagus.

ARTICHOKES, (FRENCH OR GLOBE)

French or Globe artichokes have a large scaly head, like the cone of a pine tree. The edible portion is the flower head. A good artichoke is plump and globular, with the leaves tight and meaty. The color should be a good green. They are delicious served in many ways, the most popular of which is boiled and served with mayonnaise or French dressing. To boil them, soak in cold water about 5 minutes. Drain and place compactly in a pot. Cover with boiling salted water, (about 1 teaspoon salt to 1 quart of water), and cook until the leaves are tender. Keep the pot covered. Drain and serve hot or cold. Before serving remove a few of the outer leaves.

In eating, the leaves are removed one by one with the fingers and the tender base dipped into the dressing. The tender part is eaten. In the center of the artichoke is a cone of tender, compact leaves. When these are lifted, they reveal a fuzzy portion beneath. This is scooped out and discarded, and the remainder of the vegetable is eaten.

JERUSALEM ARTICHOKE

This vegetable is in season in the fall and the spring, and may be cooked like kohl-rabi and served in the same way. The artichoke may also be cooked in milk.

When this is done, wash and peel the artichoke and cut into 1 inch cubes. Put 2 cups of cubes in the upper part of a double boiler, add 1 cup of milk and 1 small onion, finely diced. Put boiling water in the lower part of the boiler, place the pan with the vegetable on top, and cook, covered, until the artichoke is tender, about 20 minutes. Cream together 1 tablespoon of butter and 1 tablespoon of flour. Add a little of the cooked milk and stir until smooth. Add to the rest of the milk with ½ teaspoon salt and ⅛ teaspoon pepper. Stir until thick and cook ½ hour longer.

FRENCH ARTICHOKE WITH TOMATO SAUCE

Remove a few of the tough outer petals from 5 French artichokes. Cut in half and remove the fuzzy centers. Wash, drain,

and cook in olive oil until each side is brown. Use a frying pan and have the olive oil ¼ inch deep. Make tomato sauce, add artichokes and cook gently for 30 minutes. Makes 5 portions.

BEET GREENS

Beets are usually thickly sowed, and as the young plants begin to grow they must be thinned out. These plants make delicious and inexpensive greens, and even the tops of the ordinary market beets are good if they are crisp, fresh, and properly prepared. Wash the leaves carefully in several warm waters to remove all sand and insects. Cook gently, uncovered, in the water which clings to the leaves. When almost tender add salt, ½ teaspoon for each 2 cups of greens. When tender, drain, chop fine and add ¼ cup melted butter. A tablespoon of vinegar or lemon juice may be added if desired.

BOILED BEETS

Carefully wash any earth off the beets, but do not break the skin, root, or crown. Cover with cold water and cook until tender. Be sure that they are covered with water all during the cooking, as this helps keep the bright red color. Drain, cut off the roots and crown and slip off the skin. Slice and serve in any of the following ways:—

BAKED BEETS

Boil large beets until tender. Peel and cool. Mash very smooth, and for each cup of mashed beets, add ¼ cup chicken fat, ¼ teaspoon salt, ⅛ teaspoon pepper and ¼ cup soup stock. Mix well, place in a greased baking pan, and cook ½ hour at 350° F.

SOUR BUTTERED BEETS

Cook 5 medium-sized beets, peel and slice. Melt ½ cup butter in a large frying pan, and add 2 tablespoons of strained lemon juice. Lower the fire as much as possible, add ½ teaspoon salt and stir until well blended. Add the beets and stir until the sauce has covered the beets. Serve at once. Makes 5 portions.

SAVORY BEETS

Drain 2 cups of cooked or canned sliced beets. Keep 1 cup of the juice for the sauce. In a large saucepan melt 2 tablespoons of butter, add 2 tablespoons of flour, and stir until smooth and the mixture bubbles. Add the 1 cup of beet juice, 1 tablespoon of sugar, 1 tablespoon of vinegar, ¼ teaspoon of salt and 1 tablespoon of cream. Stir and cook until smooth and thick. Add the beets and heat thoroughly.

BROCCOLI

Broccoli is best when it is dark green and the buds are tightly closed. Cut away the thick, tough ends of the stalks. Soak the tender stalks and the buds in salted water 1 hour to remove any insects. Drain well and cook in a large quantity of boiling water, uncovered, until the stalks are tender. Do not overcook. Season with salt and pepper when it is almost tender. Drain well, and serve with Hollandaise or White Sauce, or melted butter.

The tough ends of the stalks may be cut lengthwise into narrow strips and cooked separately until tender. Serve as you would asparagus.

CARROTS

Scrape the carrots lightly; cut them into large dice or slices and drop them into salted cold water, allowing one teaspoon of salt to one quart of water. Boil until tender; drain and serve with butter and pepper or with cream sauce.

LEMON CARROTS

Old carrots may be used for this dish, and are really better than the new ones. Pare and cut into dice, and simmer in salted water until tender, but not pulpy. Drain, return to the fire, and for 1 pint of carrots add 1 teaspoon of minced parsley, a grating of loaf sugar, ½ teaspoon of paprika, 1 tablespoon of butter and the juice of ½ lemon. Heat through, shaking the dish now and then, so that each piece of the vegetable will be well coated with the mixture or dressing.

SIMMERED CARROTS

Wash, scrape and slice 1 quart carrots roundwise. Put them in a saucepan with 1 tablespoon of butter or drippings, 3 tablespoons of sugar and 1 teaspoon salt. Cover closely and let simmer on a slow fire until tender.

CARROTS WITH BRISKET OF BEEF

Salt and pepper 2 and ½ pounds of fat brisket of beef and let it stand for several hours. Place in a kettle, cover with water, and cook until tender, about 3 hours. Wash and scrape 5 medium sized carrots, and cut into small cubes. When the meat is almost tender, add the carrots, and cook until both are done. Heat 2 tablespoons of fat in a spider, add 2 tablespoons of flour and stir until smooth. Add gradually 1 cup of the meat gravy. Stir until smooth and thick. Add 1 more cup of gravy and stir well. Add 1 teaspoon of salt, ½ teaspoon of pepper, and ½ cup of brown sugar. Place meat and carrots in a roaster, pour the gravy over them, and bake at 350° F. until nicely browned.

CARROT TZIMMAS

Peel and dice 5 medium sized sweet potatoes. Prepare carrots and brisket as above. Add sweet potatoes to the meat with the carrots.

CARROTS O'BRIEN

Cut 3 carrots in strips, and cook in salted water until tender. Chop a green pepper and a pimento fine, and sauté in a little fat, add drained carrots, a pinch of salt, and a teaspoon of lemon juice. Heat thoroughly, and serve sprinkled with chopped parsley.

COMPOTE OF CARROTS (RUSSIAN STYLE)

Make a syrup of 1 cup of sugar and 1 cup of water by boiling ten minutes. To this syrup add 2 cups of carrots diced, which have previously been browned in 2 tablespoons of hot fat or butter. Cook all together until carrots are tender. Brown in oven and serve.

CARROTS AND PEAS

Wash, scrape and dice 1 and ½ cups of carrots cut into small cubes. Cook until tender and drain. Cook 1 cup of shelled peas until tender and drain. Combine carrots and peas, season to taste with salt and pepper, and serve with melted butter or white sauce.

BRUSSELS SPROUTS

Remove any wilted leaves from the outside of the sprouts, and let them stand in cold salted water from 15 to 20 minutes. Put the sprouts into salted, rapidly boiling water and cook, uncovered, 15 or 20 minutes or until tender, but not until they lose their shape. Drain them thoroughly in a colander; then place them in a saucepan with butter, pepper and salt, and toss them until seasoned; or mix them lightly with just enough white sauce to coat them.

BOILED CABBAGE

Cut a firm, small head of cabbage into 4 parts, cutting through the stock. Soak 30 minutes in a pan of cold, salted water. Drain, and cut into thin slices. Drop the cabbage into a large saucepan of boiling water. All strong flavored vegetables should be cooked in plenty of water. Cook only until tender, about 15 to 25 minutes. Drain, and chop as fine as desired. Season to taste with salt and pepper, and serve with melted butter or white sauce.

FRIED CABBAGE

Cut 1 medium head of cabbage fine, soak ten minutes in salt water. Drain, heat 3 tablespoons of fat (from top of soup stock preferred), add cabbage, 1 sour apple peeled and cut up, caraway

seed to taste, salt, paprika, and ½ onion minced. Cover very closely and cook slowly for 1 hour.

HOT SLAW

Shred 2 and ½ cups of cabbage. Cook in a large saucepan of boiling water until tender. Drain. Mix 1 tablespoon of butter, ½ teaspoon of salt, a dash of pepper and cayenne, and ½ cup of vinegar. Pour over the cabbage, and let stand over a very low flame for a few minutes. Serve at once.

FILLED CABBAGE

Use a large, solid head of cabbage. Remove the largest outside leaves. Scoop out the center of the cabbage so as to leave a shell of leaves about ½ inch thick. Discard the core, and chop fine the rest of the scooped out cabbage. Soak ¼ loaf of stale bread in water, and squeeze dry. Melt 2 tablespoons of fat in a spider, add a large minced onion, and cook gently until the onion is light brown. Add the bread and 1 pound of ground beef. Stir until the meat is heated and brown. Remove from the stove. Beat in 2 eggs, 1 teaspoon of salt, ½ teaspoon of pepper, ⅛ teaspoon of nutmeg and sage, and 1 teaspoon of minced parsley. Stir in the minced cabbage. Fill the shell, and cover with the large outside leaves. Put in a pan, add 1 cup of water, and bake 1 and ½ hours at 350° F. Remove any scorched outside leaves, and serve.

SAVOY CABBAGE WITH RICE

Boil a firm cabbage whole for 5 minutes. Cool and separate the leaves. Mix 1 cup of boiled rice with 3 dozen raisins, a pinch of salt, 1 teaspoon of cinnamon and 2 tablespoons of fat or butter. Place 3 or 4 cabbage leaves on top of each other and put 2 tablespoons of the rice mixture in the center. Roll up and tie with string. Repeat until all the filling is used. Melt ¼ cup of fat or butter in the bottom of a casserole. Add the cabbage rolls, cover the pan tightly, and bake 1 hour in an oven heated to 350° F.

BELGIAN RED CABBAGE

Put 2 or 3 sticks of cinnamon, salt and pepper, ½ teaspoon cloves, 1 onion sliced thin, 1 bay leaf, 2 cups of water, 3 tablespoons of drippings in saucepan, then add 5 or 6 greening apples, peeled and cut in quarters. Lastly, put in 1 medium-sized red cabbage, cut in halves and then sliced very thin. Cook until tender, and then add 2 tablespoons each of sugar and vinegar; cook 1 minute more.

RED CABBAGE WITH CHESTNUTS AND RAISINS

Shred 2 and ½ cups of red cabbage. Pour over it 1 quart of boiling water, and drain in a colander for 10 minutes. While it is

draining, lightly brown 1 tablespoon of butter in a pan. Add the cabbage, and stir and cook for 10 minutes. Add 1 cup of water, ¼ cup of vinegar, 1 tablespoon of sugar, and salt and pepper to taste. Simmer until the cabbage is tender. Add ¼ cup of raisins, and ¼ cup of diced cooked chestnuts. Mix 1 tablespoon of flour until smooth with ¼ cup of cold water, add to the cabbage, and cook and stir for 5 minutes.

CAULIFLOWER

Trim off the outside leaves and cut the stalk even with the flower. Let it stand upside down in cold salted water for 20 minutes. Put it into a generous quantity of rapidly boiling salted water and cook it uncovered about 20 minutes or until tender, but not so soft as to fall to pieces. Remove any scum from the water before lifting out the cauliflower. If not perfectly white, rub a little white sauce over it. Serve with it a white, a Béchamel, or a Hollandaise sauce; or it may be served as a garnish to chicken, sweetbreads, etc., the little bunches being broken off and mixed with the sauce.

SPANISH CAULIFLOWER

Finely chop 1 medium-sized onion and a small bunch of parsley. Melt 1 tablespoon of butter in a pan and fry the onion until it is brown. Season with celery salt. Blend in 1 tablespoon flour, add 1 cup boiling water and let simmer for ½ hour. Carefully clean the cauliflower and boil until tender. Strain the onion sauce, add 3 tablespoons tomato catsup. Drain the cauliflower, turn into a baking-pan, pour over the sauce, place in a moderate oven for 5 minutes and serve hot.

CAULIFLOWER WITH BROWN CRUMBS

Drain and place the hot cauliflower in serving dish, and pour over it 2 tablespoons fine bread crumbs browned in 1 tablespoon of hot butter or fat. Serve hot. Asparagus may be served in this style.

CAULIFLOWER OR ASPARAGUS, HUNGARIAN

Cook the vegetable in water until tender. Drain. Place in a shallow baking dish. Sprinkle with ½ teaspoon of salt and ¼ teaspoon of pepper. Dot with 2 tablespoons of butter. Cover with ¼ cup of bread crumbs. Pour ½ cup of heavy sour cream over all. Place in a moderate oven, 350° F. for 20 minutes.

SCALLOPED CAULIFLOWER

Cook a large head of cauliflower according to directions, and break into flowerets. Grease a baking dish. Put in a layer of

cauliflower, sprinkle with 2 tablespoons of grated cheese, and repeat until all the cauliflower is used. Pour in 1 cup of white sauce, sprinkle with ¼ cup of bread crumbs. Place in an oven heated to 350° F. and bake 30 minutes.

ROUMANIAN CAULIFLOWER

Cut a raw cauliflower in small pieces. Brown a minced onion in 2 tablespoons of butter, fat, or olive oil. Add cauliflower, 2 cups of canned tomatoes, and ½ cup of water. Bring to a boil, and add ¼ cup of rice. Cook until the rice and cauliflower are tender. Season to taste with salt, pepper, and a little sour salt.

CELERIAC

This vegetable is also known as "knob celery" and "turnip-rooted celery." The roots, which are about the size of a white turnip, and not the stalks are eaten. They are more often used as a vegetable than as a salad.

Pare the celeriac, cut in thin, narrow slices, and put into cold water. Drain from this water and drop into boiling water and boil 30 minutes. Drain and rinse with cold water. The celeriac is now ready to be prepared and served the same as celery.

BRAISED CELERY

Cut the stalks of a bunch of celery in 1 inch lengths, and cook very slowly in salted water till tender. Melt 1 tablespoon of chicken fat in a saucepan, add 1 tablespoon matzoth meal and brown slightly; add 1 cup of the water in which the celery was cooked. Stir till smooth, and pour over celery.

For a milk meal, melt 2 tablespoons of butter, add 2 tablespoons of flour, and stir until smooth. Add ½ cup of the liquor in which the celery was cooked, and ½ cup of evaporated milk. Cook and stir until smooth and thick. Season to taste with salt and pepper, and add the cooked celery.

CORN ON THE COB

Free the corn from the husks and silk; have a kettle of water boiling hard; drop the corn into it and cook ten minutes (or longer if the corn is not young). If a very large number of ears are put into the water they will so reduce the temperature that a longer time will be needed. In no case, however, should the corn be left too long in the water, as overcooking spoils the delicate flavor.

CORN OFF THE COB

Corn is frequently cut from the cob after it is cooked and served in milk or butter; but by this method much of the flavor and juice of the corn itself is wasted. It is better to cut the corn from the

cob before cooking. With a sharp knife cut off the grains, not cutting closely enough to remove any of the woody portion of the skins. Then with a knife press out all the pulp and milk remaining in the cob; add this to the corn; season well with salt, pepper and butter; add a little more milk if the corn is dry; cook, preferably in the oven, for about 10 minutes, stirring occasionally, at 350° F.

CORN PUDDING

Mix together 2 cups corn cut from the cob (cooked), or 2 cups drained canned corn; ½ cup evaporated milk, 1 tablespoon melted butter, 1 beaten egg, ½ cup bread crumbs, and salt and pepper to taste. Place in a greased baking dish, sprinkle the top with bread crumbs, dot with butter, and bake in a moderate oven till brown, about ¾ of an hour, at 350° F.

STUFFED CUCUMBERS

Cut 3 cucumbers in half lengthwise. Remove the seeds with a spoon. Mix 1 cup of chopped pecans or Brazil nuts, 6 tablespoons of mashed potatoes, 1 well beaten egg, 1 teaspoon of salt, 2 tablespoons of chopped parsley, ⅛ teaspoon of white pepper, a pinch of nutmeg and 2 tablespoons of melted butter. Fill the cucumbers with the mixture. Place the cucumbers in a greased pan and bake about 35 minutes, or until tender, in an oven, 350° F. Serve hot with 1 cup of white sauce to which have been added a pinch of powdered cloves, 1 well-beaten egg, and salt and pepper to taste.

FRIED CUCUMBERS

Peel 3 cucumbers. Slice lengthwise ¼ inch thick. Place the slices in cold, salted water for 1 hour. Drain and wipe dry. Dip in beaten egg, and roll in fine bread crumbs. Fry in deep hot fat until golden brown. (See directions for Frying.) Drain on brown paper.

DANDELIONS

Remove the roots, and wash 1 peck of dandelions thoroughly. Cook in the water which clings to the leaves, about 10 minutes, or until the dandelions are tender. Drain, chop fine, and season with salt, pepper, butter, and vinegar to taste.

STUFFED EGGPLANT

Wash a medium sized eggplant, cover with boiling salted water, and cook 15 minutes. Cool, halve lengthwise, remove the pulp and chop it very fine. In 1 tablespoon of fat sauté 1 small onion chopped fine, ½ cup fresh or canned mushrooms also chopped fine, and 1 cup of soft bread crumbs. When the crumbs are brown, add the eggplant pulp, season with salt, pepper, paprika and a dash of

mace, fill the eggplant shells, and sprinkle with crumbs. Bake in a hot oven 20 minutes, at 375° F.

FRIED EGGPLANT

Pare 1 or 2 small eggplant. Slice ¼ inch thick. Sprinkle with salt, and pile the slices on a plate. Cover with a weight and let stand 1 hour. Drain and dry. Dredge with flour and sauté slowly in 2 tablespoons of butter until crisp and brown, or dip in egg and crumb and fry in deep hot fat. (See Frying.) Allow 2 slices for each portion.

BROILED EGGPLANT

Slice and salt the eggplant as for fried eggplant. Sprinkle with pepper, and lay the slices on a pre-heated broiler. Spread each slice with ½ teaspoon of olive oil and sprinkle with 1 teaspoon of bread crumbs. Broil at 350° F. without turning until tender.

ROUMANIAN EGGPLANT

Pare a raw eggplant and cut into quarters. Proceed as for Roumanian cauliflower, substituting the eggplant for the cauliflower.

TURKISH EGGPLANT

Pare and slice an eggplant ¼ inch thick. Season 1 pound of ground beef with 1 beaten egg, 1 tablespoon of chopped parsley, and salt and pepper to taste. Add ½ cup of water and mix well. Grease a casserole with olive oil. Place a layer of eggplant slices on the bottom, cover with a layer of meat, and proceed until all are used. Sprinkle the top with 1 tablespoon of olive oil. Cover the casserole and bake 30 minutes in a moderate oven, 350° F.

HARICOT BEANS AND BEEF

Wash 2 cups of haricot beans, cover with 4 cups of water, and let stand overnight. Next day, chop 1 onion coarsely, and brown it in 1 tablespoon of fat. Add it to the beans and the water in which they soaked. Cook until the skins of the beans begin to crack. Place the mixture in a bean pot or casserole, and bake in a slow oven, 300° F., for 1 hour. Cut 1 pound of beef into cubes, and add. Bake 1 hour longer. Add 1 cup of diced carrots, ½ cup of diced turnip, and salt and pepper to taste. Continue baking until vegetables and meat are tender.

KALE

Remove all old or tough leaves, wash thoroughly and place in a kettle with the water that clings to the leaves. Cook only until tender. The cooking time will vary with the tenderness of the kale. Drain, chop fine, and season with salt, pepper, vinegar, and butter or drippings to taste.

KOHL-RABI

Kohl-rabi is fine flavored and delicate if cooked when very young and tender. It should be used when it has a diameter of not more than 2 or 3 inches.

Wash, peel, and cut the kohl-rabi in dice. Cook in boiling salted water until tender. Drain, and serve with melted butter or white sauce. For a meat meal, melt 1 tablespoon of fat, add 1 tablespoon of flour and cook until smooth. Stir in ¾ cup of soup stock and stir and cook until smooth and thick. Season to taste with salt and pepper, add the kohl-rabi and serve. Allow ½ cup of diced, raw kohl-rabi for each portion.

The greens may be cooked separately as for spinach.

BAKED LENTILS (LINZEN)

Pick and wash ½ pound of lentils and soak them in cold water overnight. In the morning put them over the fire in a large saucepan with about a quart of water. As soon as the water begins to boil, the lentils will rise to the top. Remove them with a skimmer, put them in a baking dish with 1 small onion and 3 or 4 ounces of smoked fat meat in the center and pour over them a pint of boiling water, in which ½ teaspoon of salt and ¼ teaspoon of pepper have been mixed. Bake in a moderate oven 4 hours. The lentils must be kept moist and it may be necessary to add a little water from time to time. Bake at 325° F.

LIMA BEANS (GREEN)

Shell enough green lima beans to make 2 cups. Cover with water, bring to a boil, and simmer gently until the beans are tender. Drain and add salt, pepper, and butter or hot cream, or white sauce. Use the water in which the beans cooked for soup or to make the sauce.

DRIED LIMA BEANS, BAKED

Wash 2 cups of dried lima beans, cover with water, and let stand overnight. Next day, add more water if necessary to cover the beans, and cook until tender. Heat 2 tablespoons of fat in a spider, add 2 tablespoons of flour and cook until smooth. Add 1 cup of the bean liquid and cook until smooth and thick. Drain the beans and add to the sauce. Season to taste with salt and paprika. Place in a greased casserole and set in a moderate oven, 350° F., for 30 minutes.

FARSOLE

Soak 2 cups of the large, very hard lima beans overnight. Next day add water to cover, and cook until tender. Dice 2 large onions

and brown in 2 tablespoons of fat or butter. Add to the beans with 1 tablespoon of sugar, ¼ cup of rice, and salt and pepper to taste. Cook gently until the rice is tender.

FARSOLE DULCE

Soak 2 cups of dried lima beans in cold water overnight. Drain, add 1 cup of water, 1 tablespoon of fat, and the peel of an orange or lemon. Cook slowly until the beans are almost done. Add 1 tablespoon of carmelized sugar, and cook slowly until the beans are tender. This must be carefully watched to prevent burning.

SUPPER PARTY LIMA BEANS

Soak 1 pound of dried baby lima beans overnight in cold water to cover. Next morning, cook in the same liquid until they are tender but still firm. Drain the beans. Strain 1 No. 2 can of tomatoes, and add to the juice ¾ cup of brown sugar, 1 teaspoon salt, and ¼ teaspoon of pepper. Heat until the sugar dissolves, but do not boil. Cut ½ pound of very fat Flanken or plate into pieces 1 inch long and ¼ inch thick. In a large casserole or bean pot place alternate layers of beans, meat and tomato mixture. Cover tightly and bake at 325° F. for 2 and ½ hours. It is very important to have a tight fitting cover. Remove from the oven, uncover the beans, cool, and place in the refrigerator overnight. One hour before using, remove the beans from the refrigerator and add ½ cup of tomato juice. Cover the pot, and reheat at 350° F. for 1 hour.

BROILED MUSHROOMS

Select large, well shaped mushrooms. Allow 3 or 4 for each portion. Wash thoroughly, and remove the stems. Dry well. Place the caps on a pre-heated broiler, 400° F., with the cap side down. Broil 2 and ½ minutes, turn and broil 2 and ½ minutes. Serve on circular pieces of buttered toast. Put a small piece of butter on each cap, and sprinkle with salt and pepper. The stems may be used in soups, roasts, or other mushroom dishes.

CREAMED MUSHROOMS

Thoroughly wash ½ pound of mushrooms. Cut stems and caps into quarters. Melt 2 tablespoons of butter in a saucepan, add the mushrooms, and cook and stir for 5 minutes. Mix 2 tablespoons of flour with 2 tablespoons of milk to a smooth paste. Add 1 cup of milk and stir well. Add to the mushrooms, and cook and stir until smooth and thick. Add ½ cup of cream and season highly with salt and pepper. Cook 1 minute longer and serve on buttered toast points.

SCALLOPED MUSHROOMS

Wash ½ pound of mushrooms thoroughly, dry well, and slice lengthwise. Cook 5 minutes in 2 tablespoons of butter. Add 1 teaspoon of onion juice. Place ¼ of the mushrooms in a well-greased baking dish, cover with ¼ cup of white sauce, and sprinkle with 2 tablespoons of fine bread crumbs. Repeat until all the mushrooms and 1 cup of white sauce have been used. Pour ½ cup of cream over all, and sprinkle with 2 tablespoons of crumbs. Place in an oven heated to 350° F. and bake 15 minutes.

SAUTÉD MUSHROOMS

Wash and stem ½ pound of mushrooms. Dry well between 2 towels. The mushrooms may be left whole or sliced. If they are to be used as a garnish, use only the whole caps. Melt 2 tablespoons of butter or fat in a spider, add the mushrooms, salt and pepper to taste. Cover and cook 15 minutes over a moderate flame. Remove the cover and stir the mushrooms occasionally.

NAVY BEANS WITH BRISKET OF BEEF

Wash 2 cups of navy beans and soak overnight in cold water to cover. In the morning, drain, cover with fresh water and cook just below the boiling point until the skins burst. Drain, and put in a casserole or bean pot with 1 and ½ pounds of boneless brisket of beef. Mix 1 tablespoon of mustard, 1 teaspoon of salt, 1 tablespoon of molasses, 12 tablespoons of brown sugar and ½ cup of boiling water. Pour over the beans. Add more boiling water until the beans are just covered. Cover the pot tightly, and bake in a slow oven, 275° F., for about 5 hours, or until the meat is tender.

NAVY BEANS AND BARLEY

Soak 1 cup of navy beans overnight in cold water to cover. Drain and cook in 4 cups of boiling water with 1 teaspoon of salt. When the beans are tender but not broken, add 1 cup of barley, and cook slowly until the barley is tender. Add fat soup stock as the water cooks away. When the barley is tender, season to taste with salt and pepper, and place in a greased baking dish. Put into a moderate oven, 350° F., uncovered, and bake about 30 minutes, until the beans and barley are dry, but not browned.

OKRA

Wash 1 pint of young pods of okra, and cut off the ends of the pods. Cover with boiling, salted water and cook about 20 minutes, or until tender. Drain, add ½ cup of cream, 2 teaspoons of butter, and salt and pepper to taste.

OKRA WITH TOMATOES

Wash and slice 1 pint of okra. Peel and slice 1 dozen medium-sized tomatoes, and 1 medium-sized onion. Add to the okra, and stew gently until the okra is tender. Add 1 tablespoon of butter, a scant teaspoon of salt, and pepper to taste. A teaspoon of lemon juice and a dash of cayenne may also be added.

BOILED ONIONS

Peel 5 or 6 medium-sized onions and cut off the roots. Drop each in cold water as soon as it is peeled. When all are ready, drain, and put into a saucepan. Cover well with boiling water and cook uncovered for 10 minutes. Drain, cover with fresh water, add 1 teaspoon salt, and cook slowly until the onions are tender. Serve with pepper and butter, or 1 cup of medium white sauce.

SPANISH ONION RAREBIT

Boil 2 large Spanish onions until very soft. Drain and chop. Return to the saucepan and add 1 tablespoon of butter, 1 cup of milk, 1 teaspoon of prepared mustard, ½ cup of grated American cheese, a dash of tabasco, and salt and pepper to taste. Cook over a very low fire, and stir constantly, until of the consistency of custard. Serve on buttered toast.

SCALLOPED ONIONS

Cut 6 boiled onions into quarters. Put them into a greased baking dish and cover with 1 cup of medium white sauce. Sprinkle with ¼ cup of fine bread crumbs, dot with 2 tablespoons of butter, and place in a moderately hot oven, 375° F., for 15 minutes.

STUFFED ONIONS

Peel 5 or 6 medium-sized onions and cook 10 minutes in boiling water to cover. Drain. Leaving the root end intact, scoop out part of the center. Chop the onion which was removed and mix with it 1 cup of bread crumbs, 1 tablespoon fat or butter, 1 tablespoon of chopped parsley and salt and pepper to taste. Refill the onions, and place them close together in a greased baking pan. Place in a moderate oven, 350° F., and bake 30 minutes, or until brown.

Left-over baked beans may be used instead of the bread filling.

FRIED OR SAUTÉD ONIONS

Peel 5 onions, and cut across into rings ¼ inch thick. Melt 2 tablespoons of fat or butter in a spider, add the onions, and cook slowly until brown and tender. Season well with salt and pepper.

FRENCH FRIED ONION RINGS

Peel 5 onions and cut crosswise into slices ¼ inch thick. Separate into rings. Soak for 15 minutes in evaporated milk to cover. Drain thoroughly, and roll in flour seasoned with salt. The onions must be well coated with flour. Fry a few at a time in deep, hot fat. (See directions for deep fat frying.) Drain, and serve overlapping rings of onion as a border around fish.

PARSNIPS AND PINEAPPLE

Scrape 6 good-sized parsnips, and cook in one quart salted water until almost tender. Drain and slice. Place half the parsnips in the bottom of a greased casserole. Cover with ½ cup of well-drained pineapple tidbits. Make another layer of parsnips and pineapple. Cook 1 cup of the pineapple juice with 1 cup of sugar for 5 minutes. Pour over the parsnips and pineapple, cover the casserole, and bake in a moderate oven, 350° F., for 25 minutes.

Parsnips may also be boiled until tender, and served with salt, pepper and butter to taste, or 1 cup of white sauce.

PEAS

Shell 2 and ½ cups of peas. Place in a very heavy saucepan with ½ cup of water. Cover, and steam until tender. Drain, and season with salt, pepper, and butter or 1 cup of white sauce.

PEAS AND EGG BARLEY (PFARVEL)

Make the pfarvel according to the directions. (See Dumplings and Garnishes for Soup.) Do not cook. Heat ¼ cup of butter or fat, add the pfarvel, and when golden brown, add 1 quart of boiling water, ½ cup of sugar, ½ teaspoon of salt, and 1 cup of drained, canned or cooked peas. Place in a greased baking pan, and bake at 350° F., for 30 minutes, or until each grain of pfarvel stands out separately.

PEAS, FRENCH STYLE

Place in a thick, heavy pan, 3 pounds of shelled peas, 4 or 5 small onions, and on top a few lettuce leaves and a good sized piece of chicken fat or butter, salt, pepper, and a pinch of sugar. Add just enough water to prevent burning. Cover and cook slowly till tender, about 1 hour, shaking occasionally. Just before serving, remove the lettuce leaves, and, if desired, add a little heavy cream.

STUFFED PEPPERS

Cut ½ pound of spaghetti in small pieces and boil in salted water until tender. Drain and mix with ½ pound mushrooms, cut rather small, and sautéd with a chopped onion in a little

butter. Cut the stem end from 6 green peppers, scoop out the seeds, and scald for a minute in boiling water. Fill with the spaghetti and mushroom mixture, sprinkle paprika over the top, and bake in a moderate oven until the peppers are tender, about 1 hour.

The peppers may be prepared as above, and any of the following fillings used instead of the spaghetti and mushrooms.

Meat Filling: Chop 1 onion fine and cook in fat until straw colored. Add 1 cup of cold cooked chicken or veal, finely chopped, ¼ cup of chopped, cooked mushrooms, ½ cup of water, and 2 tablespoons of bread crumbs. Cool, and season with salt and a pinch of red pepper.

Cheese Filling: Mix 1 and ½ cups of grated American cheese, 1 cup soft bread crumbs, 1 tablespoon minced onion, 2 tablespoons melted butter, and salt and pepper to taste.

Corn Filling: Mix 1 and ½ cups of cooked corn, 2 tablespoons of melted butter, ½ cup of cream, ½ teaspoon of paprika, and salt and pepper to taste. When the peppers are filled, sprinkle with bread crumbs, and bake as above.

Mushroom and Sweetbread Filling: Mix ¾ cup of diced cooked mushrooms and ¾ cup of diced, cooked sweetbreads. Make a sauce of 1 tablespoon fat cooked with 1 tablespoon of flour. Add ½ cup of chicken soup, and stir until smooth and thick. Mix with meat and mushrooms, and fill peppers. Sprinkle the top with bread crumbs and bake as above.

ARDAY-INFLUS

Prepare 5 or 6 peppers as above. Stuff with the following mixture: Mix 1 pound of ground beef, 1 egg, 1 grated onion, ½ teaspoon salt, and citric acid the size of a bean dissolved in ¼ cup of water. Set the top of the peppers back in place. Melt 1 tablespoon of fat in a large casserole. Add 1 cup of canned tomatoes. Put in the peppers, and ½ cup of water. Cover, and bake at 350° F., 45 minutes, or until the peppers are tender and the meat well cooked. Add brown sugar and citric acid to taste to the gravy.

POTATOES, BOILED IN THEIR JACKETS

Scrub 5 or 6 medium-sized potatoes thoroughly. Place them in a saucepan and cover with water. Boil quickly for 45 or 50 minutes, or until the potatoes can be easily pierced with a fork. Drain, and place over a low flame. Shake the pan back and forth over the fire for a few minutes to dry the potatoes. Serve at once.

BOILED POTATOES

Peel 6 medium-sized potatoes, cover with water and add 1 teaspoon of salt. Boil quickly until the potatoes are tender, about

45 minutes. Drain and return to the fire. Shake the saucepan over a low flame for one or two minutes to remove all excess moisture. If the potatoes are cut into small pieces before they are cooked, they will become tender in much less time.

MASHED POTATOES

Boil potatoes as above. Add 2 tablespoons of butter and mash until absolutely free from lumps. Add hot milk about 2 tablespoons at a time. Beat well after each addition. Continue adding milk and beating until the potatoes are as fluffy as whipped cream. Between ¼ and ½ cup of hot milk will be needed. Season to taste with salt and pepper and serve at once.

CREAMED POTATOES

Cut 2 cups of cold boiled potatoes into small cubes. Add 1 cup of thin white sauce. Place in the top of a double boiler until the potatoes are thoroughly heated. Add 1 teaspoon of chopped parsley, and salt and pepper to taste.

POTATOES AU GRATIN

Slice 2 cups of cold, boiled potatoes. Mix lightly with 2 cups of thin, hot, white sauce. Add 3 tablespoons of grated American cheese and salt and pepper to taste. Place in a greased baking dish, sprinkle with buttered bread crumbs, and place in a quick oven, 375°–400° F., for 25 minutes to heat and brown.

POTATO BALLS WITH PARSLEY

Cut 8 peeled, medium-sized potatoes, into balls with the vegetable cutter made for that purpose. Cover with water, add 1 teaspoon of salt, and cook quickly about 10 minutes, until the potato balls are tender. Drain well, and return to the flame for a minute to dry out thoroughly. Beat 2 tablespoons of butter, ½ tablespoon of lemon juice, and 1 tablespoon of finely minced parsley to a cream, add ½ teaspoon salt and a dash of cayenne. Spread this over the hot potatoes, and serve at once. This is very good with fish. Use scraps for mashed potatoes.

LYONNAISE POTATOES

Dice 2 cups of cold, boiled potatoes, or use 2 cups of cold, cooked potato balls. Heat 2 tablespoons of butter or fat in a skillet, add a finely diced onion and cook until brown. Add the potatoes, ½ teaspoon of salt, and ¼ teaspoon of pepper. Stir lightly until the potatoes are browned. Be careful not to break the potatoes. Put into a serving dish, sprinkle with 2 tablespoons of chopped parsley and serve at once.

HASHED BROWNED POTATOES

Chop 2 and ½ cups of cold, cooked potatoes. Melt ¼ cup of fat in a skillet, add 2 tablespoons of grated onion and cook 2 minutes. Add the potatoes and mix well. Press the potatoes over half the bottom of the skillet. Cook until the bottom is well browned. Grease the other half of the skillet and invert the potatoes over it. Cook until well browned, remove carefully to a platter, and garnish with minced parsley.

POTATO PATTIES

Mix 2 cups of mashed potatoes with 1 egg, ¼ cup hot milk, 1 tablespoon butter, and salt and pepper to taste. Beat well and shape into patties. Cool. About 15 minutes before serving dip in bread crumbs and fry in butter until well heated and a golden brown.

CURRIED POTATOES

Melt 2 tablespoons of fat in a frying-pan; add 1 onion chopped fine and cook until straw colored. Add 2 cups of boiled potatoes, cut in dice, ½ cup of stock, and 1 tablespoon of curry powder. Cook until the stock has been absorbed; then add ½ teaspoon of salt, a dash of red pepper, and 1 teaspoon of lemon juice.

SCALLOPED POTATOES

(1) Cut 4 very large, peeled potatoes into thin slices. Grease a baking dish, and spread a layer of potatoes in it an inch thick. Dot with 1 teaspoon of butter broken into bits. Repeat until all the potatoes are used. Dissolve ½ teaspoon of salt, and ¼ teaspoon of white pepper in ½ cup of milk. Pour over the potatoes. Add more milk until the potatoes are covered. Cover the dish, and bake in a moderate oven, 350° F., about 1 hour, or until the potatoes are tender.

(2) Cut 2 cups of cold boiled potatoes into slices ¼ inch thick. Mix lightly with 2 cups of white sauce. Add more salt and pepper if necessary. Pour into a greased baking dish. Cover with ½ cup of bread crumbs and dot with 1 tablespoon of butter. Bake at 375° F. for 30 minutes.

BAKED POTATOES

Wash 5 or 6 large potatoes thoroughly. Dry and place in a hot oven, 400° F. Bake about 45 minutes, or until soft. Serve with a square of butter or chicken fat, salt, and pepper.

ROAST POTATOES

Cook 6 smooth, medium-sized potatoes in their jackets for 20 minutes. Drain and peel. Grease a baking dish, and put in the potatoes. Lay a teaspoon of butter or fat on each potato, sprinkle

with salt and pepper, ¼ cup of fine bread crumbs, and 3 tablespoons of cream or soup stock. Place uncovered in an oven, 350° F., and bake until light brown, about 30 minutes. Serve in the same dish, garnished with parsley.

FRANCONIA POTATOES

Pare 5 or 6 medium-sized potatoes. Place them in the pan around any kind of roast meat or poultry, during the last hour of cooking. Baste with the gravy in the pan every 15 minutes. Turn at the end of ½ hour.

NEW POTATOES

Scrub 12 new potatoes thoroughly. Cover with water, add 1 teaspoon of salt, and boil until tender. Drain and peel. Serve with melted butter and minced parsley, or pour 1 cup of hot cream over them.

NEW POTATOES WITH CARAWAY SEEDS

Cook new potatoes as above. Melt 2 tablespoons of fat or butter in a spider. Add the potatoes and brown well on all sides. Sprinkle with 1 teaspoon of salt and 1 teaspoon of caraway seeds. Serve hot.

POTATOES AND PEARS

Heat 2 tablespoons of fat, add a chopped onion and 2 tablespoons of flour; when flour is brown, add 1 and ½ cups of water, stir and cook until smooth, add salt, brown sugar and a little cinnamon to taste. Quarter 4 medium-sized cooking pears, but do not peel, cook them in the brown sauce, then add 6 medium, raw potatoes, pared, and cook until tender.

STEWED POTATOES WITH ONIONS

Peel 10 small potatoes and wash them very clean. Heat 2 tablespoons of any kind of fat in a saucepan and add 1 chopped onion. Brown lightly and add the potatoes, 1 teaspoon of salt, ¼ teaspoon of pepper, and just enough water to cover the potatoes. Cover tightly, and simmer until the potatoes are tender, about ¾ of an hour.

STUFFED POTATOES

Bake 5 or 6 large potatoes. When tender, cut off one end and carefully scoop out the inside. Mash the potato with 2 tablespoons of butter, 1 teaspoon of salt, ¼ teaspoon of pepper, and about ½ cup of hot milk. Beat until smooth. Refill the potato shells and return to the oven for 15 minutes.

POTATO PUFF

Beat 2 cups of cold mashed potatoes until fluffy with 1 tablespoon of melted butter. Add 2 eggs beaten until very light, 1 cup

of cream, and salt to taste. Beat until well mixed, and pour into a greased baking dish. Put in a hot oven, pre-heated to 400° F., and bake until the surface is brown and the mixture light and puffy. Serve at once.

BOHEMIAN POTATO PUFF

Pare and boil 6 medium-sized potatoes. When tender drain off all the water but ¼ cup. Return to the stove and add 1 teaspoon of salt. Sift ½ cup of flour over the potatoes, cover the pot, and let it stand over a low flame for 5 minutes. Remove from the fire and mash until perfectly smooth and velvety. Melt 2 tablespoons of fat in a spider, chop a large onion, and cook it in the fat until light brown. Dip a tablespoon into the hot fat, and then cut a spoonful of the potato mixture with the same spoon. Drop the potato into the fat. Dip the spoon into the fat again, and repeat until all the potato is used. Brown the puffs lightly on both sides and serve at once. Be sure to dip the spoon in the fat before cutting each puff.

POTATOES, HUNGARIAN STYLE

Wash, pare, and cut enough potatoes into ⅓ inch pieces to make 3 cups. Cook 3 minutes in boiling water and drain. Add ⅓ cup of butter and cook over a low flame until the potatoes are soft and slightly browned. Melt 2 tablespoons of butter in another saucepan, add a few drops of onion juice, and 2 tablespoons of flour. Cook and stir until smooth, and gradually stir in 1 cup of hot milk. Stir until smooth and thick, and season with 1 teaspoon of salt and ½ teaspoon of paprika. Add 1 well-beaten egg yolk and pour over the potatoes. Serve sprinkled with minced parsley.

FRENCH FRIED POTATOES

Pare potatoes, cut into pieces ½ inch thick and the length of the potato, and drop into cold water for at least 1 hour. Dry thoroughly with a towel. Cook, a few at a time, in deep hot fat until tender and golden brown. (See directions for Frying.) Drain well, and sprinkle with salt.

French fried potatoes may be prepared in advance and cooked until light brown. Just before serving, fry in very hot fat, 380° F., until a deeper brown. Drain, and serve.

SARATOGA CHIPS

Pare and slice potatoes very thin. Proceed as above.

SHOE STRING POTATOES

Pare and cut potatoes into ¼ inch slices, and then into ¼ inch strips. Proceed as for French fried potatoes.

POTATO RIBBONS

Pare and lay 5 or 6 potatoes in ice water. Cut round and round in one continuous curl-like strip, or use the instrument for this purpose. Handle carefully, and fry a few at a time in deep, hot fat. Drain well on brown paper.

HOME FRIED POTATOES

Cut cold boiled potatoes, one for each portion, into 1/4 inch slices. Fry, one layer at a time, in a little hot fat, until well browned on both sides. Sprinkle with salt and serve.

GERMAN FRIED POTATOES

Peel and slice very thin, 5 or 6 medium-sized potatoes. Melt 1/4 cup of fat in a skillet and add the potatoes. Cover, and cook slowly until tender. Uncover, sprinkle with 1 teaspoon of salt, and brown.

POTATO KUGEL

Peel 6 medium-sized potatoes. Grate them into a large bowl. Add 2 eggs and beat until smooth and well-mixed. Sift together 1/2 cup of flour, 1/2 teaspoon of baking powder, 1 and 1/2 teaspoons of salt and 1/2 teaspoon of pepper. Add to the potatoes. Mince 2 onions and cook until light brown in 1/4 cup of fat or butter. Add to the batter, and beat until well blended. Grease a baking dish, pour in the batter, and put into an oven, pre-heated to 350° F. Bake about 1 hour, or until crisp and brown.

BOILED SWEET POTATOES

Pare 5 or 6 medium-sized sweet potatoes and cook in water to cover until tender. Drain well, dry out over the flame for a minute, and season with salt, pepper and butter.

SAUTÉD SWEET POTATOES

Cut 5 or 6 cold, boiled sweet potatoes into slices 1/4 of an inch thick. Heat 4 tablespoons of butter or fat in a spider, add the potatoes, and brown on both sides. Sprinkle with salt and serve.

FRENCH FRIED SWEET POTATOES

Peel 7 or 8 small, raw sweet potatoes and cut into quarters. Wash and dry thoroughly. Fry a few at a time in deep, hot fat until tender and browned. (See directions for Frying.)

BAKED SWEET POTATOES

Select 5 or 6 fairly large sweet potatoes of uniform size. Scrub them well, and dry thoroughly. Bake in a hot oven, about 400° F., until tender, when they will leave an impression if touched. Allow about 3/4 of an hour for the baking time. Serve in the jackets with butter or fat, salt and pepper.

ROAST SWEET POTATOES

Pare 5 or 6 medium-sized sweet potatoes and cut into quarters lengthwise. Sprinkle with salt, and place around any kind of roast for the last ¾ hour of cooking. Turn when half done to brown both sides.

SWEET POTATOES AND APPLES

Wash and pare 5 long sweet potatoes. Cook in boiling, salted water until almost tender. Drain and cut into 1 inch slices, crosswise. Pare, core, and cut 3 apples into ½ inch rounds. Melt 2 tablespoons of butter or vegetable shortening in a spider. Place the potatoes in the spider, with a slice of apple on each. Pour over them ½ cup of maple syrup mixed with ¼ cup of water. Cook over a low fire and baste frequently until the apples are tender. Keep the skillet covered except during the basting. When the apples are tender, put 1 teaspoon of rum into the center of each, and put a candied cherry in the center of each apple. Place in a moderate oven, 350° F. for 10 minutes, uncovered. Serve with the sauce in the pan.

CANDIED SWEET POTATOES

Cut 5 cold, boiled sweet potatoes into ½ inch slices. Mix together ½ cup of maple syrup, 4 tablespoons of melted butter, ½ cup of brown sugar, ½ teaspoon salt, and 1 tablespoon of lemon juice. Place alternate layers of potato and syrup in a greased baking dish. Cover, and bake at 350° F. for 30 minutes.

MASHED SWEET POTATOES

Boil 5 or 6 sweet potatoes, and drain well. Mash until perfectly smooth, and add 2 tablespoons of butter or fat and ½ cup of milk or pineapple juice. Beat until light and smooth. Season to taste with salt and pepper.

MARSHMALLOW SWEET POTATOES

Prepare mashed sweet potatoes, and place in a greased baking dish. Cover the top with a layer of marshmallows. Place in a moderate oven, 350° F., for 30 minutes, until the marshmallows are browned.

PLUMS, SWEET POTATOES AND MEAT

Wash 1 pound of prunes or plums and put on to boil with 1 pound of brisket of beef or any fat meat; when the meat is tender add 5 medium-sized sweet potatoes which have been pared and cut in small pieces. Place the meat on top, add ½ cup of sugar and a piece of sour salt (citric acid). Cover and bake until nicely browned. If gravy should cook away add some warm water.

RADISHES

There are many varieties of radishes, round and long, black, white, and red. The small red radish may be obtained all year. They are served uncooked, merely for a relish. The large varieties are peeled, sliced and salted for the table.

To serve the small ones for table, remove tip end of root, remove the leaves and have only a small piece of stem on radish. They may be made to look like a tulip by cutting into 6 equal parts from the root end, down ¾ of the length of the radish.

SALSIFY—OYSTER PLANT

For 5 portions use enough sliced salsify to make 2 and ½ cups. Wash, scrape and put at once in cold water with a little vinegar to keep from discoloring. Cut ½ inch slices and cook in boiling, salted water until soft. Drain and serve in white sauce. Or boil in salted, boiling water until tender and cut in 4 pieces lengthwise, dredge with flour and sprinkle with a little salt and fry in hot butter or fat until nicely browned.

SCALLOPED SALSIFY

Boil and slice the salsify as in preceding recipe. Butter a baking dish; fill it by adding alternate layers of salsify and small bits of cheese. Season with salt, pepper and butter. Pour over it a sufficient quantity of milk or cream to moisten thoroughly. Bake ½ hour. Bread crumbs may be added if desired.

SLAITTA (ROUMANIAN)

Soak 1 pound of medium white beans overnight in water to cover. Next morning, bring to a boil, and cook gently until very tender. Mash until perfectly smooth. Add ¼ cup of water, and a clove of garlic, finely mashed. Season to taste with salt. Keep hot until needed. Peel and slice 1 pound of onions. Brown in hot oil. Use 2 tablespoons of oil. When the onions are a light brown, add ¼ cup of water and simmer until the onions are tender. Add ½ teaspoon of salt. Place the beans on a platter, cover with the onions, and serve with Carnatzlich. (See Meats.)

SPINACH

Wash ½ peck of crisp, green spinach in several changes of tepid water, until the spinach is absolutely clean and free from sand. Place the spinach, with the water that clings to the leaves in a large saucepan. Place over a low flame and cook only until tender. Young spinach will cook in 10 minutes. Drain well, season to taste with salt, and chop fine, or rub through a sieve. Serve with butter and vinegar to taste or mix with 1 cup of cream sauce. Garnish with slices of hard-cooked egg.

SPINACH WITH WALNUTS

To ½ peck of spinach, cooked and chopped as in the above recipe, add ½ cup of finely chopped walnut meats, 2 tablespoons of melted butter, and 2 tablespoons of orange juice. Serve on toast.

ITALIAN STYLE SPINACH

Cook ½ peck of spinach according to directions, drain and chop fine. Mince 1 clove of garlic in 3 tablespoons of olive oil and cook until light brown, add the spinach and 1 can of Italian tomato paste. Cook and stir until well heated. Season to taste with salt and pepper.

SPINACH RING

Melt 2 tablespoons of butter in a saucepan, add a tablespoon of flour and cook until smooth. Stir in ½ cup of milk and cook until smooth and very thick. Pour the sauce over the stiffly beaten yolks of 3 eggs. Add 1 and ½ cups of chopped, cooked spinach, and season to taste with salt, pepper, grated onion and nutmeg. Beat the whites of 3 eggs until stiff and fold into the spinach mixture. Butter a ring mold well, and pour in the mixture. Set the mold in a pan of hot water and place in an oven pre-heated to 350° F. until firm.

SUMMER SQUASH

Use only young, firm, and tender squash. Wash, peel and cut into small pieces. Use 2 and ½ cups of diced squash for 5 portions. Cook in boiling water until tender, about 20 minutes. Drain, add 2 tablespoons of butter, 1 teaspoon of salt, and ¼ teaspoon of pepper. Mash if desired.

WINTER SQUASH

Cut winter squash into 2 inch squares, remove seeds and strings, put ½ teaspoon butter on each square and bake at 350° F. for 1 hour. Season with salt and pepper and serve in the shells, or scrape out the squash and mash until smooth with 2 tablespoons of butter and salt and pepper to taste.

BAKED ACORN SQUASH WITH APPLES

Select 3 even-sized squash. Wash, cut in half lengthwise, and remove seeds. Put 1 teaspoon of butter, 1 teaspoon of brown sugar or honey, and a little salt and pepper in each cavity. Wash, pare and halve 3 apples. Put cut side down on top of the squash. Sprinkle with a little sugar. Put the squash in a heavy skillet, and carefully pour enough water around them to fill the pan ½ inch deep. Cover, and cook over a low flame until the squash and

apples are tender, between ½ and ¾ of an hour. Sprinkle lightly with more sugar and butter. Place under the broiler a few moments until lightly browned.

CANDIED SQUASH

Hubbard, acorn, or any of the summer squash may be used for this. Peel the squash and cut into ½ inch cubes. Use 2 and ½ cups of cubes. Parboil until tender, but still firm. Drain. Place a layer of squash in a baking dish. Sprinkle with brown sugar and a little salt and dot with butter, or fat. Repeat until all the squash is used. Pour ¼ cup of water over all, cover, and bake 30 minutes, at 350° F.

FRIED SQUASH

Use any long, narrow squash for this. Peel and cut into ¼ inch slices. Use 3 cups of slices. Dip each slice in flour and sprinkle with salt and pepper. Heat fat or butter ¼ inch deep in a skillet. Add a layer of squash and cook until brown on one side. Turn and brown the other. Repeat until all the squash is used. Add more fat to the pan when necessary.

STRING BEANS OR WAX BEANS

Cut off the tops and bottoms of 2 and ½ cups of string beans and cut in half lengthwise. Cover with boiling water, and cook until tender, from 10 to 20 minutes, depending on the tenderness of the beans. Season with salt and pepper to taste when almost tender. Drain, and serve with butter or 1 cup of white sauce. For variety add 2 tablespoons of chopped pimento and a dash of nutmeg to the white sauce, or substitute cheese or tomato sauce.

STRING OR WAX BEANS, SWEET AND SOUR

(1) Cook string beans as above. When they are tender, do not drain. Add 3 apples, peeled, cored, and cut into small pieces; the thin peel of 1 lemon, the juice of 1 and ½ lemons, ¾ teaspoon of salt, and 2 tablespoons of cider vinegar. Cook until the apples are tender and add about ¼ cup or more of sugar, to taste. Stir well, and let cool. Keep in the refrigerator overnight. Next day, reheat and serve.

(2) Melt 2 tablespoons of fat or butter in a spider, add 2 tablespoons of flour, let cook until slightly brown and well mixed. Add 1 tablespoon of brown sugar, a pinch of salt, ¼ teaspoon cinnamon and 1 tablespoon of vinegar. Add 1 No. 2 can of beans, undrained, or fresh cooked beans. Stir until smooth and thick. The juice of pickled pears or peaches may be substituted for the brown sugar, cinnamon and vinegar.

SUCCOTASH

Mix equal parts of cooked corn, cut from the cob, or canned cream style corn, and cooked lima beans. Cook the vegetables separately, stir lightly together, and season to taste with salt, pepper, and butter or cream.

SWISS CHARD

This vegetable is a variety of beet in which the leaf stalk and midrib have been developed instead of the root. It is cultivated like spinach, and the green, tender leaves are prepared exactly like spinach. The midribs of the full-grown leaves may be cooked like celery.

STEWED TOMATOES

Scald and peel 5 or 6 medium-sized tomatoes. Cut into quarters and add enough water to cover the bottom of the saucepan to the depth of ½ inch. Add 1 slice of onion and stew gently, with the pan covered, for 20 minutes. Season to taste with salt and pepper and 1 tablespoon of butter. Do not drain.

FRIED TOMATOES, CREAM GRAVY

Cut large firm tomatoes in 1 inch slices. Coat the slices thickly with flour, and sprinkle with salt and pepper. Heat ¼ cup of butter in a skillet until hot. Put in a layer of tomatoes, and brown well on one side, turn and brown the other. Repeat until the tomatoes are all browned. Keep the tomatoes hot, while the gravy is being made. To make the gravy, pour ¾ cup of hot milk into the pan in which the tomatoes fried. Stir until smooth and somewhat thickened. Strain, and serve with the tomatoes. Allow 2 slices of tomato for each portion.

FRIED GREEN TOMATOES

Cut 4 large green tomatoes into thin slices. Sprinkle with salt and dip into cornmeal. Heat ¼ cup of butter in a skillet and fry the tomato slices slowly in this until tender. Keep the skillet covered while they are cooking, and cook only one layer at a time.

TOMATO PURÉE

Stew tomatoes according to directions. Strain through a coarse sieve, and mash as much of the pulp as possible through the sieve. If the purée seems thin, it may be thickened with a teaspoon of flour mixed to a paste with a little cold water. Add to the purée, and cook and stir for 5 minutes.

SCALLOPED TOMATOES

Use 2 cups of stewed or canned tomatoes. Season with salt, pepper and onion juice to taste. Roll ½ cup of cracker crumbs

until they are quite fine. Put a layer of crumbs in the bottom of a greased baking dish. Dot with ½ teaspoon of butter. Put in a layer of tomatoes, another layer of crumbs, etc., until all are used. Have a layer of crumbs on top. Bake at 350° F., for 30 minutes. If the crumbs on top brown too quickly, cover the dish.

STUFFED TOMATOES

Select tomatoes of uniform size, 1 for each portion. Cut a slice from the stem end, scoop out half the pulp and sprinkle with salt. Make Crumb Dressing (see Poultry Stuffings). For a milk meal, substitute butter for chicken fat. Fill the tomatoes with the dressing and heap the dressing high in the center. Place a bit of butter or chicken fat on top of each, and bake in a quick oven, 400° F., until the tomatoes are tender.

TOMATOES WITH RICE

Take 6 large tomatoes, pour boiling water over them and skin them. Scrape all the inside out with a spoon, put in saucepan together with 2 onions, a tablespoon of butter, 1 pint of water. Let this boil for a little while. Strain, place back on stove, pour into this ½ pound of rice, let it cook tender. Add salt, pepper, a tablespoon of butter and a little grated cheese. Fill the tomatoes with this mixture, dip them in egg and bread crumbs, and bake until brown at 350° F.

TOMATO CUSTARD

Prepare 4 cups of tomato purée, but do not thicken it. Beat 8 eggs until well-blended. Gradually stir in the tomato purée and 1 teaspoon of onion juice. Add more salt and pepper to taste. Pour into greased custard cups, set the cups in a pan of hot water, and put into an oven pre-heated to 350° F. Bake until a silver knife blade inserted into the custard will come out clean, about 30 minutes. Invert, and serve with white sauce containing green peas.

TOMATO LUNCHEON

Pour 1 cup of cream into a deep earthenware dish. Pare a small eggplant and slice very thin. Line the dish with the slices. Sprinkle them with ¼ teaspoon of salt. Slice 2 large, peeled tomatoes into ½ inch slices. Place half the slices on the eggplant, cover them with a layer of cooked macaroni or spaghetti, and sprinkle this with 2 tablespoons of grated cheese, 1 tablespoon of butter broken into bits, and ¼ teaspoon each of salt and pepper. Use about 1 and ½ cups of macaroni or spaghetti. Cover this with the rest of the tomatoes. Sprinkle with ½ teaspoon of salt and 2 tablespoons

of chopped green pepper. Cover the dish and bake at 325° F., for 1 and ½ hours. This dish is a complete main course for lunch or supper.

CREOLE TOMATOES

In a large skillet cook 1 small chopped onion and ½ chopped sweet green pepper in 2 tablespoons of butter. When they are tender, cut 6 tomatoes in half, and dip them into a mixture of ½ cup of flour, 1 teaspoon salt, ½ teaspoon of pepper, and ½ teaspoon of sugar. Place them, skin side down in the skillet. The skillet must be so large that all the tomatoes form 1 layer. Place in the oven, at 325° F., until the tomatoes are tender. Sprinkle the tomatoes with 1 tablespoon of chopped parsley and pour over them 1 cup of thick cream. When the cream is hot, serve at once, Place the tomato halves on toast, and pour the gravy over them.

FRENCH STYLE TURNIPS

Boil about a dozen small turnips. Strain, saving the liquor for the sauce. Melt 2 tablespoons butter in a saucepan and stir in 1 tablespoon flour. Add ½ cup evaporated milk and ½ cup stock, and stir till smooth. Add 1 teaspoon powdered sugar. Just before serving, stir in the beaten yolk of an egg and 1 tablespoon butter.

TURNIP SOUFFLÉ

Cut 2 large white turnips into small pieces and cook in a little salted water until tender. Mash thoroughly, add a little butter, ¼ cup evaporated milk, and 2 well beaten eggs. Set in a greased baking dish in a pan of hot water and bake in a moderate oven, 350° F. for 30 minutes.

YELLOW TURNIPS OR RUTABAGAS

Peel and cut into dice enough rutabagas to make 2 and ½ cups. Cook in boiling salted water to cover until tender. Drain, and season with salt and pepper to taste and 2 tablespoons of butter. Serve diced, or mash.

VEGETABLE CASSEROLE

Wash, cook, and drain 2 bunches of fresh beets, or drain 1 No. 2 can of small whole beets. Peel 1 pound of small white onions and cook until tender. Drain. Melt 4 tablespoons of butter, add 4 tablespoons of flour, and stir until smooth. Add 2 cups of milk, and cook and stir until smooth and thick. Add ½ teaspoon of salt, ¼ teaspoon of pepper, and half the onions. Slice the beets into a greased casserole. Cover with the onions in the sauce. Drain a No. 2 can of string beans, or have 2 cups of fresh cooked string beans. Place them over the sauce, and stir to mix them lightly with the

sauce. Cover with the remaining onions, sprinkle with 1 cup of grated cheese, and place in a moderate oven, 350° F., until the cheese is browned, about 25 minutes.

MEAT SUBSTITUTES

The following recipes contain as much nourishment as any meat dish and can readily be substituted for meat at a meal.

LENTIL SAUSAGES

For each person soak 1 tablespoon of lentils overnight. Then drain and leave them spread on a dish for a day.

When ready to use, chop them fine and cook gently in a covered jar in an outer vessel of water for about 1 hour, adding from time to time just as much water as they will absorb.

When fully cooked, stir in about twice their bulk in bread crumbs (preferably whole wheat), a slight flavoring of very finely chopped onion, powdered mixed herbs and nutmeg, salt and pepper to taste, and drippings to make the whole fairly moist.

When cool, shape into sausages (or cutlets or round cakes for luncheon), coat them with egg and bread crumbs or seasoned flour, and brown them in a little fat in a frying-pan or in a fairly hot oven.

Gravy or diluted meat extract should be served with them. They are no less good when fried and reheated in the gravy.

MOCK CHILE CON CARNE

Pick over and wash 2 cups of kidney beans, soak in 1 quart of water. Next morning bring to a boil in fresh water, drain, cover beans with boiling water and cook until tender. Half an hour before beans are to be served, put 1 tablespoon of butter in a saucepan, chop and add 4 green peppers, 1 small red pepper, 1 onion, 1 pint of tomatoes, 1 teaspoon of salt, cook 15 minutes, add to beans with 3 tablespoons of uncooked rice, simmer until thick.

SPANISH BEANS

Soak 2 cups of beans overnight. Drain, cover with water, and boil until the skin cracks. Let 1 cup of water remain on the beans. Chop fine 1 onion and 2 cloves of garlic and fry a light brown in 1 tablespoon of olive oil; then add ½ can of tomatoes, 1 teaspoon chili powder dissolved in a little cold water, salt to taste and 6 olives chopped. A piece of smoked beef or tongue improves the flavor.

PEA SOUFFLÉ

Soak ½ cupful of green split peas for ½ hour in cold water. Drain, add 1½ cupfuls of water, season with salt, and cook until the consistency of purée. Strain through a sieve and put aside until

ready to use. Melt 4 tablespoons of fat and blend with the same amount of flour. When smooth, add 1 cupful of milk and bring the whole to a boil. Add 1 cupful of pea purée, ½ teaspoon of salt, 2 teaspoons of orange juice, and the well beaten yolks of 3 eggs. Lastly, fold in the stiffly beaten egg whites.

Put into a round greased baking dish, set in a pan of hot water, and bake at 350° F. until firm. Drain 1 cupful of crushed pineapple, turn into a saucepan with 2 tablespoons of butter, stir over the fire until light brown, and serve over the soufflé. All soufflés should be eaten as soon as they are removed from the fire.

KIDNEY BEANS WITH BROWN SAUCE

Pick over and wash 1 pint (2 cups) of kidney beans, let soak overnight in cold water. Drain and cook in fresh salted water till tender. Drain; shake in saucepan with 1 teaspoon butter 3 minutes. Add 1 cup of brown sauce and simmer 5 minutes.

NAHIT (RUSSIAN PEAS)

Place 1 pound Russian peas in granite kettle, add 1 tablespoon of salt and hot water to more than cover and let soak 12 hours or more. Drain, return to the kettle, cover with boiling water, let cook 15 minutes, add ¼ teaspoon of soda and 1 pound of brisket of beef or back or neck of fat chicken and let cook slowly until peas are tender. Melt 2 tablespoons of fat, add 2 tablespoons of flour and 2 tablespoons of brown sugar, let brown, add 1 cup of the liquid from the peas, cook until thick and smooth. Pour over the peas, cook thoroughly, then place in casserole and bake in a moderate oven ½ hour.

BOILED CHESTNUTS

Boil the chestnuts a few minutes; drain and remove the shells and skins. Boil again until tender, adding sufficient salt to make them palatable. Drain again; shake over the fire until dry; cover with cream sauce and serve at once. If allowed to stand the chestnuts become heavy and unappetizing.

CHESTNUT PURÉE

Put 1 pound of chestnuts, which have been shelled and skinned, on to boil in 2 cups of milk and cook until tender, then mash smooth. If necessary add more milk while boiling. Strain and season with salt and pepper and 1 teaspoon of fresh butter. Serve hot.

ROASTED CHESTNUTS

With a sharp knife cut across on the flat side of each chestnut; put them in a wire pan and shake constantly over a hot fire until the shells split. Serve at once.

CHESTNUTS AND PRUNES

Peel 1 pint of chestnuts and skin, then boil until tender. Boil 1 pint of prunes till tender. Mix chestnuts and prunes together, leaving whatever of sauce there is on the prunes. Season with sugar, cinnamon, and lemon juice, and cook all together.

CHESTNUTS AND RAISINS

Remove the outer shells from 1 quart of chestnuts. Then pour boiling water over them and remove the skins; put in cold water for ½ hour, then drain and put in a saucepan with cold water and boil until tender.

In another pan put 1 cup of raisins which have been stemmed and cleaned, cover with cold water, add 2 bay leaves and some stick cinnamon; boil until tender, then pour them into the pan containing the chestnuts. Add a pinch of salt and 1 teaspoon of butter and continue until chestnuts are done, then add 2 tablespoons of white wine, 2 tablespoons of sugar, ½ teaspoon of vinegar and thicken with 1 tablespoon of flour dissolved in water. More sugar or vinegar may be added to suit taste. Boil a few minutes, then serve.

NUT LOAF

Mix 2 cups of soft bread crumbs and 1 cup of chopped walnut meats with 6 tablespoons of butter or any butter substitute, ½ cup of hot water, 1½ teaspoons of salt, ¼ teaspoon of pepper, 1 tablespoon of chopped onion, a sprig of parsley chopped, and bind with 1 egg; shape into a loaf. Place in a greased baking-dish and bake in a moderate oven 1 hour. As the liquor boils out of the loaf it may be used for basting. A brown sauce may be made in the dish in which the loaf is cooked.

NUT ROAST

Soak ½ cup of lentils overnight; in the morning drain, cover with fresh water and bring to a boil. Drain again, put in fresh water and cook until tender. Drain once more, throw away the water, and press the lentils through a colander. To them add ½ cup shelled roasted peanuts, either ground or chopped, ½ cup of toasted bread crumbs, ½ teaspoon of salt and ½ saltspoon of pepper, and milk sufficient to make the mixture the consistency of mush. Put into a greased baking-dish; bake in a moderate oven for 1 hour; turn out on a heated platter; garnish with parsley or watercress and serve.

VEGETABLE MEAT PIE

Soak ½ cup of lima beans overnight; in the morning let them boil rapidly for ½ hour. Drain, slip the beans from their skins and

split them in halves. Blanch ¼ cup of almonds and chop them with ¼ cup of peanuts. Boil 4 potatoes, and when done cut 2 of them into small cubes. Mash the remaining 2 and use them for a dough, adding 4 tablespoons of hot milk, a little salt and ¼ cup of flour. Put a layer of beans in the bottom of the baking-dish, a sprinkling of nuts, a little hard-boiled egg, then the potato blocks and ½ tablespoon each of chopped parsley and chopped onion, ½ teaspoon of salt and ½ saltspoon of pepper and so on until the material is all used. Roll out the potato dough the size of the baking-dish; put it over the dish, brush with milk and bake half an hour in a moderately quick oven.

SALADS

Salads have become one of the basic items of our diet. We make them of meat, fish, vegetables and fruit, and we use them on all occasions. However, in serving salads there are a few basic rules which must be kept in mind.

The type of salad used depends upon the meal at which it is served, and the place it occupies in the menu. At a formal dinner where its purpose is to refresh the appetite and anticipate the dessert, it must be light and tart, a simple salad of greens with a suitable dressing. It may be served in two ways at an informal meal, either as an appetizer or after the main course. In either case it should be fairly light, and refreshing rather than satisfying. It may consist of raw or cooked vegetables or fruit, but it should contrast with the dessert and the vegetables served at the meal. If the dessert is very light, the salad may be a little more substantial. At luncheon, the salad is often the main dish, and should be hearty enough to satisfy the appetite. A similar salad is suitable for a supper party, unless something else is being served as the main dish. In this case potato salad, or one of cooked or raw vegetables which blend with the main dish should be used. A rich, sweet salad should be used only as a dessert.

The custom of mixing the salad dressing at the table is a delightful one, especially suited to a tossed salad served in a bowl.

Salads should always be thoroughly chilled, crisp, perfectly clean, and attractively served, but complicated garnishes and combinations should be avoided.

Do not repeat flavors or ingredients used in the meal in the salad.

The salad dressing should always suit the salad. Whenever a dressing is suggested use it in preference to another. Where no dressing is suggested, a plain French dressing, except for fruit salads, is always correct. In any case, use only enough dressing to bring out the flavor of the salad.

Meats, fish, and many vegetables are soaked in oil and vinegar before use. This is called a marinade. It adds flavor and moisture.

TO MARINATE

Mix 1 part of salad oil with 3 parts of vinegar. Add salt and pepper to taste. Place the salad ingredient in enough of the mari-

nade to cover it. Let stand in a cool place for several hours, and drain off all the marinade which has not been absorbed. The salad ingredient is now ready to be used. If different ingredients are to be marinated for the same salad, they should be placed in separate containers, to keep the flavors distinct.

SALAD DRESSINGS

MAYONNAISE

Beat the yolk of 1 egg in a cold dish with a silver or wooden fork. If the weather is very warm, place the bowl in a larger vessel filled with chopped ice. When the egg is beaten add ½ teaspoon of salt, dash of red pepper, ½ teaspoon of English mustard, and olive oil, drop by drop, being careful to beat well without reversing the motion for fear of curdling. When the dressing thickens, begin adding the vinegar or lemon juice, drop by drop. Then add more olive oil, then more acid, continuing until 1 cup of olive oil and 2 teaspoons of vinegar or lemon juice are all used. Be sure to have all the ingredients and dishes as cold as possible.

If the mixture should curdle, begin immediately with a fresh egg in a fresh dish and when it is well beaten add carefully the curdled mixture, drop by drop.

To serve 20 people 1 pint of mayonnaise is required.

COLORED MAYONNAISE

To color mayonnaise, chop parsley leaves very fine; pound them in a small quantity of lemon juice; strain and add the juice to the dressing.

WHITE MAYONNAISE

To make white mayonnaise, follow the ordinary directions, using lemon juice instead of vinegar, omitting the mustard and adding, when finished, ½ cup of whipped cream or ½ an egg white beaten very stiff.

RUSSIAN DRESSING

Make ½ pint of mayonnaise dressing and add to it the following: 2 hard-boiled eggs chopped fine, 2 to 4 tablespoons of tomato catsup, 1 tablespoon of finely chopped parsley and 1 teaspoon of finely chopped or grated white onion or shallot. Enough for 10 people.

BOILED DRESSING

Mix 1 teaspoon of salt, 1 tablespoon of mustard, 1 tablespoon of sugar, 1 tablespoon of flour and a few grains of cayenne. Beat 3 eggs until lemon-colored and add the dry ingredients with ½ cup

of vinegar and 2 tablespoons of melted butter. Cook over boiling water until thick; strain, add ½ cup of cream or milk. Beat until smooth, and cool.

BOILED DRESSING WITH OLIVE OIL (PARVE)

Beat 3 whole eggs until very light, add 2 tablespoons of olive oil, stirring constantly, add a good pinch of salt, pepper, mustard and cayenne pepper. Heat ½ cup of vinegar with 1 teaspoon of sugar in it, stir while hot into the eggs and put it back on the stove in a double boiler or over hot water in another saucepan and stir until thick. Serve cold.

DRESSING FOR LETTUCE

Rub the yolks of 2 hard-boiled eggs to a paste, adding 1 teaspoon of salad oil or melted butter, being careful to add only a few drops at a time. Add ½ teaspoon salt, ½ teaspoon of prepared mustard, very little pepper, 2 tablespoons of white sugar. Stir very hard, then pour in gradually ½ teacup of vinegar.

RAVIGOTE DRESSING

Mash the yolks of 3 hard-cooked eggs until they are smooth. Then mix with them 4 tablespoons of salad oil, 3 tablespoons of cream, 1 tablespoon of vinegar and ½ teaspoon salt, ⅛ teaspoon of pepper and a pinch of paprika. If desired 2 tablespoons of minced chives or green onions, and 2 tablespoons of finely minced hard-cooked egg may also be added.

TARRAGON DRESSING

Dissolve 2 teaspoons of dry mustard, ¼ teaspoon of white pepper and 1 teaspoon of salt in 3 tablespoons of tarragon vinegar. Gradually stir in ¾ of a cup of salad oil. When well blended add 2 teaspoonfuls of finely chopped onion. This is very nice with a mixed vegetable salad.

FRUIT JUICE DRESSING

With a rotary beater, beat together ¾ cup of salad oil, 2 tablespoons of lemon juice, 2 tablespoons of orange juice, ½ teaspoon of salt, ¾ teaspoon of sugar, ½ teaspoon of paprika, and ⅛ teaspoon of white pepper. Pineapple juice may be substituted for the orange juice. Serve with fruit salads.

CREAM CHEESE DRESSING

Gradually add to 2 packages of cream cheese ½ cup of salad oil. When smooth and creamy stir in ½ teaspoon of salt, ⅛ teaspoon of white pepper, 1½ teaspoons of granulated sugar, ¼ teaspoon of paprika and 1 tablespoon of lemon juice. Dust with paprika for color. Use on fruit salads when a stiff dressing is required.

ROQUEFORT CHEESE DRESSING

Crush ¼ pound of Roquefort cheese in a bowl. Add 9 tablespoons of salad oil, a little at a time, until the mixture is smooth and creamy. Add 1 tablespoon of vinegar. Season with ¼ teaspoon of salt, ¼ teaspoon of pepper, and ½ teaspoon of paprika. Serve with a salad of greens.

VINAIGRETTE DRESSING

Blend 1 teaspoon of salt, 1 teaspoon of sugar, ¼ teaspoon of paprika, and ¼ teaspoon of pepper. Stir in ¾ cup of salad oil. When blended, add 3 tablespoons of cider or tarragon vinegar, 2 tablespoons of chopped dill pickle and 1 teaspoon of chopped parsley. This is especially good with salads combining tomatoes and greens.

FRENCH DRESSING

With a rotary beater, beat ¾ cup of salad oil, 3 tablespoons of vinegar, 1 teaspoon of salt, ¼ teaspoon of pepper, and ¼ teaspoon of paprika. For a sharper dressing, use more vinegar and less oil. If desired, a little sugar may also be added, to taste.

CHIFFONADE DRESSING

Blend 1 teaspoon of salt, ¼ teaspoon of pepper and a dash of paprika. Add ¾ cup of salad oil and 3 tablespoons of vinegar. Beat for a few minutes. Then add 2 tablespoons of finely chopped pimentoes, 1 tablespoon of chopped parsley, and 1 minced hard cooked egg. Serve with vegetable salads. If there is no onion in the salad, 1 tablespoon of chopped onion may be added to the dressing.

SALADS OF GREENS

Greens for salad consist of lettuce, chickory, Belgian endive, escarole, romaine, watercress, and very young and tender spinach, beet or dandelion greens. The greens must be fresh and crisp. Wash them thoroughly and dry well. Place in the hydrator or in a damp cloth bag on ice. Lettuce may be sliced or shredded into pieces of convenient eating size. Use only the crisp curling leaves of the chickory. Belgian endive may be sliced or separated into leaves. Greens may be served separately or in any desired combination. They may be served on a plate or in a salad bowl. Always add dressing to greens just before serving, or they will wilt. Serve them with French, Roquefort, Vinaigrette, or Chiffonade Dressing.

FRENCH STYLE LETTUCE

Prepare the lettuce by shredding it into pieces of convenient eating size. Place in a salad bowl. Lightly toss it with 1 tablespoon of

oil, then with 2 tablespoons of white wine vinegar seasoned with ¼ teaspoon salt and 1 pinch of pepper.

SALAD BOWL COMBINATIONS

(1) Rub the bowl with cut garlic. Add 1 small head of lettuce broken in pieces, or a bunch of watercress, 3 peeled tomatoes cut in eighths, 6 sliced radishes, ½ small cucumber, pared and sliced, 1 small bunch of minced green onions, and 1 tablespoon of chopped parsley. Toss with Vinaigrette Dressing from which the parsley is omitted.

(2) Combine shredded lettuce or cress, ½ cup cooked, drained peas, ½ cup of sliced string beans, cooked and drained; ¼ cup of shredded cabbage, 2 sliced tomatoes, and 1 sliced hard cooked egg. Serve with French, Tarragon, or Chiffonade Dressing.

(3) Cover the bottom of the salad bowl with crisp romaine or lettuce. Arrange over the greens alternate slices of hard-cooked eggs and beets. Sprinkle with finely chopped onion. At the table, cover with French Dressing, toss, and serve at once.

ASPARAGUS SALAD

Drain cooked or canned asparagus tips. Place on a bed of crisp lettuce. Lay a strip of pimento across each 3 or 4 tips to divide them into portions. Serve with Chiffonade Dressing.

BEET SALAD

Slice 4 hot, cooked beets into a bowl. Sprinkle over them ½ teaspoon of salt, ⅛ teaspoon of pepper, 1 tablespoon of brown sugar, ½ teaspoon of caraway seeds, 1 medium onion peeled and sliced, and ½ cup of boiling hot vinegar. Cool and chill. Just before serving, drain off the excess vinegar. Serve on a bed of lettuce or watercress. No dressing is required.

BEET AND CAULIFLOWER SALAD

For each portion alternate 2 or 3 thin slices of cold, cooked beets, and cold cooked potatoes. Over them place 2 small flowerets of cooked cauliflower and sprinkle with a little minced parsley. Serve with the following dressing.

Mix 1 level teaspoon of dry mustard with 1 teaspoon of anchovy paste, for each portion. Stir in 1 tablespoon of cream and then 1 tablespoon of vinegar. Mix well.

COLD SLAW, OR CABBAGE SALAD

(1) Select a small compact head of cabbage. Strip off the outer leaves and cut into quarters. Shred into very fine strips. Soak in ice water until crisp, drain and dry thoroughly. Mix with the following hot dressing, chill and serve in a bowl.

Beat the yolks of 2 eggs until light, add 1 tablespoon of sugar, ½ teaspoon of pepper, 1 teaspoon of salt and 1 teaspoon of dry mustard. Stir in 1 cup of vinegar. Cook in a double boiler, stirring constantly, until thickened.

(2) Prepare the cabbage as above. Mix ½ cup of mayonnaise, with 2 or 3 tablespoons each of sugar and vinegar, according to taste. Chop 2 tablespoons of green pepper. Mix all together, let stand in the refrigerator for 20 minutes, stir well and serve.

(3) Prepare cabbage as above and marinate in French Dressing. Drain well, and serve with the following dressing.

Mash 3 hard-cooked egg yolks until smooth. Stir in 4 tablespoons of salad oil and 3 tablespoons of cream. Add 1 tablespoon of tarragon or cider vinegar. Season with ½ teaspoon of salt, ⅛ teaspoon of pepper and ¼ teaspoon of onion juice. Add the chopped egg whites, and sprinkle with paprika.

EGGPLANT SALAD, TURKISH STYLE

Place a small eggplant on a toasting fork and cook over a flame, turning as it cooks, until the peel is black. Remove the peel. Mash the eggplant with a wooden spoon, and add lemon juice, parsley, minced fine, and olive oil to taste.

EGGPLANT SALAD, ROUMANIAN STYLE

Broil and chop eggplant as above. Add 1 minced red onion, and vinegar and salt to taste.

LETTUCE AND TOMATO SALAD

Peel 3 very firm tomatoes, and cut into thin slices with a very sharp knife. Line a salad bowl with lettuce leaves, add the sliced tomatoes, sprinkle with salt and pepper, and serve with French or Vinaigrette Dressing.

MARINATED TOMATOES

Select small, perfect tomatoes of equal size. Scald, peel them, and cover with French Dressing. Place in the refrigerator for at least an hour. Drain well, and serve on lettuce with a spoonful of mayonnaise on each. These tomatoes may also be used as a garnish around meat or fish salads.

STUFFED TOMATOES

(1) Select large, very firm round tomatoes. Allow 1 for each portion. Carefully scoop out the inside, sprinkle with salt, and invert on a platter for 30 minutes to drain. Wipe dry, and fill with cold slaw, or fish salad. Serve on a bed of lettuce, and pass more of the dressing that is used in the filling.

(2) Wash and skin 1 small tomato for each portion. Cut off the

tops and remove some of the pulp. Mash to a paste 1 package of cream cheese with 2 tablespoons of mashed pimento. Moisten with 1 tablespoon of French dressing. Fill the tomatoes with the cheese mixture, arrange on a bed of lettuce, and put a spoon of thick boiled dressing on each tomato.

LIMA BEAN SALAD

Mix 2 cups of cold, cooked lima beans, 2 stalks of chopped celery, 12 chopped olives, 1 teaspoon of onion juice, 1 teaspoon of salt, and a dash of red pepper. Serve on lettuce leaves and garnish with strips of green and red pepper. Serve with French Dressing.

PEPPER AND CHEESE SALAD

Wash 2 firm green peppers thoroughly. Dry and cut off the tops. Carefully scoop out the seeds. Mash 2 packages of cream cheese with 4 tablespoons of cream. Add ¼ cup of minced, stuffed olives. Stuff the peppers with this mixture. More or less cheese may be needed according to the size of the peppers. Set the stuffed peppers in the refrigerator for a few hours. Cut into quarter inch slices, crosswise. Serve on a bed of lettuce or watercress. Pass Mayonnaise.

SQUASH SALAD, TURKISH STYLE

Peel 1 long, green squash, cut in slices ¼ inch thick, and fry in ¼ cup of olive oil. Mix 2 tablespoons of vinegar, 2 tablespoons of olive oil, ½ teaspoon of prepared mustard, and 2 shallots or leeks cut small. Pour over the squash and serve at once.

MÈRE FILIOUX SALAD

Take as many good sized artichokes as you have persons. Cook them in salt water, remove the leaves and pith, scrape the bottom and cut into rounds. Put them to soak 20 minutes in lemon juice and olive oil. Dress the crisp leaves of a head of lettuce with thin mayonnaise well seasoned with mustard. Arrange the lettuce in a bowl and on it place the hearts of artichoke. Serve immediately.

HARVARD SALAD

Mix equal parts of small cucumber cubes and finely cut celery. Add ½ as many finely chopped nut meats and ⅓ as many finely chopped green peppers. Moisten with a boiled dressing, pile on thick slices of tomato, and serve on lettuce leaves.

FROZEN CHEESE SALAD

Crumble 2 cups cottage cheese, season with cayenne and salt to taste. Add ½ cup coarsely chopped walnut meats, and 10 chopped stuffed olives. Whip ½ cup cream and mix in. Freeze in refrigerator trays, or pack in mold and freeze in 1 part salt to 2 parts ice.

Unmold carefully, and serve in slices on lettuce leaves with highly seasoned mayonnaise.

POTATO SALAD

(1) Boil ten potatoes (small, round ones preferred) in their skins. When done, peel them while still hot and slice in thin, round slices. Spread over the potatoes one onion, sliced fine, and sprinkle generously with salt and pepper, add 1 tablespoon of mustard seed, ½ tablespoon of celery seed, and ½ tablespoon of sugar.

Beat 1 egg until light, pour 2 tablespoons of goose or chicken fat, melted, over the eggs, stir well, add ½ cup of vinegar, pour over the seasoned potatoes; then add ¼ cup of hot water and if necessary, add a little more vinegar, salt or pepper. One or 2 chopped hard-boiled eggs added improves the salad. Line a salad bowl with lettuce leaves, pour in the salad and decorate the top with grated hard-boiled eggs.

Melted butter may be used if for a milk meal or heated olive oil for a parve salad in place of the melted fat.

(2) Put into a bowl 2 tablespoons of olive oil, 1 tablespoon of sugar, 1 teaspoon of salt, some pepper, and 1 tablespoon of vinegar, and mix all together. Cut into this in slices six hot potatoes. Then cut into small pieces 2 small onions, a little garlic, some parsley, 6 stuffed olives, 3 hearts of celery (or the end of it), 6 radishes, 3 slices of red beets and 2 hard-boiled eggs. Add this to the gravy in the bowl, mix well, and season to taste. Put all into a glass dish and pour over this a prepared mayonnaise dressing. Decorate with parsley.

(3) Dice 2 cups of cold, cooked potatoes. Add 2 diced hard-cooked eggs, 1 small chopped onion, ½ cup of chopped celery, ½ cup of cooked salad dressing, and salt, pepper, and paprika to taste. Mix well and chill. Serve in a bowl garnished with parsley.

AVOCADO SALAD

Allow ½ of a firm but ripe avocado for each portion. Cut in half lengthwise. Remove the pit carefully. Place the halves on individual salad plates on a bed of lettuce. Serve with lemon juice or the following French Dressing. Chill the avocados before cutting them, and serve as soon as they are prepared. A spoon is used to eat this salad.

FRENCH DRESSING MADE WITH LEMON JUICE

Mix ½ teaspoon salt, ¼ teaspoon pepper, and a little paprika. Add 6 tablespoons salad oil and beat well. Add 2 to 6 tablespoons lemon juice, drop by drop, beating constantly until thick.

WATER-LILY SALAD

Boil 20 minutes, 1 egg for each lily; remove shell and while still warm cut with silver knife in strips from small end nearly to base; very carefully lay back the petals on a heart of bleached lettuce; remove yolks and rub them with spoon of butter, vinegar, a little mustard, salt and paprika; form cone-shaped balls, and put on petals, sprinkling bits of parsley over balls. Two or three stuffed olives carry out the effect of buds; serve on cut-glass dishes to give water effect.

WALDORF SALAD

Dice 1 cup of sweet apple, and pour over it 2 teaspoons of lemon juice. Dice 1 cup of celery and mix with the apple. Chop rather coarsely ¼ pound of walnuts or pecans and add to the salad. Add enough mayonnaise to moisten. Mix lightly and chill.

PINEAPPLE AND CREAM CHEESE SALAD

For each portion lay a slice of pineapple on a lettuce leaf. Add pineapple juice to 2 tablespoons of cream cheese, drop by drop, and beat constantly, until the cheese resembles whipped cream. Put the cheese in the center of the pineapple, and sprinkle 1 teaspoon of finely chopped walnuts over it. Pass a dressing made of 2 tablespoons of mayonnaise whipped with 1 tablespoon of pineapple juice.

FRUIT SALAD

Any desired combination of fruits, fresh or canned, may be used for fruit salad. The fruit should be well drained, and may be cut into sizes convenient for eating. It should not, however, be cut so small or into such shapes that the original character of the fruit is lost. Arrange the fruits neatly and attractively on lettuce. The contrast of color, shape, and texture will give them sufficient beauty. When the salad is served as dessert, whipped cream may be served with it, but when it is part of the meal, mayonnaise thinned with fruit juice or a fruit juice dressing should be used.

ORANGE AND GRAPEFRUIT SALAD

Peel a seedless grapefruit and 2 seedless oranges. Remove all white skin and separate into sections. Remove the membranes from each section. Arrange alternate sections of grapefruit and orange on a plate with the narrow edges down. Garnish with watercress and serve with Fruit Juice Dressing. This salad may be used either to begin a meal or before dessert.

CHILLED FRUIT SALAD

Peel 1 grapefruit and 2 oranges (seedless), and separate into sections. Remove all membranes. Drain 3 slices of canned pineapple and cut each slice into 6 pieces. Slice 1 banana and break ½ cup of walnut meats into fairly large pieces. Add ½ cup of seedless grapes, and mix with just enough Fruit Juice Dressing to moisten. Place in the refrigerator until chilled. Drain off any excess dressing, and place the fruit in a bowl lined with lettuce leaves. Garnish with maraschino cherries, and pass whipped cream. This makes 8 portions.

BANANA DAINTY

Allow 1 banana for each portion. Cut the bananas in half crosswise, and then cut each piece in half lengthwise. Cover a round plate with lettuce leaves and arrange the banana sections on it like the spokes of a wheel. Place maraschino cherries between the sections and sprinkle with finely chopped nuts. Heap white mayonnaise in the center and serve at once.

FROZEN FRUIT SALAD

Mix ½ cup of strained honey or maple syrup, with 2 tablespoons of sugar and 1 tablespoon of flour. Cook in a double boiler for 10 minutes. Beat the yolks of 2 eggs until light and stir into them the juice of 2 lemons. Add to the syrup slowly, and cook and stir for 5 minutes. Remove from the fire and cool. Whip 1 cup of cream until thick but not stiff. Fold into the dressing. Peel 1 seedless orange, remove all membranes, and cut into pieces. Peel and slice thinly 1 banana. Cut 2 slices of pineapple into pieces, and seed ¾ cup of white grapes or Royal Anne cherries. Cut 12 maraschino cherries in half. Mix the fruit lightly with the dressing. Put into the tray of the freezing compartment of the refrigerator, set the temperature to the coldest point and allow it to remain until frozen. Raise the temperature enough to keep the salad frozen until serving time. Unmold, and serve in slices on lettuce.

FROZEN CHEESE SALAD WITH FRUIT

Mix 6 oz. of cream cheese with 1 teaspoon salt and ½ cup of mayonnaise. When it is smooth and well blended, add the juice of 1 lemon, ½ cup of drained, crushed pineapple, 2 sliced bananas, ½ cup of chopped walnut meats and ½ cup of sliced maraschino cherries. Mix well and fold in 1 cup of heavy cream whipped until it is thick but not stiff. Pour into the freezing tray and freeze in the refrigerator. When it is ready, cut in slices, and serve on lettuce. Garnish with fresh fruit.

FISH SALAD

Skin, bone, and flake 2 cups of any kind of cold, cooked, or canned fish. Marinate in French Dressing to cover for several hours. Drain well, and mix with 3 chopped hard-cooked eggs and 1 cup of diced celery. Add Ravigote Dressing or Mayonnaise. Mix well, chill and serve on a bed of any desired greens.

One-half cup of chopped pickle may be added if desired.

To serve 20 people, 4 pounds of fish will be needed.

SALMON OR TUNA FISH SALAD LOAF

Soak 1 level tablespoon of unflavored vegetable gelatine in ¼ cup of cold water for 5 minutes. Stir into 1 cup of hot boiled dressing. Cool. Add 2 cups of flaked salmon or tuna fish, ¼ cup of chopped pickles, ¼ cup of chopped olives, 1 tablespoon of minced onion, and ¼ cup of finely diced celery. Taste, and add more salt and pepper if desired. Pour into a loaf mold wet with cold water and chill until firm. Dip the mold quickly in hot water, and invert on a bed of lettuce or curly endive. Garnish with marinated tomatoes and cucumber slices.

HUNGARIAN FISH SALAD

Marinate separately ¾ cup each of cold, cooked peas, string beans, diced carrots, and diced potatoes. Drain well, place in a bowl, and add 1 cup of smoked salmon or haddock cut in small pieces, the chopped whites of 3 hard-cooked eggs, and 2 stalks of diced celery. Mix thoroughly, and garnish the top with the yolks of the eggs pressed through a sieve, and with cucumbers and cooked beets cut into fancy shapes.

MONTEREY SALAD

Wipe 5 lemons carefully, cut off the tops and scoop out the pulp. Remove the tough inner skin and seeds. To the pulp add 1 tin of boneless sardines, finely mashed, 1 teaspoon of prepared mustard, 2 chopped, hard-cooked eggs, a dash of tabasco, and enough mayonnaise to moisten. Cut a small slice from the bottom of the lemon, so it will stand firmly. Fill with the mixture, place on lettuce leaves and garnish with chopped egg and parsley.

HALIBUT SALAD

Mix 2 cups cold cooked halibut, flaked, with 1 cup chopped celery, green pepper and olives. Mix lightly with ½ cup mayonnaise seasoned with salt, pepper, and 1 tablespoon onion juice. Pile on lettuce leaves, and garnish with tomato, hard boiled egg quarters and pickles.

An equal quantity of Russian dressing may be substituted for the mayonnaise.

WHITE FISH AND POTATO SALAD

Soak a white fish over night, using the smoked variety. Wipe dry, skin, and shred fine. Mix with 1 tart summer apple diced fine and 1 chopped, cold, boiled potato. Stir all together with 3 tablespoons salad dressing and garnish with hard boiled eggs and pickled beets.

TUNA FISH AND SPAGHETTI SALAD

Open a can of tuna and flake with a fork. Mix with ½ pound cooked spaghetti cut in small pieces, ½ cup chopped pickles, ¼ cup chopped stuffed olives, and mayonnaise to taste. Line a bowl with lettuce leaves, fill with the salad, and sprinkle the top with paprika.

CHOPPED HERRING SALAD

Soak 4 herrings over night. Drain, remove skin and bones, and put through the food chopper with 4 medium onions and 4 peeled and cored tart apples. Mix with ½ cup bread crumbs. Add 2 tablespoons sugar, ½ teaspoon salt, ½ teaspoon pepper, and ⅓ cup vinegar. Serve on lettuce.

HERRING SALAD, NO. 1

Soak four herrings in cold water overnight, and then rinse several times in fresh cold water. Skin, bone, and cut in ½ inch pieces. Peel 2 apples, and cut in dice. Mix with herring, then add ½ cup of coarsely chopped almonds and one onion chopped fine. Remove the milsner or soft egg from the inside of herring, and mash perfectly smooth. Add ½ cup of vinegar, 1 teaspoon of sugar, pinch of pepper. Mix well, and then pour over herring, stirring with a fork to prevent mashing. Set in ice-box until ready to serve. Put sliced lemons on top. Herring can be left whole, dressing made and poured over whole herrings.

HERRING SALAD, NO. 2

Soak 3 nice herrings in cold water 3 hours. Then remove the head and tail and bones. With a scissors cut in pieces as small as dice, add ½ cup of English walnuts cut fine, 1 tablespoon of boiled beets cut fine, 2 tablespoons of capers, 1 large apple cut in small pieces and 1 dill pickle cut up. Then take the soft egg (milsner) and mix with 2 cups of white vinegar until soft, add 1 teaspoon of sugar, 3 cloves and allspice and pour the sauce over the ingredients. The sauce should not be too thick. Mix all well together, and serve 1 spoonful on a lettuce leaf for each person.

This salad will keep for weeks.

GREEK SALAD

Fillet 1 matjes herring, and cut it into pieces convenient for eating. Peel and thinly slice 1 Bermuda onion. Dice 2 peeled tomatoes.

Shred 1 and ½ pounds of cabbage and 1 large green pepper. Mix all the ingredients with 2 tablespoons of vinegar and 2 tablespoons of olive oil. Season to taste with a little salt and pepper. Garnish with at least 12 Greek olives.

NIAGARA SALAD

Skin, bone and pick 2 and ½ cups of cold cooked salmon. Mix together ¾ cup of mayonnaise, 1 tablespoon of prepared mustard, 1 finely chopped green pepper, 1 tablespoon of chopped red pepper, and 1 tablespoon of pimento. Stir the dressing into the salmon and serve on lettuce.

CHICKEN SALAD

Remove all skin, fat, and bone from cold, cooked chicken. Cut the meat into ½ inch dice. Cover 2 cups of diced chicken with French dressing and place in the refrigerator for several hours. Drain off all excess dressing. Add 1 cup of diced celery. Add ⅔ cup of mayonnaise or the following dressing and mix lightly. Serve in a bowl lined with lettuce leaves, and garnish with hard cooked eggs. For variation, substitute diced cucumber for the celery. One-half cup of cooked peas may be added.

The dressing for chicken salad is made as follows: Rub the yolks of 2 hard-cooked eggs as fine as possible, add 1 teaspoon of salt, and drop by drop, 1 teaspoon of fine olive oil. Stir constantly, and add 1 teaspoon of prepared mustard, 1 teaspoon of white pepper, and 2 teaspoons of sugar. Whip the white of 1 egg to a froth, and stir into the dressing. Add ½ cup of vinegar, 1 spoonful at a time.

This amount of salad will make 5 medium portions. For 20 portions, allow 2 large chickens and 1 pint of mayonnaise.

CHICKEN SALAD IN ORANGE JELLY

Mix together 2 cups of diced, cooked chicken, 1 cup of diced celery, and ¼ cup of coarsely chopped olives.

Soak 2 tablespoons of vegetable gelatine in ½ cup of cold water for 5 minutes. Scald 1 cup of orange juice and ¼ cup of sugar. Add the gelatine to this, stir until it is dissolved, and strain. Add 2 cups of strained orange juice and the strained juice of 1 lemon. Set in a cold place until it begins to thicken.

Wet a ring mold with cold water. Add jelly to the depth of ½ inch, and place in the refrigerator until firm. Carefully place the salad in the center portions of the mold, and pour the remaining jelly around it. The jelly must completely cover the sides of the mold and the space next to the center. Set in the refrigerator for several hours until firm. Dip the mold quickly into hot water almost to the top, and invert the salad onto a platter. Fill the center

with an inverted and leaf-separated heart of lettuce. Fill the lettuce cup with mayonnaise. This salad may be used at a luncheon or reception, or as the chief dish for a late supper.

CHICKEN SALAD SUPREME

Combine 2 cups of chicken cut into small pieces, 2 cups of coarsely chopped pecans, 1 cup of finely chopped celery, 1 cup of diced pineapple, 2 finely chopped green peppers, 1 finely chopped pimento, 1 cup of finely chopped stuffed olives, and 1 teaspoon of salt dissolved in 6 tablespoons of lemon juice. Chill in the refrigerator for 1 hour. Add 1 pint or 2 cups of mayonnaise and stir together lightly. Arrange in a salad bowl lined with lettuce leaves, and garnish with whole stuffed olives and pimento strips. This makes 15 portions.

SWEETBREAD OR BRAIN SALAD

Wash a pair of sweetbreads or calf's brains, boil 15 minutes in water to which 1 teaspoon of lemon juice has been added. Drain, place immediately in cold water, and skin. Chop fine, add ½ cup of chopped celery and ½ cup of cooked or canned peas. Slice 3 cucumbers lengthwise and scoop out the insides, leaving a shell ¼ inch thick. Chop the scooped out portion, drain, and add to the sweetbreads. Add enough mayonnaise to moisten, and refill the cucumber shells. Serve on a lettuce leaf.

TURKEY SALAD

Cut 2 cups of dark turkey meat into ¾ inch pieces. Add ⅔ cup of diced celery, ⅔ cup of seedless grapes, halved; and ⅓ cup of walnut meats, coarsely broken. Carefully fold in ⅔ cup of mayonnaise. Chill, serve in salad bowl or on individual plates with crisp lettuce. This makes about 5 portions.

VEAL SALAD

Combine 2 cups of diced, cooked veal, 1 cup of diced celery, ¼ cup of minced green pepper and ¼ cup of French Dressing. Chill 30 minutes. Add ½ cup of either Russian Dressing, Chive Mayonnaise or Horseradish Mayonnaise. Serve on escarole, and garnish with tomato wedges and ½ cup of the dressing that was used in the salad. To make Chive Mayonnaise add 2 tablespoons of finely cut chives to 1 cup of mayonnaise. Horseradish Mayonnaise is made by adding 2 tablespoons of prepared horseradish to 1 cup of mayonnaise.

NEOPOLITAN SALAD

Combine 2 cups of diced turkey, 3 diced gherkins, 2 diced beets, carrots, and potatoes cooked and cooled; 1 cup of diced celery and

1 diced pre-cooked celery root. Add ⅔ cup of well-seasoned mayonnaise and stir lightly. Carefully add 2 cold diced cooked stalks of asparagus without mashing them, and 1 diced hard-cooked egg. Line a salad bowl with cabbage or lettuce leaves, add the salad, and garnish with sliced hard-cooked eggs, capers, and a few sprigs of parsley.

JELLIED VEAL AND AVOCADO SALAD

Cover 2 pounds of veal and 2 veal bones with cold water, add 1 medium peeled onion and cook until the meat is tender, about 2 and ½ hours. When the meat is almost done, add 2 medium peeled carrots. When meat and vegetables are tender remove them and cook the broth down to 2 and ¼ cups. Strain the broth and add ¼ teaspoon of onion salt, 2 teaspoons of sherry, and salt to taste. Chill until it begins to congeal. Dice the meat and vegetables, add ¾ cup of chopped sweet pickles and 2 cups of diced avocado. Stir into the aspic. Lightly oil a mold, and pour in the salad. Chill at least 12 hours. Unmold and garnish with any salad green. For a firmer mold, moisten 1 tablespoon of vegetable gelatine with ¼ cup of cold water, and stir into the hot broth. This is an ideal dish for a hot weather meal.

NOODLES AND MACARONI

Noodles and Macaroni products may be used as the basis of all sorts of dishes. Boiled and served with butter and seasoning, they are a welcome substitute for potatoes. With the addition of eggs, cheese, and a sauce, they are the basis of many delicious main dishes substantial enough to take the place of meat or fish. In addition they blend well with either meat or fish to form inexpensive additions to the menu. Many of the Noodle Puddings are sweet and rich enough to be a dessert, but frequently they accompany the main dish when a light fruit dessert is used.

Noodles and macaroni may be purchased in many shapes and sizes, or the noodles may be made at home. (See directions under Garnishes and Dumplings for Soup.) For the recipes in this chapter use broad noodles. The time required for cooking varies with different brands, from 9 to 15 minutes. Cook macaroni and noodles until tender but still firm.

NOODLES WITH BUTTER

Drop ½ pound of broad noodles into 2 quarts of boiling, salted water. Cook until tender. Drain well in a colander, and mix with 2 tablespoons of butter, and salt and pepper to taste. Stir gently, and serve as soon as the butter is melted.

NOODLES OR MACARONI AND CHEESE

Boil ½ pound of broad noodles or elbow macaroni in 2 quarts of boiling, salted water until tender. Drain well. Make 2 cups of medium white sauce. Grease a baking dish. Place ¼ of the noodles in it, sprinkle over them ¼ cup of grated American cheese, and add ½ cup of the sauce. Repeat until all the ingredients are used. Cover the top with ¼ cup of bread crumbs and dot with 2 tablespoons of butter. Bake 25 minutes in an oven pre-heated to 350° F. This recipe requires 1 cup of cheese, but less may be used if a milder taste is desired.

NOODLES AND MUSHROOMS

Prepare Noodles with Butter. Cover with the following sauce: Brown 1 tablespoon of butter in a skillet, add ½ tablespoon of flour and stir until smooth and blended. Add 1 cup of the liquor from a can of mushrooms, or the liquor in which ½ pound of

mushrooms was cooked. Season with salt and pepper. When smooth and thick add ½ pound of sliced, boiled mushrooms. Pour over the noodles and serve at once.

NOODLES, KASHE, AND MUSHROOMS

Prepare Noodles and Butter, but instead of broad noodles, use those that are shaped like ribbon bows. Place on a large platter, and over them put 2 cups of Kashe (see Cereals). Sauté ½ pound of sliced mushrooms in ½ cup of butter, season well with salt and pepper, and pour over the Kashe.

NOODLES AND APPLES

Mix 3 cups of cooked broad noodles with 2 tablespoons of butter or chicken fat. Add ¼ cup of sugar, ¼ teaspoon of salt, and ½ teaspoon of cinnamon. Peel, core, and slice 5 medium-sized apples. Place alternate layers of noodles and apples in a greased baking dish, with noodles on the top and bottom. Dot with 2 tablespoons of fat or butter. Bake at 325° F., until the apples are tender, about 1 hour.

SCALLOPED NOODLES AND PRUNES

Pit 2 cups of stewed prunes, and save 1 cup of the liquor in which they cooked. If the prunes are not already sweetened, add to them ¼ cup of sugar and 1 teaspoon of cinnamon. Boil ½ pound of broad noodles and drain. Place alternate layers of noodles and prunes in a greased baking dish. Have noodles on the top and bottom. Heat the prune juice and melt ¼ cup of butter or fat in it. Pour over the noodles. Cover with ¼ cup of bread crumbs, and bake at 350° F., until the crumbs are brown, about 25 minutes.

NOODLE AND COTTAGE CHEESE PUDDING

To 2 cups of boiled noodles add 1 pound of cottage cheese, ¼ cup of butter, ½ cup of heavy sour cream, 2 well-beaten eggs, 1 teaspoon of salt, and ½ teaspoon of white pepper. Mix thoroughly and pour into a well-greased baking dish. Bake at 350° F., for about 1 hour.

NOODLE PUDDING

Boil 2 cups broad noodles about 10 minutes, or until tender. Drain, and mix with 2 tablespoons chicken fat, 3 beaten egg yolks, ¾ cup raisins, ½ cup sugar, 1 teaspoon cinnamon, ½ teaspoon nutmeg, and the stiffly beaten egg whites. Bake in a moderate oven till nicely brown.

NOODLE RING

Separate 4 eggs, and beat the yolks and whites separately until stiff. To the yolks add 3 cups of boiled noodles, 2 tablespoons of

melted butter, 1 teaspoon of salt, and ¼ teaspoon of pepper. Stir well, and fold in the stiffly beaten white. Grease a ring mold well, and coat with ½ cup of bread crumbs. Pour in the noodle mixture, cover with ½ cup of crumbs, and set the mold in a pan of boiling water. Place in an oven pre-heated to 325° F., and bake about 45 minutes, or until firm. Unmold on a hot platter, and fill the center with any creamed vegetable or fish.

PFARVEL OR EGG BARLEY

Prepare the pfarvel according to directions in Garnishes and Dumplings for Soup. Boil 1 cup of the pfarvel in 2 cups of boiling, salted milk or water. Cook and stir until thick and soft. Serve with 4 tablespoons of melted butter.

PFARVEL-FLEISCHIG

Cook ¼ cup of diced onions in 2 tablespoons of chicken fat until golden brown. Add 1 cup of pfarvel and stir over a slow fire until the pfarvel is brown. Add 3 cups of hot soup stock or water, and stir well. Place in a greased pudding dish, and bake in a moderate oven, 350° F., uncovered, until the water has nearly all evaporated, and the pfarvel stands out like beads and is soft. This will take about 1 hour.

CHEESE KREPLICH

Prepare Kreplich. (See directions under Garnishes and Dumplings for Soup.) Fill with the following: Mix 1 pound of cottage cheese with 2 tablespoons of melted butter, 1 egg, 1 teaspoon sugar, ½ teaspoon of cinnamon, the grated peel of a lemon, ¼ teaspoon of salt, and, if desired, 1 tablespoon of chopped almond. Wet the edges of the krepli with water, and fold over into triangles. Press well together. Drop into boiling milk. When done, the krepli will rise to the top. Remove from the milk and serve with melted butter.

SAVORY MACARONI

Cook ½ pound of elbow macaroni in boiling salted water until tender and drain. Cook 1 level tablespoon of finely chopped onion in 1 tablespoon of butter until light brown. Add ½ cup of canned tomato or 3 or 4 small sliced tomatoes, ½ teaspoon of powdered herbs (thyme, sage, and marjoram), 1 pinch of nutmeg, ½ teaspoon of salt, and ⅛ teaspoon of pepper. Cook and stir for 10 minutes. Add 2 cups of milk and bring to a boil. While the tomatoes are cooking, place 3 tablespoons of flour in a pan, and cook over a slow fire until fawn colored. Sift and measure 2 tablespoons of the browned flour. Mix this with a little cold water, and add to the sauce. Cook and stir until smooth. Press through a strainer, and

return to the fire. Bring to a boil and add the macaroni and 2 tablespoons of grated cheese. Stir until hot. This may be served at once, but the flavor improves if it is kept in the top of a double boiler over hot water for 30 minutes.

MACARONI LOAF

Mix ½ pound of cooked macaroni, ½ cup of milk, 1 tablespoon melted butter, 1 slightly beaten egg, ½ cup of bread crumbs, 1 tablespoon of grated onion, ¼ cup of minced green pepper, 2 tablespoons of chopped olives, 1 teaspoon salt, and ½ teaspoon of pepper. Pour into a greased loaf pan, and bake at 350° F., for ¾ of an hour, or until nicely browned. Serve with Tomato Sauce.

MACARONI MOUNDS

Add 1 cup of thick White Sauce to ½ pound of cooked elbow macaroni. Add ¼ cup of minced pimento, 1 teaspoon of salt, and ¼ teaspoon of pepper. Chill and shape into mounds. Beat 1 egg with 2 tablespoons of milk. Dip the mounds in this, and roll in fine bread crumbs until completely coated. Set in a cold place for 1 hour. Fry in deep hot fat, 375°–400° F., until golden brown, drain on brown paper, and serve with cheese sauce.

ITALIAN SPAGHETTI

Sauté 1 large chopped onion, 1 chopped clove of garlic, and ¼ pound of sliced onion in 4 tablespoons of olive oil. Add 1 No. 2 can of Italian tomatoes and one 6-oz. can of tomato paste. Cook slowly for 20 minutes. Add salt and pepper to taste. Place ½ pound of cooked spaghetti on a platter, sprinkle with grated Parmesan cheese, and cover with the sauce. Pass additional cheese.

SPAGHETTI WITH MEAT SAUCE

Brown 1 large chopped onion and 1 chopped clove of garlic in ¼ cup of olive oil. Add 1 pound of ground beef, and stir and mash until the meat is in tiny pieces and is all brown. Add 1 No. 2 can of Italian tomatoes, one 6-oz. can of tomato paste, 3 bay leaves, and 1 teaspoon of sugar. Simmer for 20 minutes, and season to taste with salt and pepper. Cook ½ pound of spaghetti, drain and place on a platter. Cover with the sauce and serve at once.

SPAGHETTI WITH MEAT BALLS

Mix together ½ cup of fine bread crumbs, 2 cloves of finely minced garlic, ¼ cup of finely minced parsley, ¾ teaspoon salt and ¼ teaspoon of pepper. Add 1 pound of ground beef and mix well. Stir in 3 eggs, one at a time, and mix well after each addition. Add ¼ cup of water and mix until thoroughly blended. Form into balls 1 and ½ inches in diameter. Heat ¼ cup of olive oil in a skillet.

When it is very hot, add the meat balls and brown well on all sides. Remove the meat balls from the fat and place them in a large saucepan. To the fat add 1 minced onion and brown the onion. Add 1 No. 2½ can of Italian tomatoes, strained, one 6-oz. can of tomato paste, 6 oz. of water, 1 garlic clove, 3 bay leaves, and salt and pepper to taste. Stir and bring to a boil and pour over the meat. Simmer gently for 1 and ½ hours. Boil ½ pound of spaghetti, and drain. Place the spaghetti on a platter, cover with the sauce, and place the meat balls around the edge of the spaghetti.

DUMPLINGS FOR STEW

Sift 2 cups of flour with 2 teaspoons of baking powder. Add 1 egg, 1 cup of water, and 1 teaspoon of salt. Beat until smooth. Drop by spoonfuls into the stew. Be very careful to have the batter rest on pieces of meat instead of the liquid. Cover and cook 20 minutes without lifting the cover. Serve at once.

SPATZLEN

Sift 2 cups of flour into a bowl, make a depression in the center and break into it 2 eggs. Add ½ teaspoon of salt, and enough milk or water to make a smooth, stiff dough. Roll out on a board into a long round roll, about 1 inch in diameter. Cut into 1 inch pieces. Drop the spatzlen into a large saucepan of rapidly boiling, salted water, and cook rapidly until they rise to the surface. Remove with a skimmer and place on a platter. Melt 2 tablespoons of butter or fat, add ¼ cup of bread crumbs, and cook 1 minute. Pour over the spatzlen.

KARTOFFEL KLOESSE (POTATO DUMPLINGS)

Boil 8 potatoes in their jackets, peel, and place in the refrigerator overnight. When ready to use the next day, grate them, and add 2 eggs, 1 teaspoon of salt, a pinch of nutmeg, 4 tablespoons of farina, 1 tablespoon of chicken fat, and 1 scant cup of flour. Mix well and form into small balls, about 1 and ½ inches in diameter. Drop the balls into boiling salted water and cook until light, about 15 minutes. Serve with melted chicken fat, or brown lightly in 2 tablespoons of chicken fat.

WIENER KARTOFFEL KLOESSE

Boil 8 potatoes. When they are very soft drain off every drop of water, lay them on a clean baking-board and mash them while hot with a rolling-pin, adding about 1 cup of flour. When thoroughly mashed, break in 2 eggs, salt to taste, and flavor with grated nutmeg. Now flour the board thickly and roll out this potato dough about as thick as your little finger and spread with the following: Heat ¼ cup of goose fat in a spider, cut up part of an onion very

fine, add it to the hot fat together with ½ cup of grated bread crumbs. When brown, spread over the dough and roll just as you would a jelly-roll. Cut into desired lengths (about 3 or 4 inches), put them in boiling water, slightly salted, and boil uncovered for about 15 minutes. Serve with melted chicken or goose fat.

LEBERKNADEL (CALF LIVER DUMPLINGS)

Chop and pass through a colander ½ pound of calf's liver; rub to a cream 4 ounces of marrow, add the liver and stir hard. Then add a little thyme, 1 clove of garlic grated, pepper, salt and a little grated lemon peel, the yolks of 2 eggs and 1 whole egg. Then add enough grated bread crumbs or rolled crackers to this mixture to permit its being formed into little marbles. Drop in boiling salt water and let cook 15 minutes; drain, roll in fine crumbs and fry in hot fat.

MILK OR POTATO NOODLES

Boil 7 or 8 potatoes, peel and let them stand several hours to dry; then grate them and add 2 eggs, salt, and enough flour to make a dough thick enough to roll. Roll into long, round noodles as thick as two pencils and cut to length of baking-pan. Butter pan and lay noodles next to each other; cover with milk and lumps of butter and bake 15 minutes, till yellow; serve immediately with bread crumbs browned in butter.

CEREALS

Cereals are very valuable vegetable foods, including as they do the grains from which is made most of the bread of the world.

For family use, cereals should be bought in small quantities, and kept in glass jars, tightly covered.

A cereal may be used, not only as a breakfast dish, but as the basis for main dishes, potato substitutes, cookies, and desserts.

Cereals cooked in milk have in addition to greater flavor, much added nourishment. For children, this method of cooking is highly recommended.

The cooking time for cereal depends on the degree of coarseness. Today there are many different types of cereal sold under different names. Specific directions for cooking these are always found on the package, and should be followed carefully.

OATMEAL PORRIDGE

As oatmeal is ground in different grades of coarseness, the time for cooking varies and it is best to follow the directions given on the packages. The meal should be cooked until soft, but should not be mushy. The ordinary rule is to put 1 cup of meal into 2 cups of salted boiling water (1 teaspoon of salt), and let it cook in a double boiler the required time. Keep covered until done; then remove the cover and let the moisture escape.

COLD OATMEAL

Oatmeal is very good cold, and in summer is better served in that way. It can be turned into fancy molds or into small cups to cool, and will then hold the form and make an ornamental dish.

OATMEAL AND CHEESE

Cook 1 cup of oatmeal according to the directions on the package. Add 1 tablespoon of butter and 1 cup of grated American style cheese. Stir until the cheese is melted and serve at once.

BAKED APPLE WITH OATMEAL

Pare and core the apples and fill the core space with left-over oatmeal mush. Put the apples in a baking dish; sprinkle with sugar; pour a little water into the bottom of the pan and bake in a moderate oven until the apples are tender. Serve warm with cream for breakfast or luncheon.

WHEAT CEREALS

Wheat cereals, like oatmeal, are best cooked by following the directions on the package. Most of them are greatly improved by the addition of a little milk or by a few chopped dates or whole sultana raisins.

CORNMEAL MUSH

Mix together 1 cup of cornmeal and 1 teaspoon of salt, and add 1 cup of cold water gradually, stirring until smooth. Pour this mixture into 2 cups of boiling water in a double boiler and cook 1 hour. Serve hot with cream and sugar.

SAUTÉD CORNMEAL MUSH

Put left-over cornmeal mush into a loaf mold wet with cold water. Chill. Cut into slices ½ inch thick. Dip each slice into flour. Melt 1 tablespoon of shortening in a frying pan or pancake griddle. When the fat is hot brown the slices of cornmeal in it on both sides. Serve with maple syrup.

FARINA OR CREAM OF WHEAT

If directions are given on the package, follow them carefully. If the farina is bought in bulk, it probably requires long cooking and should be made as follows: Mix ½ cup of farina with 1 teaspoon of salt. Pour very gradually into 3 cups of boiling water or milk. Stir until smooth and thick. Place in the top of a double boiler, cover, and cook 1 hour.

HOMINY

Bring to a boil 4 cups of water, in the upper part of a double boiler over a direct flame. When the water is boiling rapidly, add 1 teaspoon of salt, and gradually stir in 1 cup of finely ground hominy. Stir over the direct flame until smooth and thick, then place over boiling water, cover, and cook 1 hour. Boiling milk, or part milk and part water, may be substituted for the water. To serve as a vegetable, add 2 tablespoons of butter and 2 tablespoons of cream. As a cereal, serve with cream and sugar.

MARMELITTA

Mix 1 cup of cornmeal with 3 cups of cold water. Bring to a boil over a direct flame. When the mixture is boiling, add ½ teaspoon of salt, place over boiling water, cover, and cook 1 hour. Place on a platter, spread with 1 tablespoon of butter, and 1 cup of cottage or cream cheese. Eat at once.

POLENTA

In the top of a double boiler place 1 cup of yellow corn meal, 3 cups of cold water, 1 teaspoon of salt, and ½ teaspoon of pepper.

Stir until well blended, cover, and cook 1 hour. Add 1 and ½ cups of grated cheese. Stir until the cheese melts. Pour into a loaf mold wet with cold water and chill thoroughly. Cut into slices 1 inch thick, and brown on both sides in 2 tablespoons of butter or vegetable shortening. Serve with cream or tomato sauce.

BARLEY

Add 1 teaspoon of salt to 4 cups of boiling water, and gradually stir in ½ cup of barley. Cook in a double boiler about 1 hour, or until each kernel is distinct and soft. The time will vary with the coarseness of the barley. Serve as a cereal or in soups.

KASHE, OR BUCKWHEAT GRITS

Mix together until smooth 2 and ½ cups of fine buckwheat grits, 1 teaspoon of salt, 1 teaspoon of paprika, and 1 egg. Place in a greased casserole in a moderate oven, 350° F., until brown. Stir in 2 cups of boiling water and 2 tablespoons of fat or butter. Cover and bake 20 minutes. Serve with chicken, mushroom and noodles, or as a stuffing or cereal.

BOILED RICE

Put ½ cup of rice in a strainer; place the strainer over a bowl nearly full of cold water; rub the rice; lift the strainer from the bowl and change the water. Repeat this until the water in the bowl is clear. Have 2 quarts of water boiling briskly, add the rice and 1 tablespoon of salt gradually so as not to stop the boiling. Boil 20 minutes or until soft; do not stir. Drain through a colander and place the colander over boiling water for ten minutes to steam. Every grain will be distinct. Serve as a vegetable or as a cereal with cream and sugar.

RICE IN MILK

Clean the rice as for boiling in water; and cook ½ cup of rice with 1 and ½ cups of hot milk and ½ teaspoon of salt, adding a few seeded or sultana raisins if desired. Serve hot like boiled rice or press into small cups, cool and serve with cream and sugar.

BAKED RICE CROQUETTES

Cook 1 cup of rice till tender, mix with ¼ pound grated cheese, ⅓ cup chopped pimentos, 2 tablespoons of pimento juice, 1 tablespoon grated onion, and season with salt, pepper and paprika. Beat 2 eggs slightly, add to the rice mixture, and form into croquettes. Dip in egg and breadcrumbs, and bake in a moderate oven about 35 minutes or until nicely browned. Serve with a white sauce to which ½ cup chopped pimento has been added, and ½ cup grated cheese.

RICE WITH BRAZILIAN SAUCE

Heat 3 cups of cooked rice by pouring boiling water through it. Drain. Add 6 eggs which have been scrambled in 3 tablespoons of butter at a low temperature until the whites and yolks are firmly set. Mix together, pile on a platter and serve with the following sauce: Season 1 cup canned tomatoes with salt and pepper, add 1 minced green pepper, ¾ cup chopped celery and 1 teaspoon grated onion. Heat.

TURKISH PILAF

Wash ½ cup of rice thoroughly. Drain well. Cook in 2 tablespoons of fat or butter until brown. Add 1 cup of water, tomato juice or soup stock. Steam in a double boiler until the liquid is absorbed. Add 1 and ¾ cups of tomato pulp, and cook until the rice is tender. Season to taste with salt and pepper. If desired, ½ cup of chopped, cooked lamb or chicken may be added to a meat Pilaf.

ITALIAN BAKED RICE (RISOTTO)

Melt 2 tablespoons of fat, and add 2 tablespoons of chopped onion, 1 teaspoon of chopped parsley, and ¼ pound of diced chicken livers. Add 1 cup of well-washed rice, and cook until light yellow. Gradually stir in 3 cups of hot chicken stock. Season with 2 teaspoons of salt, and a pinch of Spanish saffron. Place in a greased casserole in a medium oven, 350° F., and bake about 1 hour, or until the rice is tender.

MEXICAN RICE

Wash and drain 1 cup of rice. Wash ⅔ cup of raisins in hot water and drain. Heat 2 tablespoons of oil or fat in a frying pan, add the rice and cook until it is light brown. Stir occasionally to prevent burning. Remove the rice. Add 2 tablespoons of oil or fat to the pan, and when it is hot add 1 tablespoon chopped green chili pepper, 1 small onion, chopped, 1 small clove of garlic, chopped, and 1 pound of raw, ground beef. Stir until the meat is well-browned and in small pieces, about 10 minutes. Add 1 cup of canned tomatoes, 2 teaspoons of salt, and 1 tablespoon of chili powder dissolved in ¼ cup of cold water. Cook 5 minutes, and add the rice, raisins, and 1 and ¼ cups of water. Mix well and place in a greased casserole. Lay 2 slices of smoked brisket over the top. Bake 45 minutes in a moderate oven 350° F., until the rice is tender. This makes 8 portions.

RICE RING

Cook 1 cup of washed rice in 3 cups of white stock or water for 30 minutes. Add 1 teaspoon of salt and 2 tablespoons of fat or

butter. Cook slowly for 20 minutes. Beat 2 egg yolks well and gradually stir into the rice. Grease a ring mold well and pack the rice mixture firmly into it. Put in a warm (not hot) place for 10 minutes, and unmold onto a hot platter.

CURRY OF RICE

Wash 1 cup of rice thoroughly, and drain well. Melt 2 tablespoons of fat in a saucepan and cook in it 1 teaspoon of chopped onion until the onion is yellow. Add the rice and stir over a hot fire for 5 minutes. Remove from the stove, and add 1 or 2 tablespoons of curry powder (according to taste), 2 teaspoons of salt, and ¼ teaspoon of pepper. Stir in 2 and ½ cups of boiling water. Cover the pan and cook quickly for 10 minutes. Lower the heat and cook slowly for 40 minutes. This makes 8 portions of ½ cup each.

SAVORY RICE

Heat a skillet and in it put 4 thin slices of smoked brisket. When the brisket is crisp, remove it from the pan and cut it into dice. To the fat in the pan add 3 tablespoons of minced onion, 2 minced green peppers, and ¼ cup of sliced mushrooms. Cook 5 minutes, and add 3 cups of cooked rice and the brisket. Mix well, and let brown slightly.

RICE AND COTTAGE CHEESE LOAF

Combine 1 cup of cooked rice, 1 egg, 2 tablespoons of chopped onion, 1 teaspoon of salt, 1 cup of crushed peanuts, 1 cup of cottage cheese, 1 tablespoon of butter, and ½ teaspoon of pepper. Mix well and pack into a greased loaf pan. Bake 30 minutes in an oven pre-heated to 350° F. Serve with any sauce.

RICE AND MUSHROOM LOAF

Boil 1 and ⅓ cups of washed rice. Cook slowly in 1 tablespoon of butter, ⅔ cup of chopped onion, 1 chopped pimento, 2 chopped green peppers, and ⅔ cup of diced mushrooms, for 5 minutes. Add the rice, 2 eggs, ⅔ cup of grated cheese (Italian or American), and ⅔ cup of whole wheat bread crumbs. Season with 1 teaspoon of salt. Mix well, and bake in a greased baking dish at 350° F., for 30 minutes.

SPANISH RICE

Put 1 cup of washed rice in frying-pan with 4 or 5 tablespoons of poultry fat; add 3 onions chopped and 2 cloves of garlic minced fine. Fry 10 minutes; add 1 red pepper or 1 canned pimento chopped, or 1 teaspoon of paprika; 3 ripe tomatoes or 2 cups of strained tomatoes, and 1 teaspoon of salt. Cook slowly about 1 hour, and as the water evaporates, add more boiling water to keep from burning.

CEREAL RING

Place 3 cups of clear chicken broth in the top of a double boiler. Slowly add ½ cup of any wheat cereal and ½ teaspoon of salt. Stir until it begins to thicken. Cover and cook for 1 hour. Place in a large mixing bowl. Stir in 5 unbeaten egg yolks, 1 at a time. Beat thoroughly after each addition. Finally, add 2 chopped green peppers, and fold in the stiffly beaten whites. Pour into a greased ring mold. Set the mold in a pan of hot water, and bake in an oven pre-heated to 375° F. for 45 minutes, or until firm. Unmold on a large round dish, and fill the center with any meat dish in a sauce. This amount serves 10.

LEFT-OVER CEREAL

Left-over cereal may be molded in a loaf pan, and chilled thoroughly. Unmold, and cut into ½ inch slices. Brown on both sides in shortening, and serve with syrup for breakfast, or tomato or cream sauce for lunch. Chopped meat or grated cheese may be added before molding for a more substantial dish.

EGGS

In no other single food are there to be found so many possibilities as in eggs. They are not only of the utmost importance in a vast number of cookery processes, but served alone in varied ways, they form an important part of our diet.

Since eggs contain protein, fat, an abundance of all-essential minerals and vitamins, they are an excellent substitute for meat, and in addition contain substances which meat does not have. If possible, at least 1 egg, in some form, should be included in the diet every day. Since eggs have equal value no matter how they are used, they may be eaten in any desired form, from breakfast through dessert.

There is only one way in which the value of eggs can be impaired, cooking at too high a temperature. Eggs should never be boiled, it toughens them and makes them harder to digest. Failure in recipes using eggs, such as angel food cake, custard, or Hollandaise, is often caused by too high temperature.

POACHED OR DROPPED EGGS

Fill a pan with boiling, salted water. Break each egg into a wet saucer and slip it into the water; set the pan back where water will not boil. Dip the water over the eggs with a spoon. When the white is firm and a film has formed over the yolk, they are cooked. Take them up with a skimmer, drain and serve hot, on toast. Season with salt.

SOFT AND HARD-COOKED EGGS

Drop eggs in the shell carefully into boiling salted water, remove at once from the fire and place in a warm spot, covered, for 5 to 10 minutes. The time depends on the degree of hardness desired. Eggs prepared in this way are sometimes called "coddled eggs."

For hard-cooked eggs, which should be cooked long enough to make the yolks mealy, drop the eggs carefully into boiling salted water, and lower the flame until the water barely simmers. Allow the eggs to remain over this low heat for 30 minutes.

SCRAMBLED EGGS

Scrambled eggs may be made in a skillet, but are best prepared in the top of a double boiler. Allow 1 or 2 eggs, as desired, for each

portion. Break them into a bowl, add salt and pepper to taste, and 1 tablespoon of milk for each egg. Melt 1 teaspoonful of butter for each egg in the top of the double boiler or skillet, add the eggs, stir constantly over hot water or a low flame, until barely set. Scrambled eggs should be creamy rather than firm.

FRIED EGGS

In a frying pan melt 1 teaspoonful of butter or fat for each egg. Carefully break the eggs into the fat, without breaking the yolks. Cook until the white is firm, scooping some of the fat over the eggs as they cook. Season with salt and pepper, and remove carefully with a pancake turner. If desired, the eggs may be turned, and cooked on both sides.

BAKED EGGS

Butter individual baking dishes and break an egg into each. Be very careful to keep the yolk whole. Put on each egg a bit of butter, and salt and pepper to taste. Bake in a slow oven, 300° F., until the whites are firm.

BAKED EGGS WITH CHEESE

Butter a baking dish of a size necessary for number of eggs desired, break eggs into dish, add salt, paprika, pepper to taste, 1 tablespoon of cream, and 2 tablespoons of grated cheese. Place dish in a pan of hot water in moderate oven for 5 minutes until eggs are set.

TOMATO WITH EGG

Cut top from tomatoes, remove seeds, put a raw egg in each tomato, dust with salt, pepper, and finely chopped parsley. Place in moderate oven until egg is set. Serve with cream sauce.

TOMATO SOUFFLÉ

Skin 6 fresh tomatoes, or use 1 cup of canned tomatoes. Chop fine, and cook for 20 minutes with 1 tablespoon of chopped parsley, ½ an onion, chopped; 1 teaspoon of salt, and ½ teaspoon of pepper. Blend 1 teaspoon of butter with 1 tablespoon of flour. Add to the mixture, and stir and cook for 5 minutes. Cool. Beat the yolks of 4 eggs until thick and lemon colored. Mix them with the tomato mixture, and fold in the whites of 4 eggs, beaten stiff. Place in a greased pudding dish, set the dish in a pan of lukewarm water, and bake in a moderate oven, 350° F., until firm and golden brown, about 1 hour. Serve immediately.

PLAIN OMELET

Whip the yolks of 3 eggs until thick and lemon colored. Add 3 tablespoons of milk and ½ teaspoon of salt. Beat the whites of

the eggs until stiff, and fold in until well blended. Melt 1 tablespoon of butter in an omelet pan, add the eggs, and cook over a low flame until the bottom is firm. Place in a moderate oven, 350° F., until the top is firm. Fold over, garnish with parsley, and serve at once.

This makes 2 portions.

SWEET OMELET

(1) Prepare a plain omelet, but add 6 tablespoons of powdered sugar to the yolks. For variety, substitute orange juice for the milk, or add ¼ cup of chopped nuts.

(2) Prepare a plain omelet. As soon as it is done, spread with jelly or jam, fold over, and serve at once. A sweet omelet is a suitable dessert for a simple lunch of soup and sandwiches.

RUM OMELET

Prepare a plain omelet, but substitute ½ teaspoon of brandy for the milk. Spread with a compote of any desired fruit and roll. Pour 2 tablespoons of rum over the omelet, light it, and serve at once.

SWEET ALMOND OMELET

Prepare ½ cup of sweet almonds, blanched, chopped fine and pounded smooth. Beat 4 eggs slightly, add 4 tablespoons of cream and turn it into a hot omelet pan on which you have melted 1 tablespoon of butter. Cook carefully, drawing the cooked portion into the center and tilting the pan to allow the liquid part to run over the bare pan. When nearly all set, sprinkle the almonds over the surface and turn the edges over until well rolled. Then slip it out on a hot dish, dredge with powdered sugar, and scatter several salted almonds over the top. Serve immediately.

SPANISH OMELET

Whip 3 egg yolks very light with a little salt. Fold in 3 egg whites stiffly beaten with 3 tablespoons of water. Place in a greased omelet pan and cook slowly over a direct flame, for 10 minutes. Finish cooking in the oven.

Cook together in a little olive oil 1 chopped onion, ¼ cup chopped celery, ½ chopped green pepper, ½ chopped clove of garlic and 2 whole bay leaves. When tender add 1 cup tomato juice and cook a few minutes longer. Remove the bay leaf and pour over omelet.

CORN OMELET

Prepare plain omelet. Add to the yolks 1 cup of finely chopped whole kernel canned corn or cooked corn cut from the cob. Cook as for plain omelet.

HERB OMELET

Beat 6 eggs until well-blended. Add 2 tablespoons of cold water, 1 teaspoon of salt, ¼ teaspoon of pepper, 1 teaspoon of chopped parsley, ¼ teaspoon of grated onion, and ¼ teaspoon of powdered mixed herbs. Mix well. Melt 2 tablespoons of butter in a spider, add the eggs and cook slowly. As it cooks, draw the cooked portion to the center, and tilt the pan to allow the uncooked liquid to run over the bare pan. When the omelet is firm, place on a hot platter, garnish with parsley, and serve at once.

POACHED EGGS WITH FRIED TOMATOES

Fry tomatoes (cut ½ inch thick) in butter. Pepper and salt them to taste. Have prepared slices of bread cut round, and fried in butter. Put on a hot platter with a slice of tomato on each. Poach as many eggs as are required, in boiling salt water. Lift out very carefully, placing 1 egg on each tomato. Add to the gravy in which tomatoes were fried, 2 tablespoons of cream, 1 teaspoon of any pungent sauce, 1 teaspoon of mushroom catsup, juice of half a lemon, and a teaspoon of flour to thicken. Cook up once and pour over eggs. Serve very hot.

EGGS POACHED IN TOMATO SAUCE

Make a sauce of 1 tablespoon of butter, 1 tablespoon of flour, 1 and ½ cups of canned tomatoes rubbed through a strainer, a pinch of soda, salt, pepper and sugar to taste. When sufficiently cooked drop in the required number of eggs, cook until the white is firm, basting the eggs often with the sauce. When done, lift the eggs carefully to squares of toast and pour the sauce around them.

EGG SOUFFLÉ

Beat 3 egg yolks until thick and lemon colored. Stir in 1 cup of medium white sauce, which has been highly seasoned with salt and pepper. Add 1 tablespoon of chopped parsley. Carefully fold in 3 stiffly beaten egg whites. Pour the mixture into a greased baking dish, set the dish in a pan of lukewarm water, and bake in an oven pre-heated to 325° F., until brown. Serve at once.

CHEESE SOUFFLÉ

Mix 1 cup of grated American style cheese and ¼ teaspoon of dry mustard with the white sauce in Egg Soufflé. Proceed as for Egg Soufflé.

VEGETABLE SOUFFLÉ

Mix 1 cup of any chopped, cooked vegetable, or combination of vegetables with 1 cup of medium white sauce. Proceed as for Egg Soufflé.

EGGS À LA GOLDENROD

Separate the yolks from the whites of 6 hard-cooked eggs. Chop the whites fine and add them to 1 and ½ cups of thin white sauce. Arrange slices of hot buttered toast on a platter and pour the sauce over them. Press the egg yolks through a sieve over the sauce. Garnish with parsley, and serve at once. This is especially nice for children.

SCALLOPED EGGS

Measure 1 and ½ cups of soft bread crumbs, and season 2 cups of thin white sauce highly with salt and pepper. Slice 6 hard cooked eggs. Place a layer of crumbs in the bottom of a greased baking dish, add a layer of eggs, and one of white sauce. Repeat until all the ingredients are used, having a layer of crumbs on top. Bake at 350° F. for 20 minutes, or until the crumbs are browned.

DEVILLED EGGS

Cut 6 hard-cooked eggs in half lengthwise. Scoop out the yolks and mash them until perfectly smooth. Add ¼ teaspoon of salt, a pinch of pepper, ½ teaspoon of prepared mustard, 1 teaspoon of catsup, and 2 tablespoons of mayonnaise. Blend well, and refill the whites. Serve cold.

EGGS SPANISH

Cook 2 cups of canned tomatoes, 1 tablespoon of minced green onion, 1 clove of garlic, 1 tablespoon of parsley, a laurel leaf, 1 teaspoon of salt, and ½ teaspoon of pepper for 30 minutes. Cut 6 hard cooked eggs in half lengthwise, and place them on hot, buttered toast. Strain the sauce over them and serve at once.

MUSHROOM AND EGG SCRAMBLE

Wash and chop 9 large mushrooms. Cook 2 finely chopped onions in 2 tablespoons of butter until brown. Add the mushrooms, cover the pan, and cook over a low fire for 10 minutes. Remove the cover, add 6 eggs, 1 teaspoon of salt, and pepper and paprika to taste. Stir constantly over low heat until the eggs are set. Serve at once on buttered toast.

EGG RAREBIT

Place 2 cups of thin white sauce in a double boiler and heat. Add ½ pound of grated American Cheese, place over boiling water and stir until the cheese melts. Add 3 chopped hard cooked eggs, salt, pepper and paprika to taste, and serve on buttered toast.

CURRIED EGGS

Melt 4 tablespoons of butter in a frying pan, add 1 finely chopped onion and cook until straw colored. Stir in 1 tablespoon

of curry powder. Add 1 cup of water, 1 tablespoon of lemon juice, and 1 teaspoon of salt. Make a smooth paste of 2 tablespoons of flour and ¼ cup of water. Add to the sauce and cook and stir until smooth and thick. Boil 5 minutes. Place 6 hard cooked eggs in a Rice Ring (see Cereals), and pour the sauce over the eggs.

FRICASSEED EGGS

Peel 6 hard-cooked eggs and roll them in flour. Beat 1 egg with ½ teaspoon of oil, ½ teaspoon of vinegar, a few drops of onion juice, 1 teaspoon of chopped parsley, and ¼ teaspoon of salt until well blended. Dip the eggs in this and then roll in fine bread crumbs until completely covered. Fry in deep hot fat, 375° F.–400° F., until a deep brown. Drain on absorbent paper, and serve at once with the following sauce.

Melt 1 tablespoon of fat, stir in 1 tablespoon of flour, and cook until the mixture bubbles. Add ½ cup of white wine, and 1 cup of bouillon. Season to taste with salt and cayenne and cook and stir for 5 minutes. Add 1 teaspoon each of chopped chives and parsley, and 1 tablespoon each of chopped olives and sautéd mushrooms. Bring to a boil and pour over the eggs.

EGG AND MUSHROOM PATTIES

Combine 1 can of condensed mushroom soup, ½ teaspoon Worcestershire sauce, ½ teaspoon prepared mustard, ½ teaspoon salt, 1 and ½ cups of soft bread crumbs, 6 finely chopped hard-cooked eggs, and 1 cup of flaked cooked fish. Stir until thoroughly mixed, and chill in the refrigerator. Shape into patties. Dip into fine bread crumbs, and then into an egg diluted with 2 tablespoons of cold water. Roll again in bread crumbs, and sauté in 4 tablespoons of shortening until well browned on both sides. Serve with well seasoned white or mushroom sauce.

BOLOGNA AND EGGS

Heat a skillet. Put in ½ pound of sliced wide bologna. Cook slowly until the edges of the slices turn up. Turn and brown the other side. Add 3 slightly beaten eggs. Mix and cook until the eggs are set. Serve at once.

FRANKFURTERS AND EGGS

Skin 1 pound of cold, cooked frankfurters, and cut into ½ inch slices. Melt 2 tablespoons of poultry fat in a skillet, add the meat, and brown on all sides. Pour in 3 slightly beaten eggs, and stir until the eggs are set.

SMOKED BRISKET OF BEEF AND EGGS

For each portion use 2 or 3 slices of smoked brisket of beef and 2 eggs. Heat a skillet. Add the brisket and cook until the meat is

crisp. Remove the meat and keep hot. Drop the eggs carefully into the fat in the pan. Be careful not to break the yolks. Cook slowly until the whites are firm. Scoop the fat over the eggs as they cook. Remove with a pancake turner to a hot platter, place the slices of beef around them, and serve at once.

CHEESE

Since the beginning of recorded time, cheese has been recognized as an important part of our diet. It has all the nutritional qualities of those parts of the milk from which it is made, and is an invaluable addition to a meatless meal.

In many of its forms, cheese combines well with other foods in cooked dishes. It blends especially well with starchy foods. Cooked cheese dishes should be prepared in a double boiler, and allowed to heat only until the cheese melts. Longer cooking will make it tough and stringy. There are on the market many forms of processed cheese which may be used in cooking and baking.

Those types of cheese which are not adapted to cooking, may be used in our meals in various ways. One or more kinds of cheese, served with a green salad and a crusty bread, makes a complete light meal. Crackers and cheese are a dessert of long standing, but should be used after a meal low in protein. Swiss cheese is perfect for sandwiches, Roquefort adds tang to the salad dressing, and squares or wedges of all sorts of cheese give tang and body to the salad itself. For a full appreciation of the delight that cheese can add to the menu, all the different varieties should be tried.

COTTAGE CHEESE (POT CHEESE)

Heat sour milk slowly until the whey rises to the top; pour it off, put the curd in a bag and let it dry for 6 hours without squeezing it. Pour it into a bowl and break it fine with a wooden spoon. Season with salt. Mold into balls and keep in a cool place. It is best when fresh.

COTTAGE CHEESE FOR THE TABLE

Cottage cheese may be seasoned in various ways for use at the table.

1. Add 2 tablespoons of sour cream to each pint of cottage cheese. Blend well, and add 1 tablespoon of chopped chives or caraway seeds.

2. Add 2 tablespoons of sour cream, ¼ teaspoon of pepper, ¼ teaspoon of paprika, and 1 teaspoon of minced or grated onion. Added salt may be desired, to taste.

KOCH KAESE (BOILED CHEESE)

Press 1 quart of fine cottage cheese through a coarse sieve or colander and set it away in a cool place for a week, stirring it once

or twice during that time; when it has become quite strong, stir it smooth with a wooden or silver spoon; add a saltspoon of salt and ¼ as much of caraway seed, yolks of 2 eggs and an even tablespoon of flour which has been previously dissolved in about ½ cup of cold milk; stir the flour and milk until it is a smooth paste, adding a lump of butter, about the size of an egg; add all to the cheese. Put the cheese on to boil until quite thick, stirring occasionally; boil altogether about ½ hour, stirring constantly the last 10 minutes; the cheese must look smooth as velvet. Pour it into a dish which has been previously rinsed in cold water. Set it away in a cool place; to keep it any length of time, cover it with a clean cloth which has been dipped in and wrung out of beer. This cheese is excellent for rye bread sandwiches.

CHEESE TIMBALES

Measure 2 cups of milk. Add a little of it to 4 tablespoons of flour and stir until the mixture becomes a smooth paste. Add to the milk, place in the top of a double boiler, and stir until the mixture is smooth and thick. Add 1 cup of grated American cheese and stir until the cheese melts. Cool. When cool, add the yolks of 4 eggs, one at a time. Beat well after each addition. Strain through a sieve. Beat the whites of 2 eggs until stiff and fold into the cheese mixture. Pour into greased timbale molds. Fill them ⅔ full. Set the molds in a pan of boiling water, and put them into an oven pre-heated to 350° F., for 20 minutes, or until firm. Let stand 2 minutes, and unmold on a hot platter. Serve with tomato sauce and garnish with parsley.

WELSH RAREBIT

Melt 1 tablespoon of butter in a double boiler. Add 2 cups of finely cut American cheese, and stir until the cheese melts. Add ½ cup of milk or beer, and stir until smooth. Gradually add 2 beaten eggs, and season with ½ teaspoon of English mustard and salt to taste. Cook and stir for 1 minute. Serve on toast.

GOLDEN BUCK

Melt 4 tablespoons of butter in a double boiler, add 1 pound of cut American cheese. Stir until the cheese melts, and add ½ cup of ale. When the mixture is smooth, add 1 well-beaten egg. Stir constantly for 1 minute. Season with 1 teaspoon of mustard, and salt and paprika to taste. Serve on hot, buttered toast.

CORN, TOMATOES AND CHEESE

Melt 1 tablespoon of butter in the top of a double boiler. Add 2 cups of grated American cheese, and stir until melted. Add ¾ of a cup of canned or grated cooked corn, ¼ cup of chopped

green pepper, and 1 egg yolk mixed with ½ cup of tomato purée. Stir until smooth, and season with 1 teaspoon of salt and ½ teaspoon of paprika. Serve on hot, toasted bread.

CHEESE AND PEPPERS

Melt 2 ounces of cheese and 1 tablespoon of butter in the top of a double boiler. Add 1 tablespoon of chopped green pepper, and salt, paprika and mustard to taste. Serve on hot buttered toast. This amount makes 1 portion.

CHEESE FONDUE

Scald 1 cup of milk in the top of a double boiler. Add 1 cup of bread cubes, 1 tablespoon of butter, 3 beaten egg yolks, 1 cup of grated cheese, and 1 teaspoon of salt. Cook and stir until thickened. Fold in the stiffly beaten egg whites. Pour into a greased baking dish, set the dish in a pan of hot water, and bake at 350° F., for 40 minutes, or until browned.

TOMATOES, EGGS, AND CHEESE (HUNGARIAN STYLE)

Melt 2 tablespoons of butter in the top of a double boiler. Add 1 onion chopped fine, and cook until soft. Add 1 pint of strained canned tomatoes, and cook until the tomatoes are hot. Add ½ pound of mild cheese, cut small, and stir until melted. Break in 3 eggs, and stir hard until the eggs are cooked. Season to taste with salt, and serve on hot, buttered toast.

RAMEKINS OF EGG AND CHEESE

Beat 6 eggs until well blended. Stir in 4 ounces of grated cheese and 4 tablespoons of melted butter. Pour into greased ramekins, set the ramekins in a pan of hot water, and bake at 350° F., until the egg is set.

BAKED CHEESE DUMPLINGS WITH TOMATO SAUCE

Prepare Baking Powder Biscuit dough, and roll out ⅛ inch thick. Cut into 6-inch squares. Measure ⅔ of a cup of grated American cheese, and place a mound of the cheese in the center of each square. Wet the edges with cold water and fold up to form little bags. Seal well. Place in a greased baking pan about an inch deep, with the sealed edges underneath. Have enough space between the bags to permit rising. Bake 10 minutes at 350° F., then pour 2 cups of tomato sauce over the dumplings. Continue baking for 15 minutes longer. Serve each dumpling with some of the sauce.

CHEESE AND WALNUT LOAF

Grate ¼ pound American cheese, and add 1 cup chopped walnuts, 1 and ½ cups soft bread crumbs, 1 cup milk, and a beaten

egg. Sauté 2 tablespoons minced onion in 1 tablespoon butter until brown, and add to the first mixture. Season with 1 tablespoon lemon juice, salt, pepper and paprika. Bake at 375° F. for 45 minutes in a greased loaf pan.

FRUITED CHEESE TOAST

Allow 2 slices of bread to a person. Soak the bread in a mixture of slightly beaten egg and fruit juice. Use 1 egg and ½ cup of juice for each 8 slices of bread. When the slices of bread have absorbed all the egg mixture put them together, sandwich fashion, with slices of American style cheese. Fry in hot butter until a golden brown, and serve with syrup or jelly.

FRENCH TOASTED CHEESE SANDWICH

Substitute an equal quantity of milk for the fruit juice in Fruited Cheese Toast. Proceed in the same way.

BREAD

Home-made bread is very much more palatable and more nutritious than baker's bread and it is worth while to spend time and effort in its preparation.

To make good bread, it is necessary to have good flour, fresh yeast and the liquid used in moistening must be neither too hot nor too cold or the bread will not rise properly.

FLOUR

The housekeeper should know about the different kinds of flour. We get the bread flour from the spring wheat; the pastry flour from the winter wheat.

Bread flour contains more gluten than pastry flour and is used for bread on that account. Pastry flour having less gluten and slightly more starch is more suitable for pastry and cake mixtures and is used wherever softness and lightness are desired.

Graham flour is the whole kernel of wheat ground.

Entire wheat flour is the flour resulting from the grinding of all but the outer layer of the wheat.

Rye flour is next best to wheat flour for bread making, but is generally combined with wheat flour, since by itself it makes a sticky bread.

Cornmeal is also combined with wheat flour.

Variety bread is composed of bread flour, rye flour and cornmeal combined in one loaf.

If flour is musty, it is not kosher and must be destroyed. Keep flour either in tins or barrels in a dry atmosphere.

YEAST

In cities where fresh compressed yeast can be obtained, it is not worth while to prepare one's own.

Compressed yeast is always in proper condition to use until it becomes soft. Often the yeast cakes are slightly discolored, but this does not affect the yeast, being caused by the oxidation of the starch in the cake.

Keep yeast in cool place.

TO MAKE BREAD

Try the yeast always by setting to raise in a cup of luke-warm water or milk; if you use compressed yeast add salt and sugar.

If it rises in the course of 10 or 15 minutes, the yeast is fit to use. In making bread always use sifted flour. Set a sponge with lukewarm milk or water, keeping it covered in a warm place until very light; then mold this sponge, by adding flour, into one large ball; then knead well and steadily for 20 minutes. Set to rise again in a warm place free from draughts, and when it has risen to double its former bulk, take a knife, cut through the dough in several places, then place this dough on a baking board which has been sprinkled with flour. Work with the palm of the hand, always kneading towards the center of the ball (the dough must rebound like a rubber ball). When this leaves the board and the hands perfectly clean the dough may be formed into loaves or rolls.

Place in pan greased slightly with a good oil, let rise until the imprint of the finger does not remain, and bake.

If baked in a gas range, light oven to full heat five minutes before putting the bread in the oven, and bake in a moderately hot oven 45 minutes, unless the loaves are very large, when 1 hour will be the proper time.

When taken from the oven, the bread may be wrapped in a clean towel wrung out of warm water (this prevents the crust from becoming hard); place bread in slanting position or allow it to cool on a wire rack.

WHITE BREAD

Set the dough at night and bake early in the morning. Take ½ cake of compressed yeast, set in a cup of lukewarm milk or water adding a teaspoon of salt and a tablespoon of sugar. Let this rise; if it does not, the yeast is not fresh or good. Measure 8 cups of sifted flour into a deep bread bowl, add 1 teaspoon of salt; make a depression in the center, pour in the risen yeast and 1 cup of lukewarm milk or water. In winter be sure that the bowl, flour, milk, in fact everything has been thoroughly warmed before mixing. Mix the dough slowly with a wooden spoon and then knead as directed.

This amount will make 2 loaves, either twisted or in small bread pans. Bake 45 minutes in a moderate oven.

If the bread is set in the morning use a cake of compressed yeast and bake the loaves in the afternoon.

INDIVIDUAL LOAVES

Make dough according to the above recipe. Work small pieces of dough into strands a finger long, and take 3 strands for each loaf. Braid as small as possible, brush with beaten egg or sweetened water and sprinkle with poppy seed (mohn). Allow them to rise before setting them in the oven. These are called "Vienna loaves"

and are used at weddings, parties and for the Succoth festival in the Succah.

If ½ cake of yeast has been used, the half cake of yeast which is left over, can be kept in good condition several days by rewrapping it in the tinfoil and keeping it in a cool, dry place.

BUTTER BARCHES

Dissolve 1 cake of compressed yeast in ½ cup of lukewarm milk, add a teaspoon of salt, and a tablespoon of sugar and let it rise. Then make a soft dough of 8 cups of sifted flour and as much milk as is required to work it, about 2 cups; add the yeast, ½ cup of sugar, 4 tablespoons of butter dissolved in the warm milk, the grated peel of a lemon, 2 or 3 dozen raisins seeded, and 2 eggs well beaten. Work this dough perfectly smooth with the palm of your hand. Work the dough as directed, set it aside, covered, until it is double the bulk of the original piece of dough. Then work again and divide the dough into 2 parts, and divide each of the pieces of dough into 3 parts. Work the 6 pieces of dough thoroughly and then roll each piece into a long strand, 3 of which are to be longer than the other three. Braid the 3 long strands into 1 braid (should be thicker in the center than at the end), and braid the shorter strands into 1 braid and lay it on top of the long braid, pressing the ends together. Butter a long baking-pan, lift the barches into the pan and set in a warm place to rise again for about ½ hour. Then brush the top with beaten egg and sprinkle poppy seed all over the top. Bake in a moderate oven 1 hour.

BARCHES

These are to be used for a meat meal and are made in the same manner as butter barches, omitting the milk and butter; use water and a little shortening of dripping or rendered fat or a vegetable oil; grate 12 almonds (blanched) and add with 2 well-beaten eggs, ½ cup of sugar, salt, raisins and the grated peel of 1 lemon. Work just as you would butter barches. Bake 1 hour in moderate oven. Wrap in a damp, clean towel as soon as baked to prevent the crust from becoming too hard.

POTATO BREAD

Add 1 medium-sized mashed boiled potato to any of the foregoing recipes. This will give a more moist bread, which retains its freshness longer.

GRAHAM BREAD

Dissolve 1 cake of compressed yeast and 4 tablespoons of light brown sugar or molasses in 1 cup of lukewarm water and 1 cup of milk which has been scalded and cooled to lukewarm. Add 2

tablespoons of melted butter, then 4 cups of Graham flour and 1 cup of white flour (sifted), adding flour gradually, and 1 teaspoon of salt. Knead thoroughly, being sure to keep dough soft. Cover and set aside in a warm place to rise for about 2 hours. When double in bulk, turn out on kneading board, mold into loaves, and place in well-greased pans. Cover and set to rise again for about 1 hour, or until light. Bake 1 hour at 325° F. If the dough is to rise overnight, use ½ cake of yeast and an extra half teaspoon of salt.

GLUTEN BREAD

Dissolve 1 cake of compressed yeast and 1 tablespoon of sugar in 1 cup of milk, scalded and cooled, and 1 cup of lukewarm water; add 1 level tablespoon of butter then 3 cups of gluten flour gradually, and 1 teaspoon of salt. Knead thoroughly until smooth and elastic; place in well-greased bowl; cover and set aside in a warm place, free from draught, to rise until light, which should be in about 2 hours. Mold into loaves; place in greased pans, filling them half full. Cover, let rise again, and when double in bulk, which should be in about 1 hour, bake in moderate oven 45 minutes.

This will make 2 one-pound loaves. For diet use omit shortening and sugar.

RAISIN BREAD

Make dough as directed for butter barches, using ¼ cup of raisins and omitting the lemon and egg. Form in loaves, fill well-greased pans half full; cover and let rise until light; about 1 hour. Glaze with egg diluted with water, and bake 45 minutes.

ROLLED OATS BREAD

Pour 2 cups of boiling water over 2 cups of rolled oats, cover and let stand until lukewarm. Dissolve 1 cake of compressed yeast and ¼ cup of brown sugar in ½ cup of lukewarm water, add 2 tablespoons of shortening, the oatmeal and the water in which it has been swelling. Beat well, add about 3 cups of flour to make a dough, also add 1 teaspoon of salt. Let rise until it doubles in bulk. Mold into 2 loaves in pan and bake 45 minutes, at 350° F.

RYE BREAD (AMERICAN) NO. 1

Dissolve 1 cake compressed yeast in 2 cups of lukewarm water and 1 cup of milk which has been scalded and cooled; or if so desired the milk may be omitted and all water used; add 2 and ½ cups of rye flour or enough to make a sponge. Beat well; cover and set aside in a warm place, free from draught, to rise about 2

hours. When light add 1 and ½ cups of sifted white flour, 1 tablespoon of melted butter or oil, 2 and ½ cups of rye flour to make a soft dough and last 1 tablespoon of salt. Turn on a board and knead or pound it 5 minutes. Place in greased bowl; cover and let rise until double in bulk—about 2 hours. Turn on board and shape into loaves; place in floured shallow pans; cover and let rise again until light—about 1 hour. Brush with white of egg and water, to glaze. With sharp knife cut lightly 3 strokes diagonally across top, and place in oven. Bake in slower oven than for white bread. Caraway seeds may be used if desired.

By adding ½ cup of sour dough, left from previous baking, an acid flavor is obtained, which is considered by many a great improvement. This should be added to the sponge.

RYE BREAD, NO. 2

Sift 3 cups of rye flour, 3 cups of wheat flour and 2 teaspoons of salt in a bowl. Dissolve ½ cake of compressed yeast or any other yeast in 2 cups of lukewarm water. When the yeast is dissolved pour it into the flour and make into a dough. Lay it on a kneading board, and knead until smooth and elastic, put it back into the bowl, cover with a towel, and set aside overnight to rise. Next morning, lay the dough on a biscuit or kneading board again and knead well. Make into a loaf, put into a pan, and when well risen, moisten the top with a little cold water and bake in a moderate oven.

VARIETY BREAD

Dissolve 1 cake of compressed yeast in 2 cups of lukewarm water or milk, add 2 teaspoons of salt, 3 cups of bread or wheat flour, 1 cup of cornmeal, 1 cup of rye flour and ½ cup of dark molasses, and mix very thoroughly. Let rise, shape into loaves, let rise again and bake in a moderate oven for 45 minutes.

ROLLS

Take bread dough, when ready to shape into loaves and make a long even roll. Cut into small even pieces, and shape with thumb and fingers into round balls. Set close together in a shallow pan, let rise until double the bulk, and bake in a hot oven from 10 to 20 minutes. If crusty rolls are desired, set apart in a shallow pan, bake well, and cool in draught.

TEA ROLLS

Scald one cup of milk and when lukewarm dissolve 1 cake of compressed yeast and add 1 and ½ cups of flour. Beat thoroughly, cover and allow to stand until light. Add ¼ cup of sugar, one and ½ teaspoons of salt, 2 eggs, ⅓ cup of butter and enough flour to

knead. Allow to rise again until light. Shape into round or small oblong finger rolls, and place in buttered pans close together. When light bake in hot oven.

CRESCENT ROLLS

Take bread or kuchen dough, and when well risen, toss on floured baking board, roll into a square sheet, ¼ inch thick. Spread with melted butter, and cut into 6-inch squares, then cut each square into 2 equal parts through opposite corners, thus forming 2 triangles. Roll over and over from the longest side to the opposite corner and then shape the rolls into half moons or crescents. Place in floured or greased pans, rather far apart; brush with beaten yolk to which a little cold water has been added and sprinkle tops of crescents or horns with poppy seed. Set in warm place to rise and when double its bulk, bake in hot oven until brown and crusty.

RAISIN OR CURRANT BUNS

Boil 2 large potatoes and strain the water in which they cooked. Dissolve ⅔ of a cake of yeast in 1 cup of potato water which has cooled to lukewarm. To the potatoes add ¼ cup of butter and 1 cup of sugar. Mash until perfectly smooth. Add 1 teaspoon of salt. Add to the rest of the potato water enough milk to make 1 cup. Add to the potatoes, and gradually stir in 2 cups of flour. Mix well, and set, covered, in a warm place overnight. Next morning add enough flour to make a dough. Knead quickly, and as you knead add 1 cup of currants or raisins. Form into buns, place in well greased pans an inch apart and let rise until light. Bake in a hot oven, 425° F., for 20 muintes. Serve hot or cold.

BREAD STICKS

Take pieces of raised bread dough, roll ⅜ inch thick and 4 or 5 inches long. Place in a floured pan, far apart, brush the tops with beaten egg yolk, and sprinkle with poppy seed. Let rise until light, and bake at 400° F., until brown.

REFRIGERATOR ROLLS

Crumble 1 cake of compressed yeast into a mixing bowl. Add ½ cup sugar, 1 teaspoon of salt, and 2 cups of lukewarm water. Add 1 well beaten egg. Sift and measure 7 cups of flour. Add half to the batter and beat well. Add 3 tablespoons of melted shortening and the rest of the flour. Knead until smooth. Let rise until double in bulk. Punch down, cover tightly, and place in the refrigerator. About 1 hour before baking, remove from the refrigerator and use as much of the dough as desired. Return the rest, which may be kept in the refrigerator a week.

The dough may be shaped into any desired rolls. For Cloverleaf

Rolls, shape the dough into small marble sized balls. Place 3 in each greased muffin pan. Let rise slowly to double their bulk, and bake in a hot oven, 425° F., for 20 to 25 minutes.

CROISSANTS, FRENCH CRESCENT ROLLS

Dissolve 1 cake of compressed yeast and 2 tablespoons of sugar in 1 cup of milk, scalded and cooled to lukewarm. Add 1 and ½ cups of sifted flour and beat until smooth. Whip the white of 1 egg until stiff, and fold into the batter together with ½ cup of melted shortening, 1 teaspoon of salt and 1 and ½ cups of sifted flour. Knead lightly, using as little flour on the board as possible. Transfer to an oiled bowl, cover, and let rise in a warm place until double in bulk, about 2 hours. Place the dough on a lightly floured board and roll as quickly as possible into a rectangle ½ inch thick. Dot with ¾ cup of softened butter. Fold over in 3 pieces and press the edges together closely. Roll out again, and fold again into thirds. Repeat the rolling and folding once more. Roll out a scant ½ inch thick, and cut into 4 inch squares. Cut each square into triangles. Starting from the long side, roll up each triangle and form into a crescent. Place far apart on a greased baking sheet with the point of the crescent touching the pan. Let rise until double in bulk, and bake at 375° F., until nicely browned.

BRIOCHE

Heat 1 cup of milk, ⅓ cup of shortening, and ½ cup of sugar. Cool to lukewarm, and add 1 and ½ teaspoons of salt, and 1 yeast cake dissolved in 2 tablespoons of lukewarm water. Add 1 cup of flour and beat thoroughly. Cover and set in a warm place to rise for 1 hour. Add 3 beaten eggs, 1 teaspoon of lemon extract and 4 and ½ to 5 cups of flour, enough to make a firm dough. Knead on a floured board until smooth and elastic. Roll out ¼ inch thick in a rectangular shape. Cover with ¼ cup of melted shortening. Fold the edges to the center and fold again, in half. Cover and set in a warm place to rise. Cut in pieces ½ inch wide. Twist each piece from the ends in opposite directions. Bring ends together and press into the center of the strip. Place on a greased pan 1 inch apart. Cover, and set in a warm place to rise. Bake in a hot oven, 400° F., 15 to 20 minutes. While hot spread with 2 cups of confectioner's sugar moistened with a little milk and flavored with vanilla.

MILK OR CREAM TOAST

Toast as many slices of bread as desired. For each slice of bread scald ½ cup of milk. Stir in 1 teaspoon of butter and pour over the toast. Sprinkle with sugar and cinnamon, and serve at once.

CINNAMON TOAST

Toast as many slices of bread as desired. While the toast is still very hot, butter it and sprinkle generously with sugar and ground cinnamon.

FRENCH TOAST

Beat 2 eggs slightly, add ½ teaspoon of salt and ¾ cup of milk. Dip 6 slices of fresh or stale bread into the mixture. Melt 2 tablespoons of butter on a griddle, add the bread and brown on both sides. Serve hot with syrup, apple sauce, jam, or cinnamon and sugar.

MELBA TOAST

Cut bread in as thin slices as possible, and remove the crusts. Lay the bread on a baking sheet, and place in a cool oven, 325° F., until crisp and light brown.

CROUSADES

Cut stale bread in 2 and ½ inch slices, and the slices in squares, oblongs or circles. Scoop out the center leaving cases ¼ inch thick. Spread inside and out with melted shortening. Place on a baking sheet in a moderate oven, 350° F., until golden brown.

HOT AND QUICK BREADS

Hot and quick breads are made with baking powder instead of yeast. They are very easy to make, and are especially suited to fruit and nut breads. Quick breads make delicious sandwiches, and add variety to teas, and both luncheon parties and lunch boxes.

NUT BREAD

Sift 3 cups of flour, measure, add 3 teaspoons of baking powder, and 1 teaspoon of salt. Sift together 3 times. Add 1 cup of chopped nuts. Cream 3 tablespoons of shortening with 1 cup of sugar. Add 1 well-beaten egg. Mix well. Add 1 and ¼ cups of milk alternately with the flour. Stir only until smooth. Bake in a greased loaf pan, 9 x 4 x 3 inches, in a moderate oven, 350° F., for 1 hour and 10 minutes.

QUICK RAISIN BREAD

Substitute 1 cup of seedless raisins for the nuts in the above recipe. If desired, ½ cup each of nuts and raisins may be used.

GRAHAM HONEY LOAF

Sift 1 cup of white flour, measure, add 2 teaspoons of baking powder and ½ teaspoon of salt, and sift together 3 times. Add

1 cup of Graham flour. Combine ½ cup of honey with 1 cup of milk. Add gradually to the flour. Bake in a greased loaf pan, 9 x 4 x 3 inches, in a moderate oven, 350° F., for 1 hour.

FRUIT BREAD

Add 3 teaspoons of baking powder, ½ cup of sugar, and 1 teaspoon of salt to 1 and ½ cups of sifted flour. Sift 3 times. Combine ½ cup of broken nut meats, ½ cup of thinly sliced candied orange peel, and 1 and ½ cups of Graham flour. Add to the first mixture. Combine 1 well beaten egg with 1 and ½ cups of milk. Add to the flour and stir only until smooth. Bake in a greased loaf pan, 9 x 4 x 3 inches in a moderate oven, 325° F., for 1 hour.

BANANA BREAD

Cream ½ cup of butter with ½ cup of sugar. Add 3 eggs, one at a time, and beat well after each addition. Mash 3 ripe bananas and add. Sift together 2 cups of sifted flour, 1 level teaspoon of baking soda, and ½ teaspoon of salt. Mix 1 cup of chopped nuts with the flour. Add the flour mixture to the first batter, flavor with ½ teaspoon of vanilla, and mix only until well blended. Bake in a well-greased loaf pan at 350° F., for 1 and ¼ hours.

PRUNE AND NUT BREAD

Cream 1 tablespoon of shortening with 1 cup of sugar. Add 1 beaten egg and mix well. Add ½ cup of prune juice and 1 cup of sour milk. Add 2 cups of graham flour. Sift together 1 cup of white flour, 6 teaspoons of baking powder, ½ teaspoon of baking soda, and ½ teaspoon of salt. Add to the flour 2 cups of cooked, pitted and finely chopped prunes, and 1 cup of chopped walnuts. Combine with the first mixture. Beat until well mixed, and pour into 1 large or 2 small greased loaf pans. Bake about 1 hour at 350° F. The large loaf will require a longer time.

ORANGE NUT BREAD

Sift together 3 times, 2 cups of sifted flour, ½ teaspoon of salt, ½ teaspoon of baking soda, and ¾ cup of sugar. Add ½ cup of broken walnut meats. Combine 1 well-beaten egg, ¾ cup of strained orange juice, 2 tablespoons of strained lemon juice, 1 tablespoon of grated orange rind, ¼ tablespoon of grated lemon rind, and 2 tablespoons of melted shortening. Add to dry ingredients and stir until just mixed. Turn into a greased loaf pan lined with waxed paper. Bake at 350° F., for 75 minutes.

BOSTON BROWN BREAD

Sift 1 cup of sifted white flour, with ½ teaspoon of salt and 3 teaspoons of baking soda. Add 1 cup of graham flour and 1 cup

of corn meal. Mix 1 cup of molasses with 2 cups of sour milk, and stir into the dry ingredients. Add ½ cup of raisins. Put into well greased round tins. Fill no more than ⅔ full. Cover tightly, and steam 3 hours.

DATE BREAD

Cut 1 cup of pitted dates into small pieces. Add 1 teaspoon of baking soda and ¾ cup of boiling water. Stir well, and set aside to cool. Beat 2 eggs and ¾ cup of sugar until light and thick. Sift together 1 and ¾ cups of flour, 1 pinch of salt, and 1 teaspoon of baking powder. Add to eggs with 1 tablespoon of melted shortening, 1 cup chopped nuts, 1 teaspoon of vanilla, and the date mixture. Beat until smooth. Bake in a loaf pan, in a moderate oven, 350° F., for 45 minutes.

CORN BREAD

Add 1 teaspoon of salt, 2 teaspoons of baking powder, and ¾ teaspoon of soda to 1 and ¼ cups of sifted flour, and sift 3 times. Add 1 cup of yellow corn meal. Cream 3 tablespoons of shortening with 2 tablespoons of sugar, add 1 and ¼ cups of sour milk and the flour. Mix well, and add 2 well-beaten eggs. Bake in a greased shallow pan, 25 minutes at 425° F., or until done; or bake in corn stick pans.

JOHNNY CAKE

Sift together 1 and ½ cups of flour, 1 teaspoon of salt, 2 tablespoons of sugar, and 5 teaspoons of baking powder. Add 1 and ¼ cups of corn meal. Beat 2 eggs until light, add to them 1 and ½ cups of milk and 4 tablespoons of melted shortening. Beat into the dry ingredients. Pour into a shallow greased pan, and bake in a moderate oven, 375° F., for 25 minutes, or until brown on top. Serve hot.

BAKING-POWDER BISCUITS

Sift 2 cups of flour with ½ teaspoon of salt, and 4 teaspoons of baking powder. Add 4 tablespoons of butter; cut butter in with 2 knives and mix with ½ to ⅔ cup of water or milk, stir this in quickly with a knife. When well mixed place on a well-floured board and roll out about 1 inch thick. Work quickly. Cut with a biscuit cutter or the cover of a ½ pound baking powder can; place on a greased pan and bake quickly in a well-heated quick oven, 450° F., 10 to 15 minutes.

Butter substitutes may be used in place of butter.

CHEESE BISCUITS

Follow the directions for Baking Powder Biscuits, but add ½ cup of grated cheese before adding the milk.

DROP BISCUITS

Follow directions for Baking Powder Biscuits, but use 1 cup milk. This will make a thick batter. Drop by spoonfuls an inch apart on a greased baking sheet, or in small size muffin tins.

SOUR MILK BISCUITS

Mix and sift 2 cups of flour, 3 teaspoons of baking powder, 1 teaspoon of salt and ½ teaspoon of soda. Cut in 2 tablespoons of shortening with a knife. Add ¾ cup of sour milk gradually, and mix lightly to a soft dough. Roll out on a lightly floured board, to ½ inch thickness, and cut with a biscuit cutter. Bake in a quick oven, 450° F., for 10 to 15 minutes.

CINNAMON ROLLS

Sift together 2 cups of sifted flour, 1 tablespoon of sugar, ½ teaspoon of salt, and 2 teaspoons of baking powder. Cut in 3 tablespoons of shortening. Add ⅔ cup of milk gradually and mix lightly to a soft dough. Roll out ½ inch thick on a slightly floured board. Brush with 1 tablespoon of melted shortening. Sprinkle with 1 teaspoon of cinnamon and 1 teaspoon of granulated sugar. If desired, ¼ cup of chopped nuts and ½ cup of raisins may be added. Roll like a jelly roll and cut in ¾ inch slices. Put on a greased baking pan, cut side down, and bake in a quick oven, 425° F., for 15 minutes. Serve hot. This makes 8 rolls.

BUTTERSCOTCH ROLLS

Follow the recipe for Cinnamon Rolls. Cream 1 cup of brown sugar with 2 tablespoons of shortening and 1 tablespoon of cold water. Place some of the mixture in the bottom of each of 8 large muffin tins. Lay a roll on top of the butterscotch mixture. Bake at 375° F., for 20 to 25 minutes. Turn out at once and serve hot.

MUFFINS

Sift together 2 cups of sifted flour, 2 teaspoons of baking powder, 2 tablespoons of sugar, and ¼ teaspoon of salt. Beat 1 egg until light. Add 1 cup of milk and 4 tablespoons of melted shortening. Add to the flour gradually, stirring only enough to blend the ingredients. Pour into greased muffin tins and bake in an oven preheated to 425° F., for 30 minutes. This amount makes 12 muffins.

In making all kinds of muffins, it is very important to work as quickly as possible, and to stir the batter as little as possible.

BRAN MUFFINS

Sift together 1 cup of sifted flour, 3 and ½ teaspoons of baking powder, ¼ teaspoon of salt and 2 tablespoons of sugar. Beat 1 egg until light and add 1 cup of milk. Add flour, stirring as little as

possible. Add 3 tablespoons of melted shortening and 1 cup of bran. Pour into greased muffin tins, filling them ⅔ full. Bake 25 minutes in an oven pre-heated to 425° F.

CORN MUFFINS

Sift together 3 times 1 cup of sifted flour, 1 cup of corn meal, 2 teaspoons of baking powder, and 1 teaspoon of salt. Combine 1 well beaten egg, 1 cup of milk, ¼ cup of molasses and 1 tablespoon of melted shortening. Add gradually to the flour, and beat only until well blended. Pour into greased muffin tins and bake in an oven pre-heated to 400° F., for 20 minutes.

GRAHAM MUFFINS

Sift together 1 cup of sifted flour, 1 teaspoon of salt, 3 teaspoons of baking powder, and 4 tablespoons of sugar. Add 1 and ¾ cups of Graham flour. Combine 1 well beaten egg and 1 and ½ cups of milk. Add to the flour mixture. Add 1 tablespoon of melted shortening and mix until blended. Bake in greased muffin tins in a moderate oven, 375° F., for 25 to 30 minutes. Makes 18 muffins.

DATE MUFFINS

Sift together 1 and ¾ cups of sifted flour, 2 teaspoons of baking powder, and ½ teaspoon of salt. Cream 4 tablespoons of sugar with 4 tablespoons of shortening. Add 1 well beaten egg. Add flour alternately with 1 cup of milk, a little at a time. Beat after each addition until smooth. Add ½ cup of dates, seeded and sliced. Grease small muffin tins, pour in the mixture and bake at 400° F., for 20 minutes.

BLUEBERRY TEA MUFFINS

Cream ¼ cup of shortening with ⅓ cup of sugar. Add 2 well beaten eggs and beat well. Sift together 1 and ½ cups of sifted flour, 5 teaspoons of baking powder, and 1 teaspoon of salt. Add alternately with ⅔ cup of milk to the first mixture. Dredge ½ cup of blueberries with ½ cup of sifted flour. Stir in lightly. Bake in greased muffin pans in a hot oven, 400° F., for 25 to 30 minutes.

SALLY LUNN

Follow the recipe for Blueberry Tea Muffins, omitting the berries, and using only 4 teaspoons of baking powder. Bake in a greased cake pan at 400° F., for 20 to 25 minutes. Serve hot.

APPLE GEMS

Scald 1 and ¼ cups of milk. Add to it 4 tablespoons of shortening, 2 tablespoons of sugar, and ⅔ cup of yellow cornmeal. Mix well. Sift together 1 cup of sifted flour, 2 teaspoons of baking powder and 1 teaspoon of salt. Add to the first mixture with 1 well

beaten egg. Add 1 and ½ cups of finely chopped apples and beat until well blended. Drop into greased gem or muffin pans and bake in a moderate oven, 350° F., for 25 to 30 minutes.

PINEAPPLE MUFFINS

Cream ¼ cup of shortening and ¼ cup of sugar. Add 1 well beaten egg. Sift 2 cups of sifted flour, 2 teaspoons of baking powder, and ½ teaspoon of salt together twice. Add to the first mixture alternately with ¾ cup of milk. Add ½ cup of crushed, well-drained pineapple. Beat until well-blended and bake in greased muffin tins for 25 minutes at 350° F.

RICE MUFFINS

Beat 1 cup of boiled rice, 2 eggs, 1 cup of milk and 5 tablespoons of melted shortening until well blended. Sift together 1 and ½ cups of flour, 2 teaspoons of sugar, 3 teaspoons of baking powder, and ½ teaspoon of salt. Sift into the batter. Combine the ingredients, and bake in greased muffin tins for 25 minutes, at 400° F.

PRUNE MUFFINS

Boil 1 cup of prunes in water to cover for 10 minutes. Drain, remove pits, and cut into pieces. Beat 1 egg until light, add 3 tablespoons of sugar, 3 tablespoons of melted shortening, and 1 cup of milk. Mix well. Sift together 2 and ¼ cups of flour, 4 teaspoons of baking powder and ½ teaspoon of salt. Add to first mixture. Add prunes and beat just enough to mix. Bake in greased muffin tins about 25 minutes in a hot oven, 425° F. This makes 8 muffins.

EGGLESS GINGER GEMS

Warm ½ cup of molasses slightly. Add ½ cup of sugar and 1 tablespoon of melted butter. Mix well. Add ½ teaspoon each of ginger and cinnamon. Sift together 2 and ½ cups of sifted flour and 2 teaspoons of baking powder. Add to the first mixture alternately with ½ cup of milk. Add ¼ cup of currants or raisins and beat only enough to mix. Bake in greased muffin tins at 350° F., about 25 minutes. Serve warm.

POPOVERS

Sift together 1 cup of sifted flour and ¼ teaspoon of salt. Add 1 cup of milk gradually. Add 2 well beaten eggs and 1 tablespoon of melted shortening. Beat with a Dover beater for 5 minutes. Pour into hot, greased popover pans or earthenware cups, and bake in a hot oven 400° F., for 30 minutes. Lower heat to 325° F., and bake 15 minutes longer. Serve at once.

ENGLISH MUFFINS

Tightly pack into a measuring cup, ¼ cup of cooked, grated potato. Bring to a boil 2 cups of water, and let it cool to lukewarm. Add 2 yeast cakes and the potato, and stir until the yeast is dissolved. Add 4 cups of sifted flour and 1 teaspoon of salt, and beat for 2 minutes. Let rise at 70° F., for 1 and ½ hours.

Flour a board well, put the dough on it, and dredge the top with flour, so that the dough can be handled. Flour another board. Pull off a piece of dough that will make a round 3 inches in diameter and ⅓ inch thick. Lay the round on the second board, and continue. Let rise until double in bulk, about 1 and ½ hours, and be very careful not to jar the dough while it is rising.

Heat a heavy griddle and grease lightly. For a gas or electric stove, place an asbestos mat between the griddle and the flame to keep the heat even. Slip a pancake turner under the muffins, and lift them carefully to the griddle. Bake 15 minutes, on top of the stove, turn, and bake 15 minutes longer. Serve hot; or cool, split with a fork, and toast. This makes 18 muffins.

PANCAKES, FRITTERS AND WAFFLES

The appearance and texture of pancakes is often determined by the manner in which they are fried. Pancakes of the griddle cake type are cooked on a fairly hot griddle with almost no shortening. To make them properly, melt the shortening used in the pancake on the griddle, then pour it into the batter. What remains on the griddle will be sufficient to make the entire batch. The heat of the griddle is also important. As the pancakes cook, watch them carefully, and raise or lower the heat in order to keep the temperature even. When properly cooked, griddle cakes are a golden brown, and the color is the same over the entire surface. Potato pancakes, on the other hand, are cooked in plenty of shortening, which gives a crisp crust.

For fritters, follow the directions under Deep Fat Frying, or shallow frying, depending on the type of fritter made. Deep fat fried fritters puff up into a ball. The shallow fried are similar to pancakes.

Fluffy but crisp waffles can be made in such variety that they add greatly to our menus. Allow the waffle iron to pre-heat according to the directions for that particular iron. Some irons have indicators which tell when to bake the waffles, and when they are sufficiently cooked. Usually, when the waffle stops steaming it is done. Do not lift the top section until the waffle is cooked, or it will split.

GRIDDLE CAKES

Sift together 1 cup of sifted flour, 1 teaspoon of baking powder, and ¼ teaspoon of salt. Beat 1 egg until very light, add ¾ cup of milk, and add to the flour. Stir only until blended. Melt 1 and ½ tablespoons of shortening on the griddle, pour it into the batter and stir until blended. Heat the griddle. Pour in a large spoonful of batter for each pancake. When one side is full of bubbles, turn and brown the other. Serve at once with butter and maple syrup.

SOUR MILK GRIDDLE CAKES

Sift together 1 cup of sifted flour, ¾ teaspoon of baking powder, ⅛ teaspoon of baking soda, ½ teaspoon of salt, and ½ tablespoon

of sugar. Beat 1 egg until light, add 1 cup of thick, sour milk and add to the flour. Stir only until blended. Melt 1 tablespoon of shortening on the griddle, add to the batter and blend. Bake on a hot griddle the same as griddle cakes. This amount makes 12 to 15 cakes.

BUCKWHEAT CAKES

Sift 1 cup of buckwheat flour, measure, add 1 teaspoon of baking powder, 1 and ½ tablespoons of sugar, ¼ teaspoon of baking soda, and ¼ teaspoon of salt. Beat 1 egg until light and add 1 cup of sour milk. Stir into the flour only until blended. Melt 1 tablespoon of shortening on the griddle, add to the batter and stir until blended. Cook on a hot griddle as for griddle cakes.

GERMAN PANCAKE

Beat 2 eggs until very light, add ½ cup of sifted flour and ½ teaspoon of salt, and beat again. Add 1 cup of milk slowly, and beat until perfectly smooth. Melt 2 tablespoons of butter in a large frying pan. Pour in all the batter, and place over a high flame for 1 minute. Place in an oven pre-heated to 400° F., for 2 minutes, or until the edges turn up on the sides of the pan. Lower the heat to 325° F., and continue cooking until the pancake is light, crisp and brown, about 7 minutes. Slide it carefully onto a hot plate and roll like a jelly roll. Serve sprinkled with powdered sugar and lemon juice, or with syrup or preserves.

FRENCH PANCAKE

Stir 3 egg yolks with ½ teaspoon of salt and ¼ cup of sifted flour until perfectly smooth. Slowly add 1 cup of cold milk, and beat well. Beat the 3 egg whites until stiff, and fold into the batter. Heat a large frying pan. Melt 2 tablespoons of butter in it. When the butter is hot, but not browned, pour in all the batter. Cook over a low flame until the bottom is brown, then place in a moderate oven, 350° F., until brown on top. Slip the pancake onto a hot platter, roll like a jelly roll, and serve with syrup or preserves.

BREAD PANCAKES

Soak 2 cups of stale bread crumbs overnight in 2 cups of milk. When ready to cook, add 2 eggs beaten until light. Sift together 3 tablespoons of flour, 2 teaspoons of baking powder, ½ teaspoon of salt, and a pinch of white pepper. Stir into the batter until blended. Cook by spoonfuls on a hot, lightly greased griddle. Serve immediately with Cheese Sauce.

RICE PANCAKES

Stir together 1 cup of warm boiled rice, 1 cup of milk, and 2 egg yolks until well blended. Sift together 4 tablespoons of flour,

2 teaspoons of baking powder, ½ teaspoon of salt, and 1 pinch of white pepper. Add to the batter and stir until blended. Add 2 tablespoons of shortening which has been melted on the griddle. Beat the 2 egg whites until stiff and fold into the batter. Bake on a hot griddle as for griddle cakes.

RICE AND CORNMEAL GRIDDLE CAKES OR WAFFLES

Mix and sift together ½ cup of cornmeal, ½ cup of flour, 1 teaspoon of salt, 1 tablespoon of sugar, and ½ teaspoon of baking soda. Mix 2 cups of sour milk, 2 beaten egg yolks, and 1 cup of cold, boiled rice. Add to the flour and blend. Beat 2 egg whites until stiff and fold in. Add 2 tablespoons of melted fat, and bake either as waffles or griddle cakes.

GRIMSLICH

Soak ½ loaf of bread in water until soft. Press out as much of the water as possible. Add 2 egg yolks, ½ cup of sugar, ¼ cup of raisins, 1 teaspoon of cinnamon, and ¼ cup of finely pounded blanched almonds. Beat until all the ingredients are well blended. Beat the egg whites until stiff and fold in carefully. Heat 2 tablespoons of shortening in a skillet, and drop in the batter by tablespoonfuls. Fry until brown on each side. Serve with stewed fruit.

POTATO PANCAKES

Peel 6 large potatoes and soak in cold water for several hours. Grate, and drain off the excess juice. Measure the pulp, and for each 2 cups, add 2 well beaten eggs, 1 tablespoon of flour, ½ teaspoon of salt, and a pinch of pepper. A tablespoon of onion juice may be added if desired. Beat well. Heat 4 tablespoons of shortening in a skillet. Drop in the batter by tablespoonfuls and fry to a deep brown on each side. Serve with apple sauce.

Vegetable and meat or chicken fat will give a much crisper pancake than butter.

CHEESE BLINTZES

With a fork beat 1 egg just enough to blend the white and yolk. Add ½ teaspoon salt and 1 cup of water. Sift 1 cup of flour, stir into the batter, and mix until smooth. Grease a frying pan about 6 inches in diameter, heat it well, and pour in 2 tablespoons of the batter. Tilt the pan so as to allow the batter to run all over the bottom. Cook over a low heat on one side only, until it will hold its shape, but does not brown. Turn out on a clean cloth and repeat with the rest of the batter.

Mix 1 pound of cottage cheese, 1 egg, 1 tablespoon of melted butter, ¼ teaspoon of salt, 1 teaspoon of sugar, and ¼ teaspoon of cinnamon. If desired, ¼ cup of raisins may also be added. Place

1 heaping tablespoon of the cheese mixture on each blintze. Fold the edges over the filling and press in well. Cook in 4 tablespoons of butter until brown on both sides. Serve with sour cream.

If desired, the blintzes may be filled in advance and kept in the refrigerator until ½ hour before serving time. This amount makes about 10 blintzes.

OTHER FILLINGS FOR BLINTZES

Instead of cheese, the blintzes may be filled with chopped and seasoned left-over meat, kashe (see Cereals), poppy seed filling, (see Coffee Cakes), or preserves.

An Apple Filling is made of ½ pound of apples, peeled, cored and finely chopped, 1 tablespoon of ground almonds, 1 tablespoon of powdered sugar, a pinch of cinnamon, the juice of ½ lemon, and 1 egg white. Mix thoroughly, and proceed as for cheese blintzes. Serve with sugar and cinnamon.

FRITTER BATTER

Mix and sift 1 and ½ cups of flour, 2 teaspoons of baking powder, ¼ teaspoon of salt, and add ⅔ cup of milk or water gradually. Add 1 well beaten egg, and mix until well blended. For fruit fritters add 1 tablespoon of sugar. For vegetable fritters add 1 teaspoon of salt, and ¼ teaspoon of pepper.

BELL FRITTERS

Beat 3 eggs until light and thick. Stir in 1 cup of milk. Sift 3 cups of flour with 3 teaspoons of baking powder. Sift again into the batter. Drop by spoonfuls into deep hot fat, 340°–375° F., and fry until a deep brown. Drain on absorbent paper, and serve with any desired pudding sauce.

APPLE FRITTERS

Peel, core, and cut each of 4 large sour apples into 8 sections. Stir the sections into Fritter Batter until each one is completely coated with batter. Drop into deep hot fat, 340°–375° F., a few at a time, and cook until a deep brown. Drain on absorbent paper, and serve with powdered sugar or syrup.

FRUIT FRITTERS

Peel, and remove the core or pit of pineapples, pears, apricots, or peaches. Cut into half inch slices, and cut each slice in half. Use 1 cup of prepared fruit for the amount of Fritter Batter given above. For added flavor, first soak the fruit in a mixture of ½ cup of sherry or other white wine and 2 tablespoons of sugar. Drain and coat each piece of fruit with Fritter Batter. Fry in deep hot fat,

340°–375° F., until a deep brown. Drain on absorbent paper and sprinkle with powdered sugar.

Bananas may be sliced and prepared as above, or mashed and added to the batter.

ORANGE FRITTERS

Peel 2 seedless oranges and remove all the white membrane. Cut into half inch slices and dip each slice into the following batter.

Beat 2 egg yolks and 2 tablespoons of sugar until light and thick. Add ¼ cup of lemon juice and ¾ cup of flour. Mix until smooth. Beat the two egg whites until stiff and fold into the mixture.

Fry the fritters one at a time in deep hot fat, 340°–375° F., until brown, drain on absorbent paper and sprinkle with powdered sugar.

QUEEN FRITTERS

In a saucepan put 1 cup of water and ¼ cup of butter or butter substitute. Bring to a boil, and stir in 1 cup of sifted flour. Stir hard and cook until the dough leaves the side of the pan. Remove from the fire and cool. Add 3 eggs, one at a time, beating well after each addition. Add ¼ teaspoon of salt, and mix well. Drop pieces the size of a walnut into deep hot fat, 340°–375° F., and fry a light brown. Drain, make an opening in each, fill with preserves and sprinkle with powdered sugar. Serve at once.

VEGETABLE FRITTERS

Any cooked vegetable or combination of vegetables except stewed tomatoes may be used for fritters. Drain the vegetables thoroughly, chop coarsely, and measure 1 cup. Add to Fritter Batter seasoned with salt and pepper, drop by tablespoonfuls into hot fat, 340°–375° F., and fry until a deep brown. Drain on absorbent paper, and serve with cheese sauce or syrup.

CORN FRITTERS

(1) Beat 2 eggs until light, add 2 cups of canned whole kernel, or fresh cooked corn, well drained; 2 tablespoons of finely chopped parsley, ¾ teaspoon of salt, a pinch of pepper, ½ teaspoon of baking soda dissolved in 1 teaspoon of warm water, and ½ cup of fine cracker crumbs. Mix well and shape the mixture into 12 cakes. Fry, a few at a time, in deep hot fat, 375° F., until deep brown. Drain on absorbent paper, and serve with or without syrup.

(2) Use 2 cups of cream style canned corn, or grate 2 cups of fresh cooked corn from the cob. Add 1 egg beaten until light, a cup of sweet milk into which has been stirred ¼ teaspoon of baking soda, 2 teaspoons of melted butter, ½ teaspoon of salt, and 1 cup of flour. Fry as for griddle cakes on a hot griddle.

CELERY FRITTERS

Substitute 2 cups of cooked celery cut into half inch pieces for the corn in Corn Fritters (1).

CHEESE FRITTERS

Substitute 2 cups of grated American cheese for the corn in Corn Fritters (1).

SQUASH FRITTERS

Mash until smooth 2 cups of cooked or baked Hubbard squash, or use canned squash. Add 2 teaspoons of melted butter, ½ teaspoon of salt, a pinch of white pepper, ½ cup of flour sifted with 1 teaspoon of baking powder, 1 well-beaten egg, and 2 tablespoons of milk. Drop by tablespoonfuls into deep hot fat, 375° F., and fry until a deep brown. Drain on absorbent paper.

SHAVINGS (KRAUS-GEBACKENES)

Sift 2 cups of flour into a bowl. Make a depression in the center. Break in 5 eggs, and add a pinch of salt, 1 teaspoon of cinnamon, and 1 tablespoon of confectioner's sugar. Blend thoroughly and form into a ball. Roll out on a floured board until the dough is very thin, about ⅛ of an inch. Cut into long ½ inch strips. Roll each strip around a stick about an inch in diameter. Drop quickly, before they unroll, into deep hot fat 375° F., and fry until a light yellow. Drain on absorbent paper, and sprinkle with equal parts of sugar and cinnamon, or grated lemon peel.

FRIED NOODLES

Prepare noodles and cut into any desired thickness, or into strips 4 inches long by 1 inch wide. Drop, a few at a time, into deep, hot fat, 375° F., and cook until a light brown. Drain on absorbent paper.

SNOWBALLS (HESTERLISTE)

Mix 1 teaspoon of butter, ¼ teaspoon of salt, and 1 tablespoon of sugar with 1 egg. Add 1 tablespoon of cream, 1 teaspoon of brandy and flour to make stiff dough. Work the whole together with a spoon until the flour is incorporated with the other ingredients and you have a dough easily handled. Break the dough in pieces about the size of a walnut; roll each piece out separately just as thin as possible without tearing (the thinner the better). Make 3 lengthwise slashes in the center of each piece of dough after rolling out.

Heat a large deep skillet about half full with boiling hot butter or Crisco, drop in the snowballs, not more than 3 at one time, brown quickly on one side, then on the other, turn carefully with

a perforated skimmer as they are easily broken. Remove to a platter, sprinkle with powdered sugar and cinnamon and a few drops of lemon juice.

PEA GRIDDLERS

Season 1 cup of canned pea soup, undiluted, with salt, pepper, a little sugar and a small piece of butter. Add 1 well beaten egg, ½ cup milk, and ¼ cup of flour sifted with ½ teaspoon baking powder. Beat thoroughly and bake like pancakes.

PLAIN WAFFLES

Mix and sift together 1 and ¾ cups of sifted flour, 3 teaspoons of baking powder, 1 teaspoon of sugar, and 1 teaspoon of salt. Beat 2 egg yolks until light, add 1 cup of milk and 4 tablespoons of melted butter. Add to dry ingredients and stir only until blended. Beat the 2 egg whites until stiff. Fold into the batter. Pre-heat waffle iron according to its own directions and bake.

CORN WAFFLES

Prepare plain waffles as above, but add ¾ cup of well drained whole kernel or fresh cooked corn to the batter just before folding in the egg whites.

CHEESE WAFFLES

Prepare plain waffles, but add ¾ cup of grated cheese to the batter just before folding in the egg whites.

CHOCOLATE WAFFLES

Add 2 squares of melted chocolate and ½ teaspoon of vanilla to the egg yolk mixture and proceed as for plain waffles. Serve with whipped cream or ice cream.

GRAHAM WAFFLES

Substitute 1 and ¾ cups of Graham flour for the white flour in plain waffles. Do not sift Graham flour; mix it with the other dry ingredients.

SOUR CREAM WAFFLES

Mix and sift 1 and ¾ cups of flour, 1 teaspoon of baking soda, 2 teaspoons of baking powder, and ½ teaspoon of salt. Add 1 and ¼ cups of sour cream, 2 tablespoons of melted butter and 2 well beaten egg yolks. Stir only until blended. Fold in the stiffly beaten egg whites, and bake on a pre-heated iron.

PECAN WAFFLES

Reduce the amount of butter in plain waffles to 1 tablespoon. Add ¾ cup of chopped pecans before folding in the egg whites.

BLUEBERRY WAFFLES

Prepare plain waffles using 5 tablespoons of sugar. Add 1 cup of blueberries to the batter and bake.

CHERRY WAFFLES

Prepare plain waffles. Add 1 cup of sweetened cherries, pitted, to the batter.

DATE WAFFLES

Prepare plain waffles using 1 tablespoon of sugar. Just before folding in the egg whites add 1 cup of chopped pitted dates.

PINEAPPLE WAFFLES

Prepare plain waffles using 2 tablespoons of sugar. Just before adding the egg whites stir in ½ cup of well-drained crushed pineapple.

DOUGHNUTS

Cream ⅓ of a cup of sugar, and 1 and ½ tablespoons of shortening until smooth. Add 1 well-beaten egg and ⅓ cup of milk and mix. Sift together 2 cups of sifted flour, 2 teaspoons of baking powder, ⅛ teaspoon of cinnamon, ⅛ teaspoon of cloves, 1/16 teaspoon of mace, and ½ teaspoon of salt. Add to the first mixture and mix thoroughly. Turn out on a slightly floured board, and roll to ½ inch thickness. Cut with a doughnut cutter, and fry in deep hot fat, 350° F., a few at a time, until a delicate brown. Drain on unglazed paper, and sprinkle with confectioner's sugar, or cool and frost with any desired frosting. This makes 24 doughnuts.

FRENCH DOUGHNUTS

Put 4 tablespoons of sugar, 1 teaspoon of salt, 4 tablespoons of shortening, 1 teaspoon of grated orange rind, and 1 cup of hot water in a saucepan. Bring to the boiling point, add 1 cup of flour, all at once, and mix well. Cook until thick, stirring constantly. Cool slightly. Add 3 eggs, one at a time, beating hard after each egg is added. Using a rose tube, press through a pastry tube onto a well greased sheet of heavy paper. Make one ring the size of a doughnut at a time. Turn the paper upside down and let the ring drop into deep hot fat, 350° F., to fry 6 or 7 minutes until puffed and a delicate brown. Make another ring and repeat until all the batter is used. Ice with plain frosting. This makes 18 doughnuts.

CRULLERS

Cream 2 tablespoons of butter with ½ cup of sugar, then beat in, one at a time, 2 whole eggs. Mix well, and add ½ cup of milk, 2 teaspoons of baking powder, and about 3 cups of sifted flour, or

enough to make a soft dough. Stir in ½ teaspoon of cinnamon. Roll out ½ inch thick, and cut in strips 1 inch wide and 3 inches long. Fry in deep hot fat, 350° F., until a delicate brown. Drain on absorbent paper, and sprinkle with confectioner's sugar.

RAISED DOUGHNUTS

Scald 1 cup of milk, and add to it ⅔ cup of sugar, 3 tablespoons of shortening, and 1 teaspoon of salt. Dissolve 1 yeast cake in 2 tablespoons of lukewarm water. When the milk has cooled to lukewarm stir in the yeast and 2 cups of flour. Set in a warm place to rise. When the batter is double in bulk add 2 well beaten eggs and 1 teaspoon of nutmeg. Stir well and add 3 cups of flour. Cover and let rise until double in bulk. Knead until free from large air bubbles. Roll out on a slightly floured board to ½ inch thickness. Cut with a doughnut cutter, cover, and set in a warm place to rise again until double in bulk. Put them top side down in deep hot fat, 375° F., a few at a time. Fry on one side, turn and fry on the other, until a delicate brown. Drain on absorbent paper, and sprinkle with confectioner's sugar. This makes 30 doughnuts.

PRUNE DOUGHNUTS

Follow the recipe for raised doughnuts. After the second rising, roll out on a slightly floured board to ⅛ inch thickness. Cut with a cooky cutter. Put a teaspoon of the following prune mixture in the center of each of half the rounds. Cover with another round, the edges of which have been slightly moistened. Press well together. Cover and set in a warm place to rise until double. Fry as for Raised Doughnuts. This makes 24 doughnuts.

PRUNE FILLING

Soak ½ pound of prunes overnight. Cook until soft. Drain well, remove pits and cut into small pieces. Add the grated rind of a lemon and 2 teaspoons of lemon juice.

JELLY DOUGHNUTS (BERLINER PFANKUCHEN)

Follow the recipe for Raised Doughnuts. After the second rising, roll out on a slightly floured board to ⅛ inch thickness. Cut with a cooky cutter. Put 1 teaspoon of currant jelly in the center of each of half the rounds, moisten the edges slightly, and cover with another round. Press the edges well together. Cover and set in a warm place to rise until double in bulk. Fry as for Raised Doughnuts. This makes 24 doughnuts.

COFFEE CAKES (KUCHEN)

COFFEE CAKE (KUCHEN) DOUGH

Scald ½ cup of milk and cool to lukewarm. Dissolve in it ½ ounce of compressed yeast. Place in a bowl, and add 1 cup of sifted flour, 1 teaspoon of sugar, and ¼ teaspoon of salt. Put in a warm place to rise, from 1 to 2 hours.

When double in bulk, cream together thoroughly 1 cup of sugar and ¾ cup of butter or substitute. Add 3 well-beaten eggs, 5 cups of sifted flour, 1 cup of milk, and 1 teaspoon of salt. Mix thoroughly together, then add the yeast sponge. With a spoon work for 10 minutes, then set the dough aside to rise again, overnight. The dough should not be stiff. It is now ready to use.

This recipe will make 1 large cinnamon cake, 3 kuchen-pies, and about 12 pocket books.

CINNAMON KAFFEE KUCHEN

Roll out ½ inch thick, enough Coffee Cake dough to fit a cake pan. Use a shallow pan of any desired size, and butter it well. Place the dough in the pan, cover it and let it rise until double in bulk. Spread 2 tablespoons of melted butter over the surface of the dough, sprinkle generously with sugar, cinnamon and chopped nuts, or the following mixture.

Rub with the finger tips 2 tablespoons of flour, 2 tablespoons of butter, 4 tablespoons of sugar, and ½ teaspoon of cinnamon, until it forms small lumps. Sprinkle over the top of the cake.

Bake 15 to 20 minutes in a moderate oven, 350° F.

SCHNECKEN

Dissolve 1 yeast cake in ¼ cup of lukewarm milk. Add ¼ pound of melted butter, 2 tablespoons of sugar, ½ cup of heavy sour cream, 2 eggs, ¼ teaspoon of salt and 2 cups of flour. Mix together thoroughly, and chill in the refrigerator overnight. Next morning, divide the dough in half, and roll each half on a lightly floured board into a sheet ¼ inch thick. Dot generously with butter, and sprinkle with 4 tablespoons of brown sugar, 1 teaspoon of cinnamon, ½ cup of chopped nuts, and ½ cup of chopped raisins. Roll up like a jelly roll and cut into slices ½ inch thick. Place cut side down in a well-greased, warm pan. Allow room for rising between each roll. Let the schnecken rise in a warm place for 2 to 3 hours. Bake at 350° F., until they are golden brown. Cool. Schnecken should be eaten the day they are baked.

ABGERUEHRTER KUGELHOPF

Dissolve 1 cake of compressed yeast in ¼ cup of lukewarm milk. Add a pinch of salt and 1 tablespoon of sugar. Stir well, and place in a warm place to rise. Cream ¾ cup of butter or substitute and ¾ cup of powdered sugar until light and fluffy. Add the yolks of 4 eggs, one at a time, and the grated peel of a lemon. Beat well after each egg is added. Sift 2 cups of flour into a bowl, make a depression in the center, and pour in the yeast mixture and 1 cup of lukewarm milk. Stir until blended. Add the butter-sugar mixture, and stir until the dough forms blisters and leaves the sides of the pan clean. Mix ¼ cup of flour with ½ cup of seedless raisins and ¼ cup of finely chopped citron. Add to the batter, which should be of the consistency of cup-cake batter. Beat the egg whites until stiff, and fold into the batter. Place in a well-greased tube-pan. Let rise in a warm place until double in bulk, and bake in a moderate oven until well browned, and thoroughly done, about 1 hour.

BUNT OR NAPF KUCHEN

(1) Beat 5 egg yolks until thick and lemon colored. Add 1 cup of sugar gradually and continue beating. Stir in ½ pint of heavy cream and the juice and rind of 1 lemon. Sift 2 cups of flour with 2 teaspoons of baking powder and ¼ teaspoon of salt, 3 times. Add flour and beat until smooth. Fold in stiffly beaten egg whites. Line a well-buttered pan with 12 chopped almonds. Pour in batter, and bake 30 minutes at 350° F.

(2) Dissolve 1 cake of compressed yeast in 2 tablespoons of lukewarm water. Add a pinch of salt and 1 tablespoon of sugar. Stir to a smooth paste and set in a warm place to rise. Sift 2 and ½ cups of flour into a bowl. Make a depression in the center and stir in the yeast mixture and ⅞ cup of lukewarm milk. Stir to a batter, and let the batter rise. Cream ½ cup of butter and ¾ cup of powdered sugar until smooth and light, then add 3 eggs, one at a time. Stir always in one direction. Add the risen batter and the grated peel of a lemon or orange. Stir until blended. Grease a bunt form well, and place blanched almonds in the grooves of the form. Add the dough, and set in a warm place for 2 hours to rise. Bake in a moderate oven, 350° F., for 1 hour. Keep covered during the first half hour.

CHOCOLATE COFFEE CAKE

Pour bunt kuchen into long well-buttered tins, let rise, and bake as for plain kuchen. Cool, and cover thickly with boiled chocolate icing.

POCKET BOOKS

Make coffee cake dough. Roll it out on a well-floured board ¼ inch thick. Cut the dough into 12 squares.

Beat 1 egg yolk and 2 tablespoons of milk until well blended. Wet each square well with the mixture. Place 1 seedless raisin in the center, and sprinkle thickly with a mixture of sugar and cinnamon. Place ½ teaspoon of butter on top of each square. Catch the 4 corners of the squares together to form pouches. Press the corners firmly together. Lay the pocket books, not too closely together on a greased baking sheet. Let rise until double in bulk, and bake in a moderate oven, 350° F., until well browned.

BOLA

Make coffee cake dough. Divide the dough in half, and roll out each half into a thin sheet, ¼ inch thick. Sprinkle each sheet with ½ cup of blanched, chopped almonds, ¼ cup of chopped citron, ½ cup of brown sugar, and ¼ cup of butter broken into small lumps. Roll up like jelly rolls and cut into pieces 3 inches long. Grease a baking sheet well. Place the pieces on it, cut side down. Let rise in a warm place until double in bulk. Bake in a moderate oven, 350° F., until well browned. Watch it well after the first 30 minutes to prevent burning.

SAVARIN (FRENCH COFFEE CAKE)

Dissolve 1 cake of compressed yeast in 2 tablespoons of lukewarm water or milk. Add 2 tablespoons of lukewarm water, a pinch of salt, and 1 tablespoon of sugar. Set in a warm place to rise.

Stir ½ cup of butter until it is creamy, add ⅓ cup of powdered sugar, and stir constantly in one direction until well blended. Add the yolks of 4 eggs, one at a time, and beat well after each addition. Stir in the grated peel of a lemon. Sift 2 cups of flour into a bowl, make a depression in the center, and pour in the yeast and 1 cup of lukewarm milk. Stir this into a batter. Add the creamed butter and eggs, and stir until the batter forms blisters and leaves the bowl clean. Add ½ cup of seedless raisins, ½ cup of pounded blanched almonds, and 2 tablespoons of chopped citron. Fold in the stiffly beaten egg whites. Pour into a well greased tube form, and set in a warm place to rise until double in bulk, about 45 minutes. Bake in an oven pre-heated to 350° F., for 45 minutes, or until nicely browned. When cool, fill the center with whipped cream and serve with rum sauce (see Passover Recipes).

MOHN (POPPY SEED) ROLY POLY

Prepare coffee cake dough. Roll out in a large sheet, ¼ inch thick. Let it rise while you prepare the filling. Bring to a boil 1 cup

of ground black poppy seed, 1 cup of milk, 2 tablespoons of butter, ½ cup of seeded raisins, ½ cup of chopped walnuts or almonds, 2 tablespoons of corn syrup, and 1 tablespoon of chopped citron. Stir and cook until thick. Cool and flavor with 1 teaspoon of vanilla. When the filling is cool, spread it over the dough. Roll up the dough as you would a jelly roll. Cut the dough to fit long baking pans. Grease the pans well, put in the dough, and let it rise for 1 hour. Spread 2 tablespoons of melted butter over the top. Bake in a slow oven, 300°–325° F., until it is quite brown. Cool, and cut in slices just before serving.

MOHNTORTS

Prepare coffee cake dough. Roll out ⅓ of the dough into a thin sheet, large enough to line a deep pie tin. Grease the tin well, line it with the dough, and let the dough rise for 30 minutes. Fill with the following mohn mixture:

Soak ½ pound of poppy seed in milk to cover for 30 minutes. Drain and grind the seed. Add ½ cup of sugar and 3 egg yolks. Stir in one direction until thick. Add 8 tablespoons of sifted flour and ¼ pound of melted butter. Stir until well blended, and fold in the stiffly beaten egg whites.

Bake about 30 minutes in a moderate oven, 350° F., or until the crust is nicely browned.

SMALL MOHN CAKES

Prepare coffee cake dough, and roll out ¼ inch thick. Using a pastry brush, spread with melted butter. Let rise for 30 minutes. Sprinkle with 1 cup of sugar. Moisten ½ pound of ground poppy seed with ½ cup of water and sprinkle over the surface of the dough. Cut into strips 1 inch wide and 4 inches long. Roll each strip and place 2 inches apart on a well greased baking sheet. Brush again with melted butter. Place in an oven pre-heated to 325° F., for 15 minutes, increase the heat to 350° F. and continue baking until the cakes are nicely browned.

HAMANTASCHEN

(1) Prepare coffee cake dough. Roll out ¼ inch thick. Cut into 4 inch rounds and brush with melted butter. Prepare Poppy Seed filling as for Mohn Roly Poly, or Prune Filling (see Prune Doughnuts). Place 1 spoonful of the mixture on each circle. Fold the edges over the filling to form a three-cornered cake. Brush the top with melted honey, let rise until double in bulk, and bake at 350° F., until golden brown.

(2) Dissolve 2 cakes of yeast in ½ cup of lukewarm milk, and set in a warm place for 1 hour. Sift 4 cups of sifted flour onto a

board. Make a depression in the center. Drop in 2 eggs, ½ cup of sugar, ½ cup of melted butter, 1 teaspoon of salt, and ½ pint of heavy sour cream. Add the yeast mixture. Mix until blended, then knead until the dough comes away from the hands. Place the dough in a covered bowl in the refrigerator overnight. Next morning, roll out, cut, fill and bake as for Hamantachen 1.

TOPFA DALKELN (HUNGARIAN CHEESE CAKES)

Mix ½ cake of compressed yeast with 1 tablespoon of lukewarm milk. Add ¼ cup of flour and put aside in a warm place to rise. Scald 1 cup of milk and cool to lukewarm. Add 2 cups of sifted flour to the risen sponge, then the cup of warm milk. Mix well, cover with a cloth and set in a warm place to rise until double in bulk.

While the dough is rising, mix ½ pound of cottage cheese, a pinch of salt, 2 egg yolks, the rind of ½ lemon, ¼ cup of bleached raisins and sugar to taste. Beat the whites of the eggs until stiff and fold into the mixture.

When the dough is light, place it on a pastry board, roll out ½ inch thick and brush with melted butter. Fold the two side edges in to the middle. Then fold the top and bottom edges in to the middle. Roll again, brush with butter, and fold as before. Roll, brush and fold once more. Now roll to ½ inch thickness and cut in 3 inch squares. Place 1 spoonful of the cheese mixture in each square. Fold over the opposite corners and press together. Brush the top of each triangle with slightly beaten egg white. Place on a greased baking sheet and let rise 30 minutes. Place in a hot oven, 400° F., until they are well risen, lower the heat to 350° F., and continue baking until golden brown. This makes about 15 cakes.

If desired, Prune Filling (See Prune Doughnuts) may be substituted for the cheese.

KINDLECH

Dissolve 1 yeast cake in ¼ cup of lukewarm milk. Sift 4 cups of sifted flour into a large bowl. Make a depression in the center and pour in the yeast. Let this stand without stirring until the yeast has risen a little. Then stir in the surrounding flour together with 3 well-beaten eggs, ¼ pound of melted butter, ¾ cup of sugar, a pinch of salt, and 2 cups of lukewarm milk. Knead into a smooth dough.

Roll out ¼ inch thick on a large well-floured pastry board. Brush the surface with a pastry brush dipped in melted butter, and strew thickly with equal parts of chopped almonds, currants and sultana raisins. Fold down about 9 inches width of the dough. Brush the upper surface of this fold with melted butter, and strew with the

fruits and nuts. Fold over again and repeat the operation until all the dough is folded into a layer resembling a flattened jelly roll. Cut into 1 inch strips. Place on a well-greased baking sheet and let stand for 30 minutes in a warm place. Bake at 325° F., until well browned. Just before serving cut each strip into 3 pieces.

BOHEMIAN KOLATCHEN

Make Coffee Cake dough. Add ½ teaspoon of cinnamon, and if desired, ¼ teaspoon of mace and 1 teaspoon of well pounded anise seed. Let rise until very light, then place on a mixing board and roll out ½ inch thick. Cut into 3 inch rounds. Place the rounds on a well greased baking sheet about 2 inches apart. Press in the centers to make a depression. Put a spoonful of any of the following mixtures in the center. Let rise until double in bulk, and bake in a moderate oven, 350° F., until well browned. Cool and brush with browned butter and sprinkle with sugar.

Prune Filling: Stew ½ pound of prunes until soft, remove pits and chop fine. Add 1 tablespoon of browned butter, ¼ teaspoon of cinnamon, and sugar to taste. Use 1 tablespoon for each bun.

Apple: Peel, core and cut apples into small pieces. Add just enough water to prevent burning, and cook gently until soft. Mash and season to taste with cinnamon, sugar, and a little melted butter.

Poppy Seed: Boil ¼ cup of ground poppy seed and ¼ cup of milk until thick. Add 1 tablespoon of butter, 1 tablespoon of sugar, and 1 teaspoon of cinnamon.

Cheese: Mix ⅔ cup of cottage cheese, 1 egg, 1 tablespoon of sugar, 1 tablespoon of butter, and nutmeg, ginger and salt to taste. Beat until smooth.

SOUR CREAM KOLATCHEN

Cream ½ cup of butter, add five yolks, 2 tablespoons of sugar, grated rind of 1 lemon, 1 cup of thick sour cream and 1 ounce or 2 cakes of yeast dissolved with a little sugar in 2 tablespoons of lukewarm milk. Stir all together and add 3 cups of flour; mix and drop from end of teaspoon on well-greased pans. Let rise until light in a warm place. Place a raisin or cherry on the top of each cake, spread with beaten white of egg, sprinkle with sugar and bake 10 minutes in a hot oven.

WIENER KIPFEL

Dissolve 1 ounce of yeast in ½ cup of lukewarm milk. Add a pinch of salt and 1 tablespoon of sugar. Set in a warm place to rise. Sift 4 cups of sifted flour into a deep bowl. Add the risen yeast and 1 cup of lukewarm milk. Stir to form a dough, and set in a

warm place, while you cream ½ pound of butter and ½ cup of sugar until light and smooth. Add 3 well beaten egg yolks and 1 whole egg. Add the dough and work until thoroughly blended. Let it rise in a warm place for 1 hour. Roll out ¼ inch thick on a floured board. Let the dough rise again for 30 minutes. Beat the 3 egg whites to a froth and spread over the dough. Sprinkle with ½ cup each of seeded raisins, citron and chopped almonds. Cut the dough into 3 inch squares. Fold over into triangles and pinch the edges together. Lay on a well-greased pan about 2 inches apart and let rise until light. Sprinkle with pounded almonds and bake at 350° F., until a light yellow.

WIENER STUDENTEN KIPFEL

Make the same dough as for Wiener Kipfel. Roll out ¼ inch thick on a well floured board and let it rise for 30 minutes. Spread with melted butter. Cut into 3 inch squares and cut each square in half diagonally to form triangles. Mix 1 cup of chopped walnuts with 1 cup of brown sugar and the juice of 1 lemon. Add 2 tablespoons of cream and ½ teaspoon of vanilla. Put a spoonful of the mixture on each triangle. Take up the 3 corners and pinch them tightly together. Set them on a well buttered pan in a warm place and let them rise until double. Brush with melted butter, and bake in a moderate oven until light brown.

YEAST KRANTZ

Add ¼ cup of currants to coffee cake dough. Let rise until light, then place on a well-floured board. Divide into 3 equal parts. Roll each part with the hands into a long strand, and work the strands together into one long braid. Place the braid in the form of a circle or a figure 8 on a well greased baking pan. Let rise again in a warm place, and bake in a moderate oven, 350° F., for 30 minutes. Remove from the oven, brush the top with a beaten egg, sprinkle with ¼ cup of sugar and 2 tablespoons of chopped almonds. Return to the oven to brown slightly, about 5 minutes.

STOLLEN

Dissolve ½ cake of yeast in 1 cup of lukewarm milk. Add 4 cups of sifted flour, ½ teaspoon of salt, and ½ tablespoon of sugar. Mix well, and set in a warm place to rise. Cream ¼ pound of butter with ¼ cup of sugar until light and fluffy. Add the yolks of 2 eggs and beat well. Stir in ½ cup of seeded raisins, 1 tablespoon of pounded almonds, and the grated peel of 1 lemon. Add the risen dough and beat with the hands until smooth and well blended. Place the dough, covered, in a warm place for at least 3 hours. Roll out 1 inch thick and fold in half. Shape the dough into a long loaf,

narrow at the ends. Brush the top with melted butter, let rise again, and bake about ¾ of an hour in a moderate oven, 350° F., or until golden brown.

SWEDISH TEA RING

Make coffee cake dough, and roll ⅓ of it out ⅓ of an inch thick. Brush with melted butter. Sprinkle with ½ cup each of raisins and chopped nuts. Roll like a jelly roll, and lift to a well greased baking sheet. Form into a ring and press the edges firmly together. With a scissors cut through the ring from the edge almost to the center, making a cut every 2 inches. Turn each division upward to show the filling. Set in a warm place until double in bulk. Beat an egg yolk with 1 tablespoon of milk and brush the cake with this mixture. Sprinkle with chopped nuts, and bake 30 minutes at 350° F.

APPLE KUCHEN

Prepare coffee cake dough, and roll ⅓ of it out ¼ inch thick. Line the bottom and sides of a well-greased oblong tin with the dough. Pare, core and cut 4 or 5 tart apples into eighths. Lay them overlapping, and in parallel rows on top of the dough. Sprinkle generously with ¼ cup of brown sugar mixed with 1 teaspoon of cinnamon. Beat the yolk of 1 egg with 3 tablespoons of cream and drip this over the apples. Bake about 30 minutes in a hot oven, 400° F., or until the crust is baked and the apples are soft. Cool in the pan.

PEACH OR PLUM KUCHEN

Pare, stone, and quarter about 12 peaches. Substitute for the apples in the above recipe. For plums, use about 16, cut them in half, and stone them. Proceed as for Apple Kuchen.

CHERRY KUCHEN

Line a shallow cake pan, well-greased, with a thin layer of kuchen dough. Sprinkle with ¼ cup of fine bread crumbs, and lay 1 quart of ripe, pitted sour cherries evenly over them. Save all the juice that comes out when the cherries are pitted, mix it with ½ cup of sugar, ½ teaspoon of cinnamon, and 1 well-beaten egg yolk. Add 3 tablespoons of cream and pour over the cherries. Bake in a hot oven, 400° F., until the crust is well-cooked, about 20 to 30 minutes.

CHEESE KUCHEN

Grease 2 pie tins well, and line them with coffee cake dough rolled ¼ inch thick. Let the dough rise for 15 minutes. Meanwhile, rub 1 and ½ cups of cottage cheese through a sieve. Cream ¼ cup

of butter until light, add ½ cup of sugar and cream until thoroughly blended. Add 3 egg yolks and mix well. Stir in the cheese, a pinch of salt, the grated peel of 1 lemon, ½ cup of cleaned currants, and 1 tablespoon of finely chopped citron. Just before putting the filling into the crust beat the egg whites until stiff and fold into the cheese mixture. Pour into the crust and place immediately in a moderate oven, pre-heated to 350° F. Bake 1 hour, or until the filling is set.

BLUEBERRY OR HUCKLEBERRY KUCHEN

Grease a long, narrow cake pan well. Line it with a thin layer of coffee cake dough, rolled ¼ inch thick. Let rise while the filling is prepared. Make a paste of 1 teaspoon of cornstarch and ¼ cup of milk. Add ¾ cup of milk, ¼ cup of sugar and 1 tablespoon of butter. Cook and stir until smooth and thick. Stir in ½ teaspoon of vanilla. Spread over the dough, and cover with a quart of cleaned blueberries or huckleberries. Sprinkle the berries with 2 tablespoons of sugar mixed with ½ teaspoon of cinnamon. Place at once in a hot oven, 400° F., and bake until the crust is well browned.

BAKING POWDER KUCHEN

Mix and sift 3 cups of sifted flour, 2 cups of brown sugar, 1 teaspoon of salt, and 1 teaspoon of cinnamon. Cut in ½ cup of butter or butter substitute with a knife. Measure 1 cup of this mixture, and set aside to sprinkle on top of the cake. To the remainder add 2 teaspoons of baking powder and mix well. Add 2 beaten eggs and ¾ cup of milk. Beat thoroughly, and pour into 2 greased layer cake pans. Sprinkle the reserved crumbs evenly over the surface. If desired, ½ cup of chopped nuts may also be added. Bake in a hot oven, 400° F., for 20 to 25 minutes.

CAKES

For convenience, cakes are divided into 2 classes, those with shortening and those without. To make cakes of either class that are always beautiful in appearance as well as delicious in taste, a few simple instructions must be followed.

First read the recipe carefully, and place on the table all the ingredients, and all the pans, bowls, etc., that will be needed. If the recipe calls for greased pans, now is the time to grease them. Light the oven, and set it at the proper temperature.

Most cakes requiring shortening are made in the same way. First the shortening is creamed until smooth with the sugar. Let butter stand at room temperature before beginning so that it may be easily worked. Creaming is one of the most important steps in cake making. No cake can be overcreamed, but it can be undercreamed. Work the shortening and sugar together until all graininess has disappeared, and the mixture is perfectly smooth, light and fluffy. Now add, one at a time, the whole eggs or yolks—whichever the recipe calls for—and continue beating until the mixture is as fluffy as whipped cream. If you have an electric beater, it is invaluable at this stage.

A good vegetable shortening may be substituted for butter. Because it is already creamed, vegetable shortening may be beaten with the sugar and eggs in one operation. It produces cakes that are light and fine in texture, but which require a little more flavoring than those made with butter.

When the butter-sugar-egg mixture is light enough, stir in the flavoring. Now sift the flour. Pastry flour is best but fine cake can be made with a good grade of all purpose flour. After the flour is sifted once, measure it accurately, add the baking powder and other dry ingredients, and sift together three times. Measure the milk. Add a little flour to the batter, stir with a wooden spoon, only long enough to blend it. Add a little milk and stir it lightly into the batter. Alternate flour and milk until all are used. Use as few strokes as possible, as overbeating at this stage will result in a cake with large holes. Now beat the whites stiff, if they were not already used, and fold them into the batter. Blend them thoroughly with the batter, but try to use as few strokes as possible.

Pour the batter at once into the greased pans. With the back of

a spoon work some of the batter up against the sides of the pan. This will make it rise evenly. Put the pans into the pre-heated oven, and bake the required length of time. Do not open the oven door until five or ten minutes before the cake is done, as this will cause it to fall. Insert a clean toothpick into the center of the cake. When it comes out clean and dry, the cake is done.

Sponge and angel food cakes depend for their lightness on the air which is beaten into the eggs. Yolks and whites are beaten separately until stiff. They are blended, and the flour added, with as few strokes as possible, in order to retain as many air bubbles as possible. The whites, while they are beaten stiff, should not be dry. As soon as they stand in peaks they are ready to use.

For all kinds of cakes a good oven is of the greatest importance. For certain success in cake making, the oven must be well-insulated and well-regulated. If your oven has no regulator, buy a thermometer and use it carefully.

When the cakes are baked, invert them on a rack to cool, so that the air may circulate underneath, as well as around it. Most cakes are frosted as soon as they are cool.

A cake which is properly made is high, light and fluffy, yet fine grained and even in texture.

BASIC LAYER CAKE (2 LAYERS)

Cream ½ cup of shortening with 1 cup of sifted sugar until light. Add 2 egg yolks and beat until the mixture is as fluffy as whipped cream. Stir in 1 teaspoon of vanilla. Mix 2 cups of sifted flour (pastry flour is best) 2 and ½ teaspoons of baking powder, and ¼ teaspoon of salt. Sift together 3 times. Measure ¾ cup of milk. Add a little flour to the batter, stir until blended, and stir in a little milk. Alternate flour and milk until all are used. Stir only until blended. Beat the egg whites until stiff but not dry, and fold into the batter. Pour into 2 well-greased 9-inch cake pans. Bake in a moderate oven, 350° F., about 25 minutes, or until done. Invert on a cake rack to cool.

VARIATIONS:

I. CHOCOLATE LAYER CAKE

Make any desired chocolate frosting. Place between layers and over the top and sides of the cake.

II. COCOANUT LAYER CAKE

Make Boiled Frosting. Spread some between the layers and sprinkle generously with shredded cocoanut. Cover the top and sides of the cake with the rest of the frosting. Sprinkle about 1 and

½ cups of shredded cocoanut over the top and sides of the cake. Let the cake stand uncovered until the frosting sets.

III. BUTTERSCOTCH LAYER CAKE

Spread a double batch of Butterscotch frosting between the layers and over the top and sides of the cake.

IV. CARAMEL LAYER CAKE

Spread a double batch of Caramel frosting between the layers and over the top and sides of the cake.

V. CHOCOLATE BUTTER CREAM CAKE

Make Chocolate Butter Cream, and reserve ½ cup. Spread the rest between the layers and over the top and sides of the cake. Chop 1 cup of walnut meats fine, and press them into the frosting on the sides of the cake. Put the remaining butter cream in a cake ornamenter, and use it to garnish the top of the cake in any desired pattern.

QUICK ECONOMY CAKE

Put 2 eggs into a measuring cup, fill ½ full with soft butter or substitute, and fill the balance with milk. Sift 2 cups of sifted pastry flour, 2 and ½ level teaspoons of baking powder, ⅛ teaspoon salt, and 1 scant cup of sugar together 3 times. Add measuring cup of wet ingredients and 1 teaspoon of vanilla, and beat 3 minutes. Bake in a greased loaf pan in a moderate oven, 350° F., for 35 to 40 minutes. When cool, cover with any desired frosting.

LEMON CREAM CAKE

Sift 2 cups of sifted flour, 2 level teaspoons of baking powder, and ⅛ teaspoon of salt together 3 times. Cream ½ cup of shortening until light with 1 cup of sifted sugar. Add the flour alternately with ⅔ cup of milk, beating only until blended. Add 1 teaspoon of lemon flavoring. Beat 3 egg whites until stiff and fold into the batter. Bake in 2 greased layer cake tins at 350° F., for 30 minutes. When cool, put together with Lemon Filling, and ice with Lemon Icing.

ORANGE COCOANUT CAKE

Combine ¾ cup of shortening, ¾ teaspoon of salt, and the grated rind of an orange. Add 1 and ½ cups of sifted sugar, and cream until light and fluffy. Add 3 whole eggs, one at a time and beat well after each addition. Beat until the mixture is light and fluffy as whipped cream. Sift together 3 cups of sifted cake flour and 3 teaspoons of baking powder 3 times. Combine the strained juice

of 1 large orange with 2 tablespoons of lemon juice and enough water to make 1 cup. Add small amounts of flour to the creamed mixture alternately with the fruit juice. Beat after each addition only until smooth. Pour into 2 deep 9-inch layer cake tins, well greased and coated with flour. Bake at 350° F., for 30 minutes. When cool, make Golden Icing. Spread between layers and on top and sides of the cake. Sprinkle at once with 1 cup of grated cocoanut.

MILK AND HONEY CAKE

Combine ½ cup of shortening with ½ teaspoon salt and ½ teaspoon of vanilla. Add ½ cup of sugar gradually and cream until light and fluffy. Add 2 eggs, one at a time, and beat thoroughly after each addition. Sift 2 cups of sifted flour with 2 and ½ teaspoons of baking powder together 3 times. Combine ½ cup of undiluted evaporated milk with ½ cup of honey. Add small amounts of the flour mixture alternately with the milk mixture to the batter. Beat only until smooth after each addition. Pour into a greased pan, 8 x 8 x 2 inches and bake in a moderate oven for 50 to 60 minutes. Or pour into 2 greased 8-inch layer cake pans and bake at 350° F. for 25 minutes. Cover with White Icing.

CARAMEL NUT CAKE

Cream ½ cup of shortening with 1 cup of sugar until light. Add 4 egg yolks and beat until light and very fluffy. Stir in ¾ cup of finely chopped walnuts or pecans. Sift together 3 times, 2 cups of sifted pastry flour, 2 teaspoons of baking powder, and ⅛ teaspoon of salt. Measure ¾ cup of milk. Add flour and milk alternately, a little at a time, to the batter. Beat after each addition only until smooth. Beat 4 egg whites until stiff and fold into the batter. Pour into 2 greased 9-inch layer tins. Bake in a moderate oven, 350° F., 25 to 30 minutes, or until done. Spread Caramel Filling between the layers, and Caramel Icing over the top and sides. Sprinkle the top and sides of the cake with chopped walnuts or pecans, whichever were used in the cake.

GRAHAM CRACKER CAKE

Grind fine and sift ½ pound of graham crackers. Mix them with ½ cup of sifted flour and 2 teaspoons of baking powder. Cream ½ cup of shortening with 1 cup of sugar until light and smooth. Add the yolks of 3 eggs, one at a time, and beat well after each addition. Add 1 teaspoon of vanilla and 1 cup of finely chopped walnuts. Measure 1 cup of milk. Add the graham cracker mixture alternately with the milk, a little at a time, and beat until blended after each addition. Beat the 3 egg whites until stiff and fold into

the batter. Pour into 2 greased 9-inch layer pans, and bake in a moderate oven 350° F., about 25 to 30 minutes. Cool, and fill and ice with Cherry Frosting.

DARK CHOCOLATE LAYER CAKE

Mix ½ cup (2 squares) of grated chocolate, ½ cup of cocoa, ½ cup of sugar, 2 beaten egg yolks, and ¾ cup of milk. Cook the mixture in the top of a double boiler until it thickens, about 10 minutes. Remove 1 cup of the mixture, and set it aside to cool. To the remainder add 1 tablespoon of flour mixed with 3 tablespoons of sugar. Cook this 5 minutes, and set aside to use as the filling.

In a cake mixing bowl cream ⅝ of a cup of shortening. Add 1 and ¼ cups of brown sugar gradually and continue creaming until the mixture is smooth. Add 2 well-beaten eggs. Add the cooled cup of chocolate mixture. Beat well. Sift together 3 times, 1 and ¾ cups of sifted cake flour, 1 teaspoon of baking powder and ½ teaspoon of salt. Stir into the batter. Dissolve ½ teaspoon of baking soda in ¾ cup of boiling water and stir into the batter. Pour at once into 2 greased and flour-coated 8-inch layer pans. Put into a pre-heated oven, 350° F., at once and bake 30 minutes. Cool, and put layers together with the chocolate mixture which was set aside to be used as filling. Ice with Princess Icing.

CHOCOLATE CARAMEL CAKE

Cream ½ cup of shortening, add 1 cup of brown sugar gradually, and cream until light. Add 2 and ½ squares (ounces) of bitter chocolate, melted, and 2 well-beaten egg yolks. Stir in ½ teaspoon of vanilla. Sift together 3 times 1 and ½ cups of sifted flour, 2 teaspoons of baking powder, and ¼ teaspoon of salt. Add to the batter alternately with ½ cup of milk. Fold in the 2 stiffly beaten egg whites. Pour into 2 greased 8-inch layer pans and bake 30 minutes in a moderate oven, 350° F. Put together and ice with Caramel Frosting. *Variation:* Put together and ice with Boiled Frosting instead of Caramel Frosting.

FUDGE CAKE

Place over hot water in a double boiler 4 ounces or squares of bitter chocolate and 1 and ¼ cups of milk. When the chocolate is melted beat with a rotary beater until smooth. Remove from the stove and add ¾ cup of firmly packed brown sugar. Stir until smooth and cool. Combine ⅔ cup of shortening, ¾ teaspoon salt, 1 teaspoon of vanilla and 1 teaspoon of baking soda. Gradually add 1 cup of sifted granulated sugar, and beat until fluffy. Add 3 eggs, 1 at a time, and beat well after each addition. Sift and measure 2 and ¼ cups of cake flour. Add flour, a little at a time, alternately

with the chocolate mixture. Beat after each addition only until blended. Pour into a well-greased pan, 10 x 10 x 2 inches, and bake in a moderate oven 350° F., for 55 minutes. Cover with Fudge Frosting, and garnish with walnut halves.

RICH FUDGE CAKE

Place 1 cup of milk and 4 squares (ounces) of bitter chocolate in the top of a double boiler. When the chocolate is melted, beat with a rotary beater until smooth and thick. Remove from the stove and let stand until cold. Beat 4 eggs until very light. Add to the chocolate. Stir in 2 cups of sifted sugar, 1 cup of cut walnuts, and ½ teaspoon of vanilla extract. Sift 1 cup of sifted flour with 1 teaspoon of baking powder and ½ teaspoon of salt. Stir into the batter. Add ½ teaspoon of almond extract. Pour into a greased square pan, and bake at 350° F., about 25 minutes, until done. Cool and dust with powdered sugar.

CHOCOLATE CAKE

Combine ½ cup of shortening, ¾ teaspoon of salt, 1 teaspoon of vanilla, and ¼ teaspoon of baking soda. Add 1 cup of sifted sugar gradually, and cream until fluffy. Add 2 eggs, 1 at a time, and beat until fluffy. Add 2 ounces of melted chocolate and beat until thoroughly blended. Sift together 3 times, 1 and ¾ cups of sifted cake flour, and 1 and ½ teaspoons of baking powder. Add to the batter alternately with ¾ cup of milk, beating after each addition until smooth. Pour the batter into 2 greased 8-inch layer cake pans and bake at 350° F., for 30 minutes, or pour it into a square pan and bake about 35 minutes until done. Spread with Butterscotch or Boiled Frosting. For variety add 1 cup of chopped nuts with the chocolate.

DEVIL'S FOOD CAKE

(1) Cream ¼ cup of shortening, add 1 cup of sugar gradually, and cream until light. Add 2 well-beaten eggs and beat thoroughly. Sift 1 and ½ cups of flour, 1 and ½ teaspoons of baking powder, and ½ teaspoon of salt together 3 times. Add the flour mixture alternately with ½ cup of thick sour cream, a little at a time. Dissolve ½ cup of cocoa in ½ cup of boiling water. Stir in 1 teaspoon of baking soda and cool slightly. Add to the batter with 1 teaspoon of vanilla. Mix until smooth. Pour into 2 greased 9-inch layer pans and bake in a moderate oven, 350° F. for 25 minutes. Use Seven Minute Frosting or Marshmallow Frosting between the layers and over the top and sides.

(2) Combine ½ cup of shortening, ½ teaspoon of salt, 1 teaspoon of vanilla and 1 teaspoon of soda. Add 1¼ cups of sugar

gradually and beat until light. Add 2 eggs and beat until light and fluffy as whipped cream. Blend in 3 ounces of melted bitter chocolate. Sift 2 cups of cake flour, measure and sift again. Add to the batter alternately with 1 cup of milk. Beat until smooth after each addition. Pour into 2 deep, well-greased 9-inch layer pans, and bake 35 minutes in a moderate oven, 350° F. Use Seven Minute or Marshmallow Frosting between the layers and over the top and sides.

MILK CHOCOLATE CAKE

Combine ½ cup of shortening, ½ teaspoon of salt, and 1 teaspoon of vanilla. Add 1 and ¼ cups of sugar gradually and cream until light. Add 2 eggs and beat until as fluffy as whipped cream. Blend in 1 ounce of melted chocolate. Sift 2 cups of sifted cake flour with 2 and ½ teaspoons of baking powder together 3 times. Add small amounts of the flour alternately with 1 cup of undiluted evaporated milk. Beat after each addition until smooth. Pour into 2 greased 8-inch layer pans and bake 25 to 30 minutes in a moderate oven, 350° F. Spread Creole Frosting between the layers and over the stop and sides.

BUTTERSCOTCH CAKE

Combine 1 cup of firmly packed brown sugar, ¼ cup of butter, and ¼ cup of milk. Cook in a saucepan until a small amount forms a hard ball in cold water, 250° F. Stir constantly after the mixture begins to boil. Remove from the fire, and stir in 1 and ¼ cups of hot milk gradually. Cool. Cream ½ cup of shortening, ½ teaspoon of salt, and ¾ cup of brown sugar until light and fluffy. Add 3 well-beaten eggs and beat until well blended. Add 1 teaspoon of vanilla. Sift 3 cups of sifted cake flour with 3 teaspoons of baking powder together 3 times. Add alternately with the butterscotch mixture, a little at a time. Beat until blended. Pour into a greased pan, 10 x 10 x 2 inches, and bake 50–60 minutes in a moderate oven, 350° F. Ice with Butterscotch Icing.

MARBLE CAKE

Cream ¾ cup of shortening with 1 and ½ cups of sugar until light. Add 4 egg yolks, 1 at a time, and beat until light and fluffy. Sift together 3 times, 3 cups of sifted flour, 3 teaspoons of baking powder and 1 teaspoon of salt. Add alternately to the first mixture with 1 cup of milk. Stir in 2 teaspoons of vanilla. Beat the egg whites until stiff and fold into the batter. Divide the batter into halves. To ½ of the batter add 2 squares of melted bitter chocolate mixed with ¼ cup of milk. Grease a large loaf pan, and add the batter, using a spoonful of white and one of chocolate

alternately until all is used. Bake in a moderate oven, 350° F., from 60 to 80 minutes, until a straw inserted in the center will come out clean and dry. Frost with Chocolate frosting.

BANANA CAKE

Cream ½ cup of shortening with 1 and ⅓ cups of sugar until light. Add 2 eggs and beat well, until light and fluffy. Dissolve 1 teaspoon of baking soda in 1 cup of sour milk and add to the mixture. Mash 2 ripe bananas to a smooth paste, and beat them in. Sift 2 cups of sifted cake flour, 1 teaspoon of baking powder, and ¼ teaspoon of salt together 3 times. Stir into the mixture until blended. Pour into a greased pan, 8 x 8 x 2 inches, and bake in a moderate oven until done, about 40 minutes.

DATE AND RAISIN CAKE

Cream 1 cup of shortening. Add 1 cup of sifted sugar gradually and cream thoroughly. Add 1 well-beaten egg. Sift together 2 and ½ cups of sifted cake flour, 3 teaspoons of baking powder and ½ teaspoon of salt. Add to the batter alternately with 1 cup of milk. Dredge 3 cups of clean seedless raisins and 2 cups of chopped dates with ½ cup of sifted flour. Stir into the batter. Add 1 teaspoon of almond flavoring and mix well. Grease a loaf pan and line it with greased paper. Pour in the batter and bake at 325° F., for about 1 hour, until a cake tester inserted in the center comes out clean and dry. Frost with White Frosting and decorate with nut meats.

DATE AND NUT LOAF

Cream ½ cup of shortening with 1 cup of light brown sugar until smooth. Add 1 well-beaten egg and beat until fluffy. Sift 1 teaspoon of cinnamon, ½ teaspoon of cloves, 1 teaspoon of baking soda, and 1¾ cups of sifted cake flour together 3 times. Add 2 cups of chopped pitted dates, and ½ cup of chopped walnuts or pecans. Add the flour and date mixture to the batter alternately with 1 cup of sour milk. Beat until smooth. Pour into a greased tube or loaf pan and bake 50 minutes in a moderate oven, 350° F. Ice with Lemon Icing.

RICH 3-LAYER CAKE

Cream ¾ cup of shortening, add 1 and ½ cups of sifted sugar gradually, and cream until light. Add 4 egg yolks, and beat until light and fluffy as whipped cream. Sift together 3 times, 3 cups of sifted cake flour, 3 teaspoons of baking powder and 1 teaspoon of salt. Add to the first mixture alternately with 1 cup of milk. Add about ¼ of the flour and milk at a time, and stir after each addi-

tion only until smooth. Stir in 2 teaspoons of vanilla. Beat the 4 egg whites until stiff, and fold into the batter. Bake in 3 well-greased, 9-inch layer pans in a moderate oven, 350° F., for 30 minutes. Fill and frost with any desired frosting.

ALMOND CAKE

Make the batter for Rich 3-Layer Cake. Add ½ cup of chopped, blanched almonds, ¼ cup of chopped candied cherries, and ½ teaspoon of almond extract. Bake as for Rich 3-Layer Cake and fill and frost with Cherry Frosting. Garnish with blanched almonds.

RAISIN CAKE

Follow the recipe for Rich 3-Layer Cake. Mix a little of the flour with ¾ cup of raisins, and add them to the batter. Bake in a greased loaf pan in a moderate oven, 350° F., for 60 to 80 minutes.

CURRANT SPICE CAKE

Follow recipe for Rich 3-Layer Cake. Sift 1 teaspoon of cinnamon, ½ teaspoon of cloves, and ¼ teaspoon of nutmeg with the flour. Add ¾ cup of clean, dry currants to the flour mixture, and proceed with the recipe. Bake in layers as for the layer cake, or in a greased round or loaf pan at 350° F., for 60 to 80 minutes. Cover with Boiled Frosting.

WHITE CAKE (3 LAYERS)

Cream ½ cup of shortening. Add 1 and ¼ cups of sugar gradually, and cream until light. Measure 1 cup of milk. Add ¼ cup of the milk to the shortening and sugar. Beat well. Sift together 3 times, 2 and ¾ cups of sifted cake flour, 2 teaspoons of baking powder, and 1 teaspoon of salt. Add to the first mixture alternately with the rest of the milk. Add a little at a time, and beat after each addition only until smooth. Stir in 2 teaspoons of vanilla. Beat 6 egg whites until stiff and fold into the batter until thoroughly blended.

Bake in a greased tube pan in a cool oven, 325° F., for 50 to 60 minutes, and ice with Orange Frosting. Or bake in 3 greased 9-inch layer tins at 350° F., for 30 minutes. Fill and cover with any desired frosting.

PRINCESS CAKE

Make White Cake and bake in layers. Make 2 separate batches of Princess Frosting. Spread one batch between the layers, and the other over the top and sides of the cake. Garnish with walnut meats.

LADY BALTIMORE CAKE

Make White Cake and bake in layers. Put Lady Baltimore Filling between the layers, and Lady Baltimore Frosting on top and sides of the cake.

GOLD CAKE

Cream ½ cup of shortening. Add 1 cup of sifted sugar, and cream until light. Beat 8 egg yolks until light and thick. Add to the shortening and beat until smooth. Sift together 3 times, 1 and ½ cups of cake flour, 4 teaspoons of baking powder, and 1 teaspoon of salt. Add to the first mixture alternately with ½ cup of milk. Beat until smooth. Stir in 1 teaspoon of vanilla. Bake in 2 greased 9-inch layer cake tins, in a moderate oven, 350° F., for 25 to 30 minutes. Put layers together and ice top and sides with Orange Frosting.

LORD BALTIMORE CAKE

Make Gold Cake. Put layers together with Lord Baltimore Filling, and ice top and sides with Boiled Frosting.

POUND CAKE

Cream ½ cup of shortening and cream very thoroughly. Add 1 cup of sifted sugar and cream until light and absolutely free from graininess. The texture of this cake depends upon the degree of creaming. Add 6 egg yolks beaten until light and thick. Fold in the 6 egg whites beaten until stiff. Measure 2 cups of sifted cake flour, add ¼ teaspoon of salt, and sift again. Add a little at a time to the batter, and stir until smooth after each addition. Stir in the flour with the folding motion used for egg whites. Add 1 teaspoon of orange extract, and the grated rind of 1 large orange. Pour into a greased loaf pan, and bake in a moderate oven, 350° F., for 45 to 50 minutes.

HONEY CAKE

Bring 1 pound of honey to a boil, then cool it. Add 2 tablespoons of oil. Beat 4 eggs until light and thick. Stir in 1 cup of sugar gradually. Add the honey mixture. Dissolve 1 teaspoon of baking soda in 1 cup of strong coffee and add it to the mixture. Sift 3 cups of cake flour with 2 teaspoons of baking powder, 1 teaspoon of allspice, and ½ teaspoon of cinnamon. Add to the batter gradually and beat until smooth. Bake in a greased loaf tin in a moderate oven, 350° F., for 1 hour.

APPLESAUCE CAKE

Cream ½ cup of shortening and 1 cup of sugar until light. Add 2 eggs and beat well. Dissolve ½ teaspoon of baking soda in 1 cup

of thick, unsweetened applesauce. Stir this into the batter. Add 1 and ½ cups of flour sifted with 1 teaspoon of baking powder. Beat until smooth. Stir in ½ cup of chopped nuts and ½ cup of raisins. Bake in a greased loaf pan in a moderate oven, 350° F., for 1 hour.

MOLASSES CAKE

Mix ½ cup of shortening, 1 cup of molasses, and 1 cup of hot water. Beat 2 egg yolks and 1 cup of sifted maple or brown sugar until thick. Sift 3 cups of sifted cake flour, ¼ teaspoon of salt, 1 teaspoon of cinnamon, ½ teaspoon of cloves, and 2 teaspoons of baking powder together 3 times. Add to the molasses mixture and beat until smooth. Add the beaten yolks and sugar. Beat the 2 egg whites until stiff and fold into the batter. Pour into a well-greased pan, 10 x 10 x 2 inches, and bake 30 to 40 minutes in a moderate oven, 350° F. If brown sugar is used, add ¼ teaspoon of vanilla.

DARK FRUIT CAKE (WEDDING CAKE)

Cut 1 pound of candied pineapple rings in small pieces. Remove the stem end from 1 pound of figs, and chop fine. Chop 1 pound of dates, ¼ pound each of candied orange, lemon rind, and citron, ½ pound of blanched almonds, and ½ pound of pecans. Cut 2 pounds of seeded raisins in half, and mix them with 1 pound of sultana raisins. Mix all this fruit with 1 cup of sifted flour. Sift together 3 times, 3 cups of sifted flour, 1 teaspoon of soda, 1 teaspoon of grated nutmeg, 2 teaspoons of cinnamon, and 1 teaspoon of ground cloves. Cream 2 cups of shortening with 2 cups of brown sugar until light. Beat 12 egg yolks until light and thick and add to the sugar and shortening. Mix well. Add the sifted flour mixture alternately with ½ cup of molasses and ½ cup of brandy. Beat after each addition until well blended. Stir in the flour and fruit mixture and stir until blended. Beat the 12 egg whites until stiff and fold into the batter. Line 4 bread pans, or 2 large cake pans with waxed paper. Pour in the batter, and bake in a very slow oven 200° F.–250° F., for 4 or 5 hours, until thoroughly baked. When baked remove paper, cool, and wrap in fresh waxed paper. Keep stored in tightly covered tin boxes.

WHITE FRUIT CAKE

Cream ⅔ cup of shortening until light. Gradually stir in 1 and ¾ cups of flour sifted with ½ teaspoon of soda. Beat the whites of 6 eggs until stiff. Sift 1 and ¼ cups of powdered sugar. Sift the sugar over the egg whites a little at a time, and fold in carefully. Combine the 2 mixtures with a folding motion. Add 2 tablespoons

of lemon juice, ⅔ cup of chopped candied cherries, ½ cup of finely cut candied pineapple, ½ cup of blanched pistachio nuts, and ½ cup of sultana raisins. Stir well, and bake in a large loaf pan lined with greased paper, in a cool oven, 325° F., for 1 hour.

CHEESE CAKE

Roll 1 6-oz. package of zweiback fine. Mix with it 1 cup of sugar, 1 teaspoon of cinnamon, and ½ cup of melted butter. Set aside ¾ cup of the mixture to sprinkle over the top, and spread and press the rest over the bottom and sides of a well-greased 9-inch spring form.

Beat 4 eggs until light and thick with 1 cup of sugar. Add a speck of salt, the juice and grated rind of ½ lemon, and ½ pint of cream. Stir in 1 and ½ pounds of cottage cheese and ¼ cup of flour. Mix well and strain through a fine sieve. Pour into the zweiback-lined form, and sprinkle the remaining zweiback over the top. Bake in a cool oven, 325° F., for 1 hour. Turn off the heat and let the cake stand in the oven for 1 hour. Remove the rim of the form, but do not remove the bottom.

CUP CAKES

Cream ½ cup of shortening, 1 cup of sugar and 3 eggs until light and fluffy. Mix and sift 1 and ¾ cups of cake flour, 2 teaspoons of baking powder and ½ teaspoon of salt together 3 times. Add to the first mixture alternately with ½ cup of milk. Beat until smooth after each addition. Add 1 teaspoon of vanilla, or any other desired flavoring. Pour into greased cup cake tins and bake in a hot oven, 400° F., for 15 to 20 minutes. Cover with any desired icing. This makes about 18 medium sized cakes.

PETITS FOURS

Cream ½ cup of butter, add 1 cup of powdered sugar gradually, and cream until light and smooth. Add 1 teaspoon of vanilla. Soften ¼ cup of almond paste in 2 tablespoons of milk and stir with a fork until free from lumps. Add to the first mixture and stir well. Beat 4 eggs and 2 egg yolks slightly. Add a little at a time to the batter, beating well after each addition. Fold in 1 and ¾ cups of sifted cake flour, and stir only until blended. Fit a heavy piece of paper in a pan 10 x 6 x 2 inches. Pour in the cake batter. Bake in a moderate oven, 350° F., for 40 minutes. Cool in the pan until lukewarm. Place another pan on top to make the top perfectly flat. When the cake is cold remove from the pan. Cut into 1 inch strips, and cut the strips into any desired shape. Cover with Petits Fours Icing, either white or tinted, and garnish with nuts, candied

ZWEI WELTENBUMMLER KEHREN HEIM



Unter den Pasagieren der M. S. "Gripsholm" der Swedish American Line, die kürzlich New York verließ, befanden sich zwei junge Dänen, die den letzten Teil einer Weltreise antraten, die sie auf ihren Kleinmotorrädern unternahmen. Niels Anderson (29), ein Zivilingenieur und Svend Pedersen (27), starteten am Pfingstsonntag in Kopenhagen. Sie durchquerten Europa und Asien bis nach Indien, besuchten Japan und fuhren per Schiff nach USA weiter. Die beiden Motorradfahrer werden bei ihrer Ankunft in Dänemark eine Gesamtstrecke von 25.000 Kilometern zurückgelegt haben.

Die beiden Dänen wurden in New York von dem deutschen Spezialrepräsentanten der Swedish American Line, Erich B. Richter, empfangen, der den deutschamerikanischen Radsportlern auch als Amateursprinter der 20er Jahre und als Radsportjournalist bekannt ist. Herr Richter wünschte den Weltenbummlern eine glückliche Heimreise an Bord der "Gripsholm".

SILBERNE HOCHZEIT IM HAUSE WOLFSHEIMER



Herr Max und Frau Frieda Wolfsheimer

Am 14. Oktober feierten Herr Max und Frieda Wolfsheimer, 105 Seward Place, Schenectady, N. Y., ihre Silberne Hochzeit. Die Jubilare sind beide in Weikersheim in Württemberg geboren. In den 30er Jahren wanderten sie nach Frankreich aus und kamen 1941 nach den Vereinigten Staaten. Seit dem Jahre 1948 betreiben sie das "Maxim House" in Schenectady, welches seiner guten Küche wegen einen sehr guten Namen hat.

Die Jubilare feierten ihre Silberne Hochzeit mit einer "Open House Party" am Samstag, den 17. Oktober. Der Sohn John und Frau Erika und Tochter Monika aus West Albany, N. Y., und die Tochter Lisel und ihr Gatte Bruno Stern mit den Kindern Carol Linda und Jeffrey aus New York City wurden dazu erwartet. Es kamen auch die Schwestern der Jubilare, die in Schenectady, Albany und New York wohnen.

Herr und Frau Wolfsheimer sind seid ihres Hierseins eifrige Leser der New York Staats-Zeitung und Herold. Die Redaktion schließt sich den Wünschen der Verwandten und Freunde an und wünscht dem Jubelpaar noch viele frohe Stunden im Kreise einer glücklichen Familie.

cherries, candied rose or violet petals, etc. Some of the cakes may be split and filled with jam or frosting before being iced.

SPONGE CAKES

INEXPENSIVE SPONGE CAKE

Beat 3 eggs until light and thick. Gradually add 1 cup of sugar, beating all the time. Add 3 tablespoons of water and 1 teaspoon of lemon. Beat well. Sift 1 cup of cake flour, measure, and sift with 1 teaspoon of baking powder 3 times. Fold gently into the batter. Line a square pan with heavy paper, pour in the batter, and bake in a cool oven, 325° F. about 35 minutes.

JELLY ROLL

Make inexpensive Sponge Cake, and pour the batter no more than ¼ inch thick into a large greased jelly roll pan. Bake at 375° F., for 15 minutes. Invert at once on to a clean cloth. Trim off the edges. Spread with any tart jelly, and roll up at once. Wrap in a cloth until cool and set.

HIGH SPONGE CAKE

Separate 6 eggs. Beat the yolks until light and thick. Gradually add 1 cup of fine sugar and continue beating. Beat the whites until stiff but still shiny. Fold half of the whites into the yolks. Add the grated rind and juice of 1 lemon. Sift 1 cup of cake flour 4 times. Fold into the batter carefully. Fold in the rest of the whites. Use as few strokes as possible after the eggs are beaten. Pour into a tube pan, ungreased, and bake in a cool oven, 325° F., for 1 hour. Invert on a cake rack, and remove the pan when the cake is cool.

ANGEL FOOD CAKE

Measure 1 cup of egg whites. Add a pinch of salt, and beat until foamy. Add ½ teaspoon of cream of tartar and beat until stiff but not dry. Fold in 1 and ¼ cups of fine sugar. Sift 1 cup of flour 4 times and sift, a little at a time over the egg whites. Fold in with as few strokes as possible. Flavor with ½ teaspoon of vanilla or almond extract. Bake in an ungreased tube pan in a cool oven, 325° F., for 1 hour. Invert on a cake rack and remove the cake from the pan when cool.

DAFFODIL CAKE

Separate 6 eggs. Beat the yolks until lemon colored, add ½ cup of sugar gradually and beat well. Add 2 tablespoons of cold water, 1 teaspoon of vanilla, and ½ cup of flour sifted with ½ teaspoon of baking powder.

To the whites add ¼ teaspoon of salt, and beat until foamy. Add ½ teaspoon of cream of tartar and beat until it will stand in peaks. Fold in ¾ cup of sugar, ½ cup of sifted flour and 1 teaspoon of vanilla.

Put the white part in a tube pan, spread the yellow part on top, and cut through with a knife. Bake 1 hour in a cool oven, 325° F.

MOCK ANGEL FOOD CAKE

Sift together 1 cup of fine sugar, 1 and ⅓ cups of cake flour, 2 teaspoons of baking powder, and ⅓ teaspoon of salt, 4 times. Add ⅔ cup of milk slowly, beating all the time. Add ½ teaspoon of almond extract. Beat 2 egg whites until stiff. Fold into the batter. Pour into a tube pan and bake in a moderate oven, 350° F., for 45 minutes. Invert on a cake rack until cool. Remove pan, and frost with any desired icing.

DOMINOES

Make inexpensive Sponge Cake and bake as for jelly roll. Cut in half. Cover ½ with a tart jelly and place the other half over it. With a hot sharp knife cut into strips the size of dominoes. Cover the top and sides of each cake with white icing. With a fine pastry tube and dark chocolate icing draw lines on the cake to represent dominoes, and make dots as for dominoes.

LADY FINGERS

Beat the yolks of 3 eggs until light and creamy, add ¼ pound of powdered sugar (sifted) and continue beating; add flavoring to taste, vanilla, lemon juice, grated rind of lemon or orange. To the whites of the 3 eggs add ½ saltspoon of salt and beat until very stiff. Stir into the yolks lightly ½ cup of flour and then fold in the beaten whites very gently. Press the mixture through a pastry tube on a baking tin, covered with paper, in portions ½ inch wide by 4 inches long, or drop on oblong molds; sift a little powdered sugar on top of each cake, and bake from 10 to 15 minutes in a moderate oven. Do not let brown. Remove immediately from pan, brush the flat surface of one cake with white of egg and press the underside of a second cake upon the first.

CAKE FROSTINGS AND FILLINGS

PLAIN WHITE FROSTING

Place 1 and ½ cups of confectioner's sugar, 3 tablespoons of butter, and 3 tablespoons of milk or cream in the top of a double boiler over boiling water. Stir until the butter is melted and the mixture thoroughly blended. Remove from the stove and cool slightly. Add 1 teaspoon of vanilla and ¼ teaspoon of salt. Beat until cool and firm enough to spread smoothly.

ORANGE OR LEMON FROSTING

Place 1 and ½ cups of confectioner's sugar, 3 tablespoons of butter, and 3 tablespoons of strained orange or lemon juice in the top of a double boiler over boiling water. Stir until the butter is melted and the mixture thoroughly blended. Remove from the fire and cool slightly. Add ¼ teaspoon of salt and the grated rind of the orange or lemon. Beat until cool and firm enough to spread smoothly.

SEVEN MINUTE ICING

In the upper part of a 2-quart double boiler place 2 unbeaten egg whites, 1 and ⅔ cups of granulated sugar, ¼ teaspoon of cream of tartar, 5 tablespoons of water, and ⅛ teaspoon of salt. Place over rapidly boiling water, and beat with a rotary beater for 7 minutes, or until the mixture is stiff enough to stand in peaks. Remove from the heat and the boiling water, add ½ teaspoon of vanilla, and beat until stiff enough to spread.

CHOCOLATE FROSTING

Melt 3 tablespoons of butter and 3 ounces of chocolate over hot water. Sift 1 and ½ cups of confectioner's sugar, and pour 5 tablespoons of hot milk over it. Stir until the sugar is dissolved. Add ½ teaspoon of vanilla, ¼ teaspoon of salt, and the chocolate mixture. Beat until thick enough to spread. This amount covers the top and sides of 2 eight-inch layers.

RICH CHOCOLATE FROSTING

Place 1 cup of butter in a large bowl and cream until soft and smooth. Stir in 1 beaten egg yolk and gradually add 2 and ½ cups of sifted confectioner's sugar. Blend well and beat in 2 tablespoons

of melted chocolate, 1 teaspoon of vanilla, and ¼ teaspoon of salt. Beat until creamy and spread on cake. This amount will be enough to fill and cover the top and sides of a 2-layer cake.

PRINCESS ICING

Beat the yolks of 2 eggs until very light. Add 1 and ½ cups of granulated sugar and beat. Add ½ cup of milk, ⅛ teaspoon of salt, and stir well. Cook and stir until the mixture boils hard. Boil for 3 minutes. Remove from the fire and add 4 squares of melted chocolate and 1 teaspoon of vanilla. Beat until thick enough to spread. This amount will cover the top and sides of a 3-layer cake.

FUDGE FROSTING

Combine 2 ounces of bitter chocolate, cut in pieces, with ⅔ cup of milk. Cook over a low heat until smooth and blended, stirring constantly. Add 2 cups of granulated sugar, ¼ teaspoon of salt, and 1 tablespoon of light corn syrup. Cook until a little of the mixture forms a very soft ball in cold water (232° F.). Remove from the fire and add 1 tablespoon of butter and ½ teaspoon of vanilla. Cool to lukewarm then beat until the mixture begins to thicken and lose its gloss. Spread on the cake at once. Garnish with walnut halves.

BOILED FROSTING

Cook 1 and ¾ cups of granulated sugar and ½ cup of water together, stirring until the sugar is dissolved. Then boil without stirring until a little of the syrup dropped into cold water forms a soft ball (238° F.). Remove from the fire. Beat 2 egg whites until stiff, then pour the syrup over them in a thin steady stream, beating constantly as you pour. Beat until the mixture holds its shape. Add 1 teaspoon of vanilla and blend well. This amount will fill and generously cover the top and sides of a 2-layer cake.

BUTTERSCOTCH FROSTING

Combine 1 cup of firmly packed brown sugar, 2 tablespoons of butter, ¼ cup of milk, and 1 tablespoon of light corn syrup in a saucepan and cook until a small amount forms a hard ball in cold water (250° F.). Stir constantly after the mixture begins to boil. Remove from the fire. In a bowl combine ¼ cup of butter, ¼ teaspoon of salt, and 2 cups of confectioner's sugar, sifted. Cream well. Add 3 tablespoons of hot milk, then pour on the hot butterscotch mixture. Beat until smooth and thick enough to spread. This makes enough to cover the top of a cake 10 x 10 x 2 inches, or the top and sides of a 2-layer cake.

CARAMEL FROSTING

Combine 1 and 1/3 cups of granulated sugar, 2/3 cup of brown sugar, 2/3 cup of milk, 1 tablespoon light corn syrup, and 2 tablespoons of butter. Boil until a small amount will form a soft ball in cold water. Add 2 tablespoons of butter, and cool to lukewarm. Beat until thick enough to spread.

BUTTER CREAM ICING

Cream 1/4 pound of sweet butter until smooth and waxy. Sift and add gradually 2 cups of confectioner's sugar. Add 1 unbeaten egg white, and beat until the mixture is light and fluffy.

CHOCOLATE BUTTER CREAM

Add 1/2 ounce of melted chocolate to the butter cream icing, and beat until light.

MOCHA BUTTER CREAM

Add 2 tablespoons of very strong coffee to butter cream icing.

GOLDEN ICING

Cream 6 tablespoons of butter or substitute with 2 teaspoons of grated orange rind. Add 1/4 teaspoon of salt and 1 cup of sifted confectioner's sugar. Beat well. Add 2 egg yolks and beat until smooth. Add 3 cups of sifted confectioner's sugar alternately with 4 tablespoons of orange juice and 2 teaspoons of lemon juice. Beat until light and creamy. This amount makes enough to fill and cover the top and sides of a 2-layer cake.

CHERRY ICING

Sift 3 cups of confectioner's sugar. Add 3 teaspoons of lemon juice and gradually add about 6 tablespoons of the syrup from canned red cherries, or enough syrup to make the frosting the right consistency for spreading. Beat until smooth. If desired 1/2 cup of thoroughly drained chopped cherries may be added. This amount will fill and cover the top and sides of a 2-layer cake.

MARSHMALLOW FROSTING

Cut 1/2 pound of marshmallows in small pieces and melt in the top of a double boiler, over hot water. In a separate saucepan cook 1 cup of sugar and 1/4 cup of water to 240° F., or until a little of the mixture forms a firm ball when dropped into cold water. Remove from the fire. Beat 1 egg white until stiff, and pour the syrup over it in a slow steady stream, beating constantly. Beat until stiff. Add the melted marshmallow and beat until smooth and thick enough to spread. Stir in 1/2 teaspoon of vanilla and 1/8 teaspoon of salt.

CREOLE FROSTING

Melt 2 tablespoons of butter and 1 ounce of bitter chocolate over hot water. Pour 4 tablespoons of hot coffee over 2 cups of sifted confectioner's sugar and stir until the sugar is dissolved. Add the chocolate mixture, ½ teaspoon of vanilla and ¼ teaspoon of salt. Beat until smooth and thick enough to spread. This makes enough icing to cover the top and sides of a 2-layer cake.

LADY BALTIMORE FROSTING AND FILLING

Make Boiled Frosting and divide it in half. Reserve one half to cover the top and sides of the cake. To the other half add 1 cup of chopped raisins, 1 cup of chopped walnuts, ½ cup of blanched and chopped almonds, ½ cup of chopped citron, 1 cup of chopped figs, and ¼ cup of chopped candied cherries. Spread this filling between the layers, and cover the cake with the plain boiled frosting.

ORNAMENTAL ICING FOR PETITS FOURS AND FANCY CAKES

First ice the top and sides of each cake with any desired plain icing. When it is set, put the following icing in a pastry tube, and make any desired decorations. The ornamental icing should contrast in color and flavor with the basic icing. For Petits Fours, divide the ornamental icing into several parts and tint each a different color.

Sift 1 pound of confectioner's sugar into a deep bowl. Add 3 egg whites and ½ teaspoon of cream of tartar. Beat until stiff enough to hold its shape. Flavor and tint as desired. The longer this frosting is beaten, the better results it will give in ornamenting.

CREAM FILLING

Scald two cups of milk. Mix together ¾ of a cup of sugar, ⅓ cup of flour and ⅛ teaspoon of salt. Add to 3 slightly beaten eggs and pour in scalded milk. Cook 20 minutes over boiling water, stirring constantly until thickened. Cool and flavor. This can be used as a foundation for most fillings, by adding melted chocolate, nuts, fruits, etc.

LEMON FILLING

Mix 1 cup of sugar and 5 tablespoons of flour thoroughly. Add the grated rind of 1 lemon, ¼ cup of lemon juice, ¼ cup of boiling water and mix well. Add 1 well-beaten egg or 2 egg yolks. Cook and stir in the top of a double boiler until thickened. Then cook 10 minutes, stirring occasionally. Add 1 tablespoon of butter and cool before putting between the layers of the cake.

CARAMEL FILLING

Put 2 tablespoons of granulated sugar in a saucepan and place over low heat until the sugar is melted but not burned. Add 1 cup of scalded milk, and cook until the sugar dissolves. Beat 2 eggs with ½ cup of light brown sugar, 2 tablespoons of cornstarch, and ¼ teaspoon of salt. Add to the scalded milk and cook until smooth and thick in the top of a double boiler. Stir in 2 tablespoons of butter and ½ teaspoon of vanilla. Cover and set aside until cool before spreading on the cake.

LORD BALTIMORE FILLING AND FROSTING

Make Boiled Frosting and divide in half. To one half add ½ cup of fine macaroon crumbs, ½ cup of chopped, blanched almonds, ¼ cup of chopped citron, ½ cup of chopped mixed glacé fruits, and ½ teaspoon of almond flavoring. Place this between the layers. Cover the top and sides with the plain half of the boiled frosting.

TORTES

Tortes are rich and delicious desserts similar to cake. There are many varieties. Some are similar to sponge cake, and others substitute crumbs and nuts for flour. But all tortes contain a large number of eggs, and depend for their lightness and texture upon the proper beating of the eggs. The yolks should be thick and lemon colored, the whites stiff enough to hold their shape, but still glossy.

BLITZ TORTE

Sift together 3 times 1 and ⅓ cups of sifted cake flour and 1 and ⅓ teaspoons of baking powder. Cream ½ cup of shortening and ½ cup of sugar until light. Add 4 egg yolks, one at a time, and beat after each addition until the mixture is very fluffy. Add the flour alternately with 5 tablespoons of milk, beating after each addition only until smooth. Spread the batter in two 9-inch greased layer cake tins. Beat the egg whites until stiff, then beat in 1 cup of sugar gradually. Spread in equal amounts on top of each layer. Place in a slow oven, pre-heated to 325° F., for 25 minutes, then increase the heat to 350° F., and bake 30 minutes longer. Remove the cake from the pan and cool. Put the layers together with crushed, sweetened fruit and whipped cream.

COCOANUT-PINEAPPLE TORTE

Make Blitz Torte. Put one layer, meringue side down, on a plate. Beat ¾ cup of heavy cream until stiff. Spread half the cream on the inverted layer. Cover with ½ cup of well-drained crushed pineapple and ½ cup of shredded cocoanut. Cover with the rest of the cream, and put on the top layer with the meringue side up. Serve at once.

FRUITED SPONGE TORTE

Measure 1 cup of sifted cake flour, add 1 teaspoon of baking powder and sift together 3 times. Add 1 cup of seeded and coarsely cut dates and 1 cup of coarsely broken walnut meats. Beat 3 egg yolks with 1 cup of sugar until thick and lemon colored. Stir in 1 teaspoon of vanilla. Fold in the flour mixture. Beat the 3 egg whites until stiff, but still glossy. Fold them carefully into the batter. Bake in 2 greased 9-inch layer cake tins in a moderate oven, 350° F.,

for 30 minutes, or until done. Put the layers together when cool with sweetened whipped cream.

MOCHA TORTE

Beat 1 cup of powdered sugar with 4 egg yolks until thick and lemon colored. Sift 1 cup of sifted cake flour with 1 teaspoon of baking powder together 3 times. Add the flour to the egg yolks alternately with 3 tablespoons of cold water. Stir in ½ teaspoon of vanilla and 1 tablespoon of essence of mocha. Beat the 4 egg whites until stiff but still glossy, and fold into the batter. Bake in 2 ungreased layer pans in a moderate oven, 350° F., for 25 minutes. Invert on a rack until cold. To ½ pint of heavy cream add 1 tablespoon of essence of mocha, and 1 and ½ tablespoons of confectioner's sugar. Beat until stiff. Spread between the layers and on top of the cake.

BREMEN APPLE TORTE

Measure 3 cups of rolled and sifted zwieback crumbs. Reserve 1 cup for the top, and press the rest into the bottom and sides of a well greased spring form. Peel, core and quarter 7 apples. Cook them with 6 tablespoons of sugar and 2 tablespoons of butter until soft. Beat 6 eggs until light and thick. Stir in 1 pint of heavy sour cream, 1 tablespoon of vanilla, and ½ teaspoon of cinnamon. Pour into the cooked apples, and cook and stir over hot water until thick. Pour over the zwieback crumbs. Top with the remaining cup of crumbs and dot with butter. Bake for 1 hour at 325° F.

VIENNA TORTE

Beat the yolks of 6 eggs until thick and lemon colored. Gradually add 1 cup of fine granulated sugar and continue beating until the sugar is well blended. Fold in ⅔ cup of grated bitter chocolate, 6 tablespoons of finely sifted bread crumbs, 2 teaspoons of baking powder, ⅔ cup of finely ground filberts or black walnuts, ¼ teaspoon of salt, and 1 teaspoon of vanilla. Beat the 6 egg whites until stiff but still glossy, and fold into the batter. Bake in 2 greased layer pans in a cool oven, 325° F., for 30 minutes. Cool and put together with the following filling:

Scald 1 cup of milk in a double boiler. Sift together ¼ cup of flour, 2 tablespoons of sugar, and a few grains of salt. Dissolve in a little of the hot milk, and stir into the rest of the milk. Cook and stir until the mixture thickens. Cover and cook 10 minutes. Beat the yolks of 2 eggs with 2 tablespoons of sugar until well blended. Add a little of the cooked mixture and stir until smooth. Add to the rest of the cooked mixture, and stir and cook for 3 minutes. Remove from the stove and stir in ⅓ cup of ground

nuts, 1 teaspoon of butter, and ½ teaspoon of vanilla extract. Spread this filling between the layers, and cover the top of the cake with boiled frosting.

SAND TORTE

Cream 1 cup of butter with 1 cup of sugar until light. Add, 1 at a time, the yolks of 6 eggs. Beat after each addition until light and fluffy. Sift together 1 cup of cornstarch, 1 cup of flour, and 1 teaspoon of baking powder. Fold into the egg yolk mixture. Add a small wine glass of rum. Beat the 6 egg whites until stiff and fold into the batter. Bake 1 hour in a greased spring form, in a moderate oven, 350° F.

ALMOND OR MANDEL TORTE

Blanch ½ pound of almonds and dry thoroughly. Grate or pound them very fine. Beat 8 egg yolks and 1 cup of sugar until thick and lemon colored. Add the juice of ½ lemon, the grated peel of ½ lemon, 1 tablespoon of brandy, 4 grated and sifted stale lady fingers, and the almonds. Beat the egg whites until stiff, and fold into the batter. Pour into a deep ungreased pan, and bake in a slow oven, 325° F., about 1 hour.

BROD TORTE

Beat the yolks of 6 eggs with 7 tablespoons of granulated sugar until thick and lemon colored. Add 7 tablespoons of bread crumbs, ⅛ of a pound of chopped, blanched almonds, ½ teaspoon of allspice, 1 tablespoon of jelly, the grated rind and juice of a lemon, 1 teaspoon of cinnamon, ½ teaspoon of cloves, and ½ wine glass of brandy. Beat the whites of the 6 eggs until stiff and fold into the batter. Bake in a deep, ungreased pan, in a slow oven, 325° F., for 1 hour.

RYE BREAD TORTE

Grate and sift 1 cup of stale rye bread. Measure 1 cup of the fine crumbs, and stir into them 1 teaspoon of baking powder and a pinch of salt. Beat the yolks of 4 eggs and 1 cup of sugar until light and thick. Fold in the bread crumbs and ½ cup of ground, blanched almonds moistened with 2 tablespoons of sherry. Beat the 4 egg whites until stiff, and fold into the batter. Bake in an ungreased spring form in a slow oven, 325° F., for 45 minutes.

ZWIEBACK TORTE

Roll ¼ pound of zwieback very fine, and sift the crumbs. Mix with them 1 teaspoon of baking powder. Beat the yolks of 6 eggs with 1 and ⅛ cups of sugar until light and thick. Add 1 tablespoon of rum or sherry and ½ teaspoon of bitter almond extract. Fold

in the crumbs. Beat the whites of the eggs until stiff, and fold into the batter. Bake in an ungreased spring form in a slow oven, 325° F., for 45 minutes.

LINZER TORTE

Cream 1 cup of butter with 1 cup of sugar until light. Add 2 whole eggs and beat until light and very fluffy. Stir in ¾ cup of chopped almonds or walnuts, ½ teaspoon of cinnamon, ⅛ teaspoon of cloves, a few drops of almond flavoring, and 2 cups of sifted flour sifted with ½ teaspoon of baking powder. Bake in 2 greased layer pans in a slow oven, 325° F., about 30 minutes, or until done. Put the layers together with jam, and ice the top and sides with white frosting.

RUSSIAN PUNCH TORTE

Prepare the batter for Almond Torte, but substitute rum for the brandy. Bake in 3 ungreased layers, in a cool oven, 325° F., for 25 minutes. Cool the layers. Beat ½ cup of crabapple jelly with 1 tablespoon of rum. Spread this mixture between the layers, and cover the top with whipped cream. Serve at once.

WALNUT TORTE

Beat 6 egg yolks and 1 cup of granulated sugar until thick and lemon colored. Add 1 cup of finely ground walnuts and 2 tablespoons of fine, stale lady finger or sponge cake crumbs. Beat the egg whites until stiff and fold into the batter. Bake in 2 ungreased layer cake tins in a slow oven, 325° F., for 30 minutes. Cool, and put the layers together with Cream Filling. Cover the top and sides with white icing.

CHESTNUT TORTE

Boil 1 pound of chestnuts in their shells, peel them while warm, and put through a potato ricer. Remove 3 tablespoons of the chestnut purée to keep for the top. Beat 6 egg yolks with 6 tablespoons of sugar until light and thick. Add the chestnut purée, and 3 teaspoons of baking powder. Beat the 6 egg whites until stiff and fold into the batter. Pour into an ungreased pan and bake in a slow oven, 325° F., for 30 minutes. Cool. To ½ pint of heavy cream add 1 teaspoon of confectioner's sugar and whip until stiff. Fold in the 3 tablespoons of reserved chestnut purée. Spread over the top of the torte, and serve at once.

DOBOS TORTE

Sift 1 cup of cake flour, measure, add ¼ teaspoon of salt, and sift 4 times. Beat 7 egg yolks and 1 cup of powdered sugar until light and thick. Fold in the flour. Beat the whites until they will

stand in peaks, but have not lost their gloss. Fold in lightly. Fit the bottom of 7 shallow layer cake tins with greased paper. Spread the batter evenly in the pans, and bake in a quick oven, 375° F., for 8 minutes. Remove at once from the pans, remove the paper, and cool. Spread the layers with the following filling:

Put ½ pound of sweet chocolate and 3 tablespoons of water in the top of a double boiler. Stir until the chocolate is melted. Blend 3 eggs with 1 and ½ cups of sugar and add to the chocolate. Cook and stir until smooth and thick. Remove from the heat, add ½ pound of butter and 1 teaspoon of vanilla. Beat until stiff enough to spread.

Hold the layers together with toothpicks until the cake is set. When the layers are filled, place the cake in the refrigerator for 24 hours.

HAZELNUT TORTE

Grind ½ pound of hazelnuts. Beat 8 egg yolks with 1 cup of sugar until light and thick. Add the nuts, the grated rind and juice of ½ lemon, and ½ cup of stale cake crumbs. Beat the 8 egg whites until stiff and fold into the batter. Bake in 2 ungreased layer cake tins in a slow oven, 325° F., for 30 minutes. Put the layers together and cover the top with Butter Cream, which has been flavored with 1 tablespoon of lemon juice, and colored a pale yellow.

CHOCOLATE TORTE

Beat the yolks of 9 eggs with 1 cup of powdered sugar until light and thick. Stir in ½ pound of melted sweet chocolate, 1 teaspoon of vanilla, and ½ pound of ground walnuts. Beat the whites of the 9 eggs until stiff and fold into the batter. Pour into an ungreased tube pan, and bake in a cool oven, 325° F., for 1 hour. Cover with any desired Chocolate Frosting, and garnish with walnut halves.

DATE TORTE

Chop ½ pound of dates very fine. Beat 1 cup of confectioner's sugar with the yolks of 6 eggs until light and thick. Add the dates, 1 teaspoon of allspice, 1 teaspoon of ground cinnamon, ¼ pound of grated bitter chocolate, the juice and grated rind of a lemon, and ½ cup of fine cracker crumbs mixed with 1 teaspoon of baking powder. Beat the 6 egg whites until stiff and fold into the batter. Bake in an ungreased tube pan in a slow oven, 325° F., for 1 hour.

SCHAUM TORTE (MERINGUE SHELL)

Beat 6 egg whites until they stand in peaks. Measure 2 cups of fine granulated sugar. Add the sugar 2 tablespoons at a time to

the whites and continue beating, until 6 tablespoons have been used. Add 1 teaspoon of lemon juice, 2 teaspoons of vinegar, and ½ cup of sugar and continue beating. Gradually add the rest of the sugar and beat until thoroughly blended. Bake in a greased spring form in a cool oven, 325° F., for about 1 hour. Remove the sides of the form, and carefully lift off the top of the torte. Cool. Fill with ice cream, or crushed fruit and whipped cream. Replace the top, and serve at once.

MATZOS MEAL TORTE

Beat 10 egg yolks with 1 pound of powdered sugar until light and thick. Add 1 cup of grated almonds, 1 cup of matzos meal, 1 teaspoon of baking powder, 1 teaspoon of cinnamon, 3 teaspoons of cocoa, ¼ teaspoon of cloves, and the juice and grated rind of a lemon. Beat the 10 egg whites until stiff, and fold into the batter. Bake in an ungreased spring form in a cool oven, 325° F., for 1 hour.

COOKIES

In the baking of cookies many of the same rules that are used for cakes and pastries are applied. The sugar and shortening must be creamed until light, and the eggs well beaten. When the flour is added, mix until it is thoroughly blended, but no more. For rolled cookies, use as little flour as possible on the board to prevent sticking, and handle the dough lightly. However, once the cookies are in the oven, they must be carefully watched. Cookies bake quickly, and an extra minute may cause them to become overdone.

SUGAR COOKIES

Cream 1 cup of shortening and 2 cups of sugar until light. Add 3 eggs, one at a time, and beat after each addition until the batter is light and fluffy. Stir in 1 tablespoon of vanilla. Sift together 3 times, 3 cups of sifted flour, 3 teaspoons of baking powder, and 1 teaspoon of salt. Stir into the batter until well blended. Place the dough on a lightly floured board, and roll out 1/4 inch thick. Cut with a cooky cutter, place a short distance apart on a greased cooky tin, and bake in a moderate oven, 350° F., from 12 to 15 minutes, or until light brown. One minute before removing the cookies from the oven, sprinkle them lightly with granulated sugar. Cool the cookies on a rack. This makes about 60 cookies.

These cookies may be varied by adding 1 cup of shredded cocoanut or finely chopped walnuts or peanuts to the dough.

RICH BUTTERSCOTCH COOKIES

Cream 3/4 cup of butter, or half butter and half substitute, until light. Add 4 cups of sifted flour, 1 and 1/2 cups of light brown sugar, 1 egg, 1 teaspoon of cinnamon, and a pinch of salt. Work the ingredients together until thoroughly blended. With the hands form the dough into balls about an inch in diameter. Place the balls 2 inches apart on a lightly greased cooky sheet. Press a walnut half into each. Bake at 350° F., for 15 to 20 minutes, or until a delicate brown. Remove carefully to a rack to cool. This makes about 50 cookies.

DUTCH STUFFED MONKIES

Prepare the dough for Rich Butterscotch Cookies, and divide it in half. Press one half about 1/4 inch thick over the bottom of a greased shallow pan.

Mix together ½ pound of finely chopped citron peel, ½ pound of finely ground blanched almonds, 6 tablespoons of butter, 2 egg yolks, and ½ teaspoon of vanilla into a smooth paste. Spread this paste over the dough in the pan. Cover with the rest of the dough. Bake at 350° F., for 30 minutes. Let cool in the pan, and then cut into squares or bars.

MOLASSES COOKIES

Cream 1 cup of shortening with 1 cup of sugar. Add 1 cup of molasses. Sift 2 cups of sifted flour with 4 teaspoons of soda, 2 teaspoons of ginger, 2 teaspoons of cinnamon, ½ teaspoon of cloves, ¼ teaspoon of nutmeg, and 1 teaspoon of salt. Add to the first mixture alternately with 1 cup of sour milk. Add about 3 more cups of flour gradually, or enough to make a soft dough. Roll out on a floured board, cut in fancy shapes, and sprinkle lightly with granulated sugar. Bake 5 to 8 minutes in a rather quick oven, 375°–400° F., or until a rich brown. This makes about 100 cookies, and they are thick and soft.

GINGER SNAPS

Cream ⅔ of a cup of shortening with ½ cup of sugar until light. Add 1 beaten egg, then 1 cup of molasses, 1 tablespoon of vinegar, and 2 tablespoons of cold water. Sift 4 and ½ cups of flour, 1 tablespoon of soda, and 1 tablespoon of ginger. Add to the batter and knead until smooth. Roll out ¼ inch thick, cut into rounds, and bake at 350° F., for 10 to 12 minutes. If desired, these may be rolled a little thicker, or wafer thin.

SOUR MILK COOKIES

Cream ½ cup of shortening with 1 cup of sugar until light. Add 2 eggs and beat well. Stir 1 teaspoon of soda into 1 cup of rich sour milk and pour into the batter. Add 4 cups of sifted flour. Mix well, and chill the dough thoroughly. Roll out on a floured board ¼ inch thick, cut with a cooky cutter, and bake on a greased cooky sheet in a quick oven, 375° F., for about 8 minutes.

HUNGARIAN SOUR CREAM COOKIES

Sift 1 cup of flour onto a pastry board. Make a depression in the center and drop in 2 egg yolks, 1 tablespoon of baking powder, 1 tablespoon of vinegar, ½ teaspoon salt, 1 tablespoon of confectioner's sugar, and ½ pint of heavy sour cream. Knead all together into a smooth dough. Roll out ½ inch thick. Spread ½ pound of butter over one half of the dough and fold the other half over it. Press the edges well together and roll out ½ inch thick. Fold in 3, and then in half. Place in the refrigerator for

several hours. Roll out again to ½ inch thickness, fold into 3 parts and then in half. Place in the refrigerator overnight. Roll out ¼ inch thick. Cover half the dough with a mixture of 1 cup of finely ground nuts and ¼ cup of sugar. Cover with the other half of the dough, and roll out ¼ inch thick. Cut with a cooky cutter and bake on a greased sheet in a hot oven, 400° F., until a light brown.

HUNGARIAN ALMOND COOKIES

Grind ¼ pound of blanched almonds. Add 1 cup of soft shortening, 3 cups of sifted flour, ½ cup of sugar, a pinch of salt, and 2 egg yolks. Mix into a paste and knead until smooth. Roll out about ⅜ of an inch thick, and cut with a cooky cutter. Bake at 375° F., until a light brown.

PFEFFERNUESSE

Heat 1 cup of corn syrup until lukewarm. Stir in ½ cup of shortening. Add 1 cup of molasses, ½ cup of brown sugar, 2 tablespoons of chopped citron, 2 tablespoons of chopped almonds, and the juice and grated rind of a lemon. Sift together 4 cups of sifted flour, ½ teaspoon of baking soda, 1 teaspoon of cinnamon, ¼ teaspoon of cloves, and a pinch of salt. Stir into the batter. Roll into balls the size of a marble. Place an inch apart on greased tins, and brush with slightly beaten egg white. Bake at 350° F., until a rich brown.

SPRINGERLE

Beat 2 eggs and 1 cup of sifted sugar until light and thick. Add 2 cups of sifted flour, and 1 and ½ teaspoons of anise seed or 14 drops of anise seed oil. Make a stiff dough and roll out ⅛ inch thick on a floured board. Press a floured springerle board deeply into the dough. Cut out the squares, and let them dry for 10 hours or overnight at room temperature. Bake on greased tins in a slow oven, 325° F., until the cookies are a light yellow.

CARDAMON COOKIES

Grate 3 hard cooked egg yolks. Cream 1 cup of butter, and stir in 1 cup of sugar. Cream until light, add the grated egg yolks, the grated peel of a lemon, ½ wineglass of brandy, and 1 oz. of crushed cardamon seed. Add about 3 cups of flour, or enough to make a dough that will roll easily. Roll out on a floured board, cut with a cooky cutter, and bake about 15 minutes, at 375° F.

POPPY SEED CAKES FOR PURIM

Mix together 2 cups of sifted flour, 1 tablespoon of sugar, 4 eggs and 2 tablespoons of salad oil. Knead until smooth and roll out

¼ inch thick. Cut into 2 inch squares, and fold over into triangles. Prick the tops with a fork, place on a greased baking sheet and bake at 350° F., about 15 minutes, or until light brown. Bring 1 pound of honey to a boil, drop in the cakes, and stir and cook 3 minutes. Add ¼ pound of poppy seed and cook and stir until a rich brown. Sprinkle with 2 tablespoons of cold water, stir well, and remove from the stove. Separate the cakes, and place them on a greased plate to cool.

TEIGLECH

Mix 2 cups of flour, ½ teaspoon of baking powder, 2 eggs, and 2 tablespoons of oil. Knead until smooth. Roll out on a floured board to ¼ inch thickness. Cut into 1 inch squares, and bake on greased tins in a moderate oven, 350° F., until light brown. Bring to a boil ½ pound of honey, 1 cup of sugar, and 1 pound of chopped nuts. Add the cakes, and stir with a wooden spoon until the cakes are brown. Remove from the stove, sprinkle with 2 tablespoons of cold water, separate the cakes, and place them on a greased plate to cool. When they are cool, sprinkle lightly with dry ginger.

ALMOND MACAROONS

Blanch ½ pound of almonds and dry thoroughly. Pound them in a mortar to a paste. Mix them with 2 cups of confectioner's sugar sifted into a bowl. Beat 4 egg whites until stiff and fold into the sugar and almonds. Blend thoroughly. Wet your hands with cold water, and roll the paste into balls the size of a hickory nut. Place 1 inch apart on waxed paper on a cooky sheet. Brush the surface with cold water. Bake in a cool oven, 325° F., for 45 minutes, until a delicate brown.

PECAN, WALNUT, OR HICKORY NUT MACAROONS

Mix together 1 cup of confectioner's sugar, 1 cup of finely ground nutmeats, the unbeaten whites of 2 eggs, 2 heaping teaspoons of flour, and 1 scant teaspoon of baking powder. Drop from a teaspoon which has been previously dipped into cold water, onto waxed paper on a cooky sheet. Allow plenty of room for them to spread. Bake in a moderate oven, 350° F., until light brown.

COCOANUT KISSES

Beat the whites of 2 eggs until foamy. Sift 1 cup of powdered sugar (not confectioner's). Add the sugar 2 tablespoons at a time, and continue beating, until 6 tablespoons of sugar have been added. Gradually add the rest of the sugar, and beat until blended. Fold in 1 cup of shredded cocoanut and 1 teaspoon of vanilla.

Drop by teaspoons on a well-greased baking sheet, and bake about 40 minutes in a cool oven, 325° F., until dry.

CORNFLAKE COCOANUT KISSES

Beat 2 egg whites until stiff and fold in ½ cup of sugar. Add ½ cup of shredded cocoanut, ½ teaspoon of vanilla, a pinch of salt, and 2 cups of cornflakes. Drop by spoonfuls on a greased baking sheet and bake about 25 minutes in a cool oven, 325° F., or until done.

CHOCOLATE KISSES

Beat 3 egg whites until stiff. Fold in ¾ cup of sifted powdered sugar, 1 cup of finely grated sweet chocolate, 1 cup of chopped walnuts, and 3 tablespoons of flour. Drop by teaspoonfuls on a greased baking sheet and bake in a cool oven, 325° F., about 40 minutes.

DATE AND NUT KISSES

Cut 1 cup of pitted dates small, and break ½ pound of walnuts into small pieces. Beat 3 egg whites until stiff, gradually add 1 cup of sugar and continue beating until thoroughly blended. Add 1 teaspoon of vanilla and the dates and nuts. Drop by spoonfuls on a greased baking sheet, about 1 inch apart, and bake in a cool oven, 325° F., about 30 to 40 minutes.

CONDENSED MILK MACAROONS

Mix together ½ cup of sweetened condensed milk, 2 cups of shredded cocoanut, 1 cup of thoroughly drained crushed pineapple, and a few grains of salt. Drop by spoonfuls on a well-greased baking sheet 1 inch apart. Bake in a moderate oven until a delicate brown. This makes 2 and ½ dozen macaroons.

PEANUT BUTTER HERMITS

Blend thoroughly 1 cup of sweetened condensed milk, 6 tablespoons of peanut butter, ¼ teaspoon of salt, ¾ cup of graham cracker crumbs and ½ cup of raisins. Drop by spoonfuls on a greased baking sheet, 1 inch apart. Bake 15 minutes, or until brown, in a quick oven, 375° F. This makes 1 and ½ dozen cookies.

HONEY CAKES

Cream ½ cup of shortening with 1 cup of brown sugar until light. Add 1 well beaten egg and ½ cup of honey. Sift together 2 and ½ cups of flour, 1 teaspoon of baking soda, ½ teaspoon of salt, 1 teaspoon of cinnamon, ¼ teaspoon of allspice and ¼ teaspoon of cloves. Add to the batter alternately with ½ cup of sour milk. Fold in ¼ cup of raisins, 1 cup of chopped nuts, and ¼ cup

of shredded cocoanut. Spread the mixture ½ inch thick in a shallow greased pan. Bake in a moderately hot oven, 375° F., for 20 minutes. Remove from the oven and spread at once with an icing made by thinning 1 cup of sifted confectioner's sugar with enough water to spread. Flavor with vanilla. When the cake is cool, cut into bars.

LEBKUCHEN

Beat 4 eggs until light, add 2 cups of brown sugar and beat well. Sift together 2 cups of flour and 1 teaspoon of baking powder with 1 teaspoon of cinnamon. Add 2 oz. of finely cut citron, and ¼ pound of chopped walnuts to the flour. Stir into the egg mixture, and blend well. Spread the dough 1 and ½ inches thick in greased pans. Bake in a moderate oven, 350° F., about 30 minutes, or until done. Cool, spread with White Icing, and cut into bars. Lebkuchen and Honey Cake should be stored for a week before using.

REFRIGERATOR COOKIES

Cream 1 cup of shortening with 1 cup of white sugar and 1 cup of brown sugar until light. Add 2 well-beaten eggs and mix well. Stir in 1 tablespoon of vanilla and 1 cup of finely chopped walnuts or pecans. Sift together 4 cups of sifted flour, ¼ teaspoon of salt and 3 teaspoons of baking powder. Add to the batter and mix well. Form into 3 rolls each of which is 2 inches in diameter. Wrap the rolls in waxed paper, and place in the refrigerator overnight. The dough may be kept for a week before it is baked if desired. When ready to bake, slice ¼ inch thick, place on a greased cooky sheet, and bake at 350° F., about 10 minutes, until crisp. Put the cookies into the oven as quickly as possible after they are removed from the refrigerator. Makes about 5 dozen cookies.

CHOCOLATE REFRIGERATOR COOKIES

Make Refrigerator Cookies, but add 2 squares melted chocolate with the eggs.

PIN WHEEL COOKIES

Cream 1 cup of shortening and 1 cup of sugar until light. Add 2 well-beaten egg yolks and 1 teaspoon of vanilla. Sift together 3 cups of flour and 2 teaspoons of baking powder. Add to the batter alternately with 6 tablespoons of milk. Mix well. Divide the batter in half. To one half add 2 squares of melted sweet chocolate (each square of chocolate should equal 1 ounce). Spread or pat each half of the batter into a rectangular sheet ⅛ of an inch thick and the same size. Place one sheet on top of the other, and roll up into long rolls 2 inches in diameter. Roll as tightly as possible without

breaking the dough. Wrap in waxed paper and place in the refrigerator overnight. When ready to bake, cut into thin slices, place them on a buttered baking sheet, and bake in a quick oven, 375° F., for about 10 minutes, or until a light brown.

QUICK OATMEAL COOKIES

Sift ¾ cup of flour, measure, and sift 3 times with 1 teaspoon of baking powder, ¼ teaspoon of nutmeg, and ¼ teaspoon of salt. Cream ½ cup of shortening with ½ cup of sifted brown sugar until light. Add 1 well-beaten egg, 1 cup of chopped raisins, and 1 cup of oatmeal. Add flour alternately with ⅓ cup of milk. Mix until smooth. Drop by teaspoons on a greased baking sheet. Bake in a hot oven for about 10 minutes, or until a light brown. Makes 2 dozen.

DATE SQUARES

Cream 1 cup of shortening with 1 cup of brown sugar. Add 1 teaspoon of vanilla, 2 cups of flour sifted with ½ teaspoon of baking soda, and 2 cups of oatmeal. Mix well, and divide the batter in half. Grease a square pan, and press half the mixture ¼ inch thick in the bottom.

Cook 1 pound of pitted dates in 1 cup of hot water until soft. Dissolve 1 teaspoon of cornstarch in a little cold water and stir into the dates when they are almost done. Stir constantly while cooking. Cool, and spread over the batter in the pan. Cover with the rest of the batter. Bake in a slow oven, 325° F., for 30 minutes. Cut in squares while still warm.

BROWNIES

Cream ½ cup of shortening with 1 cup of sugar until light. Add 2 eggs, one at a time, and beat well after each addition. Add 2 squares of melted bitter chocolate, ½ cup of flour, and 1 cup of chopped walnuts. Beat well, and pour into shallow, greased pans. Bake 30 minutes in a moderate oven, 350° F. Cut in squares when cool.

CHOCOLATE PECAN WAFERS

Combine ½ cup of shortening with 1 cup of sugar. Cream until light and add 2 well beaten eggs, ½ teaspoon of salt, and 1 teaspoon of vanilla. Mix thoroughly. Stir in 3 ounces of melted bitter chocolate. Add ¾ cup of sifted flour and ¾ cup of finely chopped pecans. Mix well. Drop by teaspoons 2 inches apart on a greased cooky sheet. Let stand a few minutes. Cover the bottom of a glass with a damp cloth, and press this over the cookies, to flatten them. Bake in a cool oven, 325° F., for 12 to 15 minutes.

TOLL HOUSE COOKIES

Cut 1 7-oz. bar of semi-sweet chocolate in pieces the size of a pea. Cream ½ cup of butter with ⅜ cup of brown sugar and ⅜ cup of granulated sugar until light. Add a well-beaten egg. Add ½ teaspoon of soda dissolved in ½ teaspoon of hot water. Sift 1 and ⅛ cups of sifted flour with ½ teaspoon of salt and add to the batter. Mix well, and stir in ½ cup of chopped nuts and the pieces of chocolate. Flavor with ½ teaspoon of vanilla. Drop by half teaspoons on a greased cooky sheet. Bake 10 to 12 minutes in a quick oven, 375° F. The chocolate does not melt. This makes 50 cookies.

FROSTED CREAM CHEESE COOKIES

Cream 1 cup of shortening with 1 cup of sugar, 1 teaspoon of lemon juice, and the grated rind of ½ lemon. Blend in 1 3-oz. package of cream cheese. Sift together 3 and ½ cups of sifted flour and 1 teaspoon of baking powder. Stir into the batter and mix thoroughly. Shape into balls 1 inch in diameter. Place 1 inch apart on a greased cooky sheet and bake in a quick oven, 375° F., for 15 minutes. Cool and dip in cooled Boiled Frosting. Roll in finely chopped nuts or cocoanut. This makes 3 dozen balls.

MAPLE HORNS

Cream ½ cup of shortening with 1 cup of brown sugar. Add 2 eggs, one at a time, and beat well after each addition. Add 4 tablespoons of flour and mix well. Add ½ teaspoon salt, ½ teaspoon of maple flavoring, and ½ cup of finely chopped pecans. Drop by teaspoons on a greased cooky sheet. Cover the bottom of a glass with a damp cloth. Press this over the cookies until each one is very thin. Bake in a slow oven, 300° F., for 10 to 12 minutes. Remove from the pan with a spatula and roll while still hot over the handle of a wooden spoon. If the cookies get too cool to roll, place them back in the oven for a moment. This makes about 3 dozen rolls.

FILLED RAISIN COOKIES

Sift together 3 cups of sifted flour, 3 teaspoons of baking powder, and ½ teaspoon of salt. Cream ⅔ cup of shortening with 1 cup of brown sugar until light. Add 1 well-beaten egg and 1 teaspoon of vanilla. Add the flour alternately with ⅓ cup of milk. Beat until smooth. Chill until firm enough to roll. Roll out ¼ inch thick on a slightly floured board. Cut with a 2 and ½ inch cooky cutter. Press 1 teaspoon of raisin filling on a circle, and put another circle over it, pressing the edges together. Bake in a hot oven, 425° F., for 6 to 8 minutes. This makes 4 dozen cookies.

RAISIN FILLING

Cook 2 cups of chopped raisins, ⅔ cup of sugar, and ⅔ cup of boiling water for 8 minutes, or until thick, stirring constantly. Remove from the fire, add 1 tablespoon of lemon juice and 1 tablespoon of butter. Dates or figs may be substituted for the raisins.

ORANGE MERINGUE SQUARES

Cream 4 tablespoons of butter, 1 cup of sugar and 1 egg until light and fluffy. Add the grated rind of an orange. Sift 1 and ½ cups of sifted flour with 1 and ½ teaspoons of baking powder. Add to the batter alternately with ¼ cup of milk and ½ cup of orange juice. Beat well after each addition. Pour into a greased pan, 14 x 9 inches. Beat 1 egg white until stiff and gradually add 4 tablespoons of sugar, beating all the time. Spread this meringue over the batter. Sprinkle with ½ cup of moist shredded cocoanut (Southern Style). Bake in a moderate oven, 350° F., for 25 minutes. Cool and cut into squares.

FRUIT PINWHEELS

Sift 3 cups of sifted flour with 3 teaspoons of baking powder and ½ teaspoon of salt. Work in ½ pound of butter with the fingers. Add 2 eggs, ¼ cup of sugar, the grated rind of a lemon and ¼ of milk. Mix to a smooth dough. Divide the batter into 4 pieces. Roll each piece into a sheet ½ inch thick. Mix together 1 cup of chopped walnuts, ½ cup of chopped dates, 1 cup of raisins, ½ cup of sliced candied cherries, and 2 grated apples, and spread this mixture over the dough. Sprinkle with ½ cup of mixed sugar and cinnamon. Roll as for a jelly roll. Place the rolls with the edge underneath in a greased baking dish and bake in a moderate oven, 350° F., for 1 hour. Cool, and cut in slices when ready to serve.

SCOTCH SHORTBREAD

Cream 1 cup of butter with ½ cup of sugar. Gradually work in 4 cups of sifted flour, kneading to a smooth paste. Line 2 square tins with paper. Pat the dough into the pans about ½ inch thick. Bake very slowly, about 300° F., until a light brown. Mark in squares while hot, and cut when cold.

SWEDISH COOKIES

Rice 2 hard cooked egg yolks. Add ½ cup of butter and ¼ cup of sugar. Cream until light. Work in 1 cup of flour and flavor with vanilla or almond. Put through a cooky press. Bake at 450° F., until a delicate brown. Watch carefully while the cookies are baking.

PIES AND PASTRY

Pastry is divided into two classes, plain and puff pastry. In order to make light, flaky pastry of either type, directions must be followed carefully, and a few simple rules observed. Puff pastry requires a little skill, which can easily be acquired with a little practise, but it offers so many possibilities that learning to make it is worth the effort.

To begin with, have all the ingredients as cold as possible. Work quickly, and handle the dough as quickly and lightly as possible. Use as little water as will hold the ingredients together. The less water used, the lighter and flakier will be the pastry. When the dough is rolled, use only enough flour on the board to keep it from sticking. When pastry is put into the oven, have the dough cold, and the oven hot.

In plain pastry, the shortening is cut into the flour. When the ingredients are cold and the dough is quickly made, the shortening does not melt until it is put into the oven. This produces the tender "shortness," which is the test of good pie crust. In puff paste, the shortening is rolled and folded into the dough. This causes it to rise in layers. In making puff paste, as much air as possible should be worked into the layers of the dough.

PIE CRUST, OR PLAIN PASTRY FOR TWO CRUSTS

Sift together 2 and ½ cups of good quality sifted flour, and 1 teaspoon of salt. Have the bowl cold. Add ⅜ of a cup of shortening, or 6 tablespoons, to the flour. With a pastry blender or 2 knives, cut the shortening into the flour until the mixture looks like meal. Be careful not to mash the shortening. Add another ⅜ cup, or 6 tablespoons of shortening, and continue to cut them into the flour until the particles are the size of a navy bean. Put about 5 tablespoons of ice water into a cup. Sprinkle the water, a tablespoon at a time, over the flour. With a fork, work lightly together until all the mixture is moistened and in small lumps. Add just enough water to moisten. Too much water will make a tough crust. Press the particles together with the hands into a ball. Divide the dough in half. Roll out each half lightly to ⅛ inch thickness. Occasionally lift the dough with a spatula to prevent sticking. Use only enough flour on the board to keep the

dough from sticking. Roll the dough 2 and ½ inches larger than the plate. Fit the dough into the pie plate and let it relax into the plate. Do not stretch the dough. Trim the crust evenly with the edge of the plate. Put in the filling, and moisten the edge of the crust. Adjust the top crust over the filling. Press the edges firmly together with the prongs of a fork. Bake in a hot oven, 425° F., according to the directions for each individual pie.

ONE-CRUST PIE, OR BAKED PIE SHELL

Sift together 1 and ¼ cups of sifted flour and ½ teaspoon of salt. Add 3 level tablespoons of shortening and cut in with 2 knives or a pastry blender until the mixture looks like meal. Add 3 more tablespoons of shortening, and cut in until the mixture is in particles the size of a navy bean. Measure 3 tablespoons of ice water. Sprinkle the water, one tablespoon at a time, over the mixture. With a fork, lightly work in the water until the mixture is moistened and in lumps. Press the dampened particles into a ball. Roll out lightly to ⅛ inch thickness, and 3 inches larger than the pie plate. With the prongs of a fork, prick the entire surface of the dough at intervals of ½ inch. Put the dough carefully into the pie plate, and let it relax into the plate for about 5 minutes. Trim the pastry to ½ inch larger than the plate. Turn back the edge to make an upright rim. Flute the rim by placing the index finger on the inside of the rim, and pinching it on the outside with the tip of the thumb and forefinger of the other hand. Continue around the rim in this manner. Chill in the refrigerator for 30 minutes. For a Baked Pie Shell place in a hot oven, 450° F., for 15 minutes. For an unbaked shell, pour in the filling and proceed according to the directions for the pie you are making.

PUFF PASTE

To make good puff paste, all the ingredients and utensils must be cold, and must be kept cold. First take ½ pound of butter, and cut off ⅓ of it. Divide the remaining ⅔ into 4 portions. Pat each into a thin sheet, and set them on waxed paper in the refrigerator. Sift together 2 cups of sifted flour and ½ teaspoon of salt. Cut in the ⅓ of the butter with 2 knives until the mixture looks like meal. With a fork stir in about ¼ cup of ice water, or enough to make a stiff paste. Dust a cold pastry board with flour, put the paste on it, and knead for 1 minute. Put the paste in the refrigerator for 5 minutes, then roll it out about ⅓ of an inch thick, keeping the paste in the shape of a square. Place one of the sheets of butter in the center, and fold the paste over it, first from the sides, and then from the ends. Keep the shape square and fold so that the butter is completely covered. Roll out ¼ inch thick, keeping the

shape square. Fold as before, this time without butter. Roll out ⅓ inch thick, put another sheet of butter in the center, and fold and roll as before. Continue rolling and folding, enclosing a sheet of butter at every alternate folding until all four sheets are used. Then turn the folded side down, and roll in one direction into a long narrow strip, keeping the edges as straight as possible. Fold the paste over into 3 equal layers. Roll and fold again into 3 layers. Repeat 4 times. Cut into the desired shapes, and chill 20 minutes before putting the pastry into the oven.

Use as little flour as possible on the pastry board, but use enough to keep the paste from sticking. If it should stick, scrape the board clean, and dust with fresh flour before rolling again. Meanwhile chill the dough again. Always roll in one direction, with a long light, even stroke.

Bake in a hot oven, according to the directions for the pastry you are making.

Puff paste is used for tart shells, patty shells, Napoleons, and other pastries. This amount will make 2 pies, or 4 crusts.

ITALIAN PUFF PASTE

This paste is easier to make than regular puff paste, and while not so high, may be substituted for it in any recipe except Patty Shells. To make it, cut 1 and ⅓ cups of butter into ½ cup of sifted flour, on the pastry board. Form into a rectangular loaf, wrap in waxed paper, and chill in the refrigerator. Mix 1 and ½ cups of flour with ½ cup of water and the juice of ½ lemon. Beat until the batter leaves the sides of the bowl.

Place this batter on a floured board and roll thin, into a square. Put the butter-flour mixture into the center, and fold the dough over it. Roll out thin, fold into thirds, and chill. Roll and fold 4 times, chilling the dough between each rolling. Wrap in waxed paper, and chill at least 1 hour. Roll out and bake as desired.

MERBERTEIG

Cream ½ cup of butter or vegetable shortening until light. Add 2 cups of sifted flour, a pinch of salt, and ½ tablespoon of brown sugar. Work with a knife until the mixture looks like sand. Add 1 egg yolk, 2 tablespoons of brandy, and ¼ cup of ice water. Stir with a fork until blended. Roll out as for pie crust. If the dough is of the right consistency, no flour will be needed on the board.

TART SHELLS

Roll out Pie Crust, Puff Paste, Italian Puff Paste, or Merberteig to ⅛ inch thickness. Cut into circles, and fit over inverted tart or muffin tins. Prick bottom and sides all over with a fork. Place on

a baking sheet, and bake in a hot oven, 425° F., for 15 to 20 minutes.

PATTY SHELLS

Roll out Puff Paste ¼ inch thick. Cut with a round 3-inch floured cutter into circles. Remove the centers of ½ the circles with a smaller cutter. Wet the edges of the whole circles, and place the rings on them. Beat 1 egg slightly with 1 tablespoon of water, and brush the tops carefully with this mixture. Chill in the refrigerator until the paste is stiff. Bake on a cooky sheet in a hot oven 425° F., for about 20 minutes. Bake the small centers to use as a top after the shells are filled.

PASTRY ROSES

Roll puff paste ⅛ of an inch thick; cut it into squares; turn the points together into the middle and press slightly to make them stay. Bake until thoroughly done, at 425° F.; place a spoonful of jam in the center of each; cover the jam with meringue and brown the meringue in a cool oven, 275° F.

By brushing the top of the paste with beaten egg, diluted with 1 teaspoon of water, a glazed appearance may be obtained.

MERINGUE FOR PIES

For a 9-inch pie, use 3 egg whites and 6 tablespoons of sugar. Beat the whites until foamy and almost stiff. Add the sugar, one tablespoon at a time, and continue beating until the mixture is very fluffy, and free from graininess. Pile on the pie, and shape it attractively with the back of a spoon, or force it through a pastry tube. Spread the meringue well over the pastry crust. Bake in a very slow oven, about 275° F., for 30 to 40 minutes, or until the top is a golden brown. The long, slow baking prevents the meringue from shrinking.

APPLE PIE

Make pie crust for a two crust pie. Put the bottom crust in the pie plate, and set it in the refrigerator while the apples are prepared. Peel and core 5 large, tart apples, and cut them into thin slices. Measure 1 cup of sugar and mix with it 1 teaspoon of cinnamon, ½ teaspoon of nutmeg, ⅛ teaspoon of salt, and 1 teaspoon of lemon juice. Place a layer of apples carefully over the crust in the plate, with the slices overlapping. Sprinkle some of the sugar mixture over this. Add another layer of apples, sprinkle with sugar, and continue until all the apples and sugar are used. The apples should be heaped high in the plate. Dot with 1 tablespoon of butter or other shortening. Moisten the edge of the pastry, and place

the top crust on the pie. Press the edges well together with the prongs of a fork, prick the top crust in a few places, and bake in a hot oven, 425° F., for 30 to 40 minutes, or until a rich brown.

GRATED APPLE PIE

Line a pie plate with puff paste, and set it in the refrigerator while the filling is prepared. Beat 2 egg yolks with ½ cup of sugar until thoroughly blended. Grate 5 large, tart apples, and add to the sugar and eggs. Stir in ¼ cup of raisins, ¼ cup of currants, 4 pounded almonds, ½ teaspoon of cinnamon, and the grated peel of a lemon. Mix well, pour into the crust, and bake in a hot oven, 425° F., until the crust is a rich brown. Remove from the oven, and lower the heat to 275° F. Make a meringue of the 2 egg whites and 4 tablespoons of sugar, (see directions for Meringue in this chapter) and pile this around the outer edge of the pie, leaving an opening about 2 inches in diameter in the center. Spread the meringue well over the rim of the crust. Set back in the oven, and bake about 30 minutes, or until the meringue is a delicate brown.

APPLE NUT PIE

Make crust for a one crust pie, and line a pie plate with it. Set in the refrigerator while the filling is prepared. Peel and core 6 apples, and slice them thin. Fill the pie shell with them, and sprinkle 2 tablespoons of lemon juice over the apples. Mix together ½ cup of firmly packed brown sugar, and ½ cup of sifted flour. Cut in 4 tablespoons of shortening until the mixture looks like meal. Add ½ cup of coarsely chopped nut meats. Sprinkle this mixture over the apples. Bake in a hot oven, 400° F., for 1 hour.

CANNED CHERRY PIE

Use water-packed, pitted, canned red cherries. Drain enough of the cherries to measure 3 cups. Dissolve 3 tablespoons of cornstarch in ½ cup of the cherry juice. Cook and stir constantly in the top of a double boiler until thick and clear. Add 1 cup of sugar and cook 5 minutes longer. Remove from the fire, stir in 1 tablespoon of butter or vegetable shortening, a few grains of salt, and the well-drained cherries.

Make pastry for a two crust pie. Line a pie plate with one crust and pour in the cherry filling. Make a few gashes in the top crust, place it carefully over the bottom one, and press the edges firmly together with the prongs of a fork. Set in an oven pre-heated to 450° F. for 15 minutes, lower the heat to 350° F., and bake for 30 minutes longer.

FRESH CHERRY PIE

Pit 1 quart of fresh sour cherries. Mix together 1 to 1 and ½ cups of sugar, depending on the sweetness of the cherries, and 3 tablespoons of flour. Mix with the cherries. For variety, 2 drops of almond flavoring, or 1 well-beaten egg may be added. Pour into a pie plate lined with pastry, cover with a top crust, and press the crusts firmly together with the prongs of a fork. Prick the top crust in a few places. Bake at 450° F., for 15 minutes, lower the heat to 350° F., and continue baking for 30 minutes longer.

CHERRY CREAM PIE

Line a deep pie plate with merberteig. Pit 1 quart of sour cherries, drain them well, and place them over the crust. Make Cream Filling (see Cream Pies), and pour it over the cherries. Make strips the length of the pie plate of merberteig, and weave them, lattice fashion, over the top. Press the edges of the top and bottom crusts firmly together with a fork, and trim neatly. Bake in a hot oven, 425° F., about 30 minutes, or until the crust is nicely browned.

FRESH BERRY PIE—BLACKBERRY, HUCKLEBERRY, BLUEBERRY, RASPBERRY, OR STRAWBERRY

Hull or stem, pick over, and wash enough berries to measure 3 cups. Measure ⅔ to ¾ cup of sugar, depending on the sweetness of the berries. Mix the sugar with 3 tablespoons of flour. Stir this into the berries. Line a pie plate with pastry, and fill with the berries. Cover with a top crust, in which a few gashes have been made, or with strips of pastry, lattice fashion. Press the edges of the crusts firmly together with the prongs of a fork, trim evenly, and bake in a hot oven, 425° F., about 30 to 40 minutes, or until well browned.

FRESH BERRY CREAM PIE OR TARTS

Line a pie plate or tart shells with pastry or merberteig and bake. When the crust is cool, fill with Cream Filling (see Cream Pies). Wash 3 cups of berries, and spread these over the filling. Brush with a thin coat of Apricot Glaze, and let stand until the glaze hardens. Brush with a second coat of the glaze.

APRICOT GLAZE

Wash, and soak ¼ pound of dried apricots in 1 cup of water overnight. Add ¼ cup of sugar, and cook gently until the apricots are tender. Press through a fine sieve.

DEEP DISH BERRY PIE

Wash and pick over 3 cups of berries. Drain, and mix with 1 cup of sugar, 2 tablespoons of flour, 1 teaspoon of lemon juice, and a

few grains of salt. Put into a deep pie dish, and cover with pastry. Trim, and press the edges of the pastry to make a fancy edge. Prick with a fork in several places, and bake in a hot oven, 425° F., for 10 minutes. Lower the heat to 325° F., and bake 25 minutes longer. Serve each piece with whipped cream.

SOUR CREAM STRAWBERRY PIE

Combine 1 cup of sugar with 2 tablespoons of flour. Add 2 well beaten eggs, and stir in 1 cup of heavy sour cream carefully. Wash and hull a pint box of strawberries. Arrange the strawberries in a baked pie shell, and pour the sour cream mixture over them. Place in a slow oven, 300° F., for 30 minutes, until the filling is set. Serve cold.

CREAM FILLING, FOR CREAM PIES

Scald 2 cups of milk. Mix ¼ cup of cold milk with ½ cup of flour until smooth. Beat 2 eggs or 4 egg yolks until light with ⅔ cup of sugar. Stir the eggs into the milk-flour mixture. Add the scalded milk. Cook and stir over boiling water until thick, then add ½ teaspoon of vanilla, ⅛ teaspoon of salt, and 1 tablespoon of butter. Cool before using.

BANANA CREAM PIE

Prepare a baked pie shell. Slice 2 ripe bananas and arrange them in a layer on the bottom. Over them pour half of a recipe of Cream Filling. Slice 2 more bananas over the Cream Filling. Cover with the rest of the Cream Filling and chill. Just before serving spread with 1 cup of heavy cream whipped until stiff, and sweetened with 1 tablespoon of confectioner's sugar.

COCOANUT CREAM PIE

Mix ½ cup of cocoanut with 1 recipe of Cream Filling. Fill a baked pie shell and chill. Just before serving whip 1 cup of heavy cream with 2 tablespoons of sugar. Flavor with orange extract. Spread the cream over the pie, and sprinkle it with ½ cup of shredded cocoanut.

LOGANBERRY CREAM PIE

Drain 1 can of loganberries thoroughly. Make 1 recipe of Cream Filling, and stir into it ⅓ teaspoon of lemon extract and 6 dried and rolled macaroons. Spread the Cream Filling in a baked pie shell, and arrange the loganberries over it. Chill. Just before serving cover with 1 cup of heavy cream whipped with 2 tablespoons of sugar.

CUSTARD PIE

Line a pie plate with pastry for 1 crust pie. Chill while the filling is made. Beat 4 eggs slightly, add ½ cup of sugar and beat until

blended, but not foamy. Add ½ teaspoon of salt, 3 cups of milk, and 1 teaspoon of vanilla. Strain the filling into the pie shell. Sprinkle with nutmeg. Bake in a hot oven, 400° F. 30 to 40 minutes, or until the custard is set (when the blade of a silver knife inserted will come out clean). Chill before serving.

COCOANUT CUSTARD PIE

Mix 1 cup of cocoanut with the filling for Custard Pie. Line a deep pie plate with pastry, and bake as for Custard Pie.

SOUR CREAM RAISIN OR DATE PIE

Combine 1 well-beaten egg, 1 cup of chopped dates or raisins, 1 teaspoon of cinnamon, 1 teaspoon of nutmeg, 1 cup of brown sugar, 1 cup of heavy sour cream, ½ teaspoon of cloves, and ¼ teaspoon of salt. Mix until smooth. Prepare pastry for 2-crust pie, and place the bottom crust in a pie plate. Fill with the sour cream mixture. Make criss-cross strips of the remaining pastry, and lay them over the filling, pressing the edges of the crusts well together with a fork. Bake in a hot oven, 425° F., for 10 minutes, lower the heat to 350° F., and continue baking about 30 minutes, until the filling is set, and the crust well-browned.

SOUTHERN PECAN PIE

Make 1-crust pie pastry and line a 9-inch pie plate with it, but do not bake. Cover the pastry with a layer of 1 cup of pecan halves. Beat 3 eggs until light, add 1 cup of dark corn syrup, ⅓ cup of sugar, ⅛ teaspoon of salt, and ¼ cup of melted butter. Pour over the pecans. Place in a hot oven, 425° F., for 10 minutes. Lower the heat to 350° F., and bake 40 minutes. Cool before serving.

LEMON MERINGUE PIE

Make a baked pie shell of 1-crust pie pastry. Mix ½ cup of water and 7 tablespoons of cornstarch to a thin paste. In the top of a double boiler put 1 and ½ cups of water and 1 and ¼ cups of sugar. Bring to a boil over direct heat. Add the cornstarch paste and cook and stir until the mixture thickens. Place the pan over boiling water and cook for 20 minutes, stirring occasionally. Beat 3 egg yolks slightly. Pour the hot mixture over them, a little at a time, and stir well after each addition. Return to the double boiler, and cook 1 minute. Add the grated rind and the juice of 1 lemon and 1 tablespoon of butter or vegetable shortening. Mix well. Cool and pour into the pie shell. Make a meringue of the 3 egg whites and 6 tablespoons of sugar. (See directions for making meringue in this chapter.) Fold in 1 teaspoon of lemon juice, and pile the meringue on the pie. Bake in a slow oven 275° F., about 30 minutes, or until golden brown. Cool before serving.

LEMON CHIFFON PIE

Make a baked pie shell of 1-crust pie pastry. Cream together 5 tablespoons of flour, 1 cup of sugar and 3 tablespoons of butter. Add 3 egg yolks beaten until light and thick, ¼ cup of lemon juice, and 1 cup of milk. Blend well. Beat the 3 egg whites until stiff and fold into the mixture. Pour into the pie shell, and bake 30 minutes in a moderate oven, 350° F.

LEMON BAVARIAN PIE

Make a crust by blending 1 and ½ cups of graham cracker crumbs rolled fine, ½ cup of sugar, and ½ cup of melted butter. Butter the sides of a pie pan, and press the crumb mixture into the sides and over the bottom of the pan. Cut 12 marshmallows fine, and soak them for 30 minutes in 1 cup of whipping cream. Soak 1 tablespoon of vegetable gelatine in ¼ cup of cold water for 5 minutes. Bring to a boil ¾ cup of water and ¾ cup of sugar. Add to the gelatine, and stir until the gelatine is dissolved. Add ¼ cup of lemon juice, and place in the refrigerator until the mixture begins to thicken. Beat the cream and marshmallow mixture until stiff and fold it into the gelatine mixture. Pour into the crumb crust and chill until firm. Decorate with additional whipped cream just before serving.

ORANGE MERINGUE PIE

Sift together 1 cup of sugar, ⅓ cup of flour and ¼ teaspoon of salt. Add 1 cup of orange juice, the grated rind of an orange, a tablespoon of lemon juice, and 3 egg yolks beaten until light. Stir until smooth, and cook in a double boiler for 15 minutes, stirring occasionally. Stir in 2 tablespoons of butter or substitute. Pour into a baked pie shell, or a crumb crust made as for Lemon Bavarian Pie; and cover with a meringue made as follows. Beat 3 egg whites until foamy, add 6 tablespoons of sugar, one at a time, and beat until stiff. Fold in 1 teaspoon of grated orange rind. Bake in a slow oven, 275° F., for about 30 minutes, or until golden brown.

ORANGE CRUMB PIE

Arrange a row of lemon wafers to stand around the edge of a pie plate. Roll and sift ¾ cup of wafer crumbs, and mix them with ¼ cup of melted butter. Fill in the spaces between the wafers and cover the bottom of the plate with this mixture.

Mix together ½ cup of flour, ¾ cup of sugar, and ⅛ teaspoon of salt. Beat 3 egg yolks until light and blend with the flour and sugar. Add 1 and ½ cups of milk, 1 cup of orange juice, and 1 teaspoon of grated orange rind. Cook and stir in the top of a double

boiler until thick, about 20 minutes. Pour into the crumb crust and cover with meringue made as for Orange Meringue Pie. Chill before serving.

PINEAPPLE PIE

Mix 2 cups of fine graham cracker crumbs with ½ cup of melted shortening. Press the mixture over the bottom and sides of a 9-inch pie plate. Bake in a moderate oven for 10 minutes, and cool.

Drain 1 and ½ cups of crushed pineapple. Mix the juice with ¾ cup of sugar and 6 tablespoons of cornstarch until the mixture forms a smooth paste. Add 1 cup of hot water, and cook in a double boiler until thick, stirring constantly. Cover the pan, and cook for 25 minutes longer, until all taste of the cornstarch has disappeared. Stir occasionally during the cooking. Beat the yolks of 3 eggs slightly, and pour the cooked mixture over them slowly. Add 1 tablespoon of lemon juice and the crushed pineapple. Fill the crumb crust with the mixture. Make a meringue according to the directions for Meringue in this chapter, and bake in a slow oven, 275° F., for 40 minutes until brown. Cool before using.

MOCK MINCE PIE

Make pastry for 2-crust pie. Line a pie plate with half of the pastry rolled thin. Cut the remaining pastry in ¼ inch strips.

Pare, core, and chop fine 8 tart apples. Add 1 cup of seedless raisins, ½ cup of currants, 1 ounce of chopped citron, ½ teaspoon each of cinnamon, cloves, allspice and mace, a pinch of salt, and a pinch of nutmeg. Stir in 1 tablespoon of brandy and the juice and grated rind of a lemon. Mix well, and pour into the pie crust. Make lattice strips of the pastry strips over the top, and press the edges well together. Place in a hot oven, 425° F., for 10 minutes, then lower the heat to 375° F., and bake about 30 minutes longer, or until the crust is nicely browned.

MINCE PIE

Chop 2 pounds of lean beef. Add 2 pounds of seeded raisins, 2 pounds of currants, and ½ pound of citron, all chopped very fine. Stir in 2 tablespoons of cinnamon, 2 tablespoons of mace, 1 teaspoon of grated nutmeg, and 1 tablespoon each of cloves, allspice and salt. Mix thoroughly, and add 2 cups of white wine and 2 and ½ pounds of brown sugar. Place in a preserving kettle, bring to a boil, stirring constantly, and add 1 cup of orange juice. Cook very slowly for 2 hours, and watch carefully to prevent burning. Put into hot, sterile jars, and seal as for preserves. Do not use for at least two days.

When ready to make the pie, measure 1 and ½ cups of the mince

meat mixture, add 1 and ½ cups of chopped apples and 1 tablespoon of finely minced suet. If desired, ¼ cup of chopped nuts may also be added. Mix well, and pour into a pie plate lined with crust. Cover with a top crust, or lattice strips of pastry, and place in a hot oven, 425° F., for 10 minutes; lower the heat to 375° F., and continue baking for 30 minutes longer, or until the crust is a rich brown. Serve warm.

PUMPKIN PIE

Line a pie plate with pastry for 1-crust pie. Chill in the refrigerator while the filling is made. Sift together ¼ cup of sugar, ½ teaspoon salt, 1 teaspoon of cinnamon, and ½ teaspoon of nutmeg. Add 1 cup of canned or cooked, mashed pumpkin, 2 slightly beaten eggs, 4 drops of vanilla, 1 teaspoon of maple flavoring, and 1 cup of rich milk. Mix well and pour into the pie crust. Place in a hot oven, 425° F. for 15 minutes, lower the heat to 350° F., and continue baking until a silver knife blade inserted into the filling will come out clean. Cool and serve plain or with whipped cream.

SQUASH PIE

Substitute an equal quantity of canned or mashed, cooked Hubbard squash for the pumpkin in the above recipe.

PUMPKIN OR SQUASH CHIFFON PIE

Mix together 1 and ½ cups of canned or mashed pumpkin or squash, with 3 slightly beaten egg yolks, and ¾ cup of sugar. Beat until thoroughly blended, and add 1 and ½ cups of milk and ½ teaspoon each of cinnamon and nutmeg. Beat the egg whites until stiff and fold into the mixture. Pour into an unbaked pie shell, and set in a hot oven, 425° F., for 15 minutes. Lower the heat to 350° F., and continue baking until the custard is set, or a knife inserted in the filling will come out clean.

GRAPE PIE

Remove the skins and seeds from 3 cups of Concord grapes. Steam the pulp for 20 minutes in the top of a double boiler. Rub through a sieve. Combine the sieved pulp with the skins of the grapes, ¾ cup of sugar, 1 tablespoon of flour, 1 well beaten egg, ⅛ teaspoon of cinnamon, and the rind of a lemon. Mix well, and pour into a pie plate lined with pastry. Cover the top with strips of pastry, lattice fashion, and press the edges firmly together. Put into a hot oven, 400° F., for 10 minutes, lower the heat to 375° F., and bake 25 minutes longer.

MOCK CHERRY (CRANBERRY PIE)

Combine 1 cup of raisins, 2 cups of cranberries cut in half, 1 cup of sugar, 1 and ½ cups of hot water, ¼ teaspoon salt and 1 table-

spoon of shortening. Place in a saucepan over direct heat and bring to a boil. Dissolve 2 tablespoons of cornstarch in a little cold water and add to the first mixture. Cook and stir until thick. Pour into a pie plate lined with pastry. Cover with strips of pastry, lattice fashion, and press the edges of the crusts firmly together. Bake in a hot oven, 425° F., about 25 minutes, or until well browned.

RHUBARB PIE

Cut 3 cups of rhubarb in ½ inch pieces. Roll in 2 tablespoons of cornstarch. Add 1 and ½ cups of sugar and 1 well beaten egg. Pour into a pie dish lined with pastry, cover with a top crust, and press the edges firmly together. Prick the top crust in several places, and bake in a hot oven, 400° F., for 30 minutes, or until well browned.

STRAWBERRY AND RHUBARB PIE

Substitute 1 and ½ cups of sliced strawberries for an equal quantity of rhubarb in the above pie.

PEACH OR PLUM PIE

Line a pie plate with Merberteig. Pare, stone, and slice 8 large peaches, or cut 15 plums in half and stone them. Mix the fruit with about 1 cup of sugar. The amount of sugar will depend on the tartness of the fruit. Arrange the fruit in the pie shell. Beat 1 egg yolk until light, and mix it with 3 tablespoons of cream. Sprinkle this over the fruit. Cover with strips of Merberteig, lattice fashion, and place in a hot oven, for 30 to 40 minutes, until well browned.

BUTTERSCOTCH PEACH PIE

Line a pie tin with a flaky pastry, and cover with canned peach halves, cut side up. Make a dressing of 2 tablespoons vegetable shortening, 3 of flour, ¾ cup of brown sugar, 4 tablespoons of corn syrup, and the juice of ½ lemon. Spread this mixture over the peaches, filling all the depressions. Cover the pie with strips of pastry sprinkled with brown sugar, and bake for 40 minutes at 375° F. A No. 2½ can of peach halves will make a 9-inch pie.

BUTTERSCOTCH PIE

Combine 1 cup of firmly packed brown sugar, ¼ cup of water, ¼ cup of butter, and 1 tablespoon of light corn syrup. Cook until a small amount forms a soft ball in cold water, 250° F. Scald 1 and ¾ cups of milk in the top of a double boiler. Sift together ½ cup of granulated sugar, 3 tablespoons of cornstarch, 3 tablespoons of flour, and ¼ teaspoon of salt. Pour in the scalded milk gradually, stirring until thoroughly mixed. Cook over hot water for 20 minutes, stirring constantly. Add the hot butterscotch mixture, blend well, and pour over 2 slightly beaten egg yolks. Return to the fire

and cook 1 minute. Cool and pour into a baked pie shell. Chill, and cover with unsweetened whipped cream.

BUTTERSCOTCH TARTS

Make the filling as for Butterscotch Pie, and pour into 6 baked tart shells. Cover with whipped cream when cold.

CHOCOLATE PIE

Melt 2 tablespoons of butter. Add 6 tablespoons of flour and 2 squares of chocolate cut in pieces, ¾ cup of sugar, and ¼ teaspoon of salt. Mix well and stir in 1 and ½ cups of milk. Bring slowly to the boiling point, and stir constantly until smooth and thick. Remove from the fire and pour over 2 beaten egg yolks. Stir until blended, and stir in 1 teaspoon of vanilla. Pour into a baked pie shell. Make a meringue using 2 egg whites and 4 tablespoons of sugar, and bake at 275° F., for 30 minutes, or chill and cover with whipped cream.

RICH CHOCOLATE PIE

Cut 3 squares of bitter chocolate into small pieces. Add 2 and ½ cups of milk, and heat in a double boiler until the chocolate is melted. Beat with a rotary beater until blended. Sift together 1 and ⅓ cups of sugar, ½ cup of cornstarch, and ½ teaspoon of salt. Add a little of the chocolate mixture and stir until smooth. Stir in the rest of the chocolate mixture and return to the double boiler. Add 2 tablespoons of butter and stir and cook until smooth and thick, and the taste of cornstarch has disappeared, about 20 minutes. Beat 3 egg yolks slightly, and pour a little of the mixture over them. Stir until blended, and gradually add the rest of the chocolate mixture. Return to the double boiler and cook 2 minutes. Stir in 1 teaspoon of vanilla, cool and pour into a baked 9-inch pie shell. Chill and cover with whipped cream.

CHOCOLATE TARTLETS

Prepare filling as for Rich Chocolate Pie, but add ½ cup of seedless raisins and ½ cup of chopped nut meats with the vanilla. Cool and pour into 8 baked tart shells. Make a meringue according to the directions in this chapter for Meringue, using the 3 egg whites and 6 tablespoons of sugar. Spread over the tarts, covering the edge of the pastry well. Bake 30 minutes at 275° F.

CHOCOLATE CHIFFON PIE

Soak 1 tablespoon of unflavored vegetable gelatine in ¼ cup of cold milk. (This amount of gelatine should thicken 1 pint of liquid.) Combine 1 and ¾ cups of milk, ¾ cup of sugar, and 2 ounces of chocolate. Cook and stir over a low flame until very smooth.

Pour over 2 slightly beaten egg yolks gradually, return to the fire, and cook 1 minute longer. Remove from the fire, add the gelatine, and stir until the gelatine is completely dissolved. Cool. Beat the two egg whites until stiff, and fold into the chocolate mixture. Pour into a baked pie shell and set in the refrigerator for several hours, until the filling is firm. Just before serving top with whipped cream flavored with ½ teaspoon of vanilla.

BLACK BOTTOM PIE

Crush enough graham crackers or vanilla wafers to make 2 cups of fine crumbs. Add 5 tablespoons of melted shortening, pat out evenly in a deep 9-inch pie plate, and bake 10 minutes in a cool oven, 300° F. Cool.

Soak 1 tablespoon of unflavored vegetable gelatine in 4 tablespoons of cold water for 5 minutes. Scald 2 cups of milk. Combine ½ cup of sugar, ½ teaspoon of salt, and 1 and ¼ tablespoons of cornstarch. Beat 4 egg yolks slightly, gradually stir in the milk, and blend well. Pour a little of this mixture over the sugar and cornstarch mixture, and stir until it dissolves. Stir in the rest of the milk mixture. Cook in the top of a double boiler, stirring occasionally, until the mixture coats the spoon. Remove from the fire, and take out 1 cup of the custard. To this cup add 1 and ½ squares of melted chocolate and 1 teaspoon of vanilla. Beat with a rotary beater until thoroughly blended. Cool and pour into the pie shell. Set in the refrigerator to set.

While the remaining custard is still hot, add the gelatine and stir until it is completely dissolved. Cool, but do not let the mixture stiffen. Stir in 1 tablespoon of whiskey. Beat the 4 egg whites until foamy and gradually add to them ½ cup of sugar, beating constantly. When the mixture is stiff, fold it into the custard. Carefully place the custard on top of the chocolate mixture in the pie shell, and set in the refrigerator for several hours, until the filling is firm.

MOLASSES CRUMB PIE

Line a pie plate with pastry for a 1-crust pie. Chill while the filling is prepared.

First sift together ¾ cup of flour, ½ teaspoon cinnamon, ⅛ teaspoon each of nutmeg, ginger, and cloves, ½ cup of brown sugar and ¼ teaspoon of salt. Cut in 2 tablespoons of shortening until the mixture looks like meal.

Mix together ½ cup of molasses, 1 beaten egg yolk, and ½ teaspoon of baking soda dissolved in ¾ cup of boiling water.

Make alternate layers of crumbs and liquid in the pie shell. Have crumbs at the bottom and on top. Bake at 450° F., until the crust edges begin to brown, about 10 minutes. Lower the heat to 375° F.,

and continue baking about 20 minutes, or until the filling is firm. Cool and top with whipped cream.

FIG PIE

Line a pie plate with pastry. Fry 4 tablespoons of coarse bread crumbs in 1 tablespoon of shortening. Sprinkle this over the pastry. Mix together 2 and ½ cups of coarsely chopped, cooked, dried figs, the juice of ½ lemon, ⅓ cup of sugar, and a few grains of salt. Spread this over the crumbs. Place narrow strips of pastry, lattice fashion, over the tops, press the edges of the crusts well together, and bake 30 minutes in a hot oven, 375°–400° F.

LEMON CHEESE TARTS

Line 8 tart shells with pastry.

Press 1 cup of cottage cheese through a fine strainer. Add ¼ teaspoon of salt, the grated rind of ½ lemon, and 2 tablespoons of cream. Beat ½ cup of sugar, ¼ teaspoon of nutmeg, and 2 eggs together until light. Combine with the cheese. Stir in ¼ cup of cleaned currants. Fill the tart shells ⅔ full of this mixture. Put into a hot oven, 450° F., for 5 minutes. Lower the heat to 325° F., and bake until a delicate brown.

WASHINGTON PIE

Cream ¼ cup of shortening with 1 cup of sugar until light. Add 2 beaten egg yolks. Sift 1 and ½ cups of flour, 1 and ½ teaspoons of baking powder, and a speck of salt together 3 times. Add alternately to the first mixture with ⅓ cup of milk and ½ teaspoon of vanilla. Fold in the stiffly beaten egg whites. Bake in a flat greased pan 1 inch thick, in a moderate oven, 375° F., about 25 minutes, or until done. Cool, and split. Spread raspberry jam between the halves, and top with whipped cream garnished with cherries.

ICE CREAM PIE

Thoroughly drain and chill 1 cup of crushed pineapple. Make a baked pastry shell. Make a meringue according to the directions in this chapter of 4 egg whites and 8 tablespoons of sugar. Fill the cooled pie shell with ice cream, cover with the pineapple, and spread meringue over the top. Be sure that the meringue comes to the outside edge of the pastry. Place the pastry on a chilled board, and set in an oven heated to 350° F., until the meringue is delicately browned. Serve at once.

CREAM PUFFS

Bring to a boil ½ cup of shortening and 1 cup of hot water. Sift in 1 cup of flour, and stir until the mixture leaves the side of the pan. Remove from the stove and cool slightly. Add 3 eggs, one at a

time, and beat thoroughly after the addition of each egg. Drop by tablespoons on greased tins, some distance apart. Shape into rounds about 2 inches in diameter. Bake in a moderate oven, 350° F., about ½ hour or until well browned. Cool, and cut open on one side. When ready to serve, fill with whipped cream or Cream Filling (see Fillings and Frostings).

CHOCOLATE ECLAIRS

Prepare the batter as for Cream Puffs. Squeeze it through a pastry tube on greased tins in long ovals, about 4 inches long and 1 and ½ inches wide. Bake and cool as for Cream Puffs. Fill with Cream Filling or whipped cream, and cover with chocolate frosting.

PETITS FOURS CREAM PUFFS

Drop cream puff batter by teaspoons on greased pans, with some distance between the puffs. Shape into little round balls. Bake until a deep brown, cool, and with a frosting decorator squeeze Cream Filling or whipped cream into the centers. Cover the top and sides with different colored and flavored icings.

DANISH PASTRY

Dissolve 1 ounce of yeast in 1 cup of cold milk. Pour into a mixing bowl and add a scant ⅓ cup of sugar, 1 whole egg and 1 yolk, ¼ cup of butter, and the grated rind of ½ lemon. Beat until thoroughly blended and smooth. Add 3 and ½ cups of hard wheat flour, and mix until the dough is smooth. Place on a well floured board and make into an oblong shape. Let stand 30 minutes, then divide the dough into 2 equal parts. Roll out each part ⅓ of an inch thick. Measure 1 and ¼ cups of butter, and divide it into 2 parts. Spread each part over ⅔ of a sheet of pastry. Place one sheet over the other, with the buttered part of one over the unbuttered part of the other. Fold into 3 parts, and roll out ⅓ inch thick. Fold again in 3 parts, place the dough in a covered container, and set in the refrigerator for an hour. Roll, fold, and chill at least 3 times. The more the dough is rolled and folded, the flakier it will be.

When the dough is ready roll out ¼ inch thick. Fill in any of the following ways:

1. Cut strips 6 inches wide and 1 inch long. Twist each piece in the shape of a pretzel. Place a large dot of apricot jam in the center of each coil, and place a large dot of cream filling on the jam. Let stand on greased pans 30 minutes, then bake in a moderately hot oven, 375°–400° F., until a rich brown.

2. Cut pastry into triangles. Place a mixture of equal parts of chopped nuts, raisins, and sugar on the widest part of the triangle.

Roll up into a crescent shape. Let stand on a greased pan for 30 minutes, and bake in a quick oven, 400° F., until a rich brown. If desired the top may be brushed before baking with beaten egg yolk, and sprinkled with chopped almonds.

3. Cut pastry into 3 inch rounds. Place a spoonful of cheese filling (see Coffee Cakes), in the center of each. Fold the edges of the dough over in the form of a square, so that some of the filling shows. Let stand on a greased pan for 30 minutes, brush with beaten egg yolk, and bake in a hot oven, 400° F., until brown.

NAPOLEONS

Roll out Puff Paste ¼ inch thick. Cut into strips 2 and ½ inches long and 1 inch wide. Place on a greased baking sheet and set in the refrigerator until the dough is stiff. Put into a very hot oven, 450° F. and bake until a rich brown, about 15 to 20 minutes. Cool. Spread Cream Filling (see Frostings and Fillings), over half the strips, cover with the rest of the strips, and ice with plain white icing.

BANBURY TARTS

Roll out pie pastry ⅛ inch thick. Cut into 3 inch squares. Mix together ¼ cup each of chopped raisins, dates, figs, and nuts, 1 cup of light brown sugar, 1 tablespoon of flour, 1 beaten egg, and the juice and grated rind of 1 lemon. Put 1 spoonful of the mixture on each square of pastry. Moisten the edges with cold water, fold over diagonally and press the edges together with the prongs of a fork. Bake in a hot oven, 400° F., for 15 or 20 minutes, until brown.

APPLE FLADEN (HUNGARIAN)

Rub together on a pastry-board ½ pound of sweet butter with 1 pound (4 cups sifted) of flour, add 4 tablespoons of powdered sugar, a little salt, 4 egg yolks and moisten with ½ cup of sour cream; cover and set aside in the ice-box for ½ hour. Take 2 pounds of sour apples, peel, cut fine, mix with ½ cup of light-colored raisins, sugar and cinnamon to taste. Cut the dough in 2 pieces, roll out 1 piece and place on greased baking pan. Spread over this 4 tablespoons of bread crumbs and the chopped sugared apples, roll out the other half of dough, place on top and spread with white of 1 egg. Sprinkle with 2 tablespoons of powdered almonds. Bake in hot oven, 400° F., until well browned.

PASTRY FOR STRUDELS

Sift 2 cups of flour on a mixing board in a mound. Make a depression in the center of the mound. Mix together ½ cup of luke-

warm water, 1 tablespoon of vegetable oil, 1 egg and a pinch of salt. Pour this mixture slowly into the center of the flour and stir with a knife until well mixed. Knead until smooth, and place on a clean floured board. Cover the dough with a warm bowl, and let it stand for 30 minutes.

Cover a table with a tablecloth and dust the cloth with flour. Put the dough in the middle of the cloth, and roll with a rolling pin as thin as possible without breaking it. Curl the fingers of both hands into the palms, and place the hands under the pastry. With the back of the hands gently pull and stretch the dough until it is as thin as tissue paper. Great care must be taken not to tear the dough. Cut away the thicker dough at the edges.

APPLE STRUDEL

Peel, core, and chop fine 6 sour apples. Mix with them ½ cup of seedless raisins, ½ cup of currants, ½ cup of chopped nuts, 1 cup of sugar, and 1 teaspoon of cinnamon. Spread this mixture evenly over the dough. Dot with ¼ cup of oil. Roll the dough over the apples on one side, then hold the cloth high with both hands, and the strudel will roll itself over and over into a big roll. Cut the roll to fit a large greased, shallow baking pan. Place the pan at the edge of the cloth, and roll the strudel into it. Bake in a moderate oven, about ¾ of an hour until brown and crisp. Baste occasionally during the baking with oil.

RAHM STRUDEL

Drip 1 quart of thick sour milk lightly over prepared strudel pastry. Sprinkle 1 cup of fine bread crumbs over the milk, then sprinkle 2 cups of sugar, 1 cup of chopped nuts, 1 cup of raisins, and 1 teaspoon of cinnamon over the crumbs. Roll up as for a Jelly Roll and place in a well greased pan. Dot with bits of butter, and bake in a moderate oven about 30 minutes, until crisp and brown.

CHERRY STRUDEL

Stem and pit 2 quarts of sour cherries. Add ½ cup of stale bread crumbs, the grated peel of ½ lemon, 1 cup of sugar, ½ teaspoon of cinnamon, and ¼ pound of ground nuts. Prepare strudel pastry, and when it is stretched as thin as possible, sprinkle ¼ cup of vegetable oil over it. Spread the cherry mixture over the pastry and roll as for a jelly roll. Place in a well greased, shallow baking pan, and bake in a moderate oven, 375° F., until crisp and brown. Baste often with vegetable oil during the baking.

ALMOND (MANDEL) STRUDEL

Blanch and grind ½ pound of almonds. Beat the yolks of 4 eggs and ½ cup of granulated sugar until light and thick. Add

the grated peel of 1 lemon and the almonds. Sprinkle ¼ cup of oil over prepared strudel pastry, and sprinkle the almond mixture over this. Roll up as for a Jelly Roll, place in a well greased pan, and bake in a moderate oven, 375° F., until crisp and brown. Baste frequently with oil during the baking.

CABBAGE STRUDEL

Heat ½ cup of chicken fat or butter. Chop 1 medium sized cabbage and add to the fat. Stir constantly until the cabbage is tender. Cool. Add 1 cup of raisins and currants mixed, 2 cups of sugar, ½ cup of chopped almonds, and 1 teaspoon of cinnamon. Spread over prepared strudel pastry and roll up as for Jelly Roll. Place in a well greased baking pan, and place in a moderate oven, 375° F. Baste frequently with butter or fat during the baking.

QUARK (DUTCH CHEESE) STRUDEL

Rub ½ pound of Dutch cheese through a coarse sieve, add ½ teaspoon of salt, the yolks of 2 eggs, 1 whole egg, and sugar to taste. Blanch and pound 2 ounces of almonds, and add them to the cheese with the grated peel of 1 lemon, ¼ cup of sultana raisins, and 1 tablespoon of finely chopped citron. Roll up and place in a well greased baking dish. Set in a moderate oven, 375° F., and bake until crisp and brown. Baste with sweet cream as it bakes.

STRUDEL AUS KALBSLUNGE

Wash a calf's lung and heart in salt water. Cover with cold water, add 1 teaspoon of salt, 1 onion, a few bay leaves, and a few celery leaves, and cook until the meat is tender. Remove the meat from the liquid and chop it as fine as possible. Melt ¼ cup of fat in a saucepan and add the meat, 1 tablespoon of chopped parsley, ¼ teaspoon of pepper, ¼ teaspoon of salt and nutmeg, the grated peel of ½ lemon, and 2 tablespoons of sherry. Bring to a boil, and stir in 2 beaten egg yolks. Remove from the fire and cool. Spread the mixture over prepared Strudel pastry and roll up as for Jelly Roll. Place in a well greased pan and spread ⅛ cup of fat over the top. Bake in a moderate oven, 350° F., until crisp and brown. Baste with fat frequently as it bakes. Eat hot.

RICE STRUDEL

Wash ¼ pound of rice in hot water 3 times. Bring 2 cups of milk to a boil, stir in the rice, and cook and stir until the rice is soft and thick. Cool, and add 4 tablespoons of butter, the yolks of 4 eggs, ½ cup of sugar, and 1 teaspoon of vanilla. Mix well, and fold in the beaten whites of 2 eggs. If desired ½ cup of chopped

nuts or raisins may be added. Spread the mixture over prepared Strudel dough and roll up. Place in a well greased pan, and bake in a moderate oven, 350° F., until crisp and brown. Baste frequently with cream or butter as it bakes.

OLD-FASHIONED PUDDINGS

BAYERISCHE DAMPFNUDELN

Soak ½ cake of compressed yeast in ½ cup of lukewarm milk, to which has been added ½ teaspoon of sugar. Sift 1 cup of flour into a bowl, add a pinch of salt, ½ cup of milk, and 1 egg. Beat until smooth and stir in the yeast mixture. Gradually add about 1 cup of sifted flour, a little at a time. Stir well after each addition. The batter should be smooth, but not stiff. Cover the dough and let it rise in a warm place until double, about 4 hours. With the hands mold the dough into small biscuits. Place them on a floured board, and let them stand for 30 minutes. Place them in a deep, well-greased baking dish, and pour in enough milk to reach half way up the dumplings. Bake at 350° F., until light brown. Serve hot with vanilla sauce.

These dumplings may also be steamed. Place them well apart in a steamer, as they swell until double in bulk; cover tightly, and cook about 20 minutes. At the end of that time, tear one apart with 2 forks and taste it, to see if the dumplings are thoroughly done. Serve hot with prune sauce.

APPLE SLUMP

(1) Pare, core, and quarter 5 apples. Place in a stew pan, add ½ cup of water, and cook gently until tender. Add enough sugar, a little at a time, to taste. The amount of sugar will depend on the tartness of the apples. Cook 1 minute longer. Remove from the fire. Sift together 2 cups of flour and 1 teaspoon of baking powder. Add a pinch of salt and 2 cups of milk. Beat well and pour over the apples in the pan. Cover tightly, and cook 10 minutes without lifting the lid. Serve hot with cream and sugar or soft custard.

(2) Beat together ¼ cup of sugar, ⅛ teaspoon of salt, 1 cup of flour and 1 cup of milk until smooth. Melt ¼ cup of butter in a large shallow baking pan. Tilt the pan and let the butter spread over it to grease it well. Then pour the butter into the batter. Pare, core and slice enough apples to make 2 cups. Add to the batter. Pour into the greased pan, not more than ¾ of an inch deep, and bake at 350° F., until golden brown, about 30 minutes. Serve with cream and sugar.

BOILED APPLE DUMPLINGS

Beat 2 eggs until light. Add 2 cups of milk and 2 cups of flour sifted with 2 teaspoons of baking powder and a pinch of salt. Mix thoroughly, and add enough flour to make a soft dough. Roll out quickly on a floured board until the dough is ½ inch thick. Cut into 4-inch squares. Peel, core and quarter 4 apples. Place 3 quarters in the center of each square. Sprinkle with sugar and a bit of cinnamon. Pinch the dough over the apples. Wring out of cold water a pudding cloth for each dumpling. Sprinkle the inside well with flour. Place a dumpling in each, leave a little room for swelling, and tie tightly. Drop into a kettle of boiling water, and boil steadily for 1 hour. Serve hot with hard sauce. Have a saucer in the bottom of the kettle to prevent burning.

BOILED PEACH DUMPLINGS

Substitute an equal amount of peeled and pitted peaches for the apples in the above recipe. Serve with compote of peaches. (See Desserts.)

HUCKLEBERRY DUMPLINGS

Remove the crust from ½ loaf of stale bread. Soak the white part in cold water until soft, then squeeze dry. Beat 3 eggs and 1 cup of sifted brown sugar together until light and thick. Add 1 pint of huckleberries, a pinch of salt, and the bread. Mix well, and form into dumplings. Cook in steadily boiling water for 1 hour. Serve with hard sauce.

HUNGARIAN PLUM KNOEDEL

Boil 3 medium potatoes until tender. Mash, and add 1 egg yolk, a pinch of salt, and enough flour to make a dough soft enough to hold the impress of a finger. Roll out on a floured board and cut into 3-inch squares. Pit 1 German plum for each square. Fill the cavity with a mixture of 2 parts of sugar to 1 part of cinnamon. Put a whole plum in the center of each square and press the dough over it. Roll into a round dumpling. Cook, covered, in boiling salted water for 8 minutes. Serve with bread crumbs browned in butter or fat.

BIRNE KLOESSE (PEAR DUMPLING)

Grate the crust of ½ loaf of stale white bread. Soak the white part until soft, and squeeze dry. Sift together 1 cup of flour, ½ teaspoon of baking powder, ¼ teaspoon of salt, ½ teaspoon of cinnamon, and ¼ teaspoon of nutmeg. Add the bread and crumbs, 1 cup of finely chopped suet, and 1 egg. Mix until smooth, form into a dumpling, and place it on a small plate in a large kettle. Mix 1

pound of prunes and 1 pound of dried pears with 1 cup of brown sugar and 1 teaspoon of cinnamon. Place them around the dumpling. Add cold water almost to cover and 2 tablespoons of claret. Cover the kettle tightly, and cook for 2 hours. Serve hot. Dried apples may be substituted for the pears.

CHERRY ROLY-POLY

Pit 1 quart of sour red cherries and mix with 1 cup of sugar, or use 2 cups of well drained canned cherries. Prepare baking-powder biscuit dough (see Biscuits), and roll out ½ inch thick. Cover with the cherries and sprinkle with ¼ teaspoon of cinnamon and dot with 2 tablespoons of butter or substitute. Roll up, wet the edges, and pinch them well together. Wring a pudding bag out of hot water, and flour the inside well. Put the roll in, tie tightly, but leave room for the pudding to swell. Place in a steamer and steam for 1 and ½ hours. Serve with cream or hard sauce.

The Roly-Poly may also be placed in a greased baking dish, and baked about 30 minutes at 400° F., until golden brown. Serve with hard or cherry sauce.

KUGEL

Soak 5 rolls in cold water, then squeeze dry. Place in a mixing bowl, and add ½ cup of chicken or goose fat cut into tiny pieces, 4 eggs, 1 cup of flour, ½ cup of sugar, and ¼ cup of cracker meal. Mix well, and stir in ½ teaspoon of salt, a pinch of pepper, and ¼ teaspoon each of cinnamon and allspice. Cut 4 apples, or 3 apples and 2 pears, into small pieces and stir into the batter. Cover the bottom of an iron pot with fat ¼ inch deep. Pour in the batter, and place a few pieces of apple on top. Pour 1 cup of cold water over the pudding, and bake in a moderate oven for 3 hours, until well baked and brown.

NOODLE KUGEL

Cook 3 cups of broad noodles in boiling salted water for 10 minutes. Drain well, and add ¾ cup of chicken or goose fat. Beat 4 eggs until very light and add to the noodles. Pour into a well greased iron pot or pudding dish, and bake in a moderate oven about 1 hour, or until the top of the pudding is well browned.

PEAR KUGEL

Prepare stewed pears, (see Desserts). Flavor with claret. Soak ½ loaf of bread in cold water until soft and squeeze dry. Cream ½ cup of fat with 1 cup of sugar. Add the bread, ½ teaspoon of salt, and ¼ cup of flour. Mix well. Grease a pudding dish. Add a layer of kugel mixture, and a layer of drained pears. Repeat. Bake in a slow oven, 325° F., until well browned.

KRAUT KUGEL

Chop a small cabbage and cook it gently in 4 tablespoons of fat until brown. Place in the refrigerator overnight. Next day, add ¼ loaf of bread soaked in water and squeezed dry, ½ cup of flour, ½ cup of brown sugar, ½ cup of raisins, 1 tablespoon of finely chopped citron, ¼ cup of pounded, blanched almonds, ½ teaspoon of cinnamon, ½ teaspoon of salt, a pinch of allspice, the juice and rind (grated) of a lemon, and 4 eggs. Mix thoroughly, and pour into a well-greased iron pot or pudding dish. Bake slowly, at 325° F., until well-browned.

APPLE KUGEL

Soak ½ loaf of stale bread in water until soft and squeeze dry. Add ½ cup of suet cut into tiny pieces, 1 cup of sugar, 1 teaspoon of cinnamon, ¼ cup of pounded almonds and 3 egg yolks. Mix until thoroughly blended. Stir in 2 cups of peeled and thinly sliced apples and ½ cup of raisins. Beat the 3 egg whites stiff and fold into the kugel. Pour into a greased pan, and bake in a moderate oven, 350° F., for 1 hour.

RICE KUGEL

Cook 1 cup of rice in 4 cups of boiling water until tender. Drain and cool. Cream ¼ cup of butter or fat with ⅞ cup of powdered sugar. Add ½ teaspoon of cinnamon and the grated peel of a lemon. Beat in 3 eggs, one at a time, and beat well after each addition. Add ½ cup of seeded raisins, and ¼ cup of chopped nuts. Stir in the rice last. Bake 1 hour in a greased pudding dish, in a moderate oven, 350° F. Serve hot or cold with brandy or wine sauce.

APPLE SCHALET

(1) Sift 2 cups of flour into a deep bowl. Cut ½ pound of suet as fine as possible. Add the suet, 1 cup of ice-water, and ¼ teaspoon of salt to the flour. Mix well, turn out on a floured board, and knead for 5 minutes. Divide the dough in half. Roll out 1 part ¼ inch thick, and line a greased pudding dish with it. An iron pot is best for this purpose. The dough should cover the bottom and sides of the dish to the top. Fill the dish ⅓ full of chopped apples, and sprinkle them with a mixture of ¼ cup of raisins, 1 teaspoon of chopped citron, ¼ of a grated lemon rind, 4 powdered almonds, ¼ cup of white sugar, ¼ cup of brown sugar, and ½ teaspoon of cinnamon. Melt 1 tablespoon of shortening and drip this over the raisin mixture. If desired ½ of a wine glass of wine may be poured over the mixture. Divide the remaining dough in half. Roll out ½ and place it over the apples and raisins. Add another layer of apples and raisin mixture similar to the first. Dot again with

melted fat, and add the wine if desired. Roll out the remaining dough and place it over the top. Moisten the edge of the bottom crust with beaten egg and press the top crust firmly against it with the prongs of a fork. Pour 1 cup of water over the pudding and bake in a moderate oven, 350° F., for 2 hours. If the top browns too quickly cover the pudding dish.

This pudding improves if it is made the day before it is to be used and reheated. Always add a cup of water before reheating it. When the pudding is ready to be served, unmold it on a hot platter, and pour a wine glass of brandy over it. Light the brandy and carry the pudding to the table in flames.

If the apples are dry, a little more water should be used to moisten the pudding before putting it into the oven.

(2) Line an iron pot, well-greased, or a greased pudding dish with schalet dough. Chop 4 apples fine, add ½ cup of raisins, 1 cup of sugar, and 1 teaspoon of cinnamon. Put half of the apple mixture on the dough. Cover with another layer of dough. Put the rest of the apples on this and cover with a third layer of dough. Press the edges of the dough firmly together, and bake in a slow oven, 325° F., for about 2 hours, until a deep brown.

SCHALET DOUGH (MERBER DECK)

Cream 4 tablespoons of fat, add a pinch of salt, 2 tablespoons of granulated sugar, and 1 well beaten egg. Mix well. Add 1 cup of sifted flour and about 3 tablespoons of water. Roll out the dough on a floured board.

NOODLE SCHALET

Cook ½ pound of broad noodles in boiling salted water until tender. Drain, and rinse in cold water. Drain thoroughly. Add 3 eggs beaten until light. Grease an iron pudding dish, or any other type of pudding dish, with 4 tablespoons of melted fat. Pour the excess fat into the noodles, and add 1 cup of sugar, ¼ cup of currants or raisins, 1 teaspoon of cinnamon, ½ cup of chopped nuts, 1 finely chopped tart apple, and the grated rind of a lemon. Pour into the pudding dish, and bake 45 minutes in a fairly cool oven, about 325° F. Serve with jelly.

CARROT SCHALET

Boil 1 pound of scraped carrots until tender. Let them get cold and then grate them. Cream 1 heaping tablespoon of fat and 4 tablespoons of sugar. Add the yolks of 4 eggs beaten until light, the grated peel of a lemon, 1 teaspoon of cinnamon, ¼ teaspoon of nutmeg, 3 tablespoons of flour sifted with 1 teaspoon of baking powder, a pinch of salt, and the grated carrots. Beat the egg whites

until stiff and fold into the pudding batter. Melt 3 tablespoons of fat in a pudding dish, and grease the dish well with the fat. Pour in the batter, and bake in a moderate oven 1 hour. Sprinkle with sugar and cinnamon, and return to the oven for 5 minutes. Serve hot.

SEVEN LAYER SCHALET

Mix together 2 cups of sifted flour, 1 egg, 3 tablespoons of fat, ¼ cup of sugar, and a pinch of salt. Knead lightly until smooth, and place in the refrigerator. Mix together 1 cup of sugar, 1 and ½ teaspoons of cinnamon, and 3 tablespoons of bread crumbs. When the dough is cold, divide it into 7 pieces, and roll out each piece the size of a 6 or 7 inch pudding dish.

Place 1 layer of the dough in the bottom of the greased baking dish. Spread it with 1 teaspoon of melted fat, and sprinkle some of the sugar and cinnamon mixture over it. Place the second layer of dough on this, and sprinkle with 2 ounces of blanched, grated almonds, and a little of the sugar mixture. Cover with a third layer of dough, spread this with 1 teaspoon of melted fat, and add a little of the sugar mixture and ½ pound of seedless raisins. Place the fourth layer of dough on this, spread with jelly, and sprinkle with ½ pound of finely cut citron. Add another layer of dough, spread with fat and sugar mixture as before, and sprinkle over it the juice and grated rind of a lemon. Put on the sixth layer of dough and sprinkle with sugar mixture. Add the last layer of dough, spread with fat, and sprinkle the rest of the sugar mixture over it. Bake in a cool oven, 325° F., until well browned. If desired, this pudding may be cooled and frosted. It will then keep for a month.

BOILED POTATO PUDDING

Boil ½ pound of white potatoes, and cool overnight. Next day, grate the potatoes. Beat 4 egg yolks and ½ cup of sugar until light, add ½ cup of blanched and pounded almonds, the grated rind and juice of a lemon, and a pinch of salt. Mix well. Beat the egg whites until stiff. Fold the grated potatoes into the batter, then fold in the egg whites. Pour into a well-greased pudding dish. Set the pudding dish in a pan of water which reaches half way up the sides of the dish. Bake in a moderate oven, 350° F., about 40 minutes, or until brown. Turn out on a platter and serve at once with wine, chocolate, or lemon sauce.

POTATO SCHALET

Peel and grate 5 large potatoes and 1 onion. Soak 2 slices of white bread and 3 crackers until soft, and squeeze dry. Add to the

potatoes with 1 teaspoon of salt, 2 tablespoons of hot fat, and 1 well-beaten egg. Melt ¼ cup of fat in a pudding dish, and pour in the batter. Over it pour 1 cup of cold water. Bake in a hot oven, 400° F., about 1 hour, or until well browned.

SWEET POTATO PUDDING

Mix together 1 quart of grated, raw sweet potatoes, 2 tablespoons of chicken fat, 1 cup of brown sugar, ½ pint of molasses, 3 cups of cold water, ½ teaspoon of salt, a pinch of black pepper, the grated rind of an orange, ¼ teaspoon of ginger, ¼ teaspoon of nutmeg, and ½ teaspoon of cinnamon. Pour into a greased baking dish, and bake in a moderate oven, 350° F., about 1 hour, or until the mixture jellies. Serve hot or cold.

DESSERTS

FRESH BERRIES

Select firm, ripe berries. Wash them thoroughly, and spread them in a shallow dish as soon as possible, but do not hull until a short time before serving. Keep in the refrigerator until serving time. Hull, sprinkle with powdered sugar to taste, and serve with cream.

CHILLED BANANAS

Put bananas in the refrigerator until thoroughly chilled. Without peeling, cut them lengthwise in half. Place 2 halves on each serving plate, with a quarter of a lemon, and a generous teaspoon of powdered sugar beside them. Eat with a fork or spoon after dipping in sugar, and sprinkling with lemon juice.

FRESH PINEAPPLE

Peel a pineapple and dig out all the eyes. Remove the core, and cut in strips lengthwise or in crosswise slices. Sugar well, and place in the refrigerator until chilled.

FRESH PINEAPPLE WHIP

Peel, remove the eyes, and core a pineapple. Grate it and sweeten to taste with powdered sugar. Whip the whites of 2 eggs until stiff and fold into the pineapple. Whip 1 cup of heavy cream until stiff and fold into the mixture. Chill, and pile in sherbet glasses. This amount serves 5 or 6.

FRESH PEACHES

Chill 1 large freestone peach for each serving. Just before serving peel and slice. Sprinkle with powdered sugar, and serve with ice cold plain or whipped cream.

WATERMELONS

Select firm, ripe melons. Chill thoroughly, and cut in half lengthwise. Cut each half lengthwise into 3 sections. Divide each section into 3 or 4 pieces, depending on the size of the melon. Serve with a fork and knife.

WATERMELON WITH WINE

Boil 1 cup of claret or sherry and ½ cup of sugar until it becomes a thick syrup. Pour the syrup over a melon which has been

cut in half. Place in the refrigerator for several hours before serving. If claret is used, it may be spiced to taste while boiling with a few whole spices.

SNOWFLAKES

Open and drain a large cocoanut. Peel and grate into a fruit dish. Mix with powdered sugar to taste. Chill and serve with whipped cream.

ORANGE AND BANANA DESSERT

Peel, cut in half lengthwise, and slice 3 bananas. Peel 3 very juicy oranges, and cut into small pieces. Remove the seeds. Pour the oranges and the juice which escaped when they were cut over the bananas. Sweeten to taste with powdered sugar and chill.

FROSTED APPLES

Pare and core 6 large apples. Cover with 1 pint of water and 3 tablespoons of sugar; simmer until tender. Remove from the syrup and drain. Wash the parings and let simmer with a little water for ½ hour. Beat the white of 1 egg to a stiff froth and add 1 tablespoon of sugar. Coat the top of the apples lightly with the meringue and place in a cool oven to dry. Strain the juice from the parings, add 2 tablespoons of sugar, return to the fire and let boil for 5 minutes; add a few drops of lemon juice and a little nutmeg, cool and pour around the apples.

APPLE FLOAT

Peel 6 big apples and slice them. Put them in a saucepan with just enough water to cover them and cook until tender. Then put them through a colander and add the grated rind and juice of ½ lemon, sweeten to taste and stir in a trace of nutmeg. Fold in the stiffly beaten whites of 4 eggs and put the dish on ice. Serve with whipped or plain cream.

APPLE COMPOTE

Take 6 apples ("Greenings," "Baldwins" or "Bellflowers"), pare, quarter, core and lay them in cold water as soon as pared. Then take the parings and seeds, put in a dish with 1 cup of water and 1 cup of white wine, and boil for about 15 minutes. Strain through a fine sieve, then put on to boil again, and add ½ cup of white sugar and the peel of ½ lemon. Put in the apples and let them stew for 15 minutes longer. When the apples are tender, take up each piece carefully with a silver spoon and lay on a platter to cool. Let the syrup boil down to about ½ the quantity and pour it over the apples. Chill.

APPLE ROLY POLY

Roll a rich biscuit dough out in a sheet, pare and slice green harvest apples and strew over the dough, leaving a margin of 1 inch all around. Sprinkle thickly with granulated sugar and cinnamon, and with a little mace. Dot with plenty of oil. Roll like a jelly roll, fasten the ends securely, pierce with a fork, and bake with just enough water to cover the bottom of the pan. Bake in a fairly hot oven, about 400° F. for 40 minutes.

FRIED APPLES

Quarter and core five apples without paring. Put into a frying-pan 1 cup of sugar, 1 tablespoon of butter and 3 tablespoons of water. Let this melt and lay in the apples with the skin up. Cover and fry slowly until brown.

DESSERT BAKED APPLES

(1) Use 1 large baking apple for each portion. Wash and core. Fill the cavities firmly with a mixture of brown sugar, raisins, and cinnamon. Place the apples in a greased baking dish, pour ¾ cup of water over them, and sprinkle 1 teaspoon of sugar on each apple. Bake in a moderate oven, 350° F., until very tender. Remove carefully to a serving dish, and pour the syrup in the pan over them. Chill and serve with cream.

(2) Core apples, and fill the cavities with cranberry sauce. Place in a baking pan, put 1 cup of cranberry sauce around them, and sprinkle 1 teaspoon of white sugar over the top of each apple. Bake at 350° F., until very tender. Chill and serve with cranberry sauce.

DELMONICO APPLE PUDDING

Measure 3 cups of sweetened apple sauce. (See Sauces for Meats.) Blanch and chop fine ½ cup of almonds, crush 1 cup of macaroons, and melt 2 tablespoons of shortening. Place ½ of the apple sauce in a greased pudding dish. Cover with half the almonds and macaroons mixed together. Pour some of the shortening over them. Repeat. Bake 30 minutes in a moderate oven, 350° F. Serve hot or cold with whipped cream. Makes 5 portions.

APPLE SNOW

Peel and grate 1 large sour apple, sprinkling over it ¾ cup of powdered sugar as it is grated, to keep it from turning dark. Add the unbeaten whites of 2 eggs. Beat constantly until white and thick. Chill, and arrange mound fashion on a glass dish with cold boiled custard around it.

APPLE AND LADY FINGER PUDDING

Core and peel 5 large apples. Cut ½ inch off the top of each and chop this with ½ cup each of blanched almonds, citron, and raisins. Place the apples in a greased baking dish, and fill the cores tightly with the chopped fruit and nuts. Sprinkle with 1 teaspoon of sugar and 1 teaspoon of white wine for each apple. Bake in a moderate oven, 350° F., until the apples are tender. Cool. Beat the yolks of 4 eggs with 1 cup of sugar until light and thick. Fold in the stiffly beaten whites of the eggs, 8 crushed lady fingers, and the juice of 1 lemon. Pour over the apples, and return to the oven, which has been cooled to 325° F. Bake until the sponge is firm, and lightly browned. Serve cold.

APPLE TAPIOCA PUDDING

Combine 2 and ½ cups of water, 3 tablespoons of quick cooking tapioca, ½ cup of sugar, and ¼ teaspoon of salt in a saucepan. Mix well and bring to a boil, stirring constantly. Cook 1 minute. Peel and slice 1 cup of apples. Place them in a greased baking dish and pour the tapioca mixture over them. Bake in a moderate oven, 350° F., about 30 minutes, until the apples are tender. Chill and serve with cream.

BROWN BETTY

Pare, quarter, core and slice 4 medium-sized apples. Melt ¼ cup of butter and pour it with the juice of ½ lemon over 1 cup of bread crumbs. Mix ½ teaspoon of cinnamon, grated rind of ½ lemon and ¼ cup of sugar together. Butter a baking dish; put in alternate layers of apple and bread crumbs, sprinkling the apples with the sugar mixture, and making the last layer of crumbs. Pour ¼ cup of boiling water on before adding the last layer of crumbs; cover and bake for 30 minutes or until the apples are soft; then uncover and brown the crumbs. Serve with cream or with soft custard or lemon sauce. If desired for a meat meal, substitute chicken-fat for butter and use lemon sauce.

APPLE AND HONEY PUDDING

Substitute ½ cup of honey for the sugar in Brown Betty. Serve with cream.

BIRD'S NEST PUDDING

Pare and core 5 large tart apples. Cut ½ inch off the top of each apple to use as a cover. Carefully scrape out most of inside of each apple, leaving a wall ¼ inch thick. Be very careful not to break the apples. Chop the scrapings, and add ½ cup of sugar, ½ teaspoon of cinnamon, ¼ cup of raisins, ¼ cup of chopped nuts,

the grated peel of a lemon, and 2 tablespoons of white wine. Fill the apples with this mixture, and put back the top of the apples to cover them. Place in a greased baking dish, and bake in a moderate oven, 350° F., for a few minutes, while the sponge is being prepared. Beat 4 egg yolks and 1 cup of powdered sugar until light and thick. Fold in 1 cup of sifted flour and the stiffly beaten whites of the eggs. Pour over the apples, return to the oven, and bake 30 minutes. Eat warm or cold, plain or with any desired sauce.

BAKED APPLE DUMPLINGS

Prepare pie crust for 2-crust pie, (see Pies and Pastry). Roll out ¼ inch thick. Cut into 5 squares. Peel and core 5 medium sized apples, and place an apple in each square. Fill the core with sugar and cinnamon. Put ½ teaspoon of butter on each apple. Fold the points of the pastry over each apple and seal the edges well. Place in a greased baking pan. Mix 1 cup of boiling water with 1 cup of sugar, 2 tablespoons of butter and ½ teaspoon of cinnamon. Pour this around the apples. Place in an oven pre-heated to 450° F., for 15 minutes, lower the heat, and bake at 350° F., until the crust is brown and the apples are tender, about 15 minutes longer. Serve with whipped cream or hard sauce.

SOUR CREAM APPLE CAKE

Cream ½ cup of shortening and ½ cup of cream cheese. Work in 1 and ½ cups of flour. Transfer to a floured pastry board and roll out ⅓ inch thick. Fit into an oiled, shallow pan. Peel, core and slice 3 apples, and place them evenly over the pastry. Pour ½ cup of sour cream over the apples, and sprinkle ½ cup of confectioner's sugar sifted with ½ teaspoon of cinnamon over the cream. Bake at 375° F., about 30 minutes, until the apples are tender and the top is browned. Sprinkle with additional confectioner's sugar, and serve at once.

PEACH COMPOTE

Pare 6 whole peaches, and place in a saucepan with 1 cup of boiling water and ½ cup of sugar. Add 3 or 4 cloves with the heads removed, and a piece of stick cinnamon. Boil until the peaches are tender. Remove them with a perforated skimmer, and lay them in the serving dish. Boil the syrup until it is thick, and pour over the peaches. Chill and serve with cream. Cling peaches may be used for this dish.

RUSSIAN COMPOTE

Boil together for 5 minutes the juice of 2 lemons, the juice of 2 oranges, 1 cup of water, 2 cups of sugar, ½ teaspoon of cinnamon, the grated rind of a lemon, 1 cup of red wine, and ½ glass of

Madeira, arrak or rum. Peel, pit and slice ¾ cup of fresh peaches, add ¾ cup of diced fresh pineapple, and ¼ cup each of peeled, sliced apricots, whole strawberries and raspberries. Put the fruit into a serving dish, and pour the syrup over it. Toss lightly from time to time until the syrup is cold. Chill before serving. This amount serves 8 to 10.

SCALLOPED PEACHES

Pour 2 cups of boiling water over 2 cups of stale bread crumbs. Stir in 1 tablespoon of shortening, and let stand 20 minutes. Beat 3 eggs and ½ cup of sugar until light and thick. Mix well with the bread crumbs. Peel, slice, and sweeten 2 cups of peaches, or use an equal quantity of canned peaches, well drained. Grease a pudding dish. Pour in ⅓ of the batter, cover with ⅓ of the peaches, and repeat. Save a little of the batter to cover the top row of peaches. Bake at 350° F., for 1 hour. Serve with Foamy Sauce.

PEACH COBBLER

Place 1 and ½ cups of canned peaches in a greased baking dish. Sprinkle with ¼ cup of sugar and 1 tablespoon of lemon juice. Sift together 1 and ½ cups of sifted flour and 2 teaspoons of baking powder. Cut in 2 tablespoons of shortening until the mixture is as fine as meal. Combine 1 well beaten egg with 6 tablespoons of peach syrup. Add to the flour mixture, and stir until blended. Spread the dough over the peaches and bake in a hot oven, 425° F., for 15 minutes. Combine ¼ cup of peach syrup with ⅛ teaspoon of almond extract. Pour over the pudding and bake 15 minutes longer. Serve hot with cream.

CHERRY COBBLER

Substitute an equal quantity of canned cherries and cherry syrup for the peaches and syrup in Peach Cobbler.

RHUBARB COBBLER

Substitute 1 and ½ cups of stewed rhubarb for the peaches in Peach Cobbler. Use orange juice in place of the peach syrup.

BAKED PEACH DUMPLINGS

Make a rich baking powder biscuit dough, adding 1 tablespoon of sugar, and 1 extra tablespoon shortening. Roll ¼ inch thick and cut in 4-inch squares. Pit ripe peaches, fill the cavity with cinnamon, sugar, and bits of shortening. Fold up in the dough, pinch the edges together, place in a greased pan, and bake at 400° F. until done. After baking 10 minutes, pour a syrup made of 1 cup sugar to ¾ cup water and 2 tablespoons corn syrup boiled together, over them.

RASPBERRY COMPOTE

Boil ½ cup of water and 1 cup of sugar for 5 minutes after it comes to an active boil. Carefully pick over and wash 1 quart of raspberries. Add to the syrup and boil up once. Chill and serve with cream.

PINEAPPLE COMPOTE

Peel a fresh pineapple, core and remove all the eyes. Cut into slices ¼ inch thick. Place in a saucepan with 1 cup of sugar and ¾ cup of tart orange juice. Cook until the pineapple is tender. Remove it with a perforated skimmer and place it in a serving dish. Boil the syrup until clear and pour over the pineapple. A wineglass of brandy cooked with the syrup will greatly improve this compote. Serve cold.

PEAR COMPOTE

Pare 5 or 6 medium sized pears, but leave on the stems. Cook in 1 cup of water mixed with ½ cup of sugar until the pears are tender. Add a few cloves with the heads removed and 1 stick of cinnamon to the syrup as it begins to boil. Remove the pears and cool them. Boil the syrup until thick. Arrange the pears in a glass serving dish with the stems along the outer rim. Pour the syrup over them. Serve chilled, with cream.

PEARS BAKED IN LEMON SYRUP

Without removing the stems, peel small, not too ripe, pears, and drop in ice water to which a little lemon juice has been added. For 6 pears, make a syrup of 1 cup sugar, ¾ cup water, and the juice of ½ lemon. Cook 5 minutes, then place the pears in a baking dish and pour the syrup over them. Cover and bake slowly till tender, remove cover, and bake 5 minutes longer. Chill.

HUCKLEBERRY COMPOTE

Pick over a quart of huckleberries or blueberries and wash thoroughly. Place them in a saucepan with ½ cup of sugar and ½ teaspoon of cinnamon. Add no water. Bring slowly to a boil, stirring constantly, and cook 5 minutes. Pour into a glass bowl and chill.

HUCKLEBERRY OR BLUEBERRY PUDDING

Cream ¼ cup of shortening with ¾ cup of sugar until smooth. Add 1 well beaten egg. Mix and sift together 2 and ¼ cups of sifted flour, 2 teaspoons of baking powder, and ½ teaspoon of salt. Mix ¼ cup of the flour mixture with 1 cup of berries. Add the rest alternately to the first mixture with ½ cup of milk. Mix until smooth and stir in the berries. Pour into a greased shallow pan,

and bake in a moderate oven, 350° F., about 40 minutes, until done. Cut in squares and serve hot with Lemon Sauce.

STRAWBERRY AND PINEAPPLE DELIGHT

Combine ¾ cup of well-drained canned or fresh strawberries, ¾ cup of well-drained crushed pineapple, ¾ cup of crumbled vanilla wafers, and 1 and ½ cups of whipped cream. Pile in 6 sherbet glasses and chill. Garnish with whole strawberries.

STRAWBERRY SHORTCAKE

(1) Sift together 3 cups of sifted flour, 4 and ½ teaspoons of baking powder, 1 and ½ tablespoons of sugar, and 1 and ½ teaspoons of salt. Cut in ¾ cup of shortening until the mixture looks like meal. Stir in ¾ cup of milk, and mix to a soft dough. Knead lightly for 20 seconds. Divide dough in half. Pat 1 piece into a 9-inch greased layer cake pan. Spread with soft butter, and cover with the other half of the dough, patting it to fit the pan. Bake in a very hot oven, 450° F., for 30 minutes. Meanwhile, wash and hull 2 quarts of fresh strawberries, cut in quarters, and sweeten to taste. Place in the refrigerator until needed. When the cake is ready, split the layers, and spread the bottom one with butter. Cover with half the berries, place the other layer on top, cut side up. Cover with the remaining berries, and spread with whipped cream. This amount serves 8. Serve at once, while the cake is hot.

(2) Bake sponge cake in 2 9-inch layers, or split an angel food cake into 2 layers each of which is 1 inch thick. When the cake is cooled, prepare the berries as for Strawberry Shortcake 1. Spread half the berries on 1 layer and cover with ½ cup of whipped cream. Put on the second layer of cake, cover with another layer of whipped cream and the rest of the berries.

If desired, only half the berries may be cut. Use the cut berries between the layers, and place whole berries over the cream on the top layer.

RED RASPBERRY FLOAT

Press enough ripe red raspberries through a fine sieve to make 1 cup of juice. Beat the whites of 4 eggs to a stiff froth, and gradually beat in ½ cup of powdered sugar. Very gradually add the fruit juice, beating constantly until the mixture stands in peaks. Chill and serve in a glass dish half filled with cold whipped cream. Heap the raspberry mixture on the cream by spoonfuls.

ROTHE GRITZE

Boil together 1 pint of red raspberries and 1 pint of currants in 2 cups of water until the berries are tender. Mash through a fine

sieve, and add ¾ cup of sugar. Bring to a boil. Dissolve 3 tablespoons of cornstarch in a little cold water, and stir into the hot juice. Cook and stir until thick, and the taste of cornstarch has disappeared. Pour into a mold, chill, and serve with cream.

STRAWBERRY MOLD

Substitute 1 quart of strawberries for the raspberries and currants in the above recipe.

CHERRY PUDDING

Pour 2 cups of scalded milk over 1 cup of bread crumbs. Add 1 tablespoon of butter, and cool. Beat 2 eggs and ¾ cup of sugar until light and thick. Stir into the crumb mixture, and season with ½ teaspoon of ground cinnamon. Stir in 1 pint of stoned cherries. Pour into a greased baking dish, and bake in a quick oven, 375° F., about 30 minutes, until brown. Serve with Cherry Sauce.

HONEY CHERRY PUDDING

Use ½ cup of sugar and ¼ cup of honey in place of ¾ cup of sugar in Cherry Pudding. A No. 2 can of sour pitted cherries, well drained, may be used in place of fresh cherries.

CHERRY ROLLS

Sift together 1 and ½ cups of cake flour, ½ teaspoon of salt, and 2 teaspoons of baking powder. Cut in 2 tablespoons of shortening. Gradually stir in ½ cup of milk. Roll into a rectangle ½ inch thick. Cover with 2 cups of cooked or canned, well-drained, pitted sour red cherries. Roll as for jelly roll and press the edges together. Cut into 1 and ½ inch slices. Place cut side down in greased pans. Boil 1 cup of cherry juice, 1 cup of water, and 1 cup of sugar mixed with 1 tablespoon of flour for 1 minute. Add 1 tablespoon of shortening and pour over the rolls. Bake in a hot oven, 425° F., for 30 minutes. Baste frequently with the syrup in the pan. Serve hot.

CHERRY RICE

Drain 1 cup of sour red cherries from their juice, and chop. Mix together 1 cup of cold cooked rice, ½ cup of sugar, ½ teaspoon of vanilla and 1 cup of whipped cream. Chill thoroughly. Fold in the cherries, and pile in sherbet glasses. Pour a little of the cherry juice over the top and serve at once.

BLACKBERRY CHARLOTTE

Stew 1 quart of blackberries with 1 cup each of water and sugar, until the berries are soft but have not entirely lost their shape. Line a pudding dish with very thin slices of buttered bread, leaving no spaces between. Pour in very gently half the hot berries, cover

with slices of bread and butter, then add the rest of the fruit. Top with bread and butter slices and press down carefully with a heavy plate. Set in a cold place over night. Unmold, and serve with cream and sugar.

STEWED RHUBARB

Wash rhubarb, and peel. Cut into 1 inch lengths, add just enough water to prevent burning, and cook gently until the rhubarb is tender, but has not lost its shape. Sweeten to taste, and chill.

RHUBARB BETTY

Sweeten 2 cups of thick stewed rhubarb to taste. Add 1 tablespoon of lemon juice. Measure 1 cup of fine bread crumbs. In a greased baking dish, place alternate layers of bread crumbs and rhubarb, having the crumbs first and last. Pour ¼ cup of melted shortening over the top, and bake in a moderate oven 350° F., about 30 minutes, until brown. Serve with hard sauce.

STEWED PRUNES

Cover prunes with water and soak overnight. Next morning, bring them to a boil, then lower the flame and simmer until the fruit is tender. If desired, a little sugar, a slice of lemon or orange, or a little claret or sauterne may be added just before the prunes are removed from the fire.

For quick cooking, cover the prunes with water and boil hard for 1 hour.

BAKED PRUNES

Cover 1 pound of prunes with cold water and soak for 4 hours. Drain the prunes, and keep the liquid. Add ¾ cup of sugar to the liquid and bring to a boil, but do not cook. Place the prunes in a casserole, cover with the syrup and bake in a cool oven, 325° F., for 40 minutes. If desired, a slice of lemon or orange may be added. This amount serves 6 to 8.

NORWEGIAN PRUNE PUDDING

Cover 1 cup of prunes with cold water and soak overnight. Add enough water to the prunes to make 2 cups of liquid. Add the shredded rind of an orange and 1 tablespoon of lemon juice. Cook until the prunes are tender. Add ¼ cup of sugar and ⅛ teaspoon of salt. Drain and measure the liquor. Add enough water to make 2 cups. Pit and chop the prunes and add to the liquid. Mix 1 and ½ tablespoons of cornstarch with a little cold water to a smooth paste. Add to the prune mixture. Return to the stove, and stir until the mixture reaches the boiling point. Cook and stir for 5 minutes. Transfer to a mold rinsed in cold water and chill. Serve with plain or whipped cream.

BLACK AND WHITE FLUFF

Pit and cut into small pieces 1 and ½ cups of drained, stewed prunes. Slice 2 bananas, and cut 12 marshmallows into 8 pieces each. Whip 1 cup of cream until stiff, fold in the prunes, bananas, marshmallows, and ½ teaspoon of lemon extract. Pile in sherbet glasses, chill, and garnish with a Maraschino cherry. This amount serves 6 to 8.

PRUNE WHIP

Sweeten 2 cups of drained, stewed prunes to taste, and mash through a sieve. Measure the pulp, which should be about 1 and ½ cups. Fold in an equal quantity of whipped cream or stiffly beaten egg whites. Pile in glasses and chill.

BAKED PRUNE WHIP

Pit 2 cups of stewed prunes, and mash to a pulp. Add 1 teaspoon of grated lemon rind, 2 teaspoons of lemon juice, and 4 tablespoons of powdered sugar. Blend well. Beat the whites of 4 eggs until stiff, add 2 tablespoons of powdered sugar and continue beating until thoroughly blended. Fold prune mixture by spoonfuls into the egg whites. Pile lightly in a greased pudding dish, and bake in a moderate oven, 350° F., for 30 minutes.

RAISIN PUDDING

Rinse, drain, and chop 1 cup of seedless raisins. Combine ½ cup of firmly packed brown sugar, 2 tablespoons of flour, and ¼ teaspoon of salt with 1 cup of rich milk. Beat 1 egg until light, and blend a little of the milk mixture with it. Gradually stir in the rest of the milk. Place in the top of a double boiler and cook and stir until thick. Remove from the stove, and stir in ¼ teaspoon of vanilla and the raisins. Place 4 large graham crackers in a square pudding dish, cover with half the pudding, and place 4 more graham crackers over it. Add the rest of the pudding and top with 4 graham crackers. Chill, cut in squares, and serve with whipped cream.

PINEAPPLE TAPIOCA

Scald 1 pint of grape juice, (2 cups), in the top of a double boiler. Shake in 5 tablespoons of quick cooking tapioca, to prevent lumping, and stir until the tapioca is blended. Add ½ teaspoon of salt and cook 15 minutes in the top of the double boiler, stirring occasionally. Add ½ cup of sugar, blend thoroughly, and remove from the fire. Add 1 cup of well-drained, crushed pineapple. Cool to lukewarm and stir in 1 cupful of quartered marshmallows. Place a few spoonfuls of macaroon crumbs in each of 6 dessert

glasses. Cover with the pudding. Chill and serve with whipped cream.

TAPIOCA CREAM

Measure 2 cups of milk. Mix a little of the milk with 1 beaten egg yolk in a saucepan. Add the rest of the milk, 3 tablespoons of quick cooking tapioca, ¼ cup of sugar, ⅛ teaspoon of salt, and ½ teaspoon of vanilla. Stir until blended, and bring to a boil over direct heat. Cook 2 minutes, and cool. Beat egg white until stiff and fold into the pudding. Pour into serving glasses and chill. Serve with cream or any desired sauce. For variation, ½ cup of chopped nuts, raisins, cocoanut, or fruit may be added.

BOILED CUSTARD

Scald 2 cups of milk with ½ cup of sugar. Beat 2 egg yolks until smooth, and gradually pour the milk over them, stirring constantly. Place in the top of a double boiler, over hot, not boiling water, and cook and stir over the water until the custard coats the spoon. Stir the mixture from the sides and bottom of the saucepan. Beat the egg whites until stiff, and gradually fold the custard into them. Flavor with ½ teaspoon of vanilla.

Custard must be cooked over very low heat or it will curdle. If it should curdle, remove from the fire at once, set the saucepan in a dish of ice water, and whip with a Dover beater until smooth.

BAKED CUSTARD

Beat 2 eggs until light. Scald 2 cups of milk with ½ cup of sugar. Gradually pour the milk over the eggs, stirring constantly. Add a pinch of salt and ½ teaspoon of vanilla. Pour into 4 large greased custard cups, set the cups in a pan of water, and bake in a cool oven, 325° F., until the custard is set. Custard is done when a silver knife blade inserted into the center of the pudding will come out clean.

CARAMEL CUSTARD

Melt ½ cup of sugar in a saucepan over low heat until it is a light brown. Add 2 cups of scalded milk, and cook and stir until the lumps have dissolved. Pour gradually over 2 well beaten eggs. Add ½ teaspoon of vanilla and a pinch of salt. Pour into 4 large greased custard cups, set the cups in a pan of cold water, and bake in a cool oven, 325° F., until set. (See Baked Custard.)

BAKED CHOCOLATE CUSTARD

Add 1 square (1 ounce) of bitter chocolate to 2 cups of milk and heat in the top of a double boiler. When the chocolate is melted, beat with a Dover beater until smooth. Beat 2 eggs and

½ cup of sugar until smooth. Add a pinch of salt, and gradually stir in the milk. Add ½ teaspoon of vanilla. Pour into 4 large greased custard cups, place them in a pan of water, and bake in a cool oven, 325° F., about 40 minutes, or until a silver knife blade inserted in the center of the pudding comes out clean. Chill, unmold, and serve with cream.

CORNSTARCH PUDDING (BLANC MANGE)

Mix together ½ cup of sugar, 3 tablespoons of cornstarch, 3 tablespoons of flour, and ¼ teaspoon of salt. Gradually add 3 cups of scalded milk and mix well, then cook and stir in the top of a double boiler until thick. Cover and cook 15 minutes. Remove from the fire and pour slowly over 2 well-beaten egg yolks, stirring as you pour. Return to the stove and cook 2 minutes. Add 1 teaspoon of vanilla and fold into 2 stiffly beaten egg whites. Pour into a mold wet with cold water. Chill, unmold, and serve with any desired sauce. Makes 6 large servings.

CHOCOLATE BLANC MANGE

Follow the recipe for Cornstarch Pudding, but add 1 and ½ squares of melted bitter chocolate with the scalded milk. Serve with whipped cream.

FLOATING ISLAND

Separate the yolks and whites of 3 eggs. Beat the whites until stiff. Scald 2 cups of milk, and put the whites into it by spoonfuls. Let the whites poach in the milk for 3 minutes, then remove them with a perforated skimmer and lay them on a platter. Beat the yolks with ½ cup of sugar until light and thick. Gradually pour the hot milk over them, stirring constantly. Return to the top of a double boiler, and cook over hot, not boiling water until the custard coats the spoon. Cool and flavor with ½ teaspoon of vanilla or almond extract. Pour into a deep glass dish. Put the whites on top, and garnish with jelly or candied fruit. Chill thoroughly before serving.

BOHEMIAN CREAM

Melt 1 cup of grape jelly. Add 2 cups of whipping cream and whip to a froth. Chill thoroughly, and serve with lady fingers.

CRÈME BRÛLÉE

Scald 2 cups of sweet light cream and 3 tablespoons of brown or shaved maple sugar in a double boiler. Beat 4 egg yolks until smooth. Combine ½ cup of the cream with the yolks, then gradually stir in the rest of the cream. Return to the double boiler and cook over hot, not boiling, water, until the mixture thickens

slightly and coats the spoon. Be careful not to overcook, as the mixture will curdle. Pour into greased custard cups, and chill until set. Sprinkle the tops of the custard with brown or shaved maple sugar ½ inch thick. Place under the broiler until the sugar carmelizes. Watch carefully so sugar does not scorch. Cool again and chill before serving. This makes 6 small servings.

CHOCOLATE MACAROON CREAM

Whip 1 cup of cream. Break 12 chocolate macaroons into small pieces and fold into the cream. Add 1 teaspoon of vanilla. Pile in sherbet glasses, chill, and garnish with 6 dates cut in strips.

CHOCOLATE SOUFFLÉ

Cut 2 and ½ squares of bitter chocolate into small pieces and add to 1 cup of cold milk. Place in a double boiler and heat until the chocolate is melted. Beat with a rotary or Dover beater until blended. Mix 2 tablespoons of melted butter with 3 tablespoons of flour. Gradually stir in the chocolate mixture. Cook and stir until thickened, and remove from the fire. Beat ⅓ of a cup of sugar with 3 egg yolks until light and thick. Add the chocolate mixture and blend thoroughly. Cool. Beat the 3 egg whites until stiff and fold into the mixture. Add 1 teaspoon of vanilla. Pour into a greased baking dish, set the dish in a pan of hot water, and bake in a moderate oven, 350° F., for 50 or 60 minutes, until firm. Serve at once with a garnish of chopped nuts and whipped cream, or with Marshmallow Mint Sauce. Serves 6–8.

CHOCOLATE VELVET CREAM

Scald 3 cups of milk. Add 2 squares (ounces) of bitter chocolate, and stir until the chocolate melts. Combine ⅔ cup of granulated sugar, ½ cup of cornstarch, and ½ teaspoon of salt with 1 cup of cold milk, and mix to a smooth paste. Add the scalded milk, and cook and stir until thick. Cool slightly. Whip ½ cup of cream until stiff. Whip 1 egg white until stiff, and combine it with the cream. Fold in the chocolate mixture, add ½ teaspoon of vanilla and ¼ cup of powdered sugar. Pile in sherbet glasses and chill. Makes 8–10 servings.

CHARLOTTE RUSSE

Line 4 sherbet glasses with 16 split lady fingers. Whip 1 cup of heavy cream. Fold ⅓ cup of powdered sugar and ½ teaspoon of vanilla into the cream. Pile in sherbet glasses and chill.

STRAWBERRY CHARLOTTE RUSSE

Crush 1 pint of strawberries, and add ½ cup of sugar and 1 teaspoon of lemon juice. Let stand for 30 minutes, then fold into

1 cup of heavy cream whipped stiff. Line 4 sherbet glasses with 16 split lady fingers, and fill with the Charlotte Russe mixture. Chill before serving.

CHOCOLATE CHARLOTTE RUSSE

Blend ½ square of bitter chocolate with 1 tablespoon of cream and melt. Add 2 tablespoons of marshmallow cream and 2 tablespoons of powdered sugar. Whip 1 cup of heavy cream, fold in chocolate mixture and add ½ teaspoon of vanilla. Turn into a dish lined with split lady fingers or strips of sponge cake. Chill. Serves 4.

TRIFLE

Slice a small sponge cake, and lay the slices in a dish. Moisten the cake with ¼ cup of sherry. Combine ½ cup of milk, ½ cup of sherry and ½ cup of heavy cream. Pour ½ of this mixture over the cake. To the rest add ½ cup of heavy cream and whip until stiff. Spread over the cake, chill and serve.

QUEEN OF TRIFLES

Scald 2 cups of milk, and pour over 2 eggs beaten with ½ cup of sugar, and 1 teaspoon of cornstarch. Cook in a double boiler over hot, not boiling water until thick, stirring constantly. Cool.

Soak ¼ pound of macaroons in sherry. Blanch and chop ¼ cup of almonds, and cut fine ¼ cup of dried figs. Line a deep glass bowl with split lady fingers, about ¼ of a pound. Add the macaroons, nuts, and figs in layers. Then pour the custard over all. Set in the refrigerator to chill, and garnish with sweetened whipped cream, and crystallized cherries.

PUFF PUDDING

Beat the yolks of 5 eggs until light and thick. Mix ¾ cup of flour with 2 cups of milk and ½ teaspoon of salt to a thin paste. Stir into the yolks. Beat the egg whites until stiff with ½ cup of powdered sugar, and fold into the batter. Flavor with 1 teaspoon of vanilla. Pour into a greased baking dish, and set the dish in a pan of water. Bake at 375° F., for 30 minutes. Serve at once in the same dish with cherry or chocolate sauce.

PISTACHIO CREAM

Remove the kernels from ½ pound of pistachio nuts, and pound them in a mortar with 1 tablespoon of brandy. Scald 1 pint of cream in the top of a double boiler and add the nuts. Beat the yolks of 3 eggs with 2 tablespoons of powdered sugar until light. Gradually pour the cream over them. Return to the fire and cook

over hot water until the mixture thickens slightly. Tint a delicate green and pour into a bowl. Chill and garnish with pistachio nuts.

MACAROON ISLAND

Fill a glass bowl with alternate layers of ¼ pound of macaroons, ¼ pound of lady fingers, and ¼ pound of chopped nuts. Place a layer of crystallized cherries on top. Boil 1 cup of sherry, 1 cup of sugar, and ½ cup of water together for 5 minutes. Pour it over the cake in the bowl and chill. Whip 1 cup of heavy cream, sweeten with 1 tablespoon of powdered sugar, and flavor with ½ teaspoon of vanilla. Spread over the pudding.

BREAD PUDDING

(1) Remove the crusts, and cut 1 cup of stale bread into ¼ inch cubes. Place in a greased baking dish. Beat 2 eggs with ½ cup of sugar until well blended. Gradually stir in 2 cups of milk, a pinch of salt, 2 tablespoons of melted butter, and 1 teaspoon of vanilla. Mix thoroughly and pour over the bread cubes. Let the mixture stand for 20 minutes, then put into an oven pre-heated to 350° F., and bake 30 minutes until firm. Serve hot or cold with any desired sauce.

(2) Soak 1 cup of fine bread crumbs in 2 cups of milk for 30 minutes. Beat 2 eggs with ½ cup of sugar until light and thick. Add to the milk and crumbs and mix well. Stir in 2 tablespoons of melted butter and 1 teaspoon of vanilla. Pour into a greased pan, and bake in a moderate oven, 350° F., until firm, about 30 minutes. Serve with any desired sauce.

FRUITED BREAD PUDDING

Either of the above bread puddings may be varied by adding ½ cup of any desired fruit, such as raisins, currants, shredded cocoanut, drained crushed pineapple; or chopped prunes, figs, dates, peaches, apples, etc. One-half cup of chopped nuts may also be added.

CHOCOLATE BREAD PUDDING

Add 1 square of bitter chocolate to 2 cups of cold milk. Heat in the top of a double boiler until the chocolate is melted. Beat with a rotary beater until smooth. Beat ¾ cup of sugar with 2 eggs and a pinch of salt until blended. Gradually stir in the milk mixture. Add 1 teaspoon of vanilla. Cut 1 cup of stale bread into cubes and place in a greased baking dish. Cover with the chocolate mixture, place the baking dish in a pan of hot water, and bake in a moderate oven, 350° F., about 40 minutes until firm. Serve hot with hard sauce or cold with whipped cream.

QUEEN BREAD PUDDING

Soak 1 cup of fine bread crumbs in 2 cups of milk for 30 minutes. Cream 1 tablespoon of butter with 1 cup of sugar until smooth, add 3 well-beaten egg yolks and beat until light. Add the crumbs, the milk, and 1 teaspoon of vanilla. Mix well and pour into a greased baking dish. Bake in a moderate oven, 350° F., about 25 minutes, until almost dry. Remove from the oven, and spread with a layer of chopped fresh fruit or jam. Beat the whites of the eggs stiff with 4 tablespoons of sugar and spread over the pudding. Return to the oven, lower the heat to 300° F., and bake until the meringue is a delicate brown. Serve cold.

LEMON BREAD PUDDING

Grate the rind of 1 and ½ lemons. Pour ½ cup of water over the rind, and let it stand for 5 minutes. Cream ⅓ cup of shortening with ¾ cup of sugar until light. Add 2 beaten egg yolks and beat until light and fluffy. Add the juice of 1 and ½ lemons to the rind and water. Measure 2 cups of fine bread crumbs. Add the crumbs and lemon juice mixture alternately to the creamed eggs and sugar. Beat until smooth and pour into a greased baking dish. Bake at 350° F., for 25 minutes. Beat the 2 egg whites until stiff and add 4 tablespoons of sugar gradually. Continue beating until stiff and spread over the pudding. Return to the oven, lower the heat to 300° F., and bake until the meringue is a delicate brown. Serve cold.

RYE BREAD PUDDING

(1) Beat the yolks of 3 eggs with 1 cup of sugar until light and thick. Add 1 teaspoon of cinnamon, a pinch of cloves, a pinch of allspice, and 1 cup of fine stale rye bread crumbs. Beat the whites until stiff and fold into the mixture. Pour into a greased baking dish, set the dish in a pan of hot water, and bake at 350° F., until the pudding is firm, about 45 minutes. Serve at once with sherry wine sauce or whipped cream.

(2) Beat 1 cup of any tart jam until it is frothy. Add 2 cups of sifted stale rye bread crumbs and ½ cup of sugar. Mix well and pack into 6 molds. Chill for several hours and serve with whipped cream.

RICE PUDDING

Separate the whites and yolks of 2 eggs. To the yolks add 2 tablespoons of milk and mix well. Scald 2 cups of milk, add ½ cup of washed raisins, and cook in the top of a double boiler for 15 minutes. Add 1 and ¼ cups of cooked rice and cook and stir for 5 minutes. Gradually add the yolks of the eggs, stir until mixed,

and add 1 tablespoon of powdered sugar, 1/8 teaspoon of cinnamon, 1/4 teaspoon of salt, and 1/2 cup of granulated sugar. Stir until blended, and pour into a greased pudding dish. Beat the whites of the eggs with 4 tablespoons of sugar until stiff, spread over the pudding, and bake in a cool oven, 325° F., until the meringue is a delicate brown. Serve cold.

RICE CONDÉ

Boil 1 cup rice in 4 cups of water until tender. Drain and rinse in cold water. Drain again, and add 1/4 cup sugar, 1 teaspoon vanilla, and the beaten yolk of an egg. Shape into mounds with a spoon. Poach canned pears in their own juice until very tender and drain. Place a pear half on each rice mound, pour a little of the syrup over it, and serve with Apricot Sauce.

HAWAIIAN CREAM DESSERT

Lightly mix together 1/2 cup cold boiled rice, 1/2 cup drained crushed pineapple, 1/2 cup chopped nut meats, 12 marshmallows cut in pieces, and 2 cups whipped cream. Pile in sherbet glasses and serve with cookies.

OLD FASHIONED RICE PUDDING

Wash 1/2 cup of rice thoroughly, add 1 quart of milk, 1/2 teaspoon of cinnamon, 4 tablespoons of white or brown sugar, and 1/2 teaspoon of salt. Bake for 3 hours in a very slow oven, 285° F., stirring several times during the first hour. Serve hot or cold. If desired 1/2 cup of raisins may be baked with the pudding. Do not allow the pudding to boil as it bakes.

RICE CUSTARD

Beat 4 eggs and 1 cup of sugar until light and thick. Add 1 cup of cooked rice, 2 cups of milk, the juice and rind of a lemon, and 1/2 teaspoon of cinnamon. Pour into a greased pudding dish, and set the dish in a pan of hot water. Bake in a moderate oven, 350° F., until firm, about 1 hour. Chill and serve with lemon sauce.

LEMON PUFFS

Beat the yolks of 4 eggs until light and thick. Beat the whites of the 4 eggs until stiff and fold into the yolks. Measure 5 level tablespoons of flour and 2 cups of milk. Dissolve the flour in a little of the milk, then gradually add the rest of the milk. Stir this mixture into the beaten eggs and add a pinch of salt and 3 tablespoons of melted butter. Pour the mixture into 6 large greased custard cups, and bake in a hot oven, 400° F., until brown, about 20 minutes. Turn out carefully on serving dishes and cool. Serve with Fluffy Lemon Sauce.

LEMON CHATEAU

Place 5 slices of sponge cake on dessert dishes. Beat 3 egg yolks until light and thick with ½ cup of sugar. Add the juice of 2 lemons and place in the top of a double boiler. Cook and stir over hot water until thick. Remove from the fire, and fold into the stiffly beaten whites of the 3 eggs. Pour at once over the sponge cake and serve immediately.

LEAF PUFFS

Cream 1 cup of butter until soft, add 2 cups of sifted flour, mix well, and add just enough cream to make a dough that will roll easily. Roll out ¼ inch thick on a floured board, and cut into 2 inch squares. Place on a cooky sheet and bake at 375° F., until a light brown. Sprinkle with powdered sugar and bake 1 minute longer.

AUFLAUF

Bring to a boil 1 cup of milk. Stir in quickly ½ cup of sifted flour. Stir and cook until all the lumps are gone, and the mixture is of the consistency of soft mashed potatoes. Remove from the stove, and break in, one at a time, the yolks of 3 eggs. Beat well after each addition. Add a pinch of salt to the whites and beat until stiff. Fold into the batter. Pour into a greased square pan, and bake in a very hot oven, 450° F., from 15 to 20 minutes, until well browned. Serve at once, cut in squares, with jelly or preserves.

FARINA PUDDING

Chop fine 10 blanched almonds, and add to 3 cups of milk. Add 9 level tablespoons of sugar, and bring to a boil. Measure ¾ of a cup of farina and stir it slowly into the boiling milk. Stir constantly to avoid lumps. Cook for 12 minutes, stirring occasionally. Add 1 teaspoon of vanilla, and fold into the beaten whites of 3 eggs. Pour into a mold wet with cold water and chill. Unmold and serve with apricot or any other fruit sauce.

CHESTNUT PUDDING

Boil 1 pound of chestnuts 15 minutes. Shell and skin them, add 1 cup of milk, and boil until the chestnuts are tender. Press through a sieve. Measure 2 cups of sweetened apple sauce and color it red with a little melted currant jelly. Grease a baking mold well and put in a layer of chestnut purée. Add a layer of apple sauce and repeat until all the purée and sauce have been used. Pour the juice of a lemon over the pudding, and bake 30 minutes in a moderately cool oven, 325° F. Unmold, and serve with whipped cream colored with melted currant jelly.

GINGERBREAD

Cream 3 tablespoons of shortening with ½ cup of sugar until smooth. Add 1 well beaten egg. Sift together 1 and ½ cups of sifted flour, ⅛ teaspoon of salt, 1 teaspoon of ginger, 1 teaspoon of cinnamon, and 1 teaspoon of baking soda. Measure ½ cup of sour milk, or hot milk or water. Mix with it ½ cup of molasses. Add to the batter alternately with the flour, and mix until smooth. Pour into a greased pan, 10 x 10 x 2 inches, and bake in a fairly cool oven, 325° F., for about 40 minutes, or until a toothpick inserted in the cake will come out dry. Serve hot or cold with whipped cream, apple sauce, lemon sauce, or cream cheese sauce.

FUDGE DELIGHT

Use 1 large cup cake for each portion. Cut off the top to form a cap, and slightly hollow the cake. Fill with whipped cream, replace the top, pour fudge sauce over it, dot with a little more whipped cream in the center of the top.

CONDENSED MILK CHOCOLATE PUDDING

Melt 2 squares bitter chocolate in a double boiler. Add 1 and ⅓ cups condensed milk, and cook for 5 minutes. Remove from fire and add ⅓ cup water. Let cool about 5 minutes and fold in stiffly beaten whites of 2 eggs. Chill.

CARROT PUDDING

Cream ½ cup shortening, ½ cup brown sugar, and an egg. Add 1 cup raw grated carrots, ½ cup seedless raisins, ½ cup currants, and 2 teaspoons thinly cut lemon peel. Add 1 and ¼ cups flour sifted with ½ teaspoon soda, 1 teaspoon baking powder, ½ teaspoon salt, ½ teaspoon cinnamon, ½ teaspoon nutmeg. Beat well with 1 tablespoon water. Pour into a greased baking dish and bake at 325° F. for 1 hour. Serve with hard or foamy sauce.

APRICOT ROYALE

Add a touch of brandy flavor to the juice of a No. 2 can of apricots, and a little fine sugar. Break up the fruit, add to the juice, and cook all until thick. Add the grated rind of a lemon and mash through a sieve. Whip the white of 1 egg, 1 cup of cream, and 2 tablespoons sugar. Flavor with grenadine. When the apricot is cool, fold in the cream and chill. Serve in glasses lined with lady fingers.

GRAHAM CRACKER DESSERT

Crumble 1 pound of graham crackers in a mixing bowl. Add 1 cup marshmallows, cut in bits; 1 cup dates, cut fine; 1 cup of nut meats, chopped; and 1 cup of heavy cream. Mix well and

place in a dish 5½ x 3½ x 3 inches deep, and place in the refrigerator for 12 hours. Cut in slices and serve with whipped cream.

ZABAGLIONE

Beat 4 eggs until light and thick. Add 2 tablespoons of sugar gradually and continue beating until thoroughly blended. Slowly beat in ½ cup of sherry or fruit juice. Place the mixture in the upper part of a double boiler, and cook over hot, not boiling water, beating constantly, until the mixture leaves the side of the pan. Remove from the fire, beat 1 minute more, pour into sherbet glasses, and serve warm.

MERINGUE SHELLS

Beat 3 egg whites until stiff, and add 1 tablespoon of vinegar and 1 tablespoon of lemon juice. Gradually beat in 1 cup of fine, sifted sugar, and continue beating 15 minutes. Heap the mixture in mounds 2 inches in diameter on a greased cooky sheet, and bake about 40 minutes in a cool oven, 225° F., until the shells are a delicate brown and crisp. Split the shells horizontally and cool. Fill with ice cream, and add any desired sauce. Fresh, crushed sweetened strawberries or fudge sauce are especially nice. Cover with the top of the shell and serve at once.

MERINGUE BASKETS

Make the batter as for Meringue Shells. Using a pastry tube with a plain broad tip, shape the meringue into baskets 2 inches in diameter, and with sides 1 inch high. Bake and fill as for Meringue Shells, but do not split.

ORANGE CREAM PUDDING

Dissolve 2 tablespoons cornstarch in a little milk. Beat 2 eggs, add ¼ cup sugar and a pinch of salt gradually, then the cornstarch mixture added to 2 cups of milk. Cook in a double boiler until thick and smooth. Add 1 teaspoon orange extract and the grated rind of an orange. Put a small quantity of the pudding in sherbet glasses, and sprinkle with sweet chocolate and walnuts cut into bits. Then add more custard, chocolate and the nuts, until the glasses are full. Sprinkle the top with a little cinnamon and serve with lady fingers.

COTTAGE PUDDING

Cream ¼ cup of shortening with ¾ cup of sugar until smooth. Add 2 eggs and beat until light. Mix and sift 2 and ¼ cups of sifted flour, 3 teaspoons of baking powder, and ½ teaspoon of salt. Add to the batter alternately with ¾ cup of milk. Beat until smooth and add 1 teaspoon of vanilla. Pour into a shallow greased

pan, with the batter 1 inch deep. Bake at 400° F., for 20 to 25 minutes. Cut in squares and serve hot with Lemon or Chocolate Sauce.

This pudding may be varied by adding 1 and ½ squares of melted bitter chocolate with the eggs.

UPSIDE DOWN CAKE

Batter: Sift together 1 and ½ cups of sifted cake flour, 2 teaspoons of baking powder, ½ teaspoon of salt and ⅔ cup of sugar. Beat 1 egg until light, and add ½ cup of milk and ¼ cup of melted shortening. Add the dry ingredients and beat until blended. Stir in 1 teaspoon of vanilla. Pour over prepared fruit, and bake in a moderate oven, 350° F., about 50 minutes, until the cake is done. Loosen the cake from the pan, and invert at once on a serving dish. Cool and serve with whipped cream.

Fruit: In a 9-inch layer cake pan or a square pan 8 x 8 x 2 inches, melt 4 tablespoons of butter and ⅔ cup of brown sugar. Spread evenly over the bottom of the pan, and on it put 1 layer of fruit, cut side up. Sliced pineapple, apples, pitted prunes or cherries, or apricot and peach halves may be used. If desired, ¼ cup of nutmeats may be placed around the fruit.

BAKED INDIAN PUDDING

Scald 2 cups of milk, and gradually stir in 4 tablespoons of cornmeal. Stir until thick, and cook in a double boiler for 15 minutes. Mix together ¼ cup of sugar, ½ cup of molasses, ½ teaspoon of nutmeg, ¼ teaspoon of cinnamon, and ¼ teaspoon of salt. Add to the cornmeal and stir until blended. Add 1 tablespoon of butter, 1 beaten egg, and 1 teaspoon of vanilla. Pour into a greased baking dish, and bake in a moderate oven 1 hour.

SNOW PEAKS

Break 2 squares of bitter chocolate in pieces, and place them in the top of a double boiler. Add ½ cup of milk, and cook and stir over hot water until smooth and thick. Cream 3 tablespoons of shortening, ½ cup of sugar, and 1 egg until light and fluffy. Add the chocolate mixture and ½ teaspoon of vanilla. Sift together ½ cup of flour, ½ teaspoon of salt, and 1 teaspoon of baking powder. Add to the batter and mix well. Pour into 5 greased custard cups. Bake in a moderate oven, 350° F., about 20 minutes, or until done. Invert and serve at once with Marshmallow Mint Sauce.

FROZEN ECLAIRS

For each portion, cut an opening in the side of an eclair, and put in a scoop of vanilla ice cream. Cover with hot Fudge or Butterscotch Sauce, and serve at once.

ICE BOX CAKES

Ice Box Cakes are made of alternate layers of cake or cookies, and a creamy filling. They are placed in the refrigerator to chill for 24 hours before they are served. During this time the moisture in the filling softens the cookies, and the filling becomes firm.

While many ice box cakes are simple enough to be served even to very young children, others are very rich and elaborate and belong in the class of party desserts.

In many of the recipes, the sides of the mold, or form, are lined with lady fingers or strips of cake. To keep them from falling down until the filling is added, beat an egg white until it begins to foam, dip the top of the lady finger quickly into the white, and press it against the side of the form. The white will hold it firmly in place. Always put the top of the lady fingers against the side of the form, as this is the part that will show when the cake is finished. Place the cake or cookies which are used for the bottom and middle layers of the cake closely together. Put the top ones on in the form of the spokes of a wheel.

If a spring form is used to mold the cake, remove the sides when the cake is to be served, but leave the cake on the bottom part. Set the cake and the bottom on the serving plate.

CHILDREN'S ICE BOX CAKE

Line a square pan with waxed papers. Select 12 large, square graham crackers, and prepare 1 recipe of Chocolate Blanc Mange. Fit 4 of the graham crackers in the bottom of the pan, add ⅓ of the pudding, cover with 4 more crackers, and repeat until all the crackers and pudding are used. The pudding will be on top. Set in the refrigerator for 24 hours. Lift out of the pan, remove the waxed papers, and slice. Serve with whipped cream. Makes 8 servings.

CHOCOLATE ICE BOX CAKE

Cut 2 squares (2 ounces) of bitter chocolate in small pieces, and place them in the top of a double boiler with ½ cup of granulated sugar and ¼ cup of water. Cook and stir until the chocolate is melted and the mixture is smooth and thick. Beat 4 egg yolks until light and thick. Add gradually to the chocolate, and cook and stir a few minutes, until the yolks thicken. Remove from the fire and cool. Cream together 1 cup of unsalted butter and 1 cup of confectioner's sugar and add the chocolate mixture. Stir until thoroughly blended. Beat the 4 egg whites until stiff and fold into the mixture. Split 30 lady fingers. Line the bottom and sides of a spring form with the lady fingers, placed close together and with

the rounded side toward the pan. Add ⅓ of the filling, and cover with a layer of lady fingers. Repeat until all the filling is used. Top with lady fingers in the form of the spokes of a wheel. Chill in the refrigerator for 24 hours. Remove the sides of the form, and garnish with 1 cup of heavy cream, whipped until stiff. Serves 10.

MOCHA ICE BOX CAKE

Cream 1 cup of butter with 1 cup of confectioner's sugar until smooth and fluffy. Add 4 eggs, and beat until the mixture is as light as whipped cream. Stir in 1 cup of finely chopped nuts and 1 tablespoon of mocha essence. Split 15 lady fingers. Put a row of lady fingers around the side of a spring form with the rounded side toward the pan. Place 12 macaroons in the bottom of the pan. Add ⅓ of the filling, and cover with a layer of lady fingers. Add another ⅓ of the filling and cover with a layer of macaroons. Add the rest of the filling, and top with lady fingers in the form of the spokes of a wheel. Chill in the refrigerator for 24 hours, and remove the sides of the form. Garnish with 1 cup of cream whipped until stiff.

CHOCOLATE WAFER ROLL

Select 30 perfect, wide chocolate wafers. Whip 2 cups of heavy cream until stiff. Spread a layer of cream on a wafer, and top with another wafer. Cover this with another layer of whipped cream, and repeat until all the wafers are used. Have enough cream left over to cover the top and sides of the roll. Chill in the refrigerator for 24 hours. Place the roll on its side, spread with extra whipped cream and garnish with candied cherries. Slice diagonally.

CHOCOLATE WHIPPED CREAM LAYERS

Crush fine and sift enough chocolate snaps to make 4 cups. Add to it enough light cream to make a stiff batter, about 2 cups. Line 2 9-inch layer pans with waxed paper, and spread the chocolate mixture evenly in them. Chill in the refrigerator for 24 hours. Carefully unmold one layer on a cake platter, cover with a layer of whipped cream, and cover with the second layer of cake. Spread more whipped cream over the top. This cake is very rich, and should be cut in small portions.

FRENCH ICE BOX CAKE

Melt 2 squares of bitter chocolate in the top of a double boiler. Add 1 and ⅓ cups of sweetened condensed milk, and stir 5 minutes until the mixture thickens. Stir in ½ cup of water. Line an oblong loaf pan with waxed paper, and cover the bottom with a thin layer of the chocolate mixture. Cover this with a layer of vanilla

wafers. Add a layer of chocolate and another layer of wafers. Repeat until all the chocolate is used. Have a top layer of wafers. Place in the refrigerator for 24 hours. Unmold on a small platter, remove the paper, and cover with whipped cream. Serves 8.

STRAWBERRY ICE BOX CAKE

Cream 1 cup of butter until soft. Gradually add 1 and ¼ cups of sugar and cream until smooth. Wash, hull, and cut in quarters 1 pint of strawberries. Add to the creamed mixture with 1 cup of coarsely broken pecans. Beat 3 egg whites until stiff and fold into the mixture. Line a dish with broken vanilla wafers, and add a layer of strawberry mixture. Alternate layers of broken wafers and strawberry mixture until all the mixture is used. Top with broken wafers. Chill in the refrigerator for 12 hours. Cut into squares, and serve with whipped cream garnished with a whole strawberry. Serves 8–10.

ORANGE ICE BOX CAKE

Cut 2 9-inch layers of sponge cake in half horizontally to form 4 layers. Scald 2 cups of milk. Mix together 1 and ½ tablespoons of cornstarch, a pinch of salt, and ¼ cup of sugar. Add 2 tablespoons of orange juice and stir until smooth. Gradually add the hot milk. Cook and stir until smooth and thick. Add the grated rind of 2 oranges and 2 well beaten egg yolks. Cook 1 minute longer and cool to lukewarm. Beat the 2 egg whites until stiff and fold into the pudding mixture. Cut the 2 oranges into thin slices and break into sections. Spread the pudding mixture on 3 layers of the cake and cover the mixture with a layer of orange sections. Put the layers together, and put the plain layer of cake on top. Place in the refrigerator for 24 hours. Top with whipped cream, and garnish with orange sections.

LEMON ICE BOX CAKE

Make Orange Ice Box Cake, substituting the juice and rind of 1 lemon for the orange juice and rind, and omitting the orange sections.

STEAMED PUDDINGS

Steamed puddings are made either in a pudding mold or a bag. The mold must have a tight fitting cover. First grease the mold thoroughly, then sprinkle with sugar, to form a nice crust. Fill no more than ⅔ full of batter. Fit a piece of heavy waxed paper over the top and sides of the cover as an extra precaution against water entering the mold. Cover tightly, and place the mold in a large kettle filled with enough actively boiling water to come to the

rim of the mold. Place a weight on the cover of the mold, cover the kettle, and cook the required length of time. The water in the kettle must boil steadily all during the cooking. As it cooks away, add more boiling water.

Only certain puddings can be boiled in a bag. Use a prepared pudding bag, or make one of 2 thicknesses of cheesecloth stitched together. Wring the bag out of water, and dust the inside with flour. Put in the pudding, and tie the bag tightly, but give the pudding room to swell. Always remove steamed puddings from the mold as soon as they are done. If they are not served immediately, cool on a rack. To reheat, place them back in the tightly covered mold and boil 30 minutes. Serve steamed puddings hot.

When puddings are cooked in a bag, put a plate in the bottom of the kettle of water to prevent them from sticking and burning.

ALMOND PUDDING

Beat the yolks of 4 eggs very light with ½ cup of sugar; then add ½ cup of grated walnuts or almonds, ½ cup of grated white bread crumbs, then the stiffly-beaten whites of 4 eggs. Put in pudding form and steam from 1 and ½ to 2 hours. Serve with wine or fruit sauce.

RYE BREAD PUDDING

Dry ½ cup of rye bread crumbs in oven. Beat the yolks of 4 eggs very light with ½ cup of sugar, then add a pinch of cloves and allspice, ½ teaspoon of cinnamon, grated rind of ½ lemon and ¼ pound of chopped almonds. Moisten crumbs with 3 tablespoons of whiskey or brandy, add to eggs, then add stiffly-beaten whites of 4 eggs. Put in mold and boil 3 hours. Serve with a brandy or whiskey sauce.

NAPKIN PUDDING

Soak ½ loaf of stale white bread in water until moist. Squeeze as dry as possible. Put 2 tablespoons of fat or butter in a skillet and heat. Add the bread and stir until smooth and dry. Beat 5 eggs and 1 cup of sugar until light and thick. Add the eggs and flavor with the grated rind of a lemon. Make a pudding bag out of a large napkin, or use a prepared pudding bag. Wring out of water, dust with flour, and put the pudding in it. Tie tightly, leaving plenty of room for the pudding to swell. Place in boiling water and boil 2 hours. Serve at once with Jelly Sauce.

STEAMED CHOCOLATE PUDDING

Combine ¼ cup of shortening, ¼ teaspoon of salt, ½ teaspoon of baking soda, 1 teaspoon of vanilla, ⅔ cup of sugar, and 1 egg, and beat until light and fluffy. Add 1 and ½ ounces of melted

bitter chocolate. Add alternately ¾ cup of sifted flour and ½ cup of milk, blending after each addition until smooth. Pour into a well greased 1-quart mold, and steam 1 and ½ hours. Serve with Butterscotch or Marshmallow Mint Sauce.

STEAMED FIG, DATE, OR PRUNE PUDDING

Cut 1 cup of figs, or pitted prunes or dates into very small pieces. Cream together 6 tablespoons of soft shortening, the grated rind of 1 orange, 1 tablespoon of lemon juice, ½ teaspoon of salt, and ⅔ cup of sugar, until light and fluffy. Mix 1 well beaten egg with 6 tablespoons of milk or orange juice. Mix together 1 cup of very dry bread crumbs, 2 teaspoons of baking powder, and the cut fruit. Add alternately to the batter with the egg mixture, and blend thoroughly. Grease a 1 and ½ quart mold, and sprinkle with sugar. Pour in the batter, cover tightly, and steam 2 hours. Serve with Ice Cream Sauce or Wine Sauce.

STEAMED MOLASSES PUDDING

Beat 1 egg until light and add ¾ cup of molasses. Dissolve 1 teaspoon of soda in ½ cup of water and add to the molasses mixture. Sift together 1 and ½ cups of flour and ½ teaspoon of salt. Stir 1 cup of raisins into the flour and add to the batter. Stir in 2 tablespoons of melted shortening. Fill a 1-quart mold ⅔ full and steam 1 and ¼ hours. Serve with Foamy Sauce.

MOCK PLUM PUDDING

Sift together 1 cup of sifted flour and ¾ teaspoon of baking soda. Add 1 cup of grated raw potato, 1 cup of grated raw carrot, 1 cup of sugar, ½ cup of chopped nuts, ½ cup of raisins, 2 tablespoons of chopped citron, 2 tablespoons of chopped candied orange peel, 2 tablespoons of melted shortening, 1 teaspoon of salt, 1 teaspoon of cinnamon, ½ teaspoon of nutmeg, and a pinch of cloves. Grease a 2-quart mold, and fill ⅔ full. Cover tightly and steam 2 hours. Serve with Foamy or Brandy Sauce.

PLUM PUDDING

Chop very fine ¼ cup of suet. Add 1 cup of sugar, 3 cups of soft bread crumbs, 1 teaspoon of baking powder, 1 teaspoon of salt, ¼ teaspoon of nutmeg, ½ teaspoon of cinnamon, ¼ teaspoon of mace, ¼ teaspoon of clove, and 3 eggs beaten until light. Mix well and add ¾ cup of scalded grape juice. Add 2 tablespoons of chopped candied orange peel, 2 tablespoons of chopped candied lemon peel, 1 and ½ cups of raisins, ¼ cup of currants, ¼ cup of chopped figs, ½ cup of chopped nuts, and ½ cup of brandy. Fill a large greased mold, or several small ones, ⅔ full. Cover tightly

and steam. The large mold will require 4 hours, the small ones 2 hours. Serve with Brandy Sauce.

CANARY PUDDING

Cream 6 tablespoons of shortening with 6 tablespoons of sugar. Add 3 egg yolks beaten until light. Add 1/4 cup of flour and 1/4 cup of cherry brandy. Beat the 3 egg whites until light and fold into the mixture. Color the batter a delicate yellow. Fill a small greased mold 2/3 full, cover tightly and steam 45 minutes. Unmold and serve with whipped cream flavored with cherry brandy. This amount serves 4.

STEAMED MAPLE PUDDING

Mix together 1/4 cup of melted shortening, 3/4 cup of maple syrup, 1 beaten egg, 1/2 cup of milk, and 1/2 teaspoon of vanilla. Mix together 3 and 1/4 cups of stale cake crumbs, 1/3 teaspoon of salt, 2 tablespoons of flour, and 1 and 1/2 teaspoons of baking powder. Add to the first mixture and stir until blended. Fill a 2-quart greased mold 2/3 full of the mixture, cover tightly and steam 2 hours. Serve with Hard Sauce flavored with 2 tablespoons of maple syrup.

STEAMED CHERRY PUDDING

Cream 1/3 cup of shortening with 2/3 cup of sugar until light. Add 1 teaspoon of vanilla. Sift together 1 and 2/3 cups of sifted flour, 2 and 1/2 teaspoons of baking powder, and 1/4 teaspoon of salt. Add to the creamed mixture alternately with 1/2 cup of milk. Beat until smooth. Beat 3 egg whites until stiff and fold into the mixture. Cut 1/3 cup of candied cherries in half, 1/3 cup of dried apricots in thin slices, and 1/3 cup of citron in small pieces. Stir lightly into the batter. Pour into a deep, greased mold, filling it 2/3 full. Cover tightly and steam 1 and 1/4 hours. Serve with Cherry Sauce.

STEAMED BERRY PUDDING

Cream 1 tablespoon of butter with 1/4 cup of sugar. Add the yolk of 1 egg and mix well. Sift together 1 cup of flour with 1 teaspoon of baking powder. Add to the batter alternately with 1/2 cup of milk. Dredge 1/2 cup of blueberries or raspberries with flour and stir into the batter. Beat the egg white until stiff and fold in. Pour into a 1-quart greased melon mold, and steam 2 hours. Serve with Hard Sauce.

PRINCE ALBERT PUDDING

Grease a 2 and 1/2 quart pudding mold well, and make a design in the bottom of blanched almonds, candied cherries, and sliced citron. Cream until light 1 cup of sweet butter and 1 cup of pow-

dered sugar. Add the yolks of 6 eggs, one at a time, and beat well after each addition. Add the grated peel of a lemon, 1 cup of raisins, and ¼ cup of finely cut citron. Sift 2 cups of sifted cake flour 3 times and add to the batter. Fold in the stiffly beaten whites of the eggs. Pour into the mold carefully, so as not to disturb the design, cover tightly, and steam 3 hours. Serve with Brandy or Fruit Sauce.

VEGETABLE GELATINE PUDDINGS

There are now on the market several brands of vegetable gelatine which have been so perfected that they are as easy to use as the real gelatine. Since many of the most delicate and delicious desserts have gelatine as their base, the use of these vegetable products will add a whole new group of recipes to the menu.

There are two types of gelatine products, flavored and unflavored. All the recipes in this chapter use the unflavored type.

When real gelatine is used, 1 level tablespoon will jell 2 cups of liquid. Read the directions that come with the vegetable product carefully, and note how much liquid an equal quantity of the vegetable gelatine will jell. If more or less than 1 tablespoon is required for each pint of liquid, substitute that amount for the gelatine in the following recipes. To unmold, dip the mold quickly in hot water to the rim, and turn out at once on the serving plate.

LEMON JELLY

Soak 1 level tablespoon of the gelatine in ½ cup of cold water for 5 minutes. Add 1 cup of boiling water and stir until the gelatine is completely dissolved. Add ⅜ of a cup of sugar, stir until the sugar dissolves, then add ¼ cup of lemon juice and a pinch of salt. Pour into a wet mold, or 6 individual molds and chill in the refrigerator until firm. Unmold and serve with whipped cream. This amount serves 6.

ORANGE JELLY

Soak 1 level tablespoon of the gelatine in ¼ cup of cold water for 5 minutes. Add 1 cup of boiling water and stir until the gelatine is completely dissolved. Add ⅜ of a cup of sugar and stir until dissolved. Add ½ cup of orange juice and 1 tablespoon of lemon juice. Pour into 6 wet molds or 1 large mold and chill until firm. Unmold and serve with whipped cream. If desired, cut up fruits such as bananas, grapes, pears, etc., may be added. Do not use fresh pineapple with gelatine. Always use canned.

PINEAPPLE PUDDING

Soak 1 level tablespoon of the gelatine in 1 cup of cold water for 5 minutes. Mix ¾ cup of canned pineapple juice with ⅓ cup of sugar and bring to a boil. Add to the gelatine and stir until it is completely dissolved. Add 1 tablespoon of lemon juice and a pinch of salt. Pour into a mold and chill until it begins to thicken. Add small pieces of pineapple, and if desired, sliced strawberries. Chill until firm. Unmold and serve with whipped cream.

SNOW PUDDING

Soak 1 level tablespoon of the gelatine in ¼ cup of cold water for 5 minutes. Dissolve in ½ cup of boiling water. Add ¼ cup of sugar, 1 tablespoon of lemon juice, ½ cup of canned pineapple juice, and ½ cup of orange juice. Chill until the mixture begins to stiffen. Then beat with a rotary beater until thick and fluffy. Fold in 2 stiffly beaten egg whites. Pile in glasses and chill until stiff. Decorate with pieces of canned pineapple, and serve with whipped cream.

SPANISH CREAM

Soak 1 level tablespoon of the gelatine in 3 cups of milk for 5 minutes. Place over hot water and stir until the gelatine dissolves. Add ½ cup of sugar. Beat 3 egg yolks slightly and gradually stir in the milk. Cook and stir in the top of the double boiler until the mixture thickens slightly. Add 1 teaspoon of vanilla and a pinch of salt. Cool to lukewarm. Beat the egg whites until stiff and fold into the pudding. Chill in 1 large or 8 individual molds wet with cold water. The pudding will separate and form a jelly on the bottom and a custard on top. Unmold and serve with any desired sauce.

VARIATIONS FOR SPANISH CREAM

Chocolate: Add 2 squares of bitter melted chocolate to the milk before it is heated.

Coffee: Use 2 cups of strong coffee and ¾ cup of milk, instead of 3 cups of milk. Add ⅓ cup more sugar.

Butterscotch: Substitute ¾ cup of brown sugar for the white sugar. Cook the brown sugar with 2 tablespoons of butter in a double boiler for 2 minutes, and add to the hot milk.

BAVARIAN CREAM

(1) Soak 1 level tablespoon of the gelatine in ¼ cup of cold water for 5 minutes. Dissolve in ½ cup of scalded milk and add ⅓ cup of sugar. Chill until the mixture begins to thicken. Beat

2 cups of cream until stiff and fold into the mixture. Add 1 teaspoon of vanilla and a pinch of salt. Turn into a wet mold and chill until firm. Unmold and serve with any desired sauce. 6 servings.

(2) Soak 1 level tablespoon of the gelatine in ¼ cup of cold water for 5 minutes. Blend 1 cup of scalded milk, ½ cup of sugar and 2 egg yolks, and cook in a double boiler until the mixture begins to thicken. Add the gelatine and stir until dissolved. Chill until the mixture begins to thicken and fold in 1 cup of cream whipped until stiff and 1 teaspoon of vanilla. Pour into a wet mold and chill until firm. This makes 6 portions.

CHOCOLATE BAVARIAN CREAM

Add 2 squares of bitter, melted chocolate to the hot milk in either of the above recipes.

COFFEE BAVARIAN CREAM

Substitute ½ cup of strong coffee for an equal quantity of milk in Bavarian Cream (1).

FRUIT BAVARIAN CREAM

Substitute 1 cup of fruit juice for the milk in Bavarian Cream (1), and use 1 and ½ cups of cream. Garnish with fruit.

BUTTERSCOTCH BAVARIAN CREAM

Cook ¾ cup of brown sugar and 2 tablespoons of butter for 1 minute. Use in place of the white sugar in Bavarian Cream (2).

ICE BOX PUDDINGS

Prepare any desired Spanish or Bavarian Cream. Line the bottom and sides of a mold with lady fingers. Alternate layers of pudding and lady fingers as for ice box cake. Chill until firm. Unmold on a large platter and garnish with whipped cream.

ORANGE ICE BOX PUDDING

Soak 2 level tablespoons of the gelatine in ¼ cup of orange juice for 5 minutes. Place over hot water until the gelatine melts, then add ⅓ cup of sugar, ½ cup of boiling water, and ¾ cup of orange juice. Cool. Add 12 marshmallows cut into small pieces, and ½ cup of small orange pieces. When the mixture begins to stiffen, stir until fluffy, and fold in 1 cup of cream beaten stiff. Line a mold with 24 split lady fingers. Pour in half the filling, and cover with a layer of split lady fingers. Add the rest of the filling, and chill until firm. Remove the sides of the mold, garnish with whipped cream and orange segments, and serve at once. Serves 10.

NUT SOUFFLÉ

Soak 1 level tablespoon of the gelatine in ¼ cup of cold water for 5 minutes. Dissolve over hot water. Add ½ cup of sugar, ¾ cup of milk or fruit juice, and 1 cup of chopped nuts. Chill until the mixture begins to thicken, then fold in the white of 1 egg beaten stiff, and 1 cup of cream whipped stiff. Cut 1 cup of canned pineapple and strawberries into small pieces and fold into the pudding. Chill until firm in sherbet glasses. Sprinkle with chopped nuts.

GOLDEN PUDDING

Soak 1 tablespoon of gelatine in ¼ cup of cold water for 5 minutes. Add 1 cup of hot milk and stir until dissolved. Add ½ cup of sugar. Pour gradually over the beaten yolks of 2 eggs. Cook in a double boiler until the mixture coats the spoon. Remove from the fire and add ½ cup of orange juice and the grated rind of an orange. Cool, and fold in ½ cup of cream beaten stiff, a pinch of salt, and ½ teaspoon of lemon extract. Tint a golden yellow with coloring. Turn into a ring mold and chill until firm. Unmold, and fill the center with drained, canned apricots.

MARSHMALLOWS

Soak 2 tablespoons of the gelatine in ½ cup of cold water for 5 minutes. Meanwhile cook ¾ of a cup of water and 2 cups of fine granulated sugar until the syrup spins a thread. Add the gelatine, stir until dissolved, and cool to lukewarm. Add a few grains of salt and 1 teaspoon of vanilla. Beat until the mixture becomes white and thick. Pour into pans thickly dusted with confectioner's sugar, having the mixture 1 inch thick. Place in the refrigerator until chilled and firm. Turn out on a board dusted with confectioner's sugar, and cut into 1 inch cubes. Roll in confectioner's sugar.

STRAWBERRY CRÈME

Soak 1 tablespoon of gelatine in ⅓ cup of cold water for 5 minutes. Wash, hull, and cut in half 1 cup of strawberries, and add ½ cup of sugar. Bring just to the boiling point. Add the gelatine, stir until it dissolves, and cool the mixture. When it begins to thicken fold in 1 cup of cream whipped stiff. Pour into a wet mold, and chill until firm.

STRAWBERRY CRÈME CAKE

Prepare Strawberry Crème, and after adding the whipped cream spread the mixture over a layer of sponge cake. Set in the refrigerator until the filling is almost firm. Cover with a second layer of cake, and chill until firm. Top with 1 cup of cream whipped stiff, and garnish with whole strawberries.

MACAROON PUDDING

Soak 2 teaspoons of gelatine in ½ cup of water for 5 minutes. Combine 3 beaten egg yolks, ½ cup of sugar, and ½ cup of water. Bring to the boiling point and add the gelatine. Stir until the gelatine dissolves. In a large serving dish place 18 macaroons, to cover the bottom and sides. Pour ½ cup of claret over them by spoonfuls. Mix ½ pound of blanched sliced almonds, with 12 sliced maraschino cherries, and spread this over the macaroons. Whip the 3 egg whites until stiff. Spread over the cherry mixture. Pour the custard over all, but do not stir. Place in the refrigerator to chill. Serve with whipped cream.

UNCOOKED PLUM PUDDING

Soak 1 tablespoon of gelatine in ¼ cup of cold water for 5 minutes. Dissolve in 1 and ¼ cups of boiling water. Add ⅔ cup of sugar, ⅛ teaspoon of salt, ½ teaspoon of cinnamon, and ¼ teaspoon of cloves. Cool and add ¼ cup of lemon juice. Let the mixture stand until it begins to thicken. Add ¾ cup of finely cut raisins, ¾ cup of finely cut walnuts, ¾ cup of finely cut stewed prunes, ¼ cup of finely chopped citron, and ¾ cup of grapenuts. Pour into a wet melon mold and chill until firm. Unmold and serve with whipped cream flavored with wine sauce.

BUTTERSCOTCH RICE MOLD

Soak 1 tablespoon of the gelatine in ¼ cup of cold milk. Dissolve in 1 and ½ cups of hot milk. Add 2 cups of cooked rice, 1 cup of brown sugar, 2 tablespoons of melted butter, and ½ teaspoon of salt. Cool. Fold in 1 teaspoon of vanilla, 1 cup of whipped cream, and 1 cup of chopped nutmeats. Turn into a wet mold and chill. Unmold and serve with Butterscotch Sauce. This makes 6 very large servings.

ENGLISH SULTANA MOLD

Cover ¾ cup of sultana raisins with water and boil for 1 minute. Drain, and add 1 and ⅔ cups of boiling water. Add ¼ cup of sugar, the juice of 1 lemon, a pinch of cinnamon and a pinch of salt. Simmer for 30 minutes. Drain off the juice and rub the pulp through a fine sieve. Soak 1 tablespoon of gelatine in ¼ cup of cold water for 5 minutes. Dissolve in the fruit juice. Add the pulp, 2 tablespoons of sherry, and 2 tablespoons of either cognac brandy or rum. Chill until the mixture just begins to thicken, then beat until thick. Add 1 drop of red coloring, and 1 tablespoon of melted currant jelly. Pour into a wet mold and chill until firm. Serve with whipped cream. This makes 4 servings.

APRICOT CHARLOTTE

Soak 1 tablespoon of gelatine in ¼ cup of cold water for 5 minutes. Add 1 cup of apricot purée (canned apricots mashed through a sieve), ½ cup of sugar, and the juice of ½ lemon. Bring to a boil with ¼ cup of orange juice. Chill until it begins to thicken, then beat until thick. Beat the whites of 2 eggs until stiff and fold into the mixture. Pour into a mold lined with sponge cake strips or lady fingers and chill until set. Unmold and serve with sweetened whipped cream.

PRUNE AND BANANA CRÈME

Cover 1 pound of prunes with cold water, add the rind of ½ lemon, and ¾ cup of sugar, and cook until the prunes are soft. Cool and strain, reserving the juice. Remove the pits and cut the prunes in quarters. Mix 2 teaspoons of cornstarch with ¾ cup of prune juice until the cornstarch is dissolved. Bring to a boil and remove from the fire. Mix 1 tablespoon of gelatine with ½ cup of cold water, and dissolve over hot water. Add to the prune juice and cool. Add the prunes and fold in 1 cup of cream whipped until stiff. Slice 2 bananas and line a 2-quart mold with them. Pour in the pudding and chill until firm. Unmold and serve with whipped cream.

RUSSIAN LOAF

Whip 1 quart of heavy cream and set aside in a cold place. Beat 8 egg yolks until light and add 1 cup of confectioner's sugar. Soak 2 tablespoons of gelatine in ½ cup of cold water for 5 minutes, and dissolve over hot water. Stir into the eggs and blend thoroughly. Add 1 teaspoon of vanilla, and fold into the whipped cream. If desired, 1 cup of sliced peaches or strawberries may be added. Cut a large angel food or sponge cake into 3 slices of equal thickness. Put generous layers of the filling between each layer, and cover the top and sides with the rest. Chill until set. Work quickly when putting the filling on the cake to prevent it from setting while it is being spread.

ANGEL CHARLOTTE RUSSE

Soak 1 tablespoon of gelatine in ¼ cup of cold water for 5 minutes. Dissolve in ¼ cup of boiling water, and add 1 cup of sugar. Beat 2 cups of heavy cream until stiff and fold into the gelatine. Add ½ cup of chopped nuts, 2 tablespoons of chopped candied cherries, ½ cup finely cut marshmallows, and ¼ cup of stale macaroon crumbs. Stir in 1 teaspoon of vanilla. Pour into a serving bowl lined with lady fingers and chill until set. Or cut a slice from the top of an angel food cake, and remove all of the

inside but a wall ¾ of an inch thick. Pour in the pudding, put on the top, and chill until set. Cover with white icing, and garnish with candied cherries and nuts.

WINE JELLY

Soak 2 tablespoons of gelatine in ½ cup of cold water for 5 minutes. Pour 2 cups of boiling water over the gelatine, add 1 and ½ cups of sugar, and stir until both are dissolved. Add the strained juice of 1 lemon and the grated rind of 1 lemon. Strain through a cheesecloth. Add 1 cup of sherry or angelica, and pour into 6 molds wet with cold water. Chill until firm, and unmold. Serve with lady fingers.

BAVAROISE

Force 1 cup of stewed or canned apricots through a sieve. Add ½ cup of sugar, ⅓ cup of orange juice, ½ teaspoon grated orange rind, and 3 tablespoons of lemon juice. Mix 1 package of vanilla pudding powder to a smooth paste with ½ cup of milk. Add 1 and ½ cups of milk and cook and stir until smooth and thick. Soak 1 and ½ tablespoons of gelatine in ¼ cup of cold water for 5 minutes. Add to the hot pudding and stir until dissolved. Add the fruit mixture and fold in 1 cup of cream whipped stiff. Turn into a fancy mold and chill until firm. Unmold and garnish with rosettes of whipped cream.

FROZEN DESSERTS

In making frozen desserts attention to detail is the essential thing to perfect success.

PREPARING SALT

The smaller the ice is broken the better, while the salt should never be too fine. A salt prepared especially for the purpose is known as "ice cream salt." This salt and the finely broken ice are put in alternate layers about the cream can. Begin with a layer of ice, making this about three inches deep. Then put in a layer of salt about an inch in depth, and continue in this way up to the top of the cream can. The ice can be put in a gunny sack and then broken up with a heavy hammer or hatchet.

FREEZING CREAMS AND WATER ICES

Fill the cream can ¾ full. Cover; place in wooden bucket; adjust the top and pack, as directed above. Turn crank slowly and steadily. After freezing drain off water, remove dasher; with a spoon pack hard. Put cork in top of lid. Repack freezer. Cover top with heavy pieces of carpet and paper. When time comes to serve, wipe top of can carefully before opening. In very hot weather renew the salt and ice 3 times, and keep the blanket cold and wet with the brine from the freezer.

FREEZING DESSERTS IN THE ELECTRIC REFRIGERATOR

Desserts frozen in the electric refrigerator are divided into two classes, those which must be stirred during the freezing process and those which need no stirring. In the first class are ice creams, frappés, frozen punches, and sherbets. The second includes frozen fruits, frozen puddings, mousses and parfaits. In the second class air must be whipped into the cream to make the puddings light and smooth. However, the cream must be whipped only until it thickens. Overwhipping will give the dessert a buttery taste. Use cream with a butter fat content of no more than 28%.

Set the cold control of the refrigerator to the proper position shortly before placing the mixture in the tray. After the dessert is frozen, set the control to a slightly warmer position and let the pudding mellow at this temperature for several hours, to improve the flavor.

VANILLA ICE CREAM

(1) Mix 1 heaping tablespoon of flour with 2 tablespoons of cold milk until smooth. Beat 2 eggs until light with 1 cup of sugar. Scald 2 cups of milk in a double boiler, and stir in the flour and egg mixtures. Cook and stir for 20 minutes. Cool, and add 1 more cup of sugar, 1 teaspoon of vanilla, and 1 quart of whipped cream. Pack in salt and ice, and freeze according to directions. This makes 2 quarts.

(2) Beat 3 eggs and 1 cup of sugar until light and thick. Fold in 1 cup of milk, and 1 pint of cream whipped until thick. Add 1 teaspoon of vanilla. Put in the freezer, and turn, according to directions, until firm.

(3) Add ⅔ cup of confectioner's sugar to 1 pint of light cream, and stir until the sugar is dissolved. Pour into the tray of the refrigerator, and freeze until firm. Remove to a chilled bowl, and whip until the mixture becomes light and creamy. Add 1 and ½ teaspoons of vanilla, and fold in ½ cup of cream whipped until thick. Return to the freezing tray, and freeze until firm. This makes 6 to 8 servings.

CHOCOLATE ICE CREAM

(1) Follow the recipe for Vanilla Ice Cream (2), adding 3 squares of melted bitter chocolate to the scalded milk, and using an extra ½ cup of sugar.

(2) Dissolve 2 tablespoons of cocoa in ⅓ cup of boiling water. Add ¾ cup of granulated sugar and stir until the sugar is dissolved. Add 1 and ½ pints of light cream, pour into the freezing tray of the refrigerator and freeze until firm. Remove the cream, and pour into a cold bowl. Add 2 teaspoons of vanilla, and whip until light and creamy. Return to the refrigerator and freeze again until firm.

COFFEE ICE CREAM

Add 1 and ½ tablespoons of mocha extract and 1 cup of grated walnuts to Vanilla Ice Cream (2) or (3).

APRICOT, PEACH, STRAWBERRY, OR BANANA ICE CREAM

Mash enough fruit through a sieve to measure 1 pint. Substitute the fruit purée for the milk in Vanilla Ice Cream (2). A few drops of coloring may be added to Strawberry or Peach Ice Cream.

FROZEN CUSTARD

Mix ¾ cup of granulated sugar with 2 tablespoons of cornstarch. Add 1 cup of scalded milk gradually, stirring all the time. Cook

in a double boiler for 25 minutes, stirring several times. Pour over 2 well beaten egg yolks. Cook again for 5 minutes, stirring constantly. Add a pinch of salt, and 1/3 cup of light cream. Strain and cool. Add 2 teaspoons of vanilla and 1 and 1/2 cups of cream whipped until thick. Freeze in the tray of the refrigerator until almost firm. Stir with a wooden spoon from front to back of the tray. Carefully fold in the stiffly beaten whites of the 2 eggs and freeze again until firm.

TUTTI-FRUTTI ICE CREAM

Prepare Frozen Custard, but in place of the vanilla, add 1/2 cup of cooked raisins, 1/3 cup of chopped maraschino cherries, 1/3 cup of preserved strawberries, and 1/3 cup of finely chopped mixed candied fruit. Stir in 2 tablespoons of sherry and 2 tablespoons of orange juice. When the egg whites are added, fold in also, 1/2 cup of finely ground nuts.

FROZEN PUDDINGS

For frozen puddings ice must be crushed and mixed with rock-salt, the same way as for freezing cream. Pudding-mold must have a tight cover; have a receptacle sufficiently large to line bottom and sides with a thick layer of mixed salt and ice. Put the mold in the center, fill with the pudding, cover tightly, then put ice on top and all around. Put a sheet of plain tissue paper in top of mold to prevent salt from penetrating. Cover whole with a cloth and let freeze from 3 to 4 hours.

BISCUIT TORTONI

Take 1/2 cup of granulated sugar, 1/4 pound of stale macaroons grated, 1/2 pint of heavy cream (whipped), three eggs, vanilla or sherry wine. Stir yolks of eggs until thick and add sugar and stir again; add whipped cream, and whipped whites of eggs, and grated macaroons; flavor to taste. Put this all into the freezer and pack outside with ice and salt alternately. Do not turn. Let stand 5 or 6 hours, adding ice from time to time. When serving put grated macaroons on top.

REFRIGERATOR BISCUIT TORTONI

Beat 3 egg yolks with 3/4 cup of sugar until smooth. Add 1 cup of scalded milk, and cook in a double boiler until the mixture coats the spoon. Cool. Add 1/2 cup of ground macaroons, and 2 teaspoons of vanilla or 3 tablespoons of sherry or rum. Fold in 1 and 1/2 cups of cream which has been beaten thick, and the stiffly beaten whites of the 3 eggs. Pour into individual cups, place them in the freezing tray of the refrigerator on waxed paper, and freeze until firm without stirring. This makes 12 portions.

MOCHA MOUSSE

Beat the yolks of 3 eggs with ½ cup of sugar until light. Add ½ pint of cream whipped until thick, ½ cup of grated stale macaroons, 2 tablespoons of mocha essence, 1 teaspoon of vanilla, and the stiffly beaten egg whites. Put in a mold, and pack in salt and ice until firm, or freeze in the tray of the refrigerator.

MAPLE MOUSSE

Beat 2 eggs until light and thick. Gradually stir in ½ cup of maple syrup. Whip 1 pint of cream until thick. Fold into the eggs until thoroughly blended. Pour into a mold, cover tightly, and freeze in salt and ice, or freeze in the tray of the electric refrigerator.

PLAIN MOUSSE

Whip 1 cup of cream only until it thickens. Fold in ¼ cup of powdered sugar and ½ teaspoon of vanilla. Add a pinch of salt to 1 egg white and beat until stiff. Fold into the cream. Freeze in the tray of the refrigerator or pack in a mold and freeze in salt and ice. This makes 6 servings.

FRUIT OR BERRY MOUSSE

Mash enough of any desired fresh fruit or berries to make 1 cup. Raspberries or any other berry having large seeds should be strained through a sieve. Add the fruit to Plain Mousse just before folding in the egg white.

PISTACHIO MOUSSE

Substitute ½ teaspoon of pistachio flavoring for the vanilla in Plain Mousse. Add ½ cup of finely chopped pistachio nuts with the sugar, and tint the mousse a delicate green.

ANGEL PARFAIT

Boil 1 cup of sugar and ¼ cup of water slowly without stirring until it spins a thread. Beat 2 egg whites and a pinch of salt until stiff. Pour the sugar and water syrup slowly over the egg white in a thin stream, beating all the time. Beat until thick. Cool. Add 2 teaspoons of vanilla and 1 pint of cream whipped until thick. Freeze in the tray of the refrigerator or pack in a mold and freeze in ice and salt. Do not stir during the freezing process. Makes 8 to 10 servings.

This may be varied by adding 3 tablespoons of orange juice and 1 cup of finely chopped candied fruit.

BUTTERSCOTCH PARFAIT

Combine ⅔ cup of brown sugar and 2 tablespoons of butter. Heat until melted and cook 1 minute. Add ½ cup of water. Cook again

until melted. Beat 4 egg yolks until light and thick, and pour the syrup slowly over them. Cook in the top of a double boiler until light and fluffy. Chill. Fold in 1 pint of cream whipped until thick, a pinch of salt, and 2 teaspoons of vanilla. Freeze in a mold in ice and salt, or in the tray of the refrigerator without stirring. This makes 10 to 12 servings.

COFFEE PARFAIT

Cook 1 cup of sugar and 1 cup of strong coffee until it spins a thread. Slowly beat into the thickly beaten yolks of 3 eggs. Beat the 3 egg whites until stiff and fold into the mixture. Beat 1 pint of cream until thick and fold into the parfait. Freeze in the tray of the refrigerator or pack in a mold and freeze in ice and salt. Do not stir during the freezing process.

PLAIN MARLOW

Marlows are frozen puddings which have marshmallows as the fundamental ingredient. They are especially suited to the refrigerator method of freezing.

Heat 1 cup of milk in the top of a double boiler. Add 20 marshmallows and heat until the marshmallows are melted. Pour over 1 well beaten egg, return to the double boiler and cook and stir constantly for 5 minutes. Cool. Add a pinch of salt and 2 teaspoons of vanilla. Beat 1 cup of cream until thick and fold into the mixture. Freeze in the freezing tray of the refrigerator without stirring. This makes 6 to 8 servings.

VARIATIONS FOR PLAIN MARLOW

Chocolate: Add 1 and ½ squares of bitter chocolate to the milk before heating.

Pineapple: Add ⅔ of a cup of well drained crushed pineapple before folding in the whipped cream.

Canned Fruit: Substitute 1 cup of the fruit syrup for the milk. Add 1 cup of well drained, mashed fruit before adding the whipped cream, and stir in 2 tablespoons of lemon juice.

MAPLE BISQUE

Bring 1 cup of maple syrup to a boil. Beat 3 egg yolks until light and thick, and gradually pour the syrup over them. Mix well and cool. Beat the egg whites until stiff and fold into the yolks. Whip 2 cups of cream until thick, and add. Fold in ½ cup of chopped walnuts. Freeze in a well-buttered mold packed in ice and salt, or in the tray of the refrigerator.

CARAMEL BISQUE

Melt ⅔ of a cup of sugar in a heavy frying pan over a low fire. When it is a light brown, add ⅔ of a cup of water and cook until

melted. Stir in ½ cup of milk, and pour over the well beaten yolks of 2 eggs. Cook in the top of a double boiler, stirring constantly, until the custard coats the spoon. Cool and fold in the stiffly beaten whites of the 2 eggs. Beat 2 cups of cream until thick and fold into the pudding. Add 1 tablespoon of vanilla and ½ cup of ground nuts. Freeze in the trays of the refrigerator or pack in a mold and freeze in salt and ice.

FROZEN RUM PUDDING

Beat the yolks of 2 eggs with ½ cup of sugar until light and thick. Fold in the stiffly beaten whites of the eggs. Stir in 1 tablespoon of rum. Whip 1 pint of cream until thick and fold into the eggs. Line a melon mold with split lady fingers. Cover with ⅓ of the pudding. Chop ½ pound of marron glacé fine, and sprinkle ⅓ of them over the pudding. Repeat until all the pudding is used. Top with lady fingers, close the mold tightly, and pack in ice and salt until frozen, about 3 or 4 hours.

CHERRY DIPLOMATE

Dip thin slices of white cake in cherry brandy or maraschino, and line a mold with the cake. Put in a layer of vanilla ice cream, a layer of cherry ice cream, a layer of candied cherries, another of cherry ice cream, and another layer of vanilla ice cream. Top with a layer of the cake dipped in brandy. Cover tightly, and pack the mold in ice and salt until needed.

NESSELRODE PUDDING

Boil ½ pound of shelled and skinned chestnuts in water until very tender. Press through a fine sieve. Beat the yolks of 5 eggs with 1 cup of sugar until light and thick. Add the chestnut purée and 2 cups of light cream. Cook in the top of a double boiler until the mixture becomes very hot. Stir constantly. Remove from the fire and add a pinch of salt. Cool. Put in an ice cream freezer and turn for 10 minutes. Add 1 pint of cream beaten thick with 2 tablespoons of powdered sugar. Return to the freezer and turn until the mixture begins to thicken. Mix together ¼ pound of candied cherries, cut in half; ¼ pound of finely cut candied pineapple, 1 ounce of chopped citron, ¼ cup of chopped raisins, and ½ cup of maraschino cordial or cherry brandy. Add to the pudding, and turn for 5 minutes longer. Pack in a pudding mold, cover tightly, and pack in ice and salt for 2 hours.

CANNED FRUIT FROZEN

Without opening, place a can of fruit in the freezing compartment of a refrigerator for several hours. Cut the can open around

the outer edge. Slip out the contents, cut into slices, and serve with whipped cream.

PETER PAN DESSERT

Cut a banana in 4 strips, cross 2 over 2 in basketshape, fill center square with a tablespoon of ice cream and sprinkle over all some chopped walnuts, pistachio nuts and marshmallows, cut in strips.

FROZEN SANDWICH

Cut a layer of white or chocolate cake to fit a deep freezing tray of the refrigerator. Place the layer in the bottom of the tray and spread 1 pint of ice cream over it. Top with a second layer of cake, and place in the freezing tray for 1 hour. Serve with any desired sauce. Ice cream of any flavor may be used, but the sandwich is best when the ice cream contrasts with the cake. Use vanilla ice cream with chocolate cake, and chocolate or fruit ice cream with white cake. Fudge or Marshmallow Mint Sauce go well with chocolate cake combinations, and fruit sauces with fruit ice cream.

FROZEN BUTTERSCOTCH PECAN PUDDING

Split 5 lady fingers, and line a well-greased, deep freezing tray with them. Combine 1 tablespoon of butter with ⅓ cup of brown sugar in a skillet. Cook and stir until the sugar is dissolved. Add ¼ cup of boiling water and cook until dissolved. Cool slightly, and pour over 2 well beaten egg yolks. Place in a double boiler over hot water, and beat with a rotary beater until light and thick. Add ¼ cup of coarsely broken pecans and ¼ teaspoon of salt. Fold into the 2 egg whites beaten stiff. Beat 1 cup of heavy cream until stiff and fold into the pudding. Add 1 teaspoon of vanilla. Pour over the lady fingers, and top with lady finger halves. Freeze 5 hours. Remove from the tray, and cut in slices. Serves 6.

CONDENSED MILK ICE CREAM

Thoroughly blend ⅔ cup of sweetened condensed milk with ½ cup of water and 1 and ½ teaspoons of vanilla. Chill. Whip 1 cup of cream until it is as thick as custard and fold into the milk. Freeze in the tray of a refrigerator until mushy. Scrape the mixture from the bottom and sides of the pan, and beat with a wooden spoon for 2 minutes. Smooth out and freeze again until firm. Serves 6.

Strawberry: Mash 1 cup strawberries with ¼ cup of confectioner's sugar. Add to the milk before the whipped cream is added.

Fresh Peach: Use 1 cup of crushed fresh peaches in place of strawberries.

Chocolate: Melt 1 and ½ squares of bitter chocolate in the top of the double boiler. Add the ⅔ cup of condensed milk and cook

5 minutes. Add 1 cup of water and mix well. Stir in ¼ teaspoon of vanilla and chill. Fold in ½ cup of cream whipped thick and continue as for Condensed Milk Ice Cream.

Orange: Substitute ½ cup of orange juice for the water, and ½ tablespoon of grated orange rind for the vanilla in Condensed Milk Ice Cream.

Peanut Brittle: Crush 1 cup of peanut brittle. Add to Condensed Milk Ice Cream after the first freezing.

SHERBETS AND ICES

In making both sherbets and ices, the same general rules are followed. First a syrup of sugar and water is made, to which fruit juice and other flavorings are added. This mixture is frozen until firm, and then whipped until light. At this point stiffly beaten egg white and salt are added, and light cream if the recipe requires it. The mixture is then frozen without further stirring.

LEMON SHERBET

Cook 1 cup of sugar and 2 cups of water for 10 minutes. Cool. Add ½ cup of strained lemon and 2 tablespoons of strained orange juice. Freeze until firm. Put the mixture in an ice cold mixing bowl, and beat with a rotary beater until light and thick. Add ½ cup of light cream, and 2 egg whites beaten until stiff with a pinch of salt. Pour into freezing tray and freeze until firm.

LEMON ICE

Make Lemon Sherbet, using ¾ cup of sugar instead of 1 cup, and omitting the cream.

ORANGE SHERBET

Cook ¾ cup of sugar with ¾ cup of water for 10 minutes. Add the grated rind of an orange and cook 3 minutes longer. Strain. Add 1 and ½ cups of strained orange juice and 1 tablespoon of lemon juice. Freeze until firm. Put into an ice cold bowl and beat with a rotary beater until light. Add ½ cup of light cream and fold in 2 stiffly beaten egg whites to which a pinch of salt has been added. Freeze until firm.

ORANGE ICE

Prepare Orange Sherbet, but omit the cream.

PINEAPPLE SHERBET

Drain the juice from a No. 2 can of crushed pineapple. To the juice add ¾ cup of sugar, and ½ cup of water, and cook slowly for 10 minutes. Add the pineapple pulp and 4 tablespoons of lemon juice. Cool, then freeze in an electric refrigerator freezing

tray until firm. Put the mixture in an ice-cold bowl and beat with a rotary beater until light. Add 1 cup of cream and 2 stiffly beaten egg whites to which a pinch of salt has been added. Freeze until mushy, then stir with a wooden spoon and continue freezing until firm. This makes 10 to 12 servings.

PINEAPPLE ICE

Make Pineapple Sherbet, but omit the cream.

MINT ICE

Cook 4 cups of water with 2 cups of sugar for 10 minutes. Cool. Add a few drops of mint flavoring, to taste, the juice of 2 lemons, and enough food coloring to make the syrup a delicate green. Freeze until firm in the trays of the refrigerator. Put the mixture into an ice cold bowl and whip until it is light and fluffy. Fold in 2 stiffly beaten egg whites. Freeze until firm.

RASPBERRY SHERBET

Add ⅔ of a cup of sugar to 1 pint of fresh raspberries. Heat and mash the raspberries until they come to a boil. Cook slowly for 5 minutes. Add ½ cup of water. Press through a sieve to remove the seeds. Cool and add 2 tablespoons of orange juice. Freeze until firm. Put the mixture in an ice cold bowl and whip until light. Fold in 2 egg whites beaten stiff with a pinch of salt, and add ½ cup of light cream. Freeze until mushy, stir with a wooden spoon until the mixture is smooth, and continue freezing until firm.

RASPBERRY ICE

Prepare Raspberry Sherbet, but omit the cream.

PEACH MELBA

Mash 1 pint of fresh raspberries slightly. Add ½ cup of sugar and ½ cup of water, and boil for 10 minutes. Chill. Place 6 fresh or canned peach halves in a sherbet glass, and put a scoop of ice cream in each cavity. Cover with the raspberry sauce and serve at once.

ICE CREAM SUNDAES

All sorts of delicious sundaes may be made at home with a scoop or slice of ice cream and any desired sauce. Chopped nuts and whipped cream toppings will make these desserts even more attractive. For variety, place the ice cream on a slice of cake and cover with the sauce. Vanilla ice cream on fudge cake with hot fudge sauce, and strawberry ice cream on angel food cake with fresh strawberry sauce are especially good.

PUDDING SAUCES

BRANDY SAUCE

In the top of a double boiler put 1 cup of water, ¼ cup of brandy, 1 cup of sugar, and the juice of ½ lemon. Bring to a boil over direct heat. Beat the yolks of 2 eggs until light and thick. Gradually stir the hot liquid into them. Mix well, and return to the stove, over hot water. Cook and stir constantly until thickened. Cool.

CARAMEL SAUCE

Beat the yolks of 2 eggs until light and thick. Add 1 and ⅓ cups of milk. In a skillet put ⅔ cup of sugar. Place over low heat and cook until the sugar is melted and light brown. Be careful not to let the sugar get too dark. Add the milk and eggs, and cook and stir until the sugar is melted, and the sauce thickened somewhat. Add ½ teaspoon of vanilla and cool. Fold in the stiffly beaten egg whites and serve at once. This sauce is delicious over cake and fritters as well as puddings.

CHOCOLATE SAUCE

(1) Combine 2 ounces of bitter chocolate and 1 cup of dark corn syrup. Cook over hot water until the chocolate is melted. Add ½ teaspoon of vanilla and 1 tablespoon of butter. Stir until blended and cool.

(2) Melt 1 square of bitter chocolate or 3 tablespoons of cocoa in the top of a double boiler. Add 1 tablespoon of butter and 1 and ½ cups of sugar. Stir until the sugar is dissolved. Add 1 cup of milk and cook slowly for 10 minutes. Cool and add 1 teaspoon of vanilla. Beat well just before using. This makes 1 and ½ cups of sauce, and may be stored in the refrigerator for several days.

(3) Add 1 square of bitter chocolate, cut in pieces, to 1 cup of cold milk, in the top of a double boiler. Cook over water until the chocolate is melted, then beat with a rotary beater until blended. Combine ¾ tablespoon of flour, ⅓ cup of sugar, and ⅛ teaspoon of salt. Add a little of the chocolate mixture, and stir vigorously. Add the rest of the chocolate and stir until blended. Cook in the top of the double boiler, stirring constantly, until thick. Add 1 tablespoon of butter and ½ teaspoon of vanilla. Cool. This makes 1 cup of sauce.

CHOCOLATE CREAM SAUCE

Beat 1 egg white until stiff. Gradually fold in ½ cup of sifted confectioner's sugar. Melt and cool 1 square of bitter chocolate and fold into the sauce. Add 1 egg yolk beaten until light and thick, then 1 teaspoon of vanilla. Whip ½ cup of cream until thick and add. Serve at once. This makes 1 and ½ cups of sauce.

HOT FUDGE SAUCE

Combine 4 tablespoons of cocoa, ¾ cup of brown sugar, ¾ cup of white sugar, a pinch of salt, and 1 cup of milk. Stir over a low flame until the sugar melts, and the mixture boils. Cook without stirring until the mixture reaches 220° F., or a small amount dropped in cold water forms a soft ball. Add 1 tablespoon of butter and ½ teaspoon of vanilla. Beat until smooth, and serve at once. This makes 1 and ¼ cups of sauce.

MARSHMALLOW MINT SAUCE

Cook ½ cup of sugar and ¼ cup of water to a thin syrup, 230° F., not thick enough to spin a thread. Add 8 marshmallows cut in small pieces. Stir until the marshmallows are dissolved. Beat 1 egg white until stiff. Pour the mixture over the egg white in a thin stream, beating constantly until cool. Add ¼ teaspoon of peppermint extract, and tint the sauce a delicate green if desired.

FOAMY SAUCE

Mix ¼ cup of sugar, 2 tablespoons of flour, and ½ teaspoon of salt together. Add 1 cup of milk gradually, and stir until blended. Stir in 1 beaten egg yolk. Cook in a double boiler over hot water until thick. Add 2 tablespoons of sherry wine or flavoring and a pinch of nutmeg. Cool. Beat the egg white until stiff and fold into the sauce. Serve at once.

JELLY SAUCE

To 1 cup of any tart jelly add ½ cup of boiling water. Stir over a low flame until the jelly melts. Dissolve 1 teaspoon of cornstarch in a little cold water, add to the sauce and cook until thick. If desired a little brandy or wine flavoring may be added. For sweeter sauce, add ¼ cup of sugar with the hot water.

HARD SAUCE

Stir 4 tablespoons of butter or vegetable shortening until creamy. Gradually work in 1 tablespoon of boiling water and 1 and ½ cups of sifted confectioner's sugar. Add ½ tablespoon of any desired flavoring, such as vanilla, lemon, maple, etc.

For a Butterscotch Hard Sauce, substitute light brown sugar for the confectioner's sugar.

Form the sauce into any desired shape, and chill for several hours before using.

LEMON SAUCE

(1) Mix 1 tablespoon of cornstarch, ½ cup of sugar, 1 teaspoon of grated lemon peel, and 1 cup of water until blended. Bring to a boil, and cook and stir for 5 minutes. Remove from the fire, and add 2 tablespoons of lemon juice, and 2 tablespoons of butter or substitute. Serve hot.

(2) Prepare the above sauce, and pour gradually over 1 well beaten egg yolk. Stir until blended and cool.

ORANGE SAUCE

Substitute 1 cup of orange juice for the water in either of the above Lemon Sauces.

FLUFFY LEMON SAUCE

Bring to a boil 1 cup of water, the juice of 2 lemons, and ½ cup of sugar. Dissolve 3 teaspoons of cornstarch in a little cold water and add to the sauce. Cook and stir until thick. Pour over the well beaten yolks of 2 eggs and stir until blended. Cool. Beat the 2 egg whites until stiff, and fold into the sauce. Serve at once.

WINE SAUCE

(1) Mix 2 teaspoons of sugar with 1 teaspoon of flour. Add 2 egg yolks, and beat until light and thick. Add the grated rind of ½ of a lemon. Meanwhile bring to a boil ½ cup of white wine and 1 and ½ cups of water. Pour slowly over the egg yolks, stirring constantly. Put the mixture in the top of a double boiler and cook and stir over hot water until the mixture coats the spoon. Cool before serving.

(2) Melt 1 tablespoon of butter in a saucepan. Stir in 1 tablespoon of flour, and cook until the mixture bubbles. Add ½ cup of water and stir until smooth. Add 1 cup of white wine, and 1 ounce of chopped citron. Stir until the mixture thickens again. Remove from the fire and cool. Stir in 1 teaspoon each of pistachio and vanilla flavoring, or 1 teaspoon of red Curacoa or Maraschino liquor.

VANILLA SAUCE

Melt 1 tablespoon of butter in a saucepan. Stir in 1 and ½ tablespoons of flour and stir until blended. Add ½ cup of sugar. Gradually stir in 1 and ½ cups of boiling water, and stir and cook until smooth and thick. Remove from the fire, and stir in 1 tablespoon of butter and ½ teaspoon of vanilla. Cool before serving.

PRUNE SAUCE

Mash enough pitted, stewed prunes through a sieve to make 1 cup of prune purée. Stir in ¼ cup of orange juice, and if desired, add sugar to taste.

BUTTERSCOTCH SAUCE

(1) Combine 1 cup of firmly packed brown sugar, ½ cup of corn syrup, ½ cup of thin cream, and 1 tablespoon of butter. Cook and stir occasionally until the mixture reaches 238° F., or until a small amount will form a soft ball in cold water. Serve hot.

(2) Melt 6 tablespoons of butter in a saucepan. Add 2 cups of brown sugar and stir until the sugar and butter are thoroughly blended. Stir in 1 and ½ cups of hot water, and cook 10 minutes. Serve hot or cold.

CREAM CHEESE SAUCE

Blend 1 3-oz. package of cream cheese, 2 tablespoons of confectioner's sugar, and 2 tablespoons of milk. Beat with a fork until the mixture looks like whipped cream. Stir in ½ teaspoon of vanilla. This is especially good as a topping for gingerbread or steamed puddings.

ICE CREAM SAUCE

Add 3 tablespoons of boiling water to 1 cup of sifted confectioner's sugar, and stir until the sugar is completely dissolved. Add 2 egg yolks beaten until light. Place over hot water and stir until hot. Add ¼ cup of butter, and stir until the butter is melted. Cool. Add 1 teaspoon of vanilla, and fold in 1 cup of cream whipped until thick. This makes 2 cups of sauce.

TO WHIP CREAM

Chill cream thoroughly. Place in a bowl, and whip with a rotary beater until it thickens. For ice cream and frozen puddings beat only until the cream has thickened slightly. For sauces and toppings, beat until it will just hold its shape. Be careful not to overbeat.

CHERRY SAUCE

Mix ½ cup of sugar, 3 tablespoons of cornstarch, and ¼ teaspoon of salt. Gradually add 2 cups of canned cherry juice. Cook and stir until thick and clear, and the cornstarch taste is gone. Add 2 teaspoons of lemon juice, and serve hot.

MOCK CHERRY SAUCE

Substitute 2 cups of cranberry juice for the cherry juice.

STRAWBERRY SAUCE

Boil ¾ cup of sugar and ½ cup of water for 10 minutes. Wash, hull, and crush 1 pint of strawberries. Add to the syrup and cook 1 minute. Chill before serving.

RASPBERRY SAUCE

Substitute 1 pint of raspberries for the strawberries in Strawberry Sauce.

PEACH OR APRICOT SAUCE

Cook 2 cups of stewed dried, or canned peaches or apricots until very soft. Mash through a sieve. Add sugar to taste, about ½ cup, and cook until the mixture is thick. Chill before serving.

FRUIT HARD SAUCE

Mash until fine ½ cup of any desired fruit. Add to the recipe for Hard Sauce.

FRUIT WHIPPED CREAM SAUCE

Whip 1 cup of cream until it will hold its shape. Fold in ½ cup of well mashed fruit mixed with 1 tablespoon of powdered sugar. Serve at once.

CANDIES

In making all cooked candies, use a saucepan that is large enough to allow the mixture to boil hard without boiling over. Stir only until the sugar is dissolved. After that, do not stir at all, except for taffy and brittles, but with a cheesecloth wrapped around a fork and dipped in cold water, wash down the sugar crystals from the side of the pan. If the flame is moderate, it is not necessary to stir creamy candy to keep it from burning.

Much of the success in candy making is due to the correct length of time of cooking. If any amount of candy is made, it is wise to have a candy thermometer which will give the exact temperature of the candy. Otherwise, test the candy by dropping a little from the edge of the spoon into cold water. As soon as it can be formed into a soft ball, it has reached the soft ball stage of cooking. The longer the candy cooks, the harder will be the ball that is formed.

Let candy cool to lukewarm before beginning to beat it. This will prevent sugaring.

WHITE FONDANT

Put 2 and ½ cups of granulated sugar, ¾ cup of hot water, and ⅛ teaspoon of cream of tartar in a saucepan. Cook and stir until the sugar is dissolved. Cook without stirring until the mixture reaches the soft ball stage, 238° F. Cool to lukewarm, and pour slowly on a greased pan or marble slab. Beat with a wooden spoon until white and creamy. As soon as large lumps appear, knead as for bread until the mixture is perfectly smooth. Place in a bowl, cover with waxed paper, and set in the refrigerator overnight. If covered and kept in the refrigerator, it will keep for several days.

The fondant is now ready for use.

BONBONS

Divide white fondant into several parts, place each part in a different cup or saucepan, tint each a different color, and add a drop of flavoring to match the color. For example, flavor yellow fondant lemon, and pink fondant strawberry. Place the cups over hot water to soften the fondant. Place a nutmeat or a piece of candied fruit on a fork, and dip each in the fondant, one at a time until covered. Place on oiled paper, and set in a cold place until firm.

CHOCOLATE COVERED FONDANT

Divide white fondant into several portions and flavor and color each portion differently. Form into small cones, place on oiled paper, and set in a cold place to harden. Melt 4 ounces of Dot chocolate in the top of a double boiler. Place the candies, one at a time, on a fork, dip into the chocolate, and coat on all sides. Place on oiled paper to harden.

DIVINITY

Boil together 2 cups of sugar, ½ cup of corn syrup, and ½ cup of water until it spins a thread, 238° F. Beat the whites of 2 eggs until stiff, and pour the syrup over them in a thin stream, beating constantly. Beat until cool and thick. Add 1 cup of broken nuts. Pour into a greased pan, 1 inch thick, mark in squares, and cut when cold and firm.

VANILLA FUDGE

Place 2 cups of sugar, ⅔ cup of heavy cream, 1 cup of milk, and 4 tablespoons of light corn syrup in a saucepan. Cook and stir until the mixture boils. Cook without stirring until the mixture reaches the soft ball stage, 234° F. Remove from the fire, and cool to lukewarm. Add 1 teaspoon of vanilla, and beat until the mixture becomes thick and loses its gloss. Pour into a greased square pan. Cool and cut into squares.

For variation, substitute almond flavoring for the vanilla and add ½ cup of halved, candied cherries; or flavor with grated orange rind, and add ½ cup of cocoanut.

CHOCOLATE FUDGE

Place 1 cup of white sugar, 1 cup of brown sugar, ¾ cup of milk and 2 tablespoons of light corn syrup in a saucepan. Cut 2 ounces of bitter chocolate in small pieces and add. Cook and stir slowly until the mixture boils. Cook without stirring to 236° F., or until a small amount of the mixture dropped into cold water will form a soft ball. Remove from the fire, and add 3 tablespoons of butter. Cool to lukewarm, add 1 teaspoon of vanilla, and beat until the mixture thickens and begins to lose its gloss. Pour at once into a greased square pan and cool until firm. Cut in squares.

For variation, add ¾ cup of broken nut meats or ½ cup of quartered marshmallows before pouring into the pan. Or add ⅓ cup of peanut butter with the butter.

PENUCHI

Cook and stir 3 cups of light brown sugar and 1 cup of thin cream until the mixture boils. Cook without stirring until the soft ball stage is reached, 236° F. Remove from the heat and add 1 and

½ tablespoons of butter. Cool to lukewarm, and add 1 and ½ teaspoons of vanilla. Beat until creamy and thick, and add 1 cup of broken walnut meats. Pour into a square greased pan, and cool until firm. Cut in squares. If desired, ½ cup of chopped candied cherries may be substituted for ½ cup of the nuts, and the mixture dropped by teaspoons on waxed paper.

VANILLA CARAMELS

Combine ½ cup of white corn syrup, 1 cup of granulated sugar, 1 and ⅓ cups of brown sugar, 4 tablespoons of honey, ⅓ cup of butter, and 1 cup of light cream. Stir and cook until the mixture boils. Add 1 cup of heavy cream, and cook, stirring once or twice to prevent burning, until a little of the mixture forms a firm ball in cold water, 248° F. Add 1 and ½ teaspoons of vanilla, mix well, and pour into a greased pan, ½ inch thick. Cool, cut in squares, and wrap in waxed paper.

CHOCOLATE CARAMELS

Add 2 squares of bitter chocolate to the ingredients in the above recipe, and proceed as for vanilla caramels.

BUTTERSCOTCH

Combine 3 cups of brown sugar, 5 tablespoons of butter, ¼ cup of water, and 2 tablespoons of corn syrup. Cook and stir until the sugar dissolves. Cook slowly until a small amount of the mixture will form a soft ball in very cold water. Add ¼ teaspoon of salt and 2 tablespoons of cream, and continue cooking until the mixture becomes brittle in cold water, 280° F. Remove from the fire, add 1 and ½ teaspoons of vanilla, and pour into a shallow greased pan. Mark in squares when partly cool, and break into squares when cold.

PEANUT BRITTLE

Grease a square, shallow pan, and on it spread 1 quart of shelled and coarsely chopped peanuts. Put 2 cups of sugar in a skillet, and melt. When light brown, stir in 1 and ½ tablespoons of butter, ⅛ of a teaspoon of baking soda, and a pinch of salt. Pour at once over the peanuts. Break in pieces when cold and hard.

ENGLISH TOFFY

Combine 1 and ⅓ cups of granulated sugar, 1 and ⅓ cups of brown sugar, 1 and ½ cups of white corn syrup, 2 cups of light cream or undiluted evaporated milk, and 1 teaspoon of salt. Cook and stir until the mixture boils, then stir only to prevent burning. Remove from the heat when the temperature reaches 250° F. Add ½ cup of butter, and cook and stir until a drop of the mixture be-

comes brittle in cold water, 280° F. Remove from the fire, and stir in 1 teaspoon of vanilla and 1 cup of broken walnuts. Pour into a square greased pan to the depth of ¼ inch. When partly cool cut in squares. Break into squares when cold and wrap in waxed paper.

PULLED TAFFY

Cook 2 cups of sugar, ⅔ cup of water, 4 tablespoons of butter, and 2 teaspoons of cream of tartar until a drop of the mixture forms a very hard ball in cold water, 265° F. Add 1 teaspoon of any desired flavoring. Pour into a greased pan, and cool until it can be handled. Grease the hands and pull lightly until the mixture becomes white and porous. Stretch out on a greased platter to harden and cut into strips.

NEW ORLEANS PRALINES

Melt 1 cup of sugar slowly in a skillet, stirring constantly. Add ½ teaspoon of soda to 1 cup of boiling milk and stir into the melted sugar. Add 2 cups of granulated sugar and cook until a drop of the mixture forms a soft ball in cold water, 238° F. Cool to lukewarm and add 1 cup of pecan meats. Beat until creamy and drop by spoonfuls on a greased sheet in 2-inch patties.

OLD-FASHIONED MOLASSES CANDY

Boil ½ cup of dark brown sugar, 1 and ½ cups of molasses, 1 tablespoon of butter and 1 tablespoon of vinegar to 260° F., or until a drop will form a hard ball in cold water. Add 1 teaspoon of soda and stir rapidly. Turn at once into a shallow greased pan. If desired spread broken peanuts over the top. Cool and break in pieces for serving.

GLACÉ FOR NUTS AND FRUITS

Combine 3 cups of sugar, 1 cup of water, and ½ teaspoon of cream of tartar and stir over a moderate flame until the sugar is dissolved. Cook without stirring until the mixture will spin a thread when a little is dropped from the tip of a spoon. Wipe away the crystals from the sides of the pan as it cooks, with a damp cheesecloth wrapped around a fork. As soon as the syrup is ready dip the fruits and nuts in it as quickly as possible, as it hardens rapidly. This amount will glacé 2 pounds of fruit or nuts or 12 small apples.

GLACÉD NUTS

Scald large whole nut meats and rub off the dark skins. Dry thoroughly. Attach them to the end of a long pin, and dip them one at a time into the glacé. Place at once on a greased platter to harden.

APPLES ON A STICK

Wash and thoroughly dry rosy apples. Impale on a stick. Dip them in the glacé, rotate quickly to cover the entire surface, and set on a greased plate to cool. Or dip the apples in hot butterscotch to coat the entire surface, and set aside to cool.

GLACÉD FRUITS

Separate oranges and tangerines into sections and dry a few hours. Dip as for glacéd nuts. Dip grapes with the stems on. Stuff pitted prunes with nutmeats and glacé as for nuts. Dry sliced pineapple a few hours before dipping. Pit cherries, and dip as for nuts.

MARRON GLACÉ

Peel 1 pound of whole chestnuts, cover with boiling water, add 1 teaspoon of sugar and cook until the chestnuts are tender but not broken. Place in glacé for 5 minutes, then set aside to dry.

FRUIT LOAF

Chop coarsely ½ cup of raisins, ½ cup of nuts, ½ cup of figs or dates, and add about 2 tablespoons of honey or corn syrup, enough to make a stiff loaf. Form into a roll, wrap in waxed paper, and set in the refrigerator until firm. Cut in slices, and roll each slice in powdered sugar.

STUFFED DATES

Make a cut the entire length of the date and remove the stone. The cavity may be filled in several different ways. Walnut meats, blanched almonds, or pecans, or a mixture of chopped nuts may be used and the date shaped in its original form. Or chop together equal parts of preserved ginger and blanched nuts, mix with just enough fondant to hold the mixture together, and stuff the dates with this. Or fill with a small roll of fondant, letting it project slightly, and insert in it half of a walnut or pecan. When the dates are stuffed, roll in sugar.

Prunes may be stuffed in the same manner.

To stuff figs, cut a slit in the side, and remove some of the pulp with the tip of a teaspoon. Fill as for dates, stuffing them so that they look plump.

FRENCH CHOCOLATES

In the top of a double boiler melt 5 squares of bitter chocolate. Add 1 can of condensed milk and 1 teaspoon of vanilla and cook and stir for 5 minutes. Pour into a bowl, and beat until smooth. Cool until firm. With the aid of a French cutter, make balls the size of a marble, or roll them with the hands. Dip in chocolate shot, or cocoanut, or roll in cocoa.

FUDGE MADE WITH CONDENSED MILK

Mix 3 squares of bitter chocolate with 1 and ⅓ cups of condensed milk, and cook and stir in the top of a double boiler until the chocolate is melted, about 5 minutes. Remove from the fire, and add 1 and ½ tablespoons of vanilla and 1 and ½ tablespoons of butter. Work 2 and ⅓ cups of sifted confectioner's sugar into the mixture. Add 1 cup of chopped nuts, and smooth the mixture into a square greased pan. Chill until firm, and cut in squares.

UNCOOKED FONDANT

Sift 1 and ¼ cups of confectioner's sugar. Gradually blend into ¼ cup of condensed milk. Flavor and tint as desired, and mix until smooth and creamy. Use as for white fondant.

BEVERAGES

HOT COFFEE

Drip Coffee: Allow 1 rounded tablespoon of drip grind coffee for each cup of water, and make 1 more cup of coffee than will be needed. Measure coffee and water accurately. Place the coffee in the middle section of the pot, adjust the top section over it, and pour the water, boiling hot in this. Put on the cover, and set the pot over a low flame. When the water has dripped through the coffee, it is ready and should be served at once.

Percolator Coffee: Use 1 rounded tablespoon of percolator grind coffee for each cup of water. Make 1 more cup of coffee than will be needed. Measure the coffee and water accurately. Put the coffee in the small strainer-like compartment, cover tightly, and pour the water, boiling hot, over it. Cover the pot, and place over a high flame. After the water begins to come up through the tube, allow it to percolate from 3 to 5 minutes, depending on the strength of the coffee that is desired. Serve immediately.

ICED COFFEE

(1) Prepare coffee by either method, using 2 tablespoons of coffee for each cup. Meanwhile fill tall glasses ½ full of small pieces of ice. When the coffee is ready, pour it while still hot over the ice in the glasses. Serve at once with cream and powdered sugar.

(2) Prepare coffee by either method, using 2 tablespoons of coffee for each cup. Pour into a pitcher, and chill until cold. Place 1 or 2 ice cubes in each glass, fill with coffee, and serve at once with cream and powdered sugar.

FRENCH COFFEE

Prepare drip coffee, using 6 tablespoons of finely ground coffee for each 4 cups of water. Bring to the boiling point, but do not boil, as much milk as prepared coffee. Pour equal quantities of hot milk and coffee into the cup at the same time.

TURKISH COFFEE

Dissolve 2 tablespoons of sugar in 1 and ½ cups of boiling water. Stir in 2 tablespoons of pulverized roasted coffee. Blend well, and bring to a boil 3 times. Serve in tiny cups without straining.

COFFEE FLOAT

For each serving shake together ¾ cup of freshly made coffee with 1 tablespoon of light cream, and 1 heaping tablespoon of vanilla ice cream. Shake until the ice cream is almost melted and the mixture is very frothy. Serve at once in tall glasses.

HOT TEA

Scald the tea pot. Put in it 1 teaspoon of tea for each cup of water. Make 1 extra cup of tea. Measure the water, bring to a rolling boil, and pour at once over the tea. Let stand 3 minutes, strain, and serve at once, with sugar and lemon or milk.

ICED TEA

(1) Make hot tea, using 2 teaspoons of tea for each cup. Fill tall glasses half full of small pieces of ice. Pour the hot tea over them to fill the glass, and serve at once with powdered sugar and lemon.

(2) Make hot tea using 2 teaspoons of tea for each cup. Strain into a pitcher, and chill until needed. Put 1 or 2 ice cubes in each tall glass, pour the tea over them, and serve at once. Iced tea is very attractive when it is garnished with orange slices or pitted sweet cherries. Serve with powdered sugar.

RUSSIAN TEA

Scald an earthenware tea pot, pour off the hot water, and put in 2 teaspoons of tea for each serving. Pour over this ¾ cup of boiling water for each 2 teaspoons of tea. Cover closely, and place in a warm spot for 5 minutes. Strain into a clean heated pot.

To serve, pour ¼ cup of the infusion into each teacup. Fill the cup with boiling water, and serve with lemon and sugar. Milk is never served with Russian tea.

BREAKFAST COCOA

Mix 2 tablespoons of prepared cocoa with 2 tablespoons of sugar and a pinch of salt. Add ½ cup of boiling water and stir to a smooth paste. Add ½ cup of boiling water, and cook and stir for 5 minutes. Add 3 cups of scalded milk, and whip with a rotary beater until frothy.

RECEPTION COCOA

Mix together in a saucepan, 2 tablespoons of cocoa, 2 tablespoons of sugar, and 1 teaspoon of cornstarch. Add 1 cup of boiling water, and stir to a smooth paste. Cook and stir for 5 minutes. Add 3 cups of scalded milk and ½ teaspoon of vanilla. Place in the top of a double boiler over hot water, and beat with a rotary beater until foamy. Serve hot in chocolate cups, with a spoonful of whipped cream or a marshmallow on top of each cup.

HOT CHOCOLATE

Grate or scrape 2 ounces of bitter chocolate. Add to 1 quart (4 cups) of milk, and cook and stir until the chocolate melts. Add 4 tablespoons of sugar, a pinch of salt, and a pinch of cinnamon. Beat until thoroughly blended. Serve hot, with or without a topping of slightly sweetened whipped cream.

CHOCOLATE SYRUP (FOR CHOCOLATE DRINKS)

Dissolve 2 cups of sugar in 1 cup of water and boil 5 minutes. Mix 1 cup of cocoa with 1 cup of water and add. Cook slowly for 10 minutes. Add a pinch of salt, cool and bottle for future use. This syrup will keep for a long time in the refrigerator.

CHOCOLATE NECTAR

Put 2 tablespoons of chocolate syrup in a tall glass, mix with a little cream or milk until blended. Add 2 spoons of finely chopped ice, and fill the glass with milk. Stir until blended, and top with a spoonful of whipped cream.

CHOCOLATE MALTED MILK WITH EGG

Stir 1 tablespoon of malted milk powder with ¼ cup of chocolate syrup until the malted milk is dissolved. Beat 1 egg until light, stir in the chocolate mixture, and add ⅔ cup of milk. Shake until frothy in a cocktail shaker in which 2 ice cubes have been put. Serve in a tall glass. This makes 1 serving.

EGG NOG

Separate the yolk and white of 1 egg for each serving. To the yolk add 1 tablespoon of sugar and beat until light and thick. Add 2 tablespoons of brandy and ½ cup of milk or cream to the yolk. Beat the white until stiff and fold into the mixture. Pour into a glass, and sprinkle grated nutmeg over the top.

CIDER EGG NOG

For each serving separate the white and yolk of an egg. Beat the yolk with 1 tablespoon of granulated sugar until light. Add ¼ teaspoon of nutmeg and stir until well blended. Stir in 1 cup of hot sweet cider and pour into a punch bowl. Beat the white until stiff with 1 teaspoon of sugar, and spread over the surface of the egg nog. Serve in cups.

HOT MILK PUNCH

Beat 1 egg to a stiff froth with 2 tablespoons of sugar. Add 2 tablespoons of red grape wine and put the mixture in a tall glass. Fill the glass with hot milk and sprinkle a little grated nutmeg on top.

TOM AND JERRY (NON-ALCOHOLIC)

Beat 6 eggs and 6 tablespoons of sugar until thick. Add 4 cups of grape juice and 4 cups of sweet cider. Have 2 porcelain pitchers as hot as possible, and pour the mixture into one of them. Then pour the mixture back and forth 5 or 6 times until it is foamy. Serve in hot cups. This makes 10–12 cups.

COLD EGG WINE

Beat 1 egg yolk with 1 teaspoon of sugar until light. Gradually add 1 cup of wine. Fold in the stiffly beaten egg white, and sprinkle with nutmeg. This makes 1 serving.

HOT WINE, SPICED

Mix 1 quart of claret, 2 cups of water, 2 cups of sugar, ½ teaspoon of whole cloves, 1 teaspoon of whole cinnamon, and the rind of 1 lemon cut in small, thin pieces. Boil 15 minutes, and serve hot.

LEMONADE

Wash 4 lemons and squeeze the juice. Add enough water to make 1 cup of juice if there is not already 1 cup. Boil 1 cup of sugar with 1 cup of water for 5 minutes. Add the lemon juice and the grated rind of 1 lemon. Add 2 quarts of ice water. Crush ice fine and put a small amount in each of 12 tall glasses. Fill with the lemonade and garnish with maraschino cherries and mint leaves.

ORANGEADE

Substitute 1 cup of orange juice and the grated rind of an orange for the lemon juice in lemonade. Garnish with thin slices of orange and mint leaves.

PINEAPPLEADE

Pare and grate a ripe pineapple, or use a No. 2 can of crushed pineapple. Boil together 2 cups of sugar and 2 cups of water. Add to the pineapple with the juice of 4 lemons. Cool and add 1 quart of ice water. Put some crushed ice in 12 tall glasses and pour the drink over it. Add a maraschino cherry or a strawberry to each glass.

MINT CRUSH

Crush the leaves of a small bunch of fresh mint. Add ½ cup of sugar and ¼ cup of water. Cover closely and place in the refrigerator for an hour. Strain and add 1 pint of gingerale, 1 cup of grape-juice, and the juice of 3 lemons. Half fill 6 or 7 tall glasses with crushed ice, and pour the drink over it. Garnish with sprigs of mint and serve at once.

MARASCHINO PUNCH

Make lemonade. Add 1 cup of the liquor drained from maraschino cherries. Garnish each glass with a maraschino cherry.

FRUIT PUNCH FOR 20 PEOPLE

(1) Boil 1 cup of sugar and 1 cup of water 5 minutes. Add 3 cups of water and chill. Add 1 quart can of raspberries, 1 cup of orange juice, ½ cup of lemon juice, and 1 cup of pineapple juice. Just before serving add 1 quart of charged water and 2 sliced bananas. Pour into a punch bowl containing cracked ice.

(2) Combine 1 cup of sugar with 1 and ½ quarts of water. Cook 10 minutes and cool. Add 3 cups of grapejuice, the juice of 2 lemons, the juice of 2 oranges, 1 cup of quartered orange sections, and 1 cup of halved and seeded malaga grapes. Pour into a punch bowl or glasses containing crushed ice.

(3) Mix together ¼ cup of whole cloves, ½ cup of tea, and 1 and ½ cups of boiling water. Let stand for 20 minutes and strain. Add 1 cup of orange juice, 1 cup of loganberry juice or peach juice, ¾ cup of lemon juice, and 3 quarts of water. Serve with crushed ice, and garnish with mint leaves.

MULLED WINE

To 1 cup of hot water, add cinnamon and allspice to taste. Beat 3 eggs until light with 3 teaspoons of sugar. Bring to a boil 1 pint of wine, and gradually stir over the eggs. Add the hot water. Stir until thoroughly blended and serve hot.

STRAWBERRY CRUSH

Mash fine 1 quart of ripe strawberries. Add 2 cups of powdered sugar, and stir until the sugar is dissolved. Let stand in the refrigerator for 2 hours. Add 1 quart of ice water and the juice of 2 lemons. Half fill about 8 glasses with chopped ice, and pour the strawberry crush over it.

SHERRY COBBLER

In a large bowl place a layer of crushed ice. Measure 1 cup of powdered sugar. Slice a pared pineapple, and cut each slice in quarters, slice thin 3 oranges and a lemon, and wash and hull ¼ cup of black or red raspberries. Place the fruit and sugar in alternate layers over the ice. Add 1 glass of sherry wine and 2 glasses of water. Stir well and pour into glasses just before serving.

CLARET CUP

Mix the strained juice of 1 and ½ lemons, 2 tablespoons of powdered sugar, 1 tablespoon of red curacao, a few slices of orange or

pineapple, a few maraschino cherries, 3 cups of claret and 1 cup of charged water. Mix well, and pour at once into thin glasses half filled with crushed ice. Garnish with mint leaves.

GRAPE JUICE

Wash and stem 10 pounds of Concord grapes, put them in a preserving kettle, and crush slightly. Bring to the boiling point, and cook gently for 30 minutes. Strain through a cheesecloth or jelly bag, pressing out as much juice as possible. Add 2 pounds of sugar to the juice, return to the stove, and cook for 15 minutes. Strain once more, and bring to a boil. Pour into hot sterilized bottles, and seal with sterilized corks. Dip the necks of the bottles in hot sealing wax.

OTHER FRUIT JUICES

Raspberry, blackberry, and strawberry juice are made in the same way as grape juice, using 4 pounds of sugar to 10 pounds of fruit. For currant juice, use 8 pounds of sugar. For cherries, use 1 pound of sugar to 2 quarts of juice.

FRUIT SYRUPS

Follow the directions for Grape or other fruit juices, but measure the juice after the first squeezing. Add half as much sugar as juice, by measure, and continue as for the fruit juices.

RASPBERRY VINEGAR

Put 2 quarts of raspberries in a bowl and cover them with 2 quarts of vinegar. Cover the bowl and place in the refrigerator for 2 days. Mash the berries, and strain through a cheesecloth. Add 2 quarts of fresh berries, and let stand for 2 days as before. Strain once more, put the juice in a preserving kettle, and add 1 pound of sugar for each pint of juice. Heat slowly, and skim as the vinegar begins to boil. Boil 20 minutes, and seal in sterilized bottles. Mix 2 tablespoons of this syrup with a glass of ice water, and serve as a beverage.

BLACKBERRY WINE

Measure the blackberries, and crush slightly. For every gallon of berries add 1 quart of boiling water. Let the mixture stand 24 hours, stirring occasionally. Strain off all the liquor into a cask. To every gallon of liquor add 2 pounds of sugar. Stir well, cork tightly, and let the wine stand at least 3 months before using.

BLACKBERRY CORDIAL

Simmer blackberries until they break. Strain them and measure the juice. To each quart of juice add 1 pound of sugar. Heat

slowly until the sugar is dissolved. Add 1 tablespoon each of cinnamon, nutmeg, cloves, and if desired, allspice. Simmer together for 20 minutes, pour into sterilized bottles, and seal.

CHERRY BRANDY

Allow 1 gallon of brandy for each 2 quarts of cherries. Mash and pound the cherries until all the stones are broken. Add the brandy and a pound of cut loaf sugar. Set the mixture in the sun for 2 or 3 weeks. Shake it each day. Strain at the end of this period, and bottle.

VISHNICK

Fill a gallon jug a little more than half full of whole sour cherries, blackberries, or black raspberries. Add 4 pounds of sugar and ½ pint of alcohol. Shake the jug to blend the ingredients, cork, but do not seal, and let the mixture stand for a month. Fill the jug with alcohol, cork loosely, and let stand at least 3 months before using.

CHOCOLATE ICE CREAM SODA

In a tall glass put 1 tablespoon of chocolate syrup. Add 1 tablespoon of milk or cream, and fill with charged water or ginger ale. Let the froth settle for a moment and put in a scoop of vanilla or chocolate ice cream.

FRUIT ICE CREAM SODA

Substitute fruit syrup for the chocolate syrup in the above recipe, and if desired, use fruit flavored ice cream. Or put the ice cream in a glass and fill with fruit flavored soda water.

BOSTON COOLER

Put a scoop of any desired ice cream in a tall glass. Fill with root beer and serve at once.

CANNED FRUITS

GENERAL RULES

All fruits should, if possible, be freshly picked for preserving, canning, and jelly making. No imperfect fruit should be canned or preserved. Gnarly fruit may be used for jellies or marmalades by cutting out defective portions. Bruised spots should be cut out of peaches and pears. In selecting small-seeded fruits, like berries, for canning, those having a small proportion of seed to pulp should be chosen. In dry seasons berries have a larger proportion of seeds to pulp than in a wet or normal season, and it is not wise to can or preserve such fruit unless the seeds are removed. The fruit should be rubbed through a sieve that is fine enough to keep back the seeds. The strained pulp can be preserved as a purée or marmalade.

When fruit is brought into the house put it where it will keep cool and crisp until you are ready to use it.

Begin by having the kitchen swept and dusted thoroughly that there need not be a large number of mold spores floating about. Dust with a damp cloth. Have plenty of hot water and pans in which jars and utensils may be sterilized. Have at hand all necessary utensils, towels, sugar, etc.

Prepare only as much fruit as can be cooked while it still retains its color and crispness. Before beginning to pare fruit have some syrup ready, if that is to be used, or if sugar is to be added to the fruit have it weighed or measured.

Decide upon the amount of fruit you will cook at one time, then have two bowls—one for the sugar and one for the fruit—that will hold just the quantity of each. As the fruit is pared or hulled, as the case may be, drop it into its measuring bowl. When the measure is full put the fruit and sugar in the preserving kettle. While this is cooking another measure may be prepared and put in the second preserving kettle. In this way the fruit is cooked quickly and put in the jars and sealed at once, leaving the pans ready to sterilize another set of jars.

The preserving kettle should be porcelain-lined, and no iron or tin utensils should be used, as the fruit acids attack these metals and so give a bad color and metallic taste to the food.

STERILIZING JARS, ETC.

The success of canning depends upon absolute sterilization and not upon the amount of sugar or cooking. Any proportion of sugar may be used, or fruit may be canned without the addition of any sugar.

It is most important that the jars, covers, and rubber rings be in perfect condition. Examine each jar and cover to see that there is no defect in it. Use only fresh rubber rings, for if the rubber is not soft and elastic the sealing will not be perfect. Each year numbers of jars of fruit are lost because of the false economy in using an old ring that has lost its softness and elasticity.

Before beginning test each jar by fitting the rubber, filling the jar with water, adjusting the cover, and inverting. If there is any leak, either the jar or the rubber or cover is imperfect. Try the jar again with new rubbers and cover until there is no leak.

Have two pans partially filled with cold water. Put some jars in one, laying them on their sides, and some covers in the other. Place the pans on the stove where the water will heat to the boiling point. The water should boil at least ten or fifteen minutes. Have on the stove a shallow pan in which there is about two inches of boiling water. Sterilize the cups, spoons, and funnel, if you use one, by immersing in boiling water for a few ninutes. When ready to put the prepared fruit in the jars slip a broad skimmer under a jar and lift it and drain free of water.

There are several methods of canning; the housekeeper can use that method which is most convenient.

The three easiest and best methods are: Cooking the fruit in jars in an oven; cooking the fruit in jars in boiling water; and stewing the fruit before it is put in the jars.

After the fruit is canned and sealed, invert it on a cloth or board with a space between each jar, so that they may cool quickly. Be sure to place them where there are no drafts to cause them to crack. If any jar should leak, put on a sterilized cover and reprocess for 10 minutes. After the jars are cool, wash them carefully and store them in dark, cool, well-aired and dry places.

Fruit is usually canned with a syrup, made of sugar and water. Put the sugar and water in a saucepan and stir over a low heat until the sugar is dissolved. Bring to a boil, and boil without stirring for 3 minutes. For large fruit allow about 1 pint of syrup for each quart, and for small fruit allow about ½ pint of syrup. Cool the syrup for a few moments before pouring it over the fruit in the jar. However, it should be very hot when it is used, about the same temperature as boiling water.

The sweetness of the syrup depends on the sweetness of the fruit.

For sour fruits use a thick, sweet syrup, for medium fruits a medium one, and for sweet fruits, a thin syrup.

For thin syrup, use 2 cups of sugar to each quart of water.

For medium syrup, use 4 cups of sugar to each quart of water.

For thick syrup, use 8 cups of sugar to each quart of water.

METHODS OF CANNING

The easiest three methods of canning are,

1. Cooking the fruit in jars in the oven.
2. Cooking the fruit in jars in boiling water.
3. Cooking the fruit completely in an open kettle and pouring it boiling hot into sterile jars.

CANNING FRUIT IN THE OVEN

If the oven has a thermometer and is well-regulated, this is the easiest method of canning. Fruit prepared in this way retains its shape, color and flavor. This is especially suited to berries and cherries.

Prepare the fruit according to its own directions, and place it, solidly packed, in hot, sterile jars, with the rubbers already adjusted. Fill to within 1 inch of the top with hot syrup.

Have a tray on the center rack of the oven, and have the oven pre-heated to 275° F. As the jars are filled, place them at once in the oven, with the covers loosely adjusted. Leave 2 inches between each jar. After the last jar is in, look at the time. Leave the jars in the oven the correct amount of time for each fruit. Then remove them from the oven, seal tightly, and invert to cool.

CANNING FRUIT IN BOILING WATER

Prepare the fruit according to its own directions, and pack solidly in hot sterile jars. Fill with hot syrup. Run the blade of a sterile silver knife around the inside of the jar and put the covers on loosely. An old fashioned wash boiler is the best utensil in which to place the jars.

Have a wooden rack, slats, or straw in the bottom of the wash-boiler; put in enough warm water to come to about four inches above the rack; place the filled jars in the boiler, being careful not to let them touch. Pack clean white rags or cotton rope between and around the jars to prevent their striking one another when the water begins to boil. Cover the boiler and let the fruit cook as directed, counting from the time the surrounding water begins to boil. (This cooking is called sterilizing or processing.)

Draw the boiler aside and remove the cover. When the steam passes off, lift out one jar at a time and place it in a pan of boiling water beside the boiler; fill to overflowing with boiling syrup;

wipe the rim of the jar with a cloth wrung from boiling water; put on rubbers and cover quickly; stand the jar upside down and protected from drafts, until cool; then tighten the covers if screw covers are used, and wipe off the jars with a wet cloth. Paste on labels and put the jars on shelves in a cool, dark closet.

The time given for sterilizing is for quart jars; pint jars require three minutes less.

CANNING IN THE PRESERVING KETTLE

Canning in the preserving kettle is less satisfactory; but is sometimes considered easier, especially for small fruits. Cook the fruit according to the directions and see that all jars, covers and utensils are carefully sterilized. When ready to put the fruit in the jars, put a broad skimmer under one, lift it and drain off the water. Set it in a shallow pan of boiling water or wrap it well in a heavy towel wrung out of boiling water; fill to overflowing with the fruit and slip a silver-plated knife around the inside of the jar to make sure that fruit and juice are solidly packed. Wipe the rim of the jar; dip the rubber ring in boiling water, place it on the jar; cover and remove the jar, placing it upside down on a board, well out of drafts until cool. Then tighten the covers, if screw covers are used; wipe the jars with a wet cloth and stand on shelves in a cool, dark closet.

CANNED PEACHES, APRICOTS, OR NECTARINES

Place the fruit in a wire basket or a square of cheesecloth, and dip into a kettle of boiling water for 2 minutes. Plunge at once into cold water. Slip off the skins. Cut in half and remove the pits, or leave whole. Use medium syrup in which a few pits have been cooked.

For *Oven Canning,* or *Canning in Boiling Water,* put the fruit in sterile jars and follow the general directions. Process in the oven for 45 minutes, or in boiling water for 16 minutes.

For *Canning in the Preserving Kettle,* make a syrup of 1 quart of sugar to 3 quarts of water. Bring to a boil, skim, and place where the syrup will keep hot but will not boil. Add a layer of pared peaches. Bring to a boil again, skim, and simmer for 10 minutes. Put in jars and seal. Proceed with another layer of fruit in the same way. This amount of syrup is enough for 8 quarts of peaches.

CANNED STRAWBERRIES, RASPBERRIES, BLACKBERRIES, OR BLUEBERRIES

Use only perfect, ripe berries. Pick over, wash, and stem or hull them.

For *Oven Canning* or *Canning in Boiling Water,* pack in sterile

jars, and fill with medium syrup according to the general directions. Process in the oven for 35 minutes, or in boiling water for 20 minutes.

For *Canning in the Preserving Kettle;* for each quart can of fruit allow ½ cup of water to about ¾ cup of sugar. More or less sugar may be added according to the sweetness of the berries. Bring the syrup to a boil, add the fruit, and after it comes to a boil cook 6 minutes, except for strawberries, which should be cooked 8 minutes. Pack in jars and seal according to general directions.

GREEN GOOSEBERRIES AND CURRANTS

Can as for other berries, but use a heavy syrup. If canned in the preserving kettle use 1 cup of sugar.

CANNED CHERRIES

Wash, stem, and remove the pits of sweet or sour cherries. For *Canning in the Oven* or *in Boiling Water,* pack the fruit solidly in hot sterile jars. Use a medium syrup for sweet cherries, and a thick syrup for sour ones. However, if the cherries are very sweet, a thin syrup may be used. Proceed according to general directions, processing 30 minutes in the oven, or 25 minutes in boiling water.

For *Canning in a Preserving Kettle,* make a syrup of ½ cup of water to ½ to 1 cup of sugar, depending on the sweetness of the fruit—for each quart jar of cherries. Bring the syrup to a boil, and add the prepared fruit. Boil slowly for 5 minutes. Pack in jars and seal according to general directions.

CANNED PEARS

Select sweet, firm pears, such as Bartlett. Pare, remove the blossom end, cut in half, and remove the core with a potato ball cutter. Use a medium syrup. If desired, 1 whole plum may be placed in each quart jar of pears, or a little ginger root or sliced lemon may be cooked with the syrup. Small pears may be left whole.

For *Canning in the Oven,* or *in Boiling Water,* pack the fruit solidly in hot, sterile jars, and proceed according to general directions. Process in the oven for 45 minutes, and in boiling water for 20 minutes.

For *Canning in the Preserving Kettle,* make a syrup of 1 cup of sugar to 1 cup of water for each quart jar of pears. Bring the syrup to a boil, add the pears and cook 20 minutes for Bartlett halves, and 30 minutes for small whole pears. Pack in jars and seal according to general directions.

CANNED PINEAPPLE

Pare large, juicy pineapples, digging out all the eyes at the same time. Remove the core with an apple corer. Push the corer into

the center at one end and twist, then repeat at the other end. Cut the pineapple in slices of the desired thickness, or in lengthwise strips. The slices may be left whole, or cut in small wedges.

For *Canning in the Oven* or *in Boiling Water,* pack the fruit in hot sterile jars and cover with medium syrup according to general directions. Process in the oven for 45 minutes and in boiling water for 30 minutes.

For *Canning in the Preserving Kettle,* prepare and slice the fruit as above. Place it in a large bowl in layers, and sprinkle sugar between each layer. Allow 1 pound (2 cups) of sugar to each very large pineapple. Cover the dish and let stand overnight. Strain off the juice, and bring to a boil. Skim well, and add the fruit. Boil 5 minutes, and pour to overflowing in hot sterile jars, according to general directions. Seal at once.

CANNED PLUMS

Wash the plums thoroughly. Pit if desired, or prick the plums. For *Canning in the Oven* or *in Boiling Water,* pack solidly in hot sterile jars, and cover with medium syrup according to general directions. Process in the oven for 35 minutes, and in boiling water for 20 minutes. For *Canning in the Preserving Kettle,* make a syrup of 1 cup of sugar to ½ cup of water for each quart jar of plums. Bring to a boil and skim. Add the plums and cook slowly for 10 minutes. Pack in hot sterile jars, and seal at once according to general directions.

CANNED CRABAPPLES

Wash the fruit well, and leave it whole. Make a syrup of 1 cup of sugar to 2 cups of water for each quart jar of fruit. Bring the syrup to a boil, add the fruit, and cook 25 minutes. Pour into hot, sterile jars at once, and seal according to general directions for Canning in the Preserving Kettle.

QUINCES

To 4 quarts of pared, cored and quartered quinces take 1 and ½ quarts of sugar and 2 quarts of water.

Rub the fruit hard with a coarse, crash towel, blanch for 6 minutes. Pare, quarter, and core; drop the pieces into cold water. Put the fruit in the preserving kettle with cold water to cover it generously. Heat slowly and simmer gently until tender. The pieces will not all require the same time to cook. Take each piece up as soon as it is so tender that a silver fork will pierce it readily. Drain on a platter. Strain the water in which the fruit was cooked through cheese-cloth. Put 2 quarts of the strained liquid and the sugar into the preserving kettle; stir over the fire until the sugar

is dissolved. When it boils skim well and put in the cooked fruit. Boil gently for about 5 minutes, and seal in sterile jars.

CANNED RHUBARB READY TO USE

Strip the skins from the stalks, and cut into small pieces as you would for pies. Allow 8 ounces of loaf sugar to every quart of rhubarb. Set the sugar over the fire with as little water as possible, add the rhubarb and boil 10 minutes. Put in jars and seal.

CHART OF WEIGHTS AND MEASURES FOR CANNING

As a general rule, allow 2 pounds of fruit for a quart jar.
2 cups of sugar equals 1 pound.
1 bushel of peaches or pears weighs 48 pounds.
1 bushel of plums weighs 50 pounds.
For a small family use pint jars.

CANNED VEGETABLES

In canning vegetables most of the same general rules used for canned fruit may be used. Instead of a sugar syrup, salted water is poured over the vegetables.

Vegetables should be canned as soon as possible after they are picked. If possible, they should be gathered in the early morning and canned the same day. They must be washed thoroughly in order to remove every particle of dirt which might contain harmful bacteria. Prepare each vegetable in the same manner as for cooking (see Chapter on Vegetables).

To insure a high enough temperature for thorough sterilization, at least 250° F., the Oven Method of Canning is especially recommended for all non-acid vegetables. If you have a Pressure Cooker, the vegetables may be canned in this. Follow the directions which come with the cooker, or the following general directions:

Put the Pressure Cooker on the stove with water to the level of the rack. If the food is to be in the cooker for longer than 30 minutes, use a little more water. Put in the jars, not too close together. Leave about ½ inch of space in the top of each jar, and adjust the cover loosely. Put on the cover of the cooker and adjust the clamps. Let the steam escape for 3 minutes, then close the petcock. Bring the pressure slowly to 10 pounds and keep it there by adjusting the flame. At the end of the processing period, turn off the fire, and let the pressure go to zero. At the end of 2 minutes, gradually open the petcock. Remove the cover of the cooker, take out the jars, and seal tightly.

CANNED TOMATOES

Dip ripe, firm tomatoes in boiling water, and peel. Pack into hot jars upon which new, sterile rubbers have been placed. To each quart add 1 teaspoon of pure salt and fill to within 1 inch of the top with boiling water. Process according to general directions, in the oven for 45 minutes, or in boiling water for 25 minutes. If a pressure cooker is used, fill to within ½ inch of the top and process for 15 minutes with the pressure at 5 pounds.

CANNED CORN

Corn must be freshly picked. Remove the husks and place the ears in boiling water to cover. Boil 5 minutes, remove from the

water, and cut the corn from the cob. Pack loosely in hot sterile jars on which sterile rubbers have already been placed. Add 1 teaspoon of salt for each quart jar, and fill to within 1 inch of the top with boiling water (½ inch for a Pressure Cooker). Process in the oven for 3 hours, or in a Pressure cooker, with the pressure at 15 pounds, for 90 minutes. If desired, 1 tablespoon of sugar may be added with the salt.

CANNED GREEN OR YELLOW BEANS

For each quart jar use 1 pound of beans. Wash the beans, remove the ends and strings, and add 1 and ¾ cups of boiling water and 1 teaspoon of salt. Bring to a boil, and cook 5 minutes. Make only 1 or 2 jars at a time. Pack into hot sterile jars, with the rubbers already adjusted. Fill to within 1 inch of the top for Oven Canning, and ½ inch for Pressure Cooker. Process 2 and ½ hours in the oven, or seal tight, and process for 50 minutes in the pressure cooker with the pressure at 10 pounds, or 2 hours in boiling water. If desired the beans may be cut before canning.

OTHER VEGETABLES

Prepare *Asparagus, Beets, Carrots, Parsnips* and *Turnips* as for cooking. Cover with boiling water and cook for 6 minutes. Remove with a skimmer and pack in hot sterile jars. Add 1 teaspoon of salt for each quart jar, and fill with boiling water, according to general directions. Process in the oven for 2 and ½ hours, and in a pressure cooker for 40 minutes with the pressure at 10 pounds. For Asparagus, process for 2 hours in boiling water or 50 minutes in the pressure cooker.

Pre-cook *Lima beans* for 5 minutes, and process in the oven and by the other methods the same as asparagus.

Pre-cook *Pumpkin* and *Squash,* peeled and prepared as for cooking, for 5 minutes. Pack in hot sterile jars, add 1 teaspoon of salt to each quart jar, and fill with boiling water according to general directions. Process in boiling water for 1 and ½ hours, or in the pressure cooker for 50 minutes, with the pressure at 10 pounds.

Spinach, and other greens, should be thoroughly washed and trimmed. Steam over hot water, tightly covered, from 15 to 20 minutes. Do not let the water touch the greens. Pack hot, not too solidly, in hot sterile jars. Add 1 teaspoon of salt to each quart jar of spinach, and fill with boiling water according to general directions. Process in the oven for 3 hours, 90 minutes in boiling water, or 60 minutes in the pressure cooker, with the pressure at 10 pounds.

JELLIES, JAMS, AND PRESERVES

GENERAL RULES

In making jellies, jams, or preserves, be sure that the ingredients, and all utensils used are thoroughly clean. Wash all fruit thoroughly, remove the stems, and prepare as directed. Scrub the glasses and all other utensils, and bring them to a boil in a pan of water. Do not touch the inside of a glass once it is sterilized.

To make jelly, prepare each fruit according to directions. Simmer with the correct amount of water until the fruit is tender. Place the fruit and juice in a cloth bag suspended over a pan large enough to catch all the juice. Let the juice drip through overnight, but do not squeeze the bag. The juice is used to make clear, first quality jelly.

To make a cloudy jelly, which may be used to spread cakes, etc., take the pulp in the bag, add a little more water, and reheat. Put back in the bag, and squeeze out every bit of the juice.

Measure the juice. Add the correct amount of sugar to the juice which has been heated. Boil rapidly until a point is reached when the juice drops as one mass from the side of the spoon. Skim, and pour into sterilized glasses.

Jams, preserves, and marmalades, are made with the unstrained fruit and sugar cooked rapidly together.

TO MAKE PRESERVES JELL

Certain fruits contain a substance known as pectin. This combines, after it is heated, with the fruit acid and sugar to make the juice congeal or jell. Some fruits, such as apples, contain a large amount of pectin. Others, such as peaches, strawberries, and cherries, do not. Slightly under-ripe fruit contains more pectin than fully ripe fruit.

To be certain that the jam or jelly will jell, it must contain a sufficient quantity of pectin. Those fruits which contain a large amount of pectin are currants, sour apples, crabapples, not too ripe grapes, quinces, raspberries, blackberries, blueberries, and green gooseberries. Other fruits and vegetables should be mixed with these, or made with commercial pectin.

TO MAKE JAMS AND JELLIES WITH COMMERCIAL PECTIN

Commercial pectin can be used with all fruits to make jams, jellies, marmalades, etc. It gives certain results, and clear bright

preserves. In using it, more sugar is needed with the fruit, as the juice boils only a few minutes, and more of it remains.

There are different types of commercial pectin on the market, the most popular type being in liquid form. Clear directions for all kinds of preserves come with each package and should be carefully followed.

UTENSILS FOR JELLY MAKING

Large enamelled kettle, syrup gauge, 2 colanders, wooden masher, wooden spoon, jelly glasses, 1-quart measure, 2 enamelled cups, 1 baking-pan, 2 earthen bowls, paraffin wax, enamelled dish-pan for sterilizing glasses and 2 iron jelly stands with cheese-cloth bags.

HOW TO TEST JELLY MADE AT HOME

Much waste of sugar and spoilage of jellies can be avoided by using a simple alcohol test recommended by the Bureau of Chemistry, United States Department of Agriculture. To determine how much sugar should be used with each kind of juice put a spoon of juice in a glass and add to it one spoon of ninety-five per cent. grain alcohol, mixed by shaking the glass gently.

Pour slowly from the glass, noting how the pectin—the substance in fruits which makes them jell—is precipitated. If the pectin is precipitated as one lump, a cup of sugar may be used for each cup of juice; if in several lumps the proportion of sugar must be reduced to approximately ¾ the amount of the juice. If the pectin is not in lumps, the sugar should be ½ or less of the amount of juice.

The housewife will do well before making the test to taste the juice, as fruits having less acid than good tart apples probably will not make good jelly, unless mixed with other fruits which are acid.

TO COVER JELLY GLASSES

There are three common methods of covering jelly tumblers: (1) Dip a piece of paper in alcohol; place it on top of the tumbler as soon as the jelly is cold; put on the tin cover and force it down firmly. (2) Cut a piece of paper large enough to allow it to overlap the top of the tumbler at least ½ inch on all sides; dip the paper in slightly-beaten white of egg; cover the glass as soon as the jelly cools and press down the paper until it adheres firmly. (3) When the jelly has become cold, cover the top with melted paraffin to a thickness of ⅓ of an inch.

To mark jelly glasses sealed with paraffin, have the labels ready on narrow slips of paper not quite as long as the diameter of the

top of a glass, and when the paraffin is partially set, but still soft, lay each label on and press gently.

JELLIES

CURRANT JELLY

Pick over half ripe currants, leaving stems on. Wash and place in preserving kettle. Pound vigorously with wooden masher until there is juice enough to boil. Boil slowly until fruit turns white and liquid drops slowly from the spoon. Stir to prevent scorching.

Remove from fire. Take an enamelled cup and dip this mixture into the jelly bags, under which large bowls have been placed to catch the drip. Drip overnight.

Next morning measure the juice. For every pint allow a pint of granulated sugar, which is put in a flat pan. Juice is put in kettle and allowed to come to boiling point. Sugar is placed in oven and heated. When juice boils add sugar and stir until dissolved.

When this boils remove from fire and skim. Do this three times. Now test liquid with syrup gauge to see if it registers twenty-five degrees. Without gauge let it drip from spoon, half cooled, to see if it jells. Strain into sterilized jelly glasses. Place glasses on a board in a sunny exposure until it hardens. Cover with melted paraffin ¼ inch thick.

RASPBERRY AND CURRANT JELLY

Follow the recipe for Currant Jelly, using half raspberries and half currants.

RASPBERRY JELLY

Follow the recipe for Currant Jelly.

BLACKBERRY JELLY

Follow the recipe for Currant Jelly.

STRAWBERRY JELLY (WITH COMMERCIAL PECTIN)

Wash and stem about 3 quarts of fully ripe strawberries. Crush or grind them and place in a jelly bag, according to general directions. Add the juice of 1 medium sized lemon, strained, to the strawberry juice. Measure 4 cups of the berry juice, and add to it 8 cups of sugar. Mix well, and bring to a boil over the hottest fire. Add 8 ounces of liquid commercial pectin, and stir constantly. Bring to a full, rolling boil, and boil hard ½ minute. Remove from the fire, skim, and pour quickly into sterile, hot glasses. Paraffin at once. This makes about 12 glasses, of 6 ounces each.

PEACH JELLY (WITH COMMERCIAL PECTIN)

Remove the pits from 3 and ½ pounds of peaches, but do not peel them. Crush thoroughly. Add ½ cup of water, bring to a boil, cover, and simmer 5 minutes. Place fruit in a jelly bag according to general directions. Measure the juice, and to each 3 cups add 6 and ½ cups of sugar. Mix well and bring to a boil over the hottest fire. Add 8 ounces of liquid commercial pectin and stir constantly. Bring to a full rolling boil and boil hard for ½ minute. Remove from the fire, skim, and pour quickly into hot, sterile glasses. Paraffin at once. This makes about 9 6-oz. glasses.

SOUR CHERRY JELLY (WITH COMMERCIAL PECTIN)

Stem and crush about 3 pounds of fully ripe sour cherries, but do not pit them. Add ½ cup of water, bring to a boil, cover, and simmer for 10 minutes. For a stronger flavor add ¼ teaspoon of almond extract. Pour into a jelly bag according to general directions. Measure the juice and for each 3 and ½ cups add 7 cups of sugar. Mix and bring to a boil over the hottest fire. Add 8 ounces of liquid commercial pectin and stir constantly. Bring to a full rolling boil and boil hard for ½ minute. Remove from the fire, skim, and pour at once into hot, sterile glasses. Paraffin at once. This makes about 11 6-oz. glasses.

MINT JELLY

Wash ½ peck of tart apples, remove the stem end, and cut in quarters. Put in a preserving kettle and add just enough water to cover them. Cover the kettle, and simmer until the apples are very soft. Mash and drain in a jelly bag. Measure the juice, and in a separate bowl measure an equal quantity of sugar. Bring the juice to a boil and boil 5 minutes. Add the sugar, bring to the boiling point again and boil 2 minutes. Add ½ cup of fresh mint leaves, and cook until the mixture jells. (See general directions.) Add 2 tablespoons of lemon juice, and color a delicate green with vegetable coloring. Strain into hot sterile glasses.

GRAPE JELLY

The Concord is the best all-round grape for jelly, although the Catawba grape makes a delicious jelly. Make your jelly as soon as possible after the grapes are sent home from the market. Weigh the grapes on the stems and for every pound of grapes thus weighed allow ¾ of a pound of the best quality of granulated sugar.

After weighing the grapes, place them in a big tub or receptacle of some kind nearly filled with cold water. Let them remain 10 minutes, then lift them out with both hands and put them in a preserving kettle over a very low fire. Do not add any water. With

a masher press the grapes so the juice comes out, and cook the grapes until they are rather soft, pressing them frequently with the masher. When they have cooked until the skins are all broken, pour them, juice and all, in a small-holed colander set in a big bowl, and press pulp and juice through, picking out the stems as they come to the surface.

When pulp and juice are pressed out, pour them into a cheesecloth bag. Hang the bag over the preserving kettle and let the juice drip all night. In the morning put the kettle over the fire and let the grape juice boil gently for a half hour, skimming it frequently.

While the juice is cooking put the sugar in pans in a moderate oven and let heat. As soon as the juice is skimmed clear stir in the hot sugar, and as soon as it is dissolved pour the jelly in the glasses, first standing them in warm water. Place glasses after filling them in a cool dry place till jelly is well set, then pour a film of melted paraffin over the top and put on the covers. Label.

CRABAPPLE JELLY

Wash 8 pounds of slightly under-ripe crabapples. Cut in quarters and add 4 quarts of water. Simmer over a low flame, with the kettle covered, until the crabapples are very soft. Drain the juice in a jelly bag. If the juice lacks tartness add 2 tablespoons of lemon juice. Measure the juice and measure an equal quantity of sugar. Heat the sugar in the oven, and bring the juice to a boil over a quick flame. When the juice is boiling, add the hot sugar, and boil until the mixture jells. (See general directions.) Remove from the fire, skim, and pour into hot, sterile glasses.

APPLE JELLY

Cut sour, juicy apples in quarters, but do not peel or core. Add just enough water to cover, and simmer over a low flame until the apples are very tender. Mash thoroughly and place in a jelly bag to drip. Measure the juice. For each 3 pints of juice add a wine glass of white wine and the strained juice of 1 lemon. Bring to a boil, add 3 pounds of hot sugar, and boil until the mixture jells. Skim and pour at once into hot sterile glasses.

QUINCE JELLY

Wipe quinces, pare, core, and slice them. Put the parings and cores in a kettle, add just enough water to cover, and cook until the parings are soft. Strain the water through a jelly bag. Add the quinces to the water, and cook uncovered for 1 hour. Strain through a jelly bag. Measure the juice, and measure 1 pound of sugar for each pint of juice. Bring the juice to the boiling point,

and heat the sugar in the oven. Add the sugar to the juice and stir until the sugar is melted. Cook until the mixture drops from the spoon in a sheet, and strain into hot, sterile glasses.

CRANBERRY AND APPLE JELLY

Peel and core ½ peck of tart apples. Add 1 quart of cleaned cranberries and just enough water to cover. Cook for 1 hour and strain through a jelly bag without squeezing. Measure the juice and measure an equal quantity of sugar. Bring the juice to a boil and heat the sugar in the oven. Add the sugar to the hot juice and boil for 20 minutes. Skim and pour into jelly glasses. Makes about 7 glasses.

PLUM JELLY (MADE WITH COMMERCIAL PECTIN)

Pit, and crush thoroughly about 4 pounds of fully ripe plums. Add the pits, and 1 cup of water. Bring to a boil, cover, and simmer for 10 minutes. Drain in a jelly bag. Measure the juice. It should make 4 cups. If the juice is very sweet, substitute lemon juice for ½ of it. Add 7 and ½ cups of sugar and bring to a boil over the hottest fire, stirring constantly. Add 8 ounces of liquid commercial pectin, and stir. Bring to a hard boil and cook for ½ minute. Remove from the fire and skim, and pour at once into hot sterile glasses. Paraffin at once. This makes about 11 6-ounce glasses.

JAMS AND PRESERVED FRUITS

STRAWBERRY OR BLACKBERRY JAM (WITH COMMERCIAL PECTIN)

Clean about 2 quarts of berries, and crush thoroughly, a layer of fruit at a time. Measure the fruit. It should make 4 cups of pulp. Add 7 cups of granulated sugar and mix well. Bring to a boil over a hot fire, stirring constantly. When it comes to a full hard boil, stir and let it boil hard for 3 minutes. Remove from the fire and stir in 4 ounces of liquid commercial pectin. Stir and skim for 5 minutes. Pour quickly into hot sterile glasses, and paraffin at once. This makes about 10 glasses of 6 ounces each.

RED RASPBERRY OR LOGANBERRY JAM (WITH COMMERCIAL PECTIN)

Prepare as for Strawberry Jam, using 6 and ½ cups of sugar.

RED CURRANT OR GOOSEBERRY JAM (WITH COMMERCIAL PECTIN)

Use about 2 pounds of fully ripe fruit. Crush thoroughly, measure 4 cups and add ½ cup of water. Bring to a boil and simmer,

covered, for 15 minutes. Add 7 and ½ cups of sugar and continue as for Strawberry Jam.

PEACH OR PEAR JAM (WITH COMMERCIAL PECTIN)

Peel about 2 and ½ pounds (4 cups) of fruit. Crush very fine. Fully ripe fruit should be used. If desired add 3 teaspoons of ground spice. Add 7 and ½ cups of sugar, bring to a hard boil, stirring constantly, and boil hard for 1 minute. Remove from the stove, stir in 4 ounces of commercial liquid pectin, and stir and skim for 5 minutes. Pour at once into hot, sterile glasses.

RED RASPBERRY AND CURRANT JAM (WITH COMMERCIAL PECTIN)

Fully crush 1 and ½ pounds of ripe currants. Remove the seeds and skin by pressing through a sieve. Crush 1 quart of ripe raspberries. Combine fruits and measure. There should be 4 cups. Add 7 cups of sugar and proceed as for Peach Jam.

STRAWBERRY AND PINEAPPLE JAM (WITH COMMERCIAL PECTIN)

Grind 1 medium, fully ripe pineapple, or use 1 No. 2 can of crushed pineapple. Add enough thoroughly crushed strawberries to make 3 and ½ cups. Add 6 and ½ cups of sugar and bring to a boil, stirring constantly. Boil hard for 3 minutes. Remove from the fire, and add 4 ounces of liquid commercial pectin. Stir and skim for 5 minutes. Pour quickly into hot sterile glasses, and paraffin at once.

This makes about 9 6-ounce glasses.

DAMSON PLUM JAM

Weigh ¾ of a pound of sugar for each pound of fruit. After washing the plums carefully, put them in a preserving kettle with just enough water to keep them from sticking to the bottom. Set them over a moderate fire and let them simmer for ½ hour; then turn them, juice and all, into a colander, filling the colander not more than half full. Have the colander set over a large earthen bowl. With a potato masher, press juice and pulp through the colander into the bowl, leaving skins and pits as dry as possible. Remove these from the colander and repeat the process until all the pulp and juice is pressed out; then pour it into the kettle and, while it is heating slowly, heat the sugar in the oven. As soon as the juice and pulp begin to simmer stir in the hot sugar, and when it drops from the spoon like a thick jelly pour it into the glasses. This is one of the most delicious fruit preserves made and is always acceptable with meat and poultry.

SOUR CHERRY JAM

Always use sour cherries for this purpose. Pit and crush thoroughly about 2 and ½ pounds of ripe cherries. Add ¼ cup of water, cover, and simmer for 15 minutes. Add ¼ teaspoon of almond extract. Stir in 7 cups of sugar and mix well. Bring to a hard boil, and boil and stir constantly for 3 minutes. Remove from the fire, and stir in 8 ounces of commercial liquid pectin. Stir and skim for 5 minutes. Pour quickly in hot sterile glasses and paraffin at once. This makes about 11 glasses of 6 ounces each.

PRESERVED FIGS

Lay fresh figs in water overnight. Then simmer in water enough to cover them until tender, and spread upon dishes to cool. Make a syrup of a pound of sugar to very pound of fruit. Allow a small teacup of water to a pound of sugar. Boil until a very clear syrup; remove every particle of scum; put in the figs and boil slowly for 10 minutes. Take them out and spread upon dishes, and set them in the hot sun. Add the juice of as many lemons as you have pounds of sugar, and a few small pieces of ginger. Boil this syrup until thick. Boil the figs in this syrup for 15 minutes longer. Then fill in glass jars ¾ full, fill up with boiling syrup and cover. When cold, screw air-tight or seal.

PRESERVED PEACHES

Weigh 1 pound of sugar for each pound of fruit. After weighing them brush each peach with a stiff whiskbroom. After brushing them peel the peaches very thin with a sharp silver knife. Do not use a knife with a steel blade, as it discolors the fruit. As fast as the peaches are peeled lay them on porcelain platters. Put the peelings in the preserving kettle with enough water to keep from sticking. Stand the kettle over rather a quick fire and let the peelings boil with the kettle covered until very soft. Then drain them through a colander and pour the juice strained back into the kettle. Add sugar to this and let it simmer gently until it is a thick syrup. During the time the syrup is cooking it must be frequently stirred and skimmed. As soon as the syrup is thick enough, drop in the peaches, 12 at a time if for quart jars, and 6 at a time if for pint jars. Let the peaches cook gently until each one may easily be pierced with a broom splint.

Then quickly skim them out and lay them on a platter to cool. Repeat this process until all the peaches are done, then let the syrup cook until thick as molasses. Skim it thoroughly. When cool put the peaches, 1 at a time, in the jars with a spoon. When the syrup is sufficiently thick, pour it through a strainer over the

peaches in the jars until they are full, then seal down quickly and stand them upside down for several hours before putting them in the store-room.

STRAWBERRIES IN THE SUN

To 2 pounds of berries take 2 pounds of sugar and ¾ cup of water. Put the syrup in the preserving kettle; bring it to a boil and cook for about 10 minutes, or until it begins to thicken. Add the berries; cook for 10 minutes and pour them out in shallow dishes or meat platters. Cover with sheets of glass, allowing a little air for ventilation; place in the sun until the juice is thick and syrupy. This will take 2 days or more, but the rich color and delicious flavor of the fruit will fully repay the effort expended. Put into small jars or tumblers and cover according to directions.

PRESERVED DAMSON PLUMS

Pick the plums over carefully, removing every one that has a decayed spot or blemish. Leave the stems on. After picking the fruit over, wash it carefully in cold water; then weigh it and allow 1 pound of sugar to each pound of fruit. Put a gill of water in the preserving kettle for each pound of sugar, stand the kettle over a moderate fire and add the sugar. Stir it almost constantly with a wooden spoon until the sugar melts; then turn on a little more heat and let the melted sugar boil gently until it is a thick syrup. Stir, and skim it frequently. When the required thickness (which should be like syrup used for griddle cakes) put the plums in the boiling syrup and let them cook gently for ½ hour; then skim out the plums and put them in glass jars, filling each jar ½ full. Let the syrup boil till almost as thick as jelly, then pour it in the jars, filling them quite full. Fasten the tops on and stand the jars upside down until the preserves are cold; then put them where they are to be kept for the winter.

PRESERVED QUINCES

Weigh a pound of sugar for each pound of fruit. Wipe each quince carefully with a coarse linen towel. Peel, quarter and core the quinces. Put peels and cores in the preserving kettle with just water enough to cover them, and let them simmer with the kettle covered for 2 hours. Then strain the liquor through a fine sieve and return it to the kettle.

Cut the quartered quinces in small pieces and put as many of them in the kettle as the liquor will cover. Let them boil gently, with the kettle uncovered, until so tender they may be easily pierced with a broom splint. Take them out with a skimmer and lay on flat dishes to cool. Repeat this process until all the fruit is

properly cooked; then put the sugar in the liquor and let it boil gently to a thick syrup; put in as many of the cooked quinces as the syrup will cover and let them cook in the syrup for 20 minutes; skim them out and lay on flat dishes to cool. Repeat this process until all the quinces are cooked in the syrup.

When they are cool put the quinces in glass jars, filling each one half full. Let the syrup boil until very thick, stirring it frequently and skimming it clear. Then pour it through a fine strainer, while very hot, over the fruit; and as soon as a jar is full, fasten on the cover.

In making preserved quinces, be very careful not to overcook them. They should be a rich salmon color, and not red.

QUINCE CHEESE

Wipe off each quince before paring, core and slice them, weigh your fruit and sugar, allowing ¾ of a pound of sugar for every pound of fruit and set the sugar aside until wanted. Boil the skins, cores and seeds in a clean vessel by themselves, with just enough water to cover them. Boil until the parings are soft, so as to extract all the flavor, then strain through a jelly-bag. When this water is almost cold, put the quinces in the preserving kettle with the quince water and boil until soft, mash with a wooden spoon or beetle. Add the juice of an orange to every 2 pounds of fruit, being careful not to get any of the seeds into the preserves. Now add the sugar and boil slowly for 15 minutes, stirring constantly; if not thick enough boil longer, being very careful not to let it burn. Take off the fire and pack in small jars with brandied paper over them.

CITRON PRESERVE

Pare and core the citron; cut it into strips and notch the edges; or cut it into fancy shapes. Allow a pound of sugar to a pound of fruit, and to 6 pounds of the fruit allow 4 lemons and ¼ pound of ginger root. Tie the ginger in a cloth, and boil it in 1 and ½ quarts of water until the flavor is extracted; then remove it, and add to the water the sugar and the juice of the lemons; stir until the sugar is dissolved and the syrup is clear; take off any scum; then add the citron and cook until it is clear, but not soft enough to fall apart. Can and seal while hot.

PEACH BUTTER

Weigh the peaches after they are pared and pitted. Allow 1 pound of sugar to 1 pound of fruit. Cook the peaches alone until soft, then add ½ of the sugar and stir frequently. In ½ hour put in the remaining sugar. Now watch carefully, stirring almost

constantly for 2 hours. Boil slowly, and add ¼ of the peach kernels. Spice with cinnamon and cloves, using whole spices.

RAISIN COMPOTE

Peel 6 oranges (California), cut the skin in very small narrow strips, or run through a food chopper. Slice the oranges very thin and quarter the slices. Let it stand overnight in 3 pints of cold water. Place this in a preserving kettle with 3 pounds of seeded raisins, 3 quarts of currants (picked and washed) and 3 pounds of granulated sugar. Boil all together for 2 hours and put in glass jars, closing them while hot.

If preferred, 3 pints of currant juice strained may be used instead of the whole fruit.

ORANGE MARMALADE (WITH COMMERCIAL PECTIN)

Cut 3 medium oranges in quarters. Lay the quarters on a board, and remove the skins. Carefully pare off about half of the white part of the skin. Using a very sharp knife, cut the rind into fine shreds. Add 1 and ½ cups of water and ⅛ teaspoon of baking soda to the rind, bring to a boil, and simmer, covered, for 10 minutes. Stir occasionally. Peel 2 lemons. Remove the membranes from the sections of both oranges and lemons. Save all the juice. Add the juice and pulp to the cooked rind. Simmer, covered, for 20 minutes. Measure the fruit. There should be 3 cups. Add 6 cups of sugar. Stir and bring to a boil. Cook gently for 5 minutes. Remove from the fire, and add 4 ounces of liquid commercial pectin. Stir and skim for 5 minutes. Pour quickly into hot, sterile glasses, and paraffin at once. This makes about 8 6-ounce glasses.

When the juice is measured, if there should be not quite 3 cups, add either water or orange juice.

AMBER MARMALADE

Use 1 medium orange, 1 medium grapefruit, and 1 lemon. Pare the fruit, and proceed as for Orange Marmalade, using the rind of all three fruits as well as the pulp.

TOMATO MARMALADE

Peel and quarter 5 pounds of firm, ripe tomatoes. Cover with 8 cups of sugar, and let stand overnight. Drain off the syrup, place it in a preserving kettle, and boil it until it spins a thread, 232° F. Add the tomato sections, 1 orange sliced thin, and 1 lemon sliced thin. Do not peel the orange or lemon. Cook over low heat, stirring often, until the tomato is transparent. Pour into hot, sterile glasses, and paraffin at once. This makes 10 glasses of 8 ounces each.

CHERRY AND PINEAPPLE MARMALADE

Wash, drain, and pit 3 quarts of sour cherries. Grind them in the food chopper. Peel, slice, and remove the eyes and core of a large pineapple. Grind the pineapple. Add to the cherries with 5 cups of sugar. Let stand 1 hour. Bring to a boil and cook gently until the mixture becomes thick. Stir often to prevent burning. Pour into hot sterile glasses or jars and seal.

CARROT MARMALADE

Scrape 6 medium sized carrots and put through the food chopper. Use the medium cutter. Add just enough water to prevent burning and simmer until tender. Squeeze the juice of 3 large tart oranges, and 1 lemon. Remove the white part of the peel, and grind the peel, using the same cutter. Add the juice and grated peel to the carrots. Measure the juice and pulp of the fruit and carrots. Add ⅔ as much sugar, and simmer until clear, about 45 minutes. Pour at once into sterile hot glasses, and paraffin at once.

BEET MARMALADE

This is a Passover favorite.

Cut 3 pounds of peeled beets into noodle-like strips. Cook in just enough water to cover over a slow fire until tender. Strain and add 1 pound of honey. Cook over a slow fire, stirring constantly, until the mixture boils. Add 1 pound of sugar, ¼ pound of sliced, blanched almonds, and white ginger to taste. Cook and stir until the mixture becomes very thick, and the beets begin to turn brown. Seal in sterile jars or glasses.

CHERRY CONSERVE

Take 3 and ½ pounds of large red cherries, stone them and cook for 15 minutes. Heat 2 and ½ pounds of sugar in the oven; add it to the cherries; also ¼ pound of seeded raisins and the juice and pulp of 3 oranges. Cook until the mixture is as thick as marmalade.

APPLE BUTTER

Wash and cut ½ peck of wine apples in small pieces. Add 2 quarts of water, and cook until the apples are very soft. Rub through a sieve. While the apples are cooking, bring 1 quart of cider to a boil, and cook it until it is reduced to 1 pint. Add the hot apple sauce, 1 and ½ pounds of sugar, and a few pieces of stick cinnamon and cloves to taste. Cook gently until the butter is dark brown, and thick enough to spread without running. Pour into hot sterile jars or glasses and seal.

GRAPE PRESERVES

Wash and remove the stems from any desired amount of grapes. Concord grapes are the best to use. Weigh the grapes, and weigh an equal amount of sugar. Squeeze the pulp of the grapes into a preserving kettle, and the skins into a bowl. Heat the pulp to the boiling point and cook slowly until the seeds are free. Press through a fine sieve, and add the skins and the sugar. Cook slowly for about 30 minutes, until the preserves are thick. Stir as often as necessary to prevent burning. Seal in hot, sterile jars or glasses.

PLUM BUTTER

Measure any desired weight of German plums. Weigh ¾ of a pound of sugar for each pound of plums. Cut the plums in small pieces and remove the pits. Add the sugar and just enough water to keep from burning. Cook gently in a heavy kettle. Do not stir but wipe down the sides of the kettle occasionally with a damp cloth. Cook until the mixture is thick enough to spread without running. Pour into hot sterile jars or glasses. Cover with paraffin when cool.

GRAPE CONSERVE

Remove the stems and skins from 5 pounds of grapes and boil the pulp until tender; then press it through a sieve. Boil the skins of 3 juicy oranges until tender, then chop fine. Put the grape skins and the pulp into a saucepan; add the orange juice, the boiled skins, 5 pounds of sugar, 1 pound of raisins—the muscat seeded—and 1 pound of shelled walnuts and boil until quite thick.

PLUM CONSERVE

(1) Wash 5 pounds of blue plums or German prunes, cut them in halves and remove the stones. Peel 4 oranges, slice them fine and cut each slice in half. Cut the rind of 2 of the oranges into small squares, add 1 pound of seeded raisins. Take a measure of sugar and a measure of the mixture, place in preserving kettle on the stove and let come slowly to the boiling point and cook steadily for several hours until the fruit is clear and thick. Put in jelly glasses or jars.

(2) Wash 3 pounds of German prunes, remove the stones and cut them into small pieces. Mix 1 pound of seeded raisins, 2 oranges cut in small pieces, the juice of 2 lemons, 1 pound English walnuts broken in chunks, and 3 pounds of sugar. Place all the ingredients in the preserving kettle on the stove and let come slowly to the boiling point and cook steadily until the fruit is clear and thick. Put in jelly glasses or jars.

CHERRY CONSERVE

Substitute 3 pounds of ripe cherries for the German prunes in Plum Conserve (2). Remove the pits, cut the cherries in half, and proceed as above.

PEACH AND PINEAPPLE CONSERVE

Pare and pit 3 pounds of ripe peaches. Cut in half, and then in small pieces. Add 2 cups of water and cook until the peaches are soft. Mash through a sieve, and add a No. 1 can of crushed pineapple, and 1 orange cut in small pieces. Measure the fruit and add ¾ as much sugar. Cook until the mixture is as thick as marmalade. Seal in hot sterile jars or glasses.

PICKLED PEACHES

(1) Brush but do not peel the peaches. Select medium-sized ones. When all are well brushed, stick each peach quite full of cloves.

Make a thick syrup of ½ pound of sugar and ¼ cup of water to 1 pound of fruit. Cook the peaches in the syrup until they may be easily pierced with a broom splint. Then carefully skim them from the syrup and after they have cooled on platters put them in glass jars or stone crocks. To the syrup in the kettle add a few pieces of stick cinnamon and a few whole allspice. Add ½ pint of good cider vinegar and 1 tablespoon of tarragon vinegar to each quart of syrup, and when the syrup just comes to a boil after adding the vinegar pour it over the peaches. Delicious with cold chicken.

(2) Peel 4 quarts of peaches and stick whole cloves in them. Place clean rubbers on hot sterile jars, and fill with the peaches.

Cook together for 5 minutes 2 pounds of sugar, 1 pint of vinegar, ¼ ounce of whole cloves, and ½ ounce of whole cinnamon. If desired some of the peach peelings may be added for color. Remove the peelings and pour the hot syrup over the peaches. Process in the oven as for canned peaches, for 35 minutes at 275° F. (See directions for canning in the oven.) Seal the jars tightly, and invert until cold.

PICKLED PEARS

Peel small ripe pears, leaving the stems on. Proceed as for Pickled Peaches (1) or (2).

SPICED GRAPES

Separate the pulp from the skins of 7 pounds of Concord grapes. Place the pulp and skins in a large kettle and cook until soft. Press through a fine sieve. Add 4 and ½ pounds of sugar, 1 pint of cider vinegar, 2 tablespoons of ground cinnamon, and 2 tablespoons of ground cloves. Bring to a boil, then cook slowly for 1 and ½ hours. Seal in hot sterile jars.

SPICED CURRANTS

Mash 7 pounds of ripe currants and cook until soft. Proceed as for spiced grapes, using 5 pounds of sugar instead of 4 and ½ pounds.

GREEN OR YELLOW PLUM TOMATO PRESERVES

Wash and dry 4 pounds of small yellow or green tomatoes and prick each one in five or six places. Stir 3 pounds of sugar in ½ cup boiling water until dissolved; add the tomatoes and cook until clear. When half done add the juice and the rind of 2 lemons sliced very thin. When the fruit is clear remove it with a skimmer; put in small jars, filling them ⅔ full. Boil the syrup fast for a few minutes longer or until thick and syrupy, fill up the jars; cover with a cloth until the next day; then cover closely and stand away in a cool place.

SPICED BLACKBERRIES

For each pound of blackberries weigh 1 pound of sugar. Make a syrup of the sugar and ½ cup of water to each pound of sugar. Bring to a boil and cook 5 minutes. Tie ¼ cup of broken whole cloves and cinnamon in a bag and add to the syrup with the berries. Cook gently for 30 minutes. Remove the spice bag, pour into hot sterile jars, and seal.

PICKLED CRABAPPLES

Select 3 quarts of perfect crabapples. Wash and dry, but do not remove the stems. Bring to a boil 3 cups of cider vinegar, 3 cups of sugar, and 1 cup of water. Boil 2 minutes. Put 2 tablespoons of cloves and 2 broken sticks of cinnamon in a bag, and add to the syrup. Add the apples and boil 10 minutes. Remove the apples with a perforated skimmer, and place them in glass jars. Add just enough syrup to cover them, and cover the jars. Put the spice bag in a cup. At the end of 24 hours pour off the syrup that has covered the apples, and add it to the rest of the syrup. Bring to a boil, and pour the syrup over the apples again. Cover the jars and let them stand for 48 hours. Then place apples, all the syrup, and the spice bag in a kettle, and cook until the apples are tender but firm. Remove them carefully and place in hot sterile jars. Cover to keep hot. Boil the syrup for 5 minutes longer and pour it over the apples to overflowing. Seal the jars tightly.

PICKLED PLUMS

Prick 6 pounds of plums with a large needle. Bring to a boil 3 and ½ pounds of sugar, 1 pint of vinegar, 1 tablespoon of cinnamon, ½ tablespoon of cloves, and if desired, ½ tablespoon of

allspice. Add the plums and cook slowly for 30 minutes. Seal in hot, sterile jars.

PICKLED CANTALOUPE OR MUSKMELONS

Select 12 fine, ripe melons. Pare, remove the seeds, and cut into slices 3 inches long and 2 inches wide. Place in a stone jar and cover with vinegar for 24 hours. Remove the melon and lay on a board to drain. Discard all the vinegar but 1 quart. To this quart add 3 and ½ pounds of sugar, 3 ounces of stick cinnamon, 1 ounce of cloves with the soft heads removed, and 2 ounces of whole allspice. Add 1 pint of fresh vinegar and bring to a boil. Skim well, and add the cantaloupe. Boil 20 minutes, remove the fruit and place it in hot, sterile jars. Keep covered and boil the syrup for 10 minutes longer. Skim again, and pour over the fruit to overflowing. Seal tightly.

SPICED OR PICKLED CHERRIES

Select 3 quarts of fine, large cherries. Wash and dry them, but do not pit or stem. Place the cherries in a stone jar and put splints over them to keep them from rising when the liquid is added. Bring to a boil 3 cups of fine quality pickling vinegar, 1 pound of sugar, 3 sticks of whole cinnamon, and ½ ounce of whole cloves with the heads removed. Boil 5 minutes, and pour into a second stone jar. Cover and cool. When the liquid is cold, pour it over the cherries, and let it remain for 24 hours. Next day, drain off the liquid, bring to a boil, cook 5 minutes, and cool in a stone jar. Pour over the cherries. Next day repeat the process, and repeat it again the following day. Then bring cherries and syrup to a boil, boil 5 minutes, and seal in hot sterile jars.

GINGERED PEARS

Pare, core and cut small 8 pounds of hard, green Bartlett pears. Measure and add half as much sugar, and ¼ pound of Canton ginger. Let stand overnight. Then add 2 cups of water, and 4 lemons cut small. Cook slowly for 3 hours. Pour into sterile jars, and seal when cold.

GOOSEBERRY RELISH

Cut the brush part from the berry, but leave the stem on, wash thoroughly and let drip in colander overnight. For 8 pounds of berries prepare a syrup of 6 pounds of sugar and 3 cups of water. When syrup has boiled till clear put in the berries and boil for ¾ hour. Put in jars or glasses.

PICKLED FIGS

Boil the figs in water 1 and ½ hours, then drain and weigh. To 7 pounds fruit use the following syrup: 3 pounds of sugar, 1 pint of vinegar, 2 ounces of whole cinnamon, 2 ounces of whole peppers, 1 ounce of cloves, 1 orange, and 2 lemons sliced. Boil syrup ½ hour, add fruit and boil slowly 2 hours.

BRANDIED FRUITS

MÉLANGE

This French fruit preserve is truly delicious, and should be put up in the month of June. To every pound of fruit take 1 pound of sugar. It requires no cooking at all, and is therefore easily made. Get the largest and soundest berries in the market. Pick 2 quarts and lay them in a new and perfectly clean 2-gallon stone jar and cover with 2 pounds of the finest granulated sugar. Stone as many pounds of red, black, and white cherries as you wish to use, and add the same quantity of sugar. You may also use bananas, pineapples or oranges. Seed the latter carefully. Be sure to weigh all the fruit, and allow 1 pound of sugar to every additional pound of fruit. Pour over the fruit a pint of pure alcohol. Tie up the jar with thick paper, and in season add peaches, apricots, raspberries, blackberries, large, red currants; in fact, all kinds of fruit. Green-gages and purple and red plums also add both to looks and taste. Be sure to add the same amount of sugar as you do fruit, but no more alcohol. In the fall of the year pack in glass jars; looks very pretty. Keep it in a dry, cool place. There is always a surplus of juice, which makes excellent pudding sauce. Add a little water and thicken.

FRENCH PRUNES IN COGNAC

Lay the prunes in white wine for 2 days; then put on a wire sieve to drip, but do not squeeze them. When they look dry, which will be in about ½ hour, lay in glass jars with alternate layers of sugar and stick cinnamon and a few pieces of mace and a very few cloves. When the jars are full, fill up with cognac and seal. Set in the sunniest place you can find for three days.

BRANDIED PEACHES

Select only the largest and finest quality of clingstone peaches. Allow 1 pound of sugar to 1 pound of fruit, and 1 pint of the best brandy to every 4 pounds of peaches. Make a syrup of the sugar with enough water to just dissolve it, and boil about ½ dozen blanched peach kernels with it. When the syrup boils put in the fruit and let it boil about 5 minutes. Remove the fruit carefully upon platters, and let the syrup boil 15 or 20 minutes longer,

skimming it well. Put the peaches in wide-mouthed glass jars. If the syrup has thickened pour in the brandy. Remove from the fire at once, pour over the fruit and seal.

BRANDIED PEARS

Pare the fruit, but leave the stems on. Weigh, and proceed as for brandied peaches.

BRANDIED CHERRIES

Select the largest sweet cherries for this purpose. Do not pit or remove the stems. Weigh the fruit, and allow ½ pound of sugar to each pound of fruit, and 1 pint of brandy to each 5 pounds of fruit. Dissolve the sugar in as little water as possible, and bring to a boil. Boil 2 minutes, and pour the syrup over the cherries. Let them remain overnight. Next day, bring the syrup and cherries slowly to a boil, and boil 8 minutes. Remove the cherries with a perforated skimmer and put them in hot sterile jars. Boil the syrup 15 minutes, add the brandy, and pour the syrup over the cherries to overflowing. Seal at once.

BRANDIED QUINCES

Select large, yellow pear-shaped quinces. Peel and quarter them. Remove the cores, and place the quinces in cold water as each one is prepared. Add just enough water to cover, and cook the quinces until they can be easily pierced. Take them out with a perforated skimmer and weigh them. For each pound of quinces allow ¾ pound of sugar. Measure the water in which the quinces boiled. Discard about ⅓ of it, and add the sugar to the rest. Put the quinces in hot sterile jars, and boil the syrup until it is quite thick. As it boils add stick cinnamon, and cloves with the heads removed, to taste. Add 1 pint of brandy to the syrup for each 5 pounds of fruit, and pour over the quinces to overflowing. Seal at once.

PICKLES AND RELISHES

MOTHER'S DILL PICKLES

Examine the cucumbers carefully, discard all that are soft at the ends, and place the good ones in water overnight. In the morning, drain and dry them well. For each 100 cucumbers, allow 5 stalks of dill, 1 ounce of black peppercorns, 1 cup of salt, 6 quarts of water and 1 cup of vinegar. In a large wooden pail, put a layer of dill and peppercorns, then a layer of cucumbers. Repeat until all are used. Dissolve the salt in the water and pour it over the cucumbers. The water should cover them completely. If it does not, add more brine in the proportion of 1 cup of salt to 6 quarts of water. Lay a clean white cloth over the top, and over it place a plate with a heavy stone to weight it down. If the cucumbers are not very large they will be ready for use in 1 week, or perhaps 5 or 6 days if still smaller.

The pickles may be kept in the pail, but they must be examined weekly. At the end of the first week, add the vinegar. At the same time, and each week, after, in cool weather, or each day in hot weather, remove all the scum from the cloth and wash it thoroughly before replacing it. At the same time remove all scum from the pail.

If desired, when the pickles are done, the vinegar may be added, and the pickles packed in sterile 2 quart jars. Remove the old dill and add fresh, cover with the brine, and seal. Always keep the pickles in a cool dry place.

WINTER DILL PICKLES

Select 3 dozen firm medium-sized cucumbers. Soak them overnight in a solution of 1 cup of salt to 4 quarts of water. Wipe dry. Place them in layers in a wooden pail. Between each layer of cucumbers, put a generous layer of dill, some green pepper or whole peppers, a few bay leaves, a piece of whole ginger, a few cloves, and a small whole piece of horseradish. For this amount of cucumbers, use about 5 large stalks of dill, 1 whole pepper, and 1 stick of horseradish. Bring to a boil 6 quarts of water, and add to it 1 pound of common salt and 1 cup of pickling vinegar. Cover the cucumbers with this brine. They must be completely covered. If there is not enough water, add more. Place a weight on top to

keep the pickles under the brine. If the pickles are to be kept any length of time, they should be tightly sealed in sterile jars or in the wooden pail.

GREEN DILL PICKLES (TOMATOES)

Use firm green tomatoes in place of the cucumbers in either of the above recipes.

SMALL DILL PICKLES

Select pickles from 2 to 3 inches in length, and scrub them well with a small brush. Pack them in layers in glass jars, with a layer of dill and a few mustard seeds between each layer of pickles. Put a bay leaf and a piece of alum the size of a pea on top of each jar. Make a brine using 1 cup of vinegar and 1 tablespoon of salt to each 2 cups of water. Bring the brine to a boil and pour over the pickles. Seal at once.

SWEET GHERKINS OR SLICED CUCUMBER PICKLE

Soak 500 gherkins or an equal quantity of sliced cucumbers in salt water for 24 hours. Use ½ cup of salt to 4 quarts of water. Drain, cover with hot water, and drain very dry. Tie 2 ounces of cloves, with the heads removed, and 4 sticks of cinnamon in a bag. Add 3 pounds of brown sugar and 1 pint of cider vinegar. Bring to a boil slowly. Just as it reaches the boiling point, add the pickles and remove from the stove. Put the pickles in sterilized glass jars, cover with vinegar and seal.

MUSTARD PICKLES

Use fine, tender vegetables. Mix together 1 quart of cucumbers 2 inches long, 1 pint of peeled pickling onions, 1 small head of cauliflower (separated into flowerets), 1 quart of sliced cucumbers, 1 quart of sliced green tomatoes, and 1 pint of sliced green peppers. Cover with a brine made of 1 cup of salt to 1 gallon of water, and soak overnight. Drain, and simmer in clear water until the vegetables are tender.

Mix together ¾ cup of brown sugar, ½ cup of flour, ½ teaspoon of salt, 3 tablespoons of mustard, ½ tablespoon of turmeric, and 1 tablespoon of celery seed until thoroughly blended. Add 3 cups of vinegar and 1 cup of water. Stir to a smooth paste, and cook in the top of a double boiler until the mixture thickens. Drain the vegetables, and pour the sauce over them. Simmer for 5 minutes, and seal in hot sterilized jars.

CHOW CHOW

Cut 2 quarts of green tomatoes and 6 green peppers in eighths. Cut 1 head of celery into pieces ¾ of an inch long. Separate 1 head of cauliflower into flowerets, and boil 3 minutes. Drain the cauli-

flower, add it to the vegetables, and add 1 quart of pickling onions. Mix 1 cup of salt with 3 quarts of water and pour this over the vegetables. Let stand overnight. In the morning bring to the boiling point in the same brine. Simmer until the vegetables are tender and drain. Mix 5 tablespoons of dry mustard, 1 cup of flour, 1 teaspoon of turmeric, 1 cup of light brown sugar, 4 cups of mild cider vinegar, and 1 cup of water to a paste. Cook until the mixture thickens. Add the vegetables, and stir and cook gently for 5 minutes. May be packed in sterile jars or kept in an open crock. This makes about 5 quarts of chow chow.

MIXED PICKLE

Dice 1 bunch of celery. Cut 1 quart of string beans diagonally in 1 inch slices. Break a small head of cauliflower into small flowerets. Add to these vegetables 1 quart of cucumbers 2 inches long, and 1 quart of small pickling onions. Make a brine of 1 cup of salt to 1 gallon of water, and soak the vegetables in this overnight. Drain, and soak in clear water for 3 hours. Mix together 3 cups of brown sugar, 1 teaspoon of salt, 1 teaspoon of cinnamon extract, and 2 and ½ quarts of vinegar. Put 2 tablespoons of Mixed Pickle Spice in a bag and place this in the vinegar mixture. Add the vegetables and simmer until the vegetables are tender. Remove the spice bag, and seal immediately in hot sterilized jars.

PICKLED BEANS

Remove the strings and cut 1 pint of waxed beans into 1 inch pieces. Wash and cook in 1 quart of boiling water to which 1 teaspoon of salt has been added, until tender, but not soft. Drain, and save the liquor in which the beans were cooked. To the liquor add ½ cup of sugar and 1 cup of vinegar. Bring to a boil, add the beans, cook 2 minutes, and pour into hot, sterile jars. Seal at once.

PICKLED ONIONS

Peel small silver-skinned onions, and place them in brine strong enough to bear up an egg, for 24 hours. Drain and place them in sterile jars. In each jar put 4 or 5 thin layers of spices mixed in the following proportions: ½ teaspoon of cayenne pepper, 2 teaspoons of chopped horseradish, 2 teaspoons of cloves, and 4 teaspoons of cinnamon bark.

Make a syrup using 1 gallon of vinegar to 1 quart of brown sugar. Bring this to a boil, and pour it over the onions in the jar. Seal at once.

SWEET GREEN TOMATO PICKLE

Slice 1 peck of green tomatoes and 6 large onions. Add 1 teacup of salt, and let the mixture stand overnight. Drain off the liquid.

To the tomatoes add 2 quarts of water and 1 quart of vinegar. Bring to a boil, boil 5 minutes, and drain again. Put the tomatoes and onions in hot sterilized jars. Mix 4 quarts of vinegar, 1 quart of brown sugar, ½ pound of ground mustard, 1 tablespoon of cloves, 2 tablespoons of cinnamon, and 2 tablespoons of ginger. Boil this mixture 15 minutes and pour it over the tomatoes to overflowing. Seal at once.

RIPE TOMATO PICKLE (UNCOOKED)

Chop together 2 quarts of peeled ripe tomatoes, 1 cup of celery, 2 red peppers, 3 green peppers (with the seeds removed), and 6 tablespoons of chopped onion. Add 1 teaspoon of ginger, 1 tablespoon of celery seed, 5 tablespoons of salt, ½ cup of sugar, ½ cup of mustard seed, 2 and ½ cups of vinegar, and ¾ teaspoon each of cloves, cinnamon, and grated nutmeg. Mix well, and put into a covered jar. The mixture must stand for a week before it is ready to be used.

PEPPER MANGOES

Cut off the tops, and extract the seeds and core of 6 large peppers, being careful not to break them. Lay the peppers in strong brine for 3 days. Drain off the salt brine, and lay the peppers in fresh water for 24 hours. The tops should be soaked with the peppers. Drain the peppers.

Cook 1 head of cabbage until tender, drain it well and cool it. Chop the cabbage fine. There should be about 2 cups of cabbage. Add 1 cup of mustard seed, 2 tablespoons of grated horseradish, 1 nutmeg, grated; 1 clove of garlic grated, a pinch of ground ginger, 1 dozen whole peppercorns, ½ tablespoon of prepared mustard, 1 teaspoon of sugar, and ½ teaspoon of salad oil. Mix well, and fill the peppers with this mixture. Tie or sew on the tops of the peppers firmly, and pack the peppers in a stone jar. Cover the peppers with boiling vinegar and let them stand for 3 days. Then drain off the vinegar, bring it to a boil, and pour it over the peppers again. Repeat at the end of 3 days, and again 3 days later. Be sure the peppers are completely covered each time, and add more boiling vinegar if necessary. Cover the jar tightly, and let the peppers stand for 3 months in a dry place before using them.

PICCALILLI

Chop ½ peck of green tomatoes and 3 red peppers (with the seeds removed). Add 1 cup of salt, and let stand overnight. Strain off the water that accumulates. Add 5 chopped onions, 1 pound of brown sugar, ¼ ounce of allspice and ¼ ounce of whole cloves tied in a bag, 1 bunch of celery chopped, and ½ ounce of mustard

seed. Add enough vinegar to cover, and cook gently for 3 hours. Stir to prevent burning. Remove the spice bag, and seal in hot, sterilized jars.

PEPPER HASH

Remove the seeds from 12 sweet red and 12 sweet green peppers. Add 12 very small onions, and chop the mixture very fine. Add 3 tablespoons of salt, bring to a boil, and simmer for 10 minutes. Drain and add 1 quart of vinegar and 1 cup of brown sugar. Bring the mixture to a boil, and pour at once into hot sterilized jars. Seal at once. This is excellent added to sandwich mixtures.

CORN RELISH

Boil 9 ears of corn until tender, and cut the corn from the cob. Chop a large head of cabbage fine, add 2 teaspoons of salt, and let it stand for several hours. Drain off the water, and add to the corn. Add 6 chopped green peppers, 2 tablespoons of white mustard seed, and 2 tablespoons of turmeric. Make a smooth paste of 1 cup of sugar, 2 tablespoons of dry mustard, 2 tablespoons of cornstarch, and 1 cup of vinegar. Add 2 and ½ pints of vinegar to the paste, and bring the mixture to a boil. Stir until it thickens somewhat. Add the vegetables, and bring the mixture to a boil, stirring constantly. Pour at once into hot sterilized jars, and seal at once.

PREPARED MUSTARD

Mix thoroughly 1 teaspoon of sugar, 1 saltspoon of salt, and 1 tablespoon of salad oil. Mix 2 tablespoons of ground mustard with just enough vinegar to make a thin paste. Mix with the first ingredients.

BEET AND HORSERADISH RELISH

Grate 3 cups of cold, boiled beets. Add ½ cup of grated horseradish, ¼ teaspoon of pepper, 1 teaspoon of salt, and 2 tablespoons of sugar. Gradually stir in as much vinegar as the mixture will absorb. Keep in covered jars in a cold place. This will keep in the refrigerator for some time.

PICKLED BEETS

Slice 2 pounds of cold, cooked beets. Place in a crock in layers. Sprinkle a mixture of 1 teaspoon of salt, ⅛ teaspoon of vinegar, 1 teaspoon of brown sugar, and 1 teaspoon of caraway seeds between the layers. Cover with 1 pint of vinegar, and let the mixture stand in a cold place for 24 hours.

If desired, cold, hard cooked eggs may be added, and sliced over the beets when they are served. The eggs will be red.

SAUERKRAUT

Line the bottom and sides of a clean barrel or keg with cabbage leaves. Cut into fine shreds 1 or 2 dozen large heads of white, crisp cabbage. Do this on a large slaw-cutter. Now begin to pack: First put in a layer of cabbage, about 4 inches deep, press down firmly and sprinkle with about 4 tablespoons of salt. Put 1 or 2 tart apples cut up fine, between each layer, or some Malaga grapes (which will impart a fine flavor to the kraut). When 4 layers have been put in, pound with a wooden beetle until the cabbage is quite compact and then add more cabbage, and so on until all has been salted, always pounding down each layer. Last, cover with cabbage leaves, then a clean cloth, a well-fitting board, and a heavy stone, to act as weight on top of all. It is now ready to set away in a cool cellar to ferment. In 2 weeks examine, remove the scum, if any; wash the cloth, board and stone, wash also the sides of the keg or jar, and place all back again. This must be done weekly.

MUSHROOM CATSUP

Wash and look over 1 pint of mushrooms carefully, put them in an earthen jar with alternate layers of salt. Let stand for 24 hours in a comparatively warm place; put through a fruit press and add ¼ ounce of green ginger root cut in small pieces. Measure the mushroom liquor; to 1 pint of liquor add ½ ounce of peppercorn and simmer for 40 minutes; then add ¼ ounce of allspice and of cloves and 1 blade of mace and boil for 15 minutes. Take from fire and cool. Strain through a cloth, bottle and seal.

TOMATO CATSUP

Cut eight quarts of tomatoes in pieces and stew them until soft; press through a sieve to remove the skins and seeds; add 1 head of garlic or ½ onion, ½ tablespoon of black pepper, ¼ teaspoon of red pepper, ½ ounce whole cloves, ¾ cup of salt and 1 of cider vinegar; mix thoroughly and boil about 3 hours or until reduced ½.

Strain through a sieve, and bring to a boil. Pour at once into hot, sterilized bottles, and seal.

CHILI SAUCE

(1) Peel and slice a peck of ripe tomatoes. Add 6 green peppers chopped fine, 6 onions chopped fine, 2 tablespoons of cinnamon, 2 teaspoons of cloves, 1 tablespoon of salt, 2 cups of brown sugar, and 5 cups of vinegar. Cook for 2 hours, stirring as often as is necessary to prevent burning. Seal in hot, sterilized jars or bottles.

(2) Peel and chop 2 dozen large tomatoes and 8 onions. Remove the seeds from 4 green peppers and chop them. Mix together and

add 3 cups of vinegar, 6 teaspoons of sugar, and 2 teaspoons of salt. Put 2 teaspoons of whole cloves, 4 teaspoons of cinnamon and 4 teaspoons of whole allspice in a cloth bag. Tie the bag and place it in a preserving kettle with the other ingredients. Bring to the boiling point on top of the stove, then set the kettle in an oven pre-heated to 350° F. Cook for 5 hours. Remove from the oven, and take out the spice bag. Lower the oven temperature to 275° F. Put the chili sauce in sterilized jars on which the rubbers are already placed. Partly seal, and set in the oven for 20 minutes. Remove, seal tightly, and test for leaks.

INDIA RELISH

Chop fine 1 peck of ripe tomatoes, drain them, and add 3 cups of chopped celery, 2 cups of chopped onions, and ½ cup of salt. Let the mixture stand for 2 hours, then add 2 pints of vinegar, 3 cups of brown sugar, ½ cup of white mustard seed, 2 red peppers chopped very fine, 1 tablespoon of ground cinnamon, 1 tablespoon of allspice, and ½ tablespoon of cloves. Mix thoroughly and seal without cooking.

WATERMELON PICKLE

Cut a watermelon rind into ½ inch pieces, and remove the green portion. Soak overnight in a brine made of 1 cup of salt to 4 cups of water. In the morning drain off all the brine.

Mix together 1 pound of sugar, 2 cups of cider vinegar, and 2 cups of water. Add 1 lemon cut in thin slices. Put 2 teaspoons of whole cloves, 2 teaspoons of broken whole cinnamon, and 2 teaspoons of whole allspice in a cloth bag. Tie tightly and add to the syrup. Bring the syrup to a boil, add the watermelon rind, and cook the rind about 15 minutes. Lift out the rind and place it in hot, sterilized jars. Cook the syrup 10 minutes longer, pour over the watermelon rind and seal.

TOMATO CHUTNEY

Peel and chop 3 quarts of apples. Add 2 quarts of peeled or canned tomatoes, 5 finely chopped green peppers, 1 quart of peeled and finely chopped onions, 3 cups of brown sugar, 2 tablespoons of ground ginger, 2 tablespoons of salt, ½ teaspoon of cayenne, 3 cups of vinegar, the juice of 4 lemons, and 1 and ½ cups of seeded raisins. Simmer until thick, about 3 hours. Stir as often as necessary to prevent burning. Fill hot sterilized jars to overflowing, and seal at once.

UNCOOKED CRANBERRY AND ORANGE RELISH

Wash and pick over 1 pound of cranberries. Drain thoroughly,

and put through the food chopper, using a medium blade. Pare 1 very large, or 2 small oranges with a sharp knife. Remove the seeds and trim off the white membrane. Put the rind and the pulp through the food chopper. Mix with the cranberries, and stir in 2 cups of sugar. Blend well, and let stand in the refrigerator for a few hours before serving. For future use, pour the relish in glasses, and seal with paraffin.

PASSOVER DISHES

During Passover, because it deprives us of certain of our staple foods, most of us have the tendency to serve only heavy meals composed only of traditional dishes. Yet there are so many foods that we may use, that it is possible to serve meals as well balanced as those we have during the rest of the year.

On Passover, we may not eat leaven or "hometz," or use the dishes in which leaven was put. Leaven includes all kinds of cereals which have fermented, baking powder, yeast, baking soda, among certain Jews peas and beans, and any food which might have come in contact with leaven while it was being picked or prepared. Among the foods we may use are matzoth, of course, and all its products such as matzoth meal, farfel, cereal, etc., potato flour in place of starch, meat, fish, eggs, almost all fresh fruits and vegetables, coffee, chocolate, tea, dried fruits, nuts, and properly supervised dairy products. In addition, each year brings to the consumer many new canned foods which have been so prepared that they come under the heading of non-leaven. A trip to a market specializing in Passover products, will reveal a long list of foods which not only lend variety to the menu, but make Passover meals easier to prepare. These now include jams, mayonnaise, oil and vinegar for salads, and prepared pudding mixes.

With all these products available for use, the preparation of balanced meals during Passover is therefore not very difficult. However, much of the spirit of the holiday would be lost without the traditional dishes, and these should by all means be included in the menu. It is a good idea to alternate a meal using traditional dishes with one at which the usual ones are served. As in other branches of Jewish cookery, traditional dishes vary from family to family, as do the Sedar menus.

The following chapter contains a great number of these traditional recipes. However, any other recipe in the book which contains ingredients which may be used during Passover, may be prepared.

HOW TO SET THE TABLE FOR THE SEDER

Set each place as usual. In addition, near the place of the man conducting the service, place the following: fold a large napkin

in four parts, and in each of its three folds place a whole piece of perfectly shaped matzoth. Set this on a plate. On a platter next to it put a roasted lamb bone, known as the Pascal lamb, and a roasted egg. In other dishes put small pieces of horseradish or other bitter herbs such as radish, scallion, onion or prepared horseradish, —these are called Moror; parsley, salt water, and the Charoseth, a mixture of grated apples, chopped almonds, cinnamon, and wine. If there are only a few at the Sedar table, one dish of each of the Moror, salt water and Charoseth is sufficient, but if there are a large number of people, several small dishes of each placed at intervals along the table will be more convenient.

PASSOVER BORSHT OR ROSEL

About three weeks before Passover, prepare the beets by peeling them, and covering with cold water. Use a stone crock. Place the crock in a warm place and let it stand. This is known as Rosel, and may be used as a vinegar or borsht. To make the borsht, heat the required amount of liquid. Pour over slightly beaten egg yolks, using 2 eggs to a quart of soup. If desired a little sugar may be heated with the soup.

RAISIN WINE

Take 2 pounds of raisins, seeded and chopped, 1 pound of white loaf sugar, and 1 lemon. Put all into a stone jar, pour 6 quarts of boiling water over all and stir every day for a week. Then strain and bottle. Ready for use in 10 or 12 days.

YOM-TOV SOUP

Take 2 pounds of ribs of beef and one chicken. Place in a large cooking-vessel with plenty of water and add a split carrot and onion, a head of celery, a little parsley root, pepper and salt to taste, and a pinch of saffron. Let the whole simmer for 2 hours. The meat is then removed and can be used as a separate dish.

MATZOTH MEAL KLEIS, NO. 1

This is an accompaniment of the Yom-tov soup described above. To each tablespoon of matzoth meal take 1 egg. Beat the egg separately, adding a very little ground ginger, powdered cinnamon, ground almond, pepper and salt. Now stir in the matzoth meal and make into a paste with chicken fat or clarified dripping. Form this paste into small balls and boil them for 20 minutes in the Yom-tov soup.

PALESTINE SOUP

Three pounds of Jerusalem artichokes, 2 quarts of stock, 1 onion, 1 turnip, 1 head of celery, pepper and salt to taste. Peel and cut

the vegetables into slices and boil them in stock until tender, then rub through a hair sieve. Beat the yolks of 3 eggs, add to the soup, and stir over the fire till just to the boiling point. The soup should be about the thickness of rich cream. If not thick enough, a little potato flour may be added.

POTATO FLOUR NOODLES

Take 3 eggs, beat until a light yellow and add ½ cup of potato flour and ½ cup of water, beat well. Heat a frying-pan, grease well and pour in the batter; fry in thin leaves or wafers. Cool, cut thin as noodles. Just before serving soup, strain, then let it come to a boil and add noodles and let soup again come to a boil and serve.

MATZOTH MEAL NOODLES

Add ⅛ teaspoon of salt to 2 eggs, beat slightly, stir in 2 tablespoons of matzoth meal. Heat a little fat in spider, pour in egg mixture; when cooked on one side turn on the other. Roll the pancake and cut into noodles ⅛ inch wide. Drop into boiling soup before serving.

MARROW DUMPLINGS

One tablespoon marrow creamed. Add a pinch of salt, little nutmeg and the yolk of 1 egg mixed in gradually; some finely chopped parsley and then enough matzoth meal to hold; wet the hands and roll the mixture into small balls. Add to the boiling soup, and boil 15 minutes.

MATZOTH MEAL BALLS

Beat 2 eggs until very light. Add 1 tablespoon of chicken fat, ½ cup of fine matzoth meal, a pinch of nutmeg, and salt to taste. Stir as little as possible and add the meal with a folding motion. Form into balls about 1 and ½ inches in diameter. It is well to make one ball and cook it for 15 minutes before making the rest. If the ball falls apart add a little meal to the batter and test another ball in the same way. If the test ball holds its shape, form the rest of the balls and place them in the refrigerator for an hour. Then cook rapidly in boiling salted water for 15 minutes. Matzoth meal balls prepared in this way are very light and fluffy. Serve in soup.

ALMOND BALLS

Beat 1 egg yolk until light. Add ⅛ of a pound of almonds, chopped fine, a pinch of salt, and ¼ teaspoon of grated lemon rind. Beat the egg white until stiff and fold into the mixture. Drop a little from the end of a teaspoon into boiling fat 1 inch deep, and fry until a golden brown. Drain on brown paper, and add to soup just before serving.

MATZOTH KLEIS

(1) Soak 4 matzos in cold water until thoroughly saturated, then press dry. Add salt, pepper, and sugar to taste. Chop ½ onion and brown it in 1 teaspoon of fat or butter. Add to the matzos. Beat 4 eggs until light and add. Add matzoth meal, a little at a time, until the mixture is just stiff enough to form into balls. Use as little meal as possible, in order that the balls may be light. Cook the balls in boiling salted water for 20 minutes. If possible, make the balls in advance, and let them stand in the refrigerator for several hours. This will make them lighter. Serve the balls in soup, or make larger balls, and serve them with 3 tablespoons of fat in which 1 minced onion has been cooked.

(2) Soak 6 matzos in boiling water for 1 minute, then press out every bit of water possible. Press through a sieve. Chop 3 onions and fry in 2 tablespoons of chicken fat until light brown. Add the matzos and cook and stir until the matzos are dry. Remove from the fire, and add 1 teaspoon of salt, a pinch of pepper, a pinch of ginger, and 1 tablespoon of minced parsley. Add 3 egg yolks, and beat until thoroughly blended. Fold in the stiffly beaten whites of the 3 eggs. Form into balls by rolling in a little matzoth meal. Cook in boiling salted water for 15 minutes. Serve with hot fat in which an onion, finely chopped, has been browned.

FILLED MATZOTH KLEIS

Prepare the batter as for Matzoth Kleis, (1) or (2). Moisten the hands and make round flat cakes of the batter. Put a cooked, pitted prune, or a spoonful of Cheese Blintzes filling on half the cakes. Cover each filled cake with another, press the edges firmly together, and with damp hands roll until perfectly round. Drop into rapidly boiling salted water, and cook 15 minutes. Brown a finely diced onion in 4 tablespoons of fat or butter, and pour this over the well-drained Kleis.

ENGLISH LEMON STEWED FISH

Have washed and scraped clean 2 pounds of halibut, shad, or any good, firm fish. Cut the fish in small pieces and place them in a saucepan with 2 cups of water. Slice 4 large onions and cook them in 1 tablespoon of oil or butter until light brown. Lay the onion slices over the fish, and add a pinch of cayenne pepper, 1 teaspoon of ground ginger, and 2 teaspoons of salt. Cook gently until the fish is done. Beat 2 eggs until well blended, and beat in the strained juice of 6 lemons. Pour a little of this over 1 tablespoon of potato flour and mix until the mixture becomes a smooth paste. Add the paste to the rest of the lemon and egg mixture and stir until smooth. Drain the fish and measure the liquid in which

it cooked. Keep 1 cup and discard the rest. Mix the cup of liquid with the lemon and egg mixture, and cook until smooth and thick in the top of a double boiler. Add the fish and 1 tablespoon of minced parsley. Cook 5 minutes longer (over hot water), remove from the fire and chill. Garnish with slices of lemon and parsley.

SOLE WITH WINE (FRENCH RECIPE)

Use 5 or 6 portions of sole, or any delicate fish fillets. Lay them on a greased fireproof dish, sprinkle with white pepper, salt, and a little shalot, cover with 1 cup of claret or white wine, and bake in a quick oven, 400° F., until the fish is done. Drain off the liquid into a saucepan and bring it to a boil. Meanwhile, stir the yolks of 3 eggs until well blended, and add to them the juice of a lemon and 4 tablespoons of butter. Little by little add the hot liquid, stirring constantly. When the liquid is all added, and the mixture is smooth, pour it over the fish and sprinkle with chopped parsley. Serve very hot in the dish in which the fish baked. Two dozen button mushrooms may be baked with the fish if desired.

RED MULLET IN CASES

Place 4 mullets in cooking parchment. Add 1 dozen button mushrooms, 1 tablespoon of finely chopped parsley, 2 shalots, the juice of a lemon, and salt and pepper to taste. Fold the parchment carefully over the fish, so that no juice can escape, and place it on a baking sheet. Bake in a moderate oven, 350° F., about 30 minutes. Serve the fish in the cases.

BAKED MACKEREL AND POTATOES

In a large, shallow baking dish melt 2 tablespoons of butter. Add about 1 cup of milk, 1 teaspoon ginger, and salt and pepper to taste. In this, lay mackerel cut in pieces for serving and small whole potatoes peeled. Use 1 piece of mackerel and 1 potato for each person. If necessary add a little more milk until the fish is not quite covered. Place in a moderate oven, about 350° F. and bake until the milk is reduced to half. Meanwhile prepare a white sauce of 1 tablespoon potato flour, 1 tablespoon butter, and 1 cup milk. Season to taste. When the fish is ready, pour the sauce over it, and continue baking until the mackerel and potatoes are tender and the sauce is nicely browned.

STEWED SWEETBREADS

Soak 1 pair of sweetbreads for 2 or 3 hours in sufficient warm water to cover them, then drain. Put them in a stew-pan, with boiling water to cover them, and then boil gently for 7 or 8 minutes. They are then ready for dressing. Lay the sweetbreads in a stew-pan, pour 2 cups of veal stock over them, add salt and cayenne

pepper to taste, and simmer gently for 1 hour. Lift them out on to a very hot dish, add juice of ½ lemon and 1 teaspoon of potato flour to the gravy, stir smoothly, and boil up, pour over the sweetbreads and serve at once.

BEEFSTEAK PIE

Cut up 2 pounds of chuck steak; put it on to stew with salt, pepper and a little nutmeg and the juice of a lemon. Cook a few forcemeat balls, made very small, and a few potatoes cut in small pieces. Make ready a crust as follows: Boil 4 or 5 large floury potatoes; when done, strain and mash with salt and pepper, a little chopped parsley and a little melted fat; mix it with 2 well-beaten eggs; then put a layer of it around the bottom and sides of a deep pie-dish; lay in the stew, cover with the balance of the potato; brush it over with the yolk of an egg and bake in a quick oven till brown.

GEDAEMPFTE KALB FLEISCH

Cut 3 pounds of veal for stew in small pieces. Cover with water, season with salt, pepper, and ginger, and cook very slowly for about an hour. Add the following vegetables, cut in small pieces: 2 carrots, 1 large onion, 1 green pepper, 4 stalks of celery, 1 clove garlic, 1 tomato, and 1 turnip. Cook until the meat and vegetables are very tender. Add water if necessary so that the meat is always just covered. When all is tender, remove the meat, and press the vegetables through a sieve. If desired, thicken the purée with a little matzoth flour. Replace the meat, and heat thoroughly.

BALE KUGEL

For this dish only the white meat of a cooked chicken is used. Chop all the white meat of a whole chicken very fine and mix with the seasonings, salt, pepper, and a little nutmeg. Beat the yolks of 12 eggs very light and mix with the chicken. Add the stiffly beaten whites, and pour into a greased baking dish. Set this dish in a pan of water and bake at 350° F. until the eggs are set. Serve immediately.

CHRIMSEL

(1) Sift 1 cup of matzoth meal in a bowl, stir into it 1 cup of boiling soup stock or wine. When mixed add 1 tablespoon of chopped almonds, 1 teaspoon of sugar, a pinch of salt and the yolks of 4 eggs well beaten; then add the stiffly-beaten whites of the 4 eggs and fry by tablespoonsful in boiling hot butter or goose grease. Sprinkle with powdered sugar and serve with wine sauce.

(2) Soak 3 matzos until soft. Press out all the water, place the matzos in a bowl, and stir them until thoroughly mashed. Add ¼ teaspoon of salt, the yolks of 4 eggs, 1 cup of sugar, ¼ cup of

seeded raisins, and ¼ cup of pounded, blanched almonds. Stir in ¼ cup of melted fat, and ¼ teaspoon of cinnamon. Beat the egg whites until stiff and fold into the batter. Drop by spoonfuls into hot, shallow fat, and fry until golden brown. Lay the chrimsel on a large platter, and cover with stewed, pitted prunes. Eat while very hot.

KENTUCKY CHRIMSEL

Dissolve 2 cups of sugar in 1 glass of white wine or water, and boil for 3 minutes. Cool. Put in a bowl 2 and ½ cups of matzoth meal, and blend with it salt, pepper, ground cloves, cinnamon and allspice to taste. Peel 4 apples, and grate them into the meal. Add 2 tablespoons of melted fat or butter and the sugar syrup. Blend thoroughly. Make into patties. Put a pitted prune, a piece of apple, or any other fruit on each of half of the patties. Cover with a second patty, and roll into a ball the size of a medium apple. Place the balls on a well greased pie plate and bake in a moderate oven, 350° F., for 1 hour.

MATZOTH MEAL PANCAKES

Beat 3 egg yolks very light. Blend ½ cup of matzoth meal with ½ cup of water and ½ teaspoon of salt. Add to the eggs and mix well. Fold in the stiffly beaten egg whites and drop by spoonfuls on a well greased griddle. Turn when golden brown on one side, and fry until the other side is brown. Serve with sugar or jam.

STUFFED CHRIMSEL

Make batter for Matzoth Meal Pancakes.

Drain and pit 1 cup of stewed prunes. Chop fine, and add ¼ cup of chopped nuts, ¼ cup of chopped raisins, ¼ cup of lemon juice and ¼ cup of sugar. More or less lemon juice or sugar may be used according to taste.

Moisten the hands well. Make a thin patty of the batter in the palm of one hand, and on it put a spoonful of the prune mixture. Roll the patty over the filling until the filling is covered, and drop into a spider containing ¼ inch of hot fat. Brown on both sides until a rich golden color. Serve with pitted, stewed prunes seasoned with sugar and lemon juice to taste.

MATZOS WITH SCRAMBLED EGGS (UEBERSCHLAGENE MATZOTH)

Break 6 matzos in small pieces in a colander. Pour boiling water through them, drain quickly. They should be moist but not soggy. Beat 3 whole eggs well, fold the matzos in lightly. Heat 4 tablespoons of goose fat or oil in a spider, add the egg mixture; scrape and scramble carefully with spoon from the bottom of the pan and

while scrambling add 4 tablespoons of sugar and cook gently until eggs are set. Serve at once. The sugar may be omitted if so desired.

SCRAMBLED MATZOS

Soak 6 matzos in water until soft. Squeeze out the water and add 4 beaten eggs, and ½ teaspoon of salt. Cook as for Matzos with Scrambled Eggs.

MATZOTH FRY

(1) Use 1 whole matzoth to a person. Soak in milk until slightly soft, but not soggy. Drain, dip in beaten egg, seasoned with salt and pepper, and fry in butter till crisp and brown.

(2) Beat 6 eggs very light with ½ tablespoon of salt. Break 4 matzos into large, equal pieces. Dip each piece in the egg mixture, and fry in 2 tablespoons of chicken or goose fat until light brown. Serve hot, sprinkled with sugar, cinnamon, and a little grated lemon rind.

ZWIEBEL MATZOTH

Sprinkle a piece of matzoth lightly with salt and rub with the cut edge of a piece of raw onion. Place in a moderate oven until hot. Spread with butter and serve at once.

MATZOTH EIRKUCHEN

Pour ½ cup of water over ¼ cup of matzoth meal. Add 1 teaspoon of salt and the yolks of 4 eggs beaten very light. Blend the mixture, and let it stand for 5 minutes. Fold in the stiffly beaten egg whites. Drop the mixture by spoonfuls in small cakes on a hot, greased spider. Turn when the bottom is brown and brown the other side. Serve with sugar, jelly or preserves.

MATZOTH MEAL MACAROONS

Beat 1 egg yolk until light and thick. Stir in 1 teaspoon of matzoth meal and a pinch of salt. Fold in the stiffly beaten egg white. Fry by tablespoons in butter or fat and serve with stewed prunes. This makes 1 portion.

MAMOURAS (TURKISH)

Allow 1 matzoth for each portion. Dip the matzoth into boiling water for 1 minute. Put a soaked matzoth in a dish, pour over it a little olive oil and grated Hashkeval (Greek Cheese). Repeat until all the matzos are used. Cut in slices and serve.

GERMAN PUFFS

Melt ½ cup of fat or butter. Add 1 cup of hot water and bring to a boil. Add ¼ pound of finely sifted meal, all at once, and stir until the mixture forms a stiff paste. Remove from the fire. Add

4 eggs beaten until light. Grease 8 cups, and put some of the batter in each cup. Bake in an oven pre-heated to 400° F., until puffed and well-browned. Serve with Sugar Syrup, or sprinkle with cinnamon and serve with Wine Sauce.

POTATO PLUM KNOEDEL (HUNGARIAN)

Peel and cook 7 or 8 large potatoes, place in a bowl, add salt, 4 whole eggs, 1 and ½ tablespoons of melted chicken fat and a little more than a cup of matzoth meal. Knead in bowl to smooth consistency. Take a handful at a time, pat smooth and flat, in the center put a tablespoon of prune jam, form into a dumpling, place dumplings in boiling salt water, kettle half covered, and allow to cook 12 to 15 minutes. Take out with strainer and serve hot. Have ready a cup of hot melted chicken fat, and sugar and cinnamon. Serve over knoedel to taste.

POTATO MARBLES

Mix ½ pound of plain mashed potatoes smoothly with a generous teaspoon of finely chopped parsley, pepper and salt to taste; beat 1 egg, add it to the potato, mix well and make it into little balls the size of a cherry. Lay a tiny sprig of parsley on each, arrange the balls on a greased tin and bake till a light brown.

VARENIKAS

Chop or grind enough of any kind of cooked, left-over meat to make 1 cup. To 2 cups of left-over mashed potatoes, add 2 beaten eggs, ¼ cup of matzoth cake flour, and salt and pepper to taste. Mix well. Shape the potato mixture into balls, scoop a hole in the center of each ball and fill with the chopped meat. Roll the potato mixture over the opening, and flatten the balls slightly at each end. Dip in beaten egg and matzoth meal, and fry in plenty of chicken fat until golden brown.

PRUNE BLINTZES

Beat 3 eggs only until the yolks and whites are well blended. Stir in 3 cups of potato flour and mix well. Add enough water to make a thin batter. Heat a small frying pan, grease lightly, and pour in enough batter to make a thin pancake. Tilt the pan quickly as the batter is added, so that it covers the entire surface of the pan. Cook on one side only until the pancake is firm. Fill each pancake with a spoonful of chopped raw prunes sweetened to taste. Fold into 3-cornered pieces and fry again in 4 tablespoons of fat or butter. When the pancakes are brown, sprinkle with sugar, and keep hot in the oven for 15 minutes. The oven should be no hotter than 275° F., and the pancakes must be watched carefully or they may burn.

MEAT BLINTZES

Prepare the pancakes as for Prune Blintzes. Chop 2 small onions and cook in a little chicken fat until brown. Add 1 cup of chopped cooked meat, 2 eggs, salt and pepper to taste, and blend thoroughly. Place a spoonful of this mixture in each pancake, fold in 3-cornered pieces, and fry in chicken fat.

MATZOTH SPICE CAKE

Sift together 3 tablespoons of fine matzoth meal, ½ tablespoon of ground ginger, ½ tablespoon of cinnamon, ¼ tablespoon of ground cloves, and sift again 4 times. Beat 6 egg yolks with 6 tablespoons of sugar until thick and lemon colored. Fold in the matzoth meal mixture. Beat the 6 egg whites until stiff but not dry, and fold the yolk mixture into them. Lightly grease a cake pan and pour in the mixture. Bake in a slow oven, 325° F., until a toothpick inserted in the cake will come out dry. The time will depend on the thickness of the cake.

MATZOTH MEAL CHOCOLATE ALMOND CAKE

Beat 8 egg yolks with 1 and ½ cups of confectioner's sugar until thick and lemon colored. Stir in the grated rind of a lemon, 2 squares of grated bitter chocolate, ¼ cup of orange juice, ½ of a wine glass of wine, and ¼ pound of pounded blanched almonds. Sift together ¾ cup of matzoth meal with 2 teaspoons of cinnamon and ¼ teaspoon of allspice. Fold into the batter. Beat the egg whites until stiff and fold into the batter. Bake in a greased pan in a moderate oven, 350° F., about ¾ of an hour, or until a toothpick inserted in the center of the cake will come out dry.

PASSOVER SPONGE CAKE

(1) Beat 12 egg yolks with 2 cups of sugar until light and thick. Add the juice and grated rind of a small orange or a lemon. Blend ¾ cup of Passover cake flour with ⅓ cup of potato flour. Stir into the batter. Beat the egg whites until stiff but not dry. Carefully fold the batter into the egg whites. Grease a large, square cake pan and line it with heavy paper. Pour in the batter, 2 inches deep. Bake in a moderate oven, 350° F., about 1 hour, or until the cake is golden brown, and a toothpick inserted in the center comes out dry. Invert at once on a rack, and remove the paper.

(2) Beat 8 eggs, 2 cups of sugar, and the grated rind of a lemon until thick and lemon colored. Fold in 6 ounces of the fine matzoth meal, using as few strokes as possible. Pour into a greased pan, and bake in a moderate oven, 350° F., about 30 minutes, or until a toothpick inserted in the cake comes out dry.

(3) Separate the whites and yolks of 9 eggs. Beat the whites of

7 eggs very stiff. To the well-beaten yolks of 9 eggs and the whites of 2, add 1¾ cups of sugar and juice and rind of 1 lemon. Beat thoroughly, add 1 scant cup of potato flour, and beat again. Now fold in the beaten whites very carefully, and bake in a moderate oven, 350° F., 40 to 50 minutes.

PASSOVER NUT CUP CAKES

Prepare the batter for any of the above Sponge Cakes, but add 1 cup of finely chopped nuts just before folding in the egg whites in (1) and (3), or with the matzoth meal in (2). Bake in greased cup cake tins in a moderate oven, 350° F., for 25 to 30 minutes.

PESACH CAKE WITH WALNUTS

Cream together the yolks of 9 eggs, and ½ pound of powdered sugar. Weigh 1 pound of walnuts before shelling; when shelled, grind. To the creamed yolks and sugar add 2 tablespoons of well sifted matzoth flour, a pinch of salt, and 1 teaspoon of vanilla, then mix in the ground walnuts. Fold in gently the 9 beaten whites. Bake ¾ of an hour at 350° F.

DATE CAKE

Beat 8 egg yolks and 1 and ¼ cups of confectioner's sugar until thick and lemon colored. Mix together 1 cup of fine matzoth meal, 1 tablespoon of ground cinnamon and 1 teaspoon of ground cloves. Add to the egg yolks with the juice of ½ lemon and stir until blended. Fold in ½ pound of seeded dates cut fine. Beat the egg whites until stiff and fold into the batter. Bake in a moderate oven, 350° F., for 45 minutes.

CHOCOLATE CAKE

Beat 4 egg yolks and ½ cup of sifted sugar until light and thick. Add ¼ pound of grated, blanched almonds, ¼ pound of finely grated sweet chocolate, ¼ pound of seedless raisins, the juice of 1 orange, ¼ cup of wine, and ½ cup of fine, sifted matzoth meal. Blend until smooth, and fold in the stiffly beaten egg whites. Line a cake form with greased paper, pour in the batter, and bake in a slow oven, 325° F., for 1 hour.

STRAWBERRY SHORTCAKE WITH MATZOTH-MEAL

Beat until very light the yolks of 4 eggs and ¾ cup sugar; add rind of ½ lemon, a pinch of salt, ½ cup of sifted matzoth meal, and last the stiffly-beaten whites of the eggs. Bake in 2 shallow square pans in a moderate oven, 350° F.

When cold lay a cake on a platter, spread thickly with strawberries that have been well sugared. Put the other cake on top. Spread over the top and sides with cream that has been sweetened, flavored and whipped very stiff.

COOKIES

Sift together ½ cup of matzoth meal and ¼ cup of potato flour. Add ½ cup of sugar, ¼ cup of chopped almonds and 2 eggs. Roll out in potato flour mixed with sugar. Cut and bake on greased tins in a hot oven.

ALMOND CAKES

Pound 1 pound of blanched almonds to a paste. Add 1 pound of sugar, (2 cups), 2 eggs and 1 teaspoon of cinnamon. Stir until the mixture is thoroughly blended. Spread out in a greased, shallow pan, and bake in a cool oven, 325° F., about 30 minutes, or until light brown. Cut in squares while still warm, and cool on a rack.

ALMOND MACAROONS

Beat the whites of 5 eggs until stiff. Add 1 pound of blanched almonds ground fine, 3 cups of powdered sugar, and the grated rind of 2 lemons. Mix until thoroughly blended. Grease very thin paper lightly with oil, sprinkle with powdered sugar, and place on a cooky tin. Shape the almond mixture into balls about 1 inch in diameter, and place them about 2 inches apart on the greased paper. Bake at 325° F., until medium brown. Remove from the oven, and let the macaroons cool on the paper before they are touched.

CINNAMON STICKS

Beat the whites of 4 eggs until stiff. Add gradually 1 pound of confectioner's sugar, 1 tablespoon of cinnamon, and ½ pound of grated almonds. Shape the mixture into pieces 2 x 1 x ½ inch. Bake on a greased cooky tin in a cool oven, 325° F., until brown. Cool, and cover each stick with boiled frosting.

IMBERLICH

Mix together 2 cups of matzoth flour, ¼ pound of powdered ginger, and 3 eggs. Set this mixture aside until it dries. Boil ½ pound of honey and 1 and ½ cups of sugar until it becomes a reddish color. Beat in the matzoth dough, and stir constantly until the mixture is thick. Spread the mixture ½ inch thick on a wet board. Cool and cut into 2 inch lengths.

PIE CRUST

Soak 1 and ½ matzos and press dry; heat 1 tablespoon of fat and add the soaked matzos. When dry add ½ cup of matzoth meal, 2 eggs, 2 tablespoons of sugar and ⅛ teaspoon of salt. Mix well and press into pie-plate with hands, as it is impossible to roll the dough. Have dough ¼ inch thick.

MATZOTH CHARLOTTE

(1) Soak 1 matzoth, and press dry. Beat until smooth and add to the well beaten yolks of 2 eggs. Add ¼ teaspoon of salt, ¼ cup of chopped almonds, ¼ cup of raisins, and ¼ cup of currants. Fold in the stiffly beaten whites of the 2 eggs, and bake in a greased baking dish, at 350° F., for 30 minutes. This makes 4 portions.

(2) Soak 3 matzos in water and squeeze dry. Add to 4 well beaten egg yolks. Stir in 1 grated apple, the juice and grated rind of a lemon, ¼ cup of chopped almonds, ¼ cup of raisins, and a pinch of salt. Fold in the stiffly beaten whites, and bake in a greased dish in a moderate oven, 350° F., for 35 minutes. Serve warm.

MATZOTH KUGEL

Soak 3 matzos in water until soft and squeeze dry. Heat 2 tablespoons of fat in a spider, add the matzos, and stir until dry. Remove from the fire and stir in ¼ pound of matzoth meal. Add, one at a time, the yolks of 5 eggs, and mix well after each addition. Then add 2 ounces of pounded almonds, the grated peel of ½ lemon, 1 large grated sour apple, and a pinch of salt. Fold in the stiffly beaten whites of the eggs. Grease a pudding dish generously with fat, pour in the batter and pour ½ cup of hot, melted fat over the top. Put at once into an oven pre-heated to 350° F. Bake about 1 hour, or until well browned. Serve hot with Wine Sauce.

MATZOTH SHALET

Soak 4 matzos until soft, and squeeze dry. Beat 9 eggs, 1 cup of sugar and 1 tablespoon of cinnamon until light and thick. Add 2 grated apples, 1 and ½ cups of seeded raisins, the grated rind of an orange or lemon, and a few pounded almonds. Add the matzos gradually, beating all the time until the mixture is very light. Melt ½ pound (about 1 cup) of rendered fat in a large baking dish. Pour in the batter, and place immediately in an oven pre-heated to 375° F. Bake for 1 and ¼ hours, or until well browned. Serve hot with wine, fruit, or prune sauce.

POTATO PUDDING

The day before the pudding is made cook 3 peeled, medium sized potatoes. Cool overnight in the refrigerator. To make the pudding beat 8 egg yolks with 1 cup of sugar until light and thick. Add 4 tablespoons of blanched and pounded almonds, the grated peel and juice of a lemon, 1 teaspoon of salt, and the potatoes which have been grated. Beat the egg whites until stiff and fold into the batter. Pour into a well-greased pudding dish, set the dish in a pan of water and bake in a moderate oven about 45 minutes,

until firm and golden brown. Invert at once on a platter and serve with wine or chocolate sauce. If an iron baking dish is used, it need not be set in a pan of water.

MATZOTH PLUM PUDDING

Blend ¼ pound of chopped suet with ½ cup of sugar. Stir in ¼ pound of stoned and chopped raisins, ¼ pound of currants, ¼ pound of mixed peel, ¼ cup of finely sifted meal, 1 teaspoon of grated lemon rind, ½ teaspoon of cinnamon and ½ wineglass of rum. Soak 1 matzoth in cold water, drain well, and beat until smooth. Add to the batter. Add 4 eggs beaten until light and thick, and stir until well blended. Pour into a pudding mold and boil for 4 hours. (See directions for boiled puddings.) Serve hot with rum sauce.

BATTER PUDDING

Cream ¼ cup of butter with ½ cup of brown sugar. Add 2 eggs and beat until light and fluffy. Stir in the grated peel of a lemon and 1 tablespoon of rum. Add 1 teacup of meal alternately with 1 pint of milk, and mix until smooth. Pour into a greased pudding mold and bake ½ hour, or boil 1 hour. (See directions for boiled puddings.)

BEOLAS

Beat 6 eggs until light and thick. Stir in ¼ cup of fine meal. Drop by spoonfuls into hot, deep fat, and fry until light brown. (See directions for deep fat frying.) Drain on brown paper, and serve cold with Sugar Syrup.

COCOANUT PUDDING

Beat the yolks of 6 eggs with 1 cup of sugar and the grated rind of 1 lemon until light and thick. Mix the milk of a cocoanut with the juice of 2 lemons. Grate the cocoanut meat and add to the egg yolks. Fold in the stiffly beaten whites of the eggs, and then stir in the cocoanut milk. Bake in a greased pudding dish in a moderate oven, 350° F., for 30 minutes, and serve cold.

CARROT PUDDING

Peel and grate 1 and ½ cups of raw carrots. Beat 1 and ½ cups of powdered sugar and the yolks of 8 eggs until light and thick. Add the carrots, 1 cup of grated, blanched almonds, the finely-chopped rind of ½ lemon and 1 tablespoon of wine. Blend well and fold in the stiffly beaten whites of the eggs. Grease a pudding dish well and sprinkle it with flour. Pour in the batter and bake about 1 hour at 325° F., until well browned and firm.

ALMOND PUDDING

(1) Beat the whites of 7 eggs and the yolks of 10 eggs until light and thick. Gradually add ½ pound of pulverized blanched almonds, and 1 and ⅓ cups of powdered sugar. Beat constantly. Add 1 teaspoon each of orange and almond flavoring. Grease a deep pie dish and pour in the mixture. Bake in a cool oven, 325° F., until the pudding is set—when a silver knife blade inserted will come out clean. Remove from the oven and cover with oiled paper until cold. Just before serving sprinkle with powdered sugar.

If a very rich pudding is desired, boil 1 cup of sugar with ½ cup of water for 10 minutes. Cool and pour over the pudding as it is taken from the oven.

(2) Beat 8 eggs until light and thick. Fold in 1 and ½ cups of fine sugar, 1 pound of blanched almonds pounded until fine, and the grated rind of a lemon. Mix thoroughly. Pour into shallow greased pans, and bake at 325° F., until firm. Serve cold.

ALMOND HILLS

Cut ¼ pound of blanched almonds into lengthwise strips. Melt ¼ cup of sugar in a spider, add the almonds, and cook until the almonds are light brown. Meanwhile beat 5 egg whites until frothy, add 1 and ⅓ cups of powdered sugar and beat until stiff. Add the almonds, mix thoroughly, and place teaspoonfuls of the mixture on waxed paper. Bake in a slow oven, 325° F., until light brown.

ALMOND SPONGE PUDDING

Pare 8 apples and cut off the tops carefully. Keep the tops. Core the apples, and carefully scoop out the insides of the apples. Be careful not to break the apples. Chop the scrapings, and add ½ cup of sugar, ¼ cup of raisins, 1 teaspoon of cinnamon, ¼ cup of chopped nuts, and 1 tablespoon of white wine. Put this mixture into the hollows in the apples, and put the tops on as a cover. Place the apples in a large greased pan, and bake them in a moderate oven, 350° F., until they are tender, but still whole. Pour the following batter over them. Beat 8 egg yolks and 2 cups of sugar until light and thick. Add the grated peel of a lemon, and 1 cup of finely sifted matzoth flour. Fold in the stiffly beaten whites of the eggs.

Bake again until the batter is firm and golden brown. Serve with wine sauce. This makes 8 large portions.

GRATED APPLE PUDDING

Pare 6 large apples, and grate all the pulp. Add 6 well beaten egg yolks, ½ cup of sugar, ½ pound of finely ground nuts, ½ teaspoon of salt, ½ teaspoon of cinnamon, and 3 tablespoons of

melted fat or butter. Mix well, and fold in the stiffly beaten egg whites. Bake in a well greased pudding dish, about 40 minutes, or until well browned, at 350° F.

APPLE PUDDING

Soak 3 matzos and squeeze out all the water. Put them in a bowl and add 3 large apples cut in small thick pieces, ¼ pound of currants, ¼ pound of raisins, ½ teaspoon of cinnamon, ¼ of a lemon rind sliced thin, ¾ cup of brown sugar, and ¼ cup of melted fat or butter. Add 3 eggs beaten until thick, and mix well. Pour into a greased baking dish and bake in a moderate oven, 350° F., about 40 minutes, or until well browned.

FOAM TORTE

Beat 4 egg whites until foamy. Add 1 tablespoon of vinegar, drop by drop, and beat constantly as the vinegar is added. Add 1 cup of fine sugar gradually, and continue beating until the mixture is free from graininess. Fold in 1 tablespoon of vanilla. Line a spring form with this batter with the sides 1 inch higher than the middle. Bake 1 hour in a cool oven, 325° F., until a light brown. Remove the sides of the form and cool. Fill with any sliced fruit, and top with whipped cream.

HASTY PUDDING

Line a 7-inch baking dish with slices of sponge cake. Stale cake may be used. Pour ¼ cup of wine over the cake. Blend 1 tablespoon of potato flour with the yolks of 4 eggs and mix until smooth. Gradually stir in 2 cups of scalded milk. Cook this mixture in the top of a double boiler, stirring constantly, until it thickens. Flavor to taste with wine or cinnamon and pour over the cake. Beat the egg whites until stiff, add 6 tablespoons of sugar and beat until free from graininess. Spread over the custard, and bake in a cool oven, 325° F., about 40 minutes, or until the meringue is a light brown. Serve cold.

MACAROON CUSTARD

Scald 3 cups of milk mixed with ½ cup of sugar. Beat 3 egg yolks until blended, and gradually pour the milk over them. Cook and stir in the top of a double boiler until the mixture coats the spoon. Break 12 macaroons into quarters and place them in a serving bowl. Pour the custard over them. Beat the egg whites stiff with 3 tablespoons of sugar. Drop by spoonfuls over the custard. Serve as soon as the pudding is thoroughly chilled.

PRUNE AND APPLE DEEP DISH PIE

Drain, remove the pits, and cut into pieces 1 cup of stewed prunes. Peel and slice 1 cup of apples. Place alternate layers of

apples and prunes in a greased baking dish. Bring to the boiling point ½ cup of prune juice, ½ cup of water, 1 tablespoon of fat, ½ cup of sugar, 1 teaspoon of cinnamon, and ½ teaspoon of nutmeg. Pour ½ of this mixture over the apples. Crumble a matzoth coarsely, and let it soak in the rest of the mixture until soft. Then spread the matzoth and syrup over the fruit. Bake at 350° F., about 40 minutes, or until nicely browned and the apples are tender.

CHOCOLATE PUDDING

Heat 2 cups of milk and 2 squares of bitter chocolate in the top of a double boiler until the chocolate melts. Beat with a rotary beater until smooth. Mix 2 tablespoons of potato flour with ½ cup of sugar. Gradually stir in ½ cup of cold milk and make a smooth paste of the mixture. Add to the hot milk and cook and stir over hot water until thick. Mix a few spoonfuls of the pudding with 1 well beaten egg, and return this mixture to the pudding. Cook and stir 1 minute longer. If desired, ½ cup of sliced bananas or chopped nuts may be added. Pour into a dish wet with cold water. Chill and serve with cream.

KREMSLEKH

Mix together thoroughly 4 slightly beaten eggs, 4 tablespoons of matzoth meal, ¼ teaspoon of salt, 2 teaspoons of sugar, 4 teaspoons of ground nuts, 4 teaspoons of chopped raisins, ¼ teaspoon of cinnamon, and 4 teaspoonfuls of oil. Add just enough water to make a stiff paste. Shape the paste into marbles about 2 inches in diameter, and fry in deep hot fat until well browned. (See directions for deep fat frying.) Drain carefully on brown paper, and serve hot or cold.

PASSOVER STEWED PRUNES

Wash 1 pound of prunes in warm water. Rinse in cold water. Place in a casserole with a tight cover. Add ½ of a lemon thinly sliced, 2 pieces of stick cinnamon, and sugar to taste. Cover with water. Cover the casserole tightly and bake in a moderate oven, 350° F., until the prunes are tender. If desired, the juice may be thickened with 1 teaspoon of potato flour mixed to a paste with the juice of a small orange. Add to the prunes and cook 15 minutes longer.

LEMON PRESERVES

Slice 7 lemons thin and remove the seeds. Cover them with water, bring to a boil and boil 5 minutes. Drain well. Cook 2 pounds of sugar with 2 cups of water for 5 minutes. Add the lemons and ½ pound of large raisins. Cook and stir until the syrup is thick. Pour into sterilized jars, and seal tightly.

CANDIED LEMON AND ORANGE PEEL

Wash, dry, and cut into thin strips any desired amount of lemon or orange peel. Remove most of the white skin from the inside, and drop the peel into boiling water. Simmer 20 minutes. Drain thoroughly and weigh the peel. Use a pound of sugar for each pound of peel. Place alternate layers of peel and sugar in a preserving kettle. Place over a slow fire until the sugar melts. Cook slowly, and stir to prevent burning, until the peels are transparent. Lift them out, drain well, and when almost dry roll in granulated sugar.

WINE SAUCE

Mix 1 teaspoon of potato flour with ½ cup of cold water to a smooth paste. Add 1 cup of white wine and the grated peel of a lemon. Cook and stir until smooth. Pour gradually over the beaten yolks of 2 eggs. Return to the fire, and cook 1 minute. Beat the egg whites until stiff, fold into the sauce, and serve at once.

RUM SAUCE

Beat 2 egg yolks with 1 tablespoon of sugar until light. Add ¾ cup of water, a wineglass of rum and the juice of a lemon. Place over a moderate flame and stir constantly until the mixture reaches the boiling point. Remove from the fire and serve at once.

SUGAR SYRUP

Simmer 2 cups of brown sugar, 1 cup of water, and 1 teaspoon of cinnamon for 10 minutes. Stir until the sugar dissolves. If desired, more cinnamon may be added to taste.

APPLE FILLING FOR CAKE

Peel and grate 1 large, sour apple. Add at once ¾ cup of sugar and 1 egg white. Beat until the mixture becomes stiff enough to stand in peaks. Flavor with the grated rind of ½ lemon. Spread between the layers and on top of cakes or as a filling for torten. Use at once.

STRAWBERRY DESSERT

Line a 7-inch casserole or baking dish with macaroons. Spoon ¼ cup of white wine over them. Wash and hull 1 quart of strawberries, and spread them over the macaroons. Beat 4 egg yolks, ¾ cup of sugar, the grated rind of a lemon and the juice of ½ lemon until thick. Beat the whites of the eggs until stiff. Fold half of the beaten whites into the yolks, and pour the mixture over the strawberries. Bake in a moderate oven, 350° F., about 30 minutes, or until the egg mixture is firm. To the remaining whites add 2 tablespoons of sugar and beat again until stiff. Garnish the top of

the pudding with this meringue, and bake again at 325° F., until the meringue is light brown. Chill, and serve with plain or whipped cream.

PASSOVER SALAD DRESSING

Put into a jar with a tight cover ½ teaspoon of salt, ¼ teaspoon of pepper, 1 teaspoon of sugar (or less if desired), 1 and ½ tablespoons of Rosel or Passover vinegar, 1 and ½ tablespoons of lemon juice, and ½ cup of Passover Peanut Oil. Put the cover on tightly, and shake until thoroughly blended.

GRANDMOTHER'S CARROT CANDY

Scrape and grate on the fine side of the grater 5 pounds of large carrots. Mix with 5 pounds of sugar and cook over a low fire, stirring often to keep the mixture from burning. Cook until the mixture becomes very thick. This takes several hours, and the candy must be stirred almost constantly toward the end of the cooking. When it is almost done, add 2 pounds of chopped almonds or walnuts, and about 1 teaspoon of ginger, to taste. When done, spread on a wet cooky sheet. Cool about 1 hour, then cut into diamond shaped pieces. This is a very unusual candy and will keep for some time. The above recipe makes a large quantity of candy. For a small batch, use ⅕ of the recipe.

SUGGESTED MENUS FOR PASSOVER

Lunch before the First Seder

Salad of Diced raw Carrots
Green Pepper, Lettuce, Tomato
and Celery
Matzoth and Butter
Baked Apples and Cream
Any Desired Beverage

The First Seder

Hard Cooked Eggs in Salted
Water
Chicken Soup with Matzoth
Meal Balls
Roast Chicken Roast Potatoes
Asparagus Salad of Greens
Stewed Dried Pears Cake Tea

FIRST DAY OF PASSOVER

Lunch

Cream of Celery Soup
Zwiebel Matzoth and Butter
Strawberry Shortcake made
with Passover Sponge Cake
Beverage

The Second Seder

Chopped Chicken Livers
Passover Borsht
Roast Duck Mashed Potatoes
(made with chicken fat)
Brussel Sprouts
Fruit Cup Cookies Tea

SECOND DAY OF PASSOVER

Lunch

English Lemon Stewed Fish
Buttered Cauliflower
Matzoth and Preserves
German Puffs with Sugar Syrup
Coffee

Dinner

Yom Tov Soup, Matzoth Meal
Kleis, No. 1
Gedaempfte Kalb Fleish
Cold Slaw Mashed Potatoes
(made with chicken fat)
Grated Apple or
Cocoanut Pudding

THIRD DAY OF PASSOVER

Lunch

Stuffed Chrimsel or
Prune Blintzes
Lettuce, Cucumber, and
Tomato Salad
Macaroon Custard

Dinner

Stewed Sweetbreads
Varenikas
Cold, Boiled Artichokes with
Mayonnaise
Stewed Dried Fruit
Cake or Cookies Tea

FOURTH DAY OF PASSOVER

Lunch

Cottage Cheese with Sour Cream
Buttered Broccoli
Matzoth and Butter
Kentucky Chrimsel
Hot Chocolate

Dinner

Chicken Soup with Potato Flour Noodles
Bale Kugel
Potato Plum Knoedel
Asparagus
Cucumber and Watercress with Salad Dressing
Date Cake Tea

FIFTH DAY OF PASSOVER

Lunch

Sole with Wine
Candied Carrots
Matzoth and Butter
Strawberry Dessert Milk

Dinner

Palestine Soup with Almond Balls
Beefsteak Pie
Beets Lettuce Salad
Apple Pudding Tea

SIXTH DAY OF PASSOVER

Lunch

Scrambled Matzos
Boiled Buttered Cabbage
Chocolate Pudding
Passover Nut Cup Cakes

Dinner

Fruit Cup
Lamb Chops Mashed Potatoes (made with chicken fat)
Cauliflower with melted Fat
Matzoth Charlotte Tea

SEVENTH DAY OF PASSOVER

Lunch

Gefillte Fish with Horseradish
Mashed Turnips
Sliced Tomatoes
Matzoth and Butter
Hasty Pudding Coffee

Dinner

Broiled Steak
Celery, Scallions and Radishes
Potato Kugel or Pancakes
Sliced Oranges and Cucumbers on Endive with Salad Dressing
Matzoth Plum Pudding or Carrot Pudding

EIGHTH DAY OF PASSOVER

Lunch	*Dinner*
Cream of Asparagus Soup	Grapefruit Halves
Matzoth Meal Pancakes	Pot Roast with Vegetables
Batter Pudding	Salad of Lettuce, minced Scallion, Sliced Cucumber, and Radish Roses
Any Beverage	Matzoth Meal Chocolate Almond Cake Tea

MENUS

MENUS FOR A WEEK FOR EACH MONTH OF THE YEAR

In preparing vegetables for any of the meat meals, omit butter or cream, and substitute chicken fat.

The following menus are so planned, that several items may be baked at the same time. Study the menus, and note that when a hot baked dish is the main course of a meal, there are other baked dishes on the menu, or a cold baked pudding or dessert is a part of the next meal or the next day's menu. The meat used in making soup is prepared either the same day or the next, and the soup stock is often the basis of two or three different soups.

JANUARY

Sunday

Dinner

Fruit Cup
Chicken Giblet Fricassee
Roast Chicken or Capon Bread
Stuffing Gravy
Sweet Potato Croquettes
Peas Pickled Peaches
Salad of Greens
Refrigerator Rolls
Apple Nut Pie Tea

Supper

Corn, Tomatoes, and Cheese on Toast
Queen of Trifles
Hot Chocolate

Monday

Lunch

Chicken Sandwiches with Pepper Hash, or Home Style Chicken Tamale
Harvard Salad
Frosted Apples Tea

Dinner

Cream of Celery Soup
Lemon Fish
Mashed Potatoes
Cauliflower Croquettes
Cheese Kuchen Coffee

Tuesday

Lunch

Polenta
Creamed Brussel Sprouts
Swedish Tea Ring Hot Cocoa

Dinner

Mutton Broth with Rice
Shepherd's Pie
Cold Boiled Artichokes
Mayonnaise
Refrigerator Rolls
Orange and Banana Dessert
Tea

Wednesday

Lunch

Salmon or Tuna Fish Loaf, Egg Sauce
Sour Buttered Beets
Fruit Salad with Whipped Cream
Crackers Milk

Dinner

Mushroom and Barley Soup
Meat Blintzes or Quick Meat Knishes
Braised Celery
Roumanian Eggplant
Almond Torte Tea

Thursday

Lunch

Noodles and Macaroni and Cheese
Boiled Onions
Norwegian Prune Pudding
Chocolate Nectar

Dinner

Avocado Salad
Chili Sauce Pot Roast
Boiled Potatoes String Beans
Sliced Cucumber Pickles
Rice Condé Tea

Friday

Lunch

Sautéd Smelts
Lemon Carrots Banana Bread
Peach Jam
Bell Fritters, Caramel Sauce
French Coffee

Dinner

Grapefruit Cocktail
Spaghetti with Meat Balls
Salad Bowl Combination 1
Bread Sticks
Zabaglione Tea

Saturday

Lunch

Reheated Black Bean Soup
Butterbarches
Spanish Cream Milk

Dinner

Chopped Onion and Chicken Fat
Reheated Stuffed Cabbage
Boiled Rice Rye Bread
Banana Dainty Sponge Cake
Tea

FEBRUARY

Sunday

Dinner

Consommé Rice
Roast Veal Franconia Potatoes
Compote of Carrots
Olives Celery
Sliced Cucumbers and
Watercress, Chiffonade Dressing
Rolls
Canned Cherry Pie Tea

Supper

Hungarian Fish Salad
Raisin Buns
Banana Cake Hot Chocolate

Monday

Lunch

Kedergee
Scalloped Cauliflower
Pineapple Pudding Milk

Dinner

Green Kern Soup
Meat Loaf, Olive Sauce
Baked Potatoes
Dried Lima Beans, Baked
French Style Lettuce
Mixed Pickles
Dessert Baked Apples 2 Tea

Tuesday

Lunch

Noodles, Kashe and Mushrooms
Watercress,
Shredded Lettuce, and Belgian
Endive with French Dressing
Boiled Custard Cocoa

Dinner

Deviled Calves' Brains
Persian Chicken with Rice
Eggplant Salad Barches
Orange Fritters, Orange Sauce
Tea

Wednesday

Lunch

Peanut and Rice Croquettes,
Cheese Sauce
Buttered Cabbage
Meringue Shells,
Vanilla Ice Cream, Fudge Sauce
Coffee

Dinner

Dried Pea Soup
Meat Soufflé Barches
Navy Beans and Barley
Scalloped Tomatoes
(made with fat)
Baked Prune Whip Tea

Thursday

Lunch

Corn Pudding
French Style Turnips
Cheese Biscuits Raspberry Jam
Lemon Puffs,
Fluffy Lemon Sauce
Milk

Dinner

Mock Turtle Soup
Pot Roasted Rolled Beef,
Brown Sauce
Parsnips and Pineapple
Boiled Potatoes
Steamed Almond Pudding,
Wine Sauce 1
Tea

Friday

Lunch

Left Over Mock Turtle Soup
Salad of Any Cold Cooked
Vegetables with Mayonnaise
Rolls Strawberry Jelly
Canned Fruit Tea

Dinner

Cream of Mushroom Soup
Jewish Fried Fish, Sauce Tartare
Savory Beets Creamed Potatoes
Lettuce, French Dressing
Any Variation of Basic Layer
Cake
Coffee

Saturday

Lunch

Banana Bread and Cottage
Cheese Sandwiches
Reheated Braised Celery
Children's Ice Box Cake
Chocolate Nectar

Dinner

Chicken Liver Paste (2) on
Lettuce
Reheated Pot Roast with
Cranberry Sauce
Potatoes mashed with Chicken
Fat
Canned Whole Kernel Corn
Lettuce with Dressing for
Lettuce
Seven Layer Schalet Tea

MARCH

Sunday

Dinner

Julienne Soup
Chicken Spanish Fried Squash
Potatoes mashed with Chicken
Fat
Asparagus Salad
Orange Cocoanut Cake Tea

Supper

Spanish Omelet
Graham Honey Bread
Grape Jelly
Banana Dainty
White Mayonnaise made with
Whipped Cream
Cookies Hot Chocolate

Monday

Lunch

Cod Fish Balls Catsup
Buttered Broccoli Bread
Raisin Pudding Milk

Dinner

Chicken Soup with Noodles
Chicken Chop Suey
Fried Noodles
Lemon Chateau Tea

Tuesday

Lunch

Cheese Dreams
Globe Artichoke or Turnip Soup
Drop Dumplings
Fruit Salad, Whipped Cream
French Coffee

Dinner

Tomato Soup Croutons
Tomato Soup Meat
Chow Chow
Stewed Potatoes with Onions
Fried Cabbage
Belgian Endive, French Dressing
Queen Fritters Tea

Wednesday

Lunch

Pea Soufflé
Baked Winter Squash
Muffins Apple Butter
Leaf Puffs Milk

Dinner

Vegetable Soup
Pot Roast, Gravy
Roumanian Cauliflower
Wax Beans
Lettuce, Russian Dressing
Wine Jelly Tea

Thursday

Lunch

Rice with Brazilian Sauce
Okra with Cream
Orange Cream Pudding
Hot Chocolate

Dinner

Lentil Soup
Meat Timbales, Mushroom Sauce
Baked Potatoes
Orange and Grapefruit Salad
Carrot Schalet Tea

Friday

Lunch

Noodle and Cottage Cheese Pudding
Spinach
Hot Biscuits Plum Butter
Delmonico Apple Pudding
Milk

Dinner

Leek Soup
Sweet and Sour Fish, or Sweet Sour Fish with Wine
Mashed Potatoes Peas
Salad of Cold, Cooked Julienne Carrots, String Beans and Beets, Ravigote Dressing
Banana Cream Pie Coffee

Saturday

Lunch

Reheated Tomato Soup
Sardine Sandwiches on Rye Bread
Snow Pudding Chocolate Milk

Dinner

Ambrosia
Lamb Chops Asparagus
Potato Salad 1
Orange Ice, Cookies Tea

APRIL

Sunday

Dinner

Chilled Tomato Juice
Rolled or Standing Roast Beef
Roast White or Sweet Potatoes
Sweet and Sour String Beans (1)
Mixed Vegetable Salad, Tarragon Dressing
Mixed Pickles Celery
Orange Ice, Brandied Cherries
Cookies
Tea

Supper

Potato Soup
Spanish Onion Rarebit on Toast
Chocolate Cake Coffee Float

Monday

Lunch

Avocado Salad
Brown Bread Sandwiches
Tapioca Cream Milk

Dinner

Grapefruit Halves
Hot Roast Beef Sandwiches or
Empanada Chilean Beet Salad
Curried Potatoes
Sliced Tomatoes
Pineapple Compote
Angel Food Cake Tea

Tuesday

Lunch

Baked Cheese Dumplings, Tomato Sauce
Turnip Soufflé
Cottage Pudding, Chocolate Sauce
French Coffee

Dinner

Noodle Soup
Veal Salad Candied Squash
Potatoes Mashed with Chicken Fat
Pickled Beans
Bird's Nest Pudding Tea

Wednesday

Lunch

Rice Croquettes (1)
Carrots and Peas
French Ice Box Cake Milk

Dinner

Veal Soup, Dumplings
Mock Duck, Crumb Dressing
Baked Potatoes Cauliflower
Scallions and Radishes
Rhubarb Betty Tea

Thursday

Lunch

Vegetable Meat Pie
Lettuce and Cucumber Salad
Bread Butter
Butterscotch Parfait
Chocolate Drink

Dinner

Chilled Pineapple Juice
Meat Olives
French Fried Potatoes
Braised Celeriac
Raw Carrot Strips
Rye Bread Pudding (1) with
Sherry Wine Sauce
Tea

Friday

Lunch

Tomato Soufflé
Spinach with Walnuts
Bran Muffins Butter
Left Over Butterscotch Parfait
Coffee

Dinner

Cream of Asparagus Soup
Gefillte Fish with Egg Sauce
Noodles and Mushrooms Peas
Beet and Cauliflower Salad
Orange Ice Box Pudding
Coffee

Saturday

Lunch

Chopped Herring Salad
Rye Bread Butter
Sliced Tomatoes and
Cucumbers
Loganberry Cream Pie
Any Beverage

Dinner

Imitation Pâté de Fois Gras
Fried Chicken (1), reheated
Italian Baked Rice, reheated
Canned String Beans
Scallions, Radishes and Celery
Canned Plums Sponge Cake
Tea

MAY

Sunday

Dinner

Fruit Cup with Fresh Strawberries
Roast Lamb with Potatoes
Peas Mint Jelly
Mixed Pickles Rolls
Beet Salad
Lemon Ice Cookies
Turkish Coffee

Supper

Bread Pancakes, Cheese Sauce
Salad Bowl Combination (2)
Fresh Pineapple Whip Cocoa

Monday

Lunch

Cream of Cauliflower Soup
Sardine Sandwiches
Water Lily Salad
Custard Pie Coffee

Dinner

Pineapple and Banana Cocktail
Sweetbreads Glacé, Sauce Jardinière, with Spaghetti
Pickled Onions
Cold Artichokes with Mayonnaise
Steamed Rye Bread Pudding, Brandy Sauce
Russian Tea

Tuesday

Lunch

Swiss Creamed Fish or Fish Salad
Dandelions
Tea Rolls Plum Jam
Rice Pudding
Milk

Dinner

Mulligatawney Soup
Fried Chicken (2)
New Potatoes with Caraway Seeds
Italian Style Spinach
Salad of Raw Vegetables in Season, Tarragon Dressing
Orange Meringue Pie Tea

Wednesday

Lunch

Fish Chowder
Buns Butter
Pineapple Tapioca
Hot Chocolate

Dinner

Left Over Mulligatawney Soup
Fricasseed, Stewed, or
Hungarian Style Veal,
any desired Dumplings
Shoe String Potatoes
String Beans
Lettuce and Tomato Salad,
Vinaigrette Dressing
Strawberries in Meringue Shells
(Omit Ice Cream)
Tea

Thursday

Lunch

Nut Roast
Johnny Cake Butter
Scalloped Onions
Orange Ice Box Cake

Dinner

Chilled Tomato Juice
Short Ribs of Beef Spanish
Noodles and Apples
Raw Carrot Strips
Rhubard Betty Hard Sauce
Tea

Friday

Lunch

Macaroni Mounds
Jerusalem Artichokes in Milk
Frozen Eclairs Milk

Dinner

Cream of Corn Soup
Fish Piquant Hot Slaw
Potato Patties
Fruit Salad, Fruit Salad Dressing
Fudge Cake Coffee

Saturday

Lunch

Devilled Eggs
Marinated Tomatoes
Farina Pudding
Chocolate Nectar

Dinner

Sardine Canapés
Reheated Brisket of Beef with
Sauerkraut
Mashed Potatoes with Chicken
Fat
Hot Broccoli with Mayonnaise
Canned Plums Cookies Tea

JUNE

Sunday

Dinner

Strawberry Cocktail
Mock Filet Mignon
Broiled Mushrooms made with Fat
Hashed Brown Potatoes
Asparagus
Sweet Green Tomato Pickle
Olives
Lettuce, French Dressing
Pineapple Ice Cookies Tea

Supper

Stuffed Cucumbers
Cinnamon Rolls
Rich Fudge Cake Coffee

Monday

Lunch

Finnan Haddie and Macaroni
Buttered Beets
Biscuits Peach Jam
Cherry Roly Poly, Cream
Iced Coffee

Dinner

Sardine Canapés
Braised Oxtails
Scalloped Noodles and Prunes
Kale Sliced Tomatoes
Fresh Berry Pie Tea

Tuesday

Lunch

Cream of Corn Soup
Peppers Stuffed with Cheese Filling
Bread and Butter
Caramel Custard
Chocolate Nectar

Dinner

Cream Soup with Croutons
Russian Fish Cakes
Mashed Potatoes
Fresh Lima Beans
Salad of Greens, Roquefort Dressing
Frozen Fruit Salad, Whipped Cream
Iced Coffee

Wednesday

Lunch

Spinach Ring Creamed Carrots
Bread Butter
Snow Peaks with Vanilla Sauce
Milk

Dinner

Chilled Tomato Juice
Corned Beef, with Cooked Beets, Carrots, Potatoes, and Cabbage
Dill Pickles
Jelly Roll Tea

Thursday

Lunch

Cheese Soufflé
String Beans
Biscuits Jam
Steamed Chocolate Pudding
Mint Marshmallow Sauce
Milk

Dinner

Chilled Pineapple Juice
Corned Beef or Red Flannel Hash
Celery Fritters
Sliced Tomatoes and Lettuce, French Dressing
Fruit Cup of Fruits in Season
Iced Tea

Friday

Lunch

Devilled Eggs with Hot Sauce
Barley and Vegetable Soup
Strawberry Short Cake
Milk Drink

Dinner

Cream of Almond Soup
Fish with Horseradish Sauce
Rice Croquettes (2)
Buttered Swiss Chard
Any desired salad
Southern Pecan Pie Coffee

Saturday

Lunch

Reheated Cheese Blintzes
Sour Cream Canned Peas
Upside Down Cake
Chocolate Milk

Dinner

Caviar Canapés
Reheated Veal Birds, Bread Dressing
Canned Tomatoes
Canned Succotash
Salad of vegetables in season
Canned Pears Cookies
Iced Tea

JULY

Sunday

Dinner

Raspberry Cocktail
Roast End of Steak
Potato Kugel Peas
Pepper Mangoes Celery
Salad of Greens
Fresh Cherry Pie Iced Tea

Supper

Frozen Cream Cheese Salad with Fruit
Egg Sandwiches
Sardine Sandwiches
Checkerboard Sandwiches
Iced Coffee

Monday

Lunch

Salmon or Tuna Fish Salad Loaf
Summer Squash
Date and Nut Bread and Butter
Boiled Custard Milk

Dinner

Chicken Gumbo Soup
Cold Sliced End of Steak
Cauliflower with brown Crumbs
Potato Ribbons Cold Slaw
Banbury Tarts Mint Crush

Tuesday

Lunch

Borsht
Chopped Herring
Rye Bread and Butter
Coffee Bavarian Cream
Cookies Chocolate Milk

Dinner

Left Over Chicken Gumbo Soup
Chicken Curry
Tomato Chutney
Rice Grated Cocoanut
Salad of Raw Vegetables in Season
Russian Compote Lady Fingers
Maraschino Punch

Wednesday

Lunch

Salad Bowl Combination (2)
Buttered Beet Greens
Brown Bread Sandwiches
Vanilla Ice Cream, Chocolate Sauce
Milk

Dinner

Fruit Soup
Jellied Veal and Avocado Salad
Fried Cucumbers Savory Rice
Canteloupe and Honeydew
Melon Ball Fruit Cup
Iced Tea

Thursday

Lunch

Pancakes with Syrup
Creamed Cauliflower
Vanilla Ice Cream, Raspberry Sauce
Milk

Dinner

Chicken Portola
Baked Potatoes Beet Salad
Pineapple Ice
Brandied Peaches
Cookies Iced Tea

Friday

Lunch

Rice Ring with Curried Eggs
Beets
Berries and Cream
Chocolate Nectar

Dinner

Chilled Pineapple Juice
Cold Sweet-Sour Fish
Fried Green Tomatoes
Noodles with Butter
Watercress and Cucumber, Tart French Dressing
Blueberry Kuchen Iced Coffee

Saturday

Lunch

Cottage Cheese, Sour Cream
Salad Bowl of Diced Radishes, Scallions, Tomato, Celery, and Cucumber
Rye Bread and Butter
Chocolate Blanc Mange Milk

Dinner

Filled Lemons
Fish Mousse with Cucumber Sauce
Garnish of Marinated Tomatoes
Buttered Fresh Lima Beans (reheated)
Cherry Kuchen Iced Coffee

AUGUST

Sunday

Dinner

Melon Cocktail
Broiled or Pan-broiled Steak
Sautéd Mushrooms
Lyonnaise Potatoes Beets
Olives Chow Chow
Lettuce and Tomato Salad
Raspberry Ice Lady Fingers
Iced Tea

Supper

Fruited Cheese Toast
Cold Slaw
Fresh Berry Cream Tarts
Chocolate Nectar

Monday

Lunch

Pea Griddlers Jam
Summer Squash
Floating Island
Milk

Dinner

Cherry Soup
Boiled Fish, Anchovy Sauce
Corn on the Cob
Green Lima Beans
Salad of Mixed Greens
Devil's Food Cake Iced Coffee

Tuesday

Lunch

Cold Sour Soup
Fish Sandwiches
Nut Soufflé Chocolate Milk

Picnic Dinner

Watermelon
Chicken Salad Rolls
Potato Salad
Raw Carrot Strips
Small Whole Tomatoes
Spiced Peaches
Any Desired Pie Orangeade

Wednesday

Lunch

Corn Waffles Syrup
Creamed String Beans
Mocha Mousse Milk

Dinner

Peach Cocktail
Pike with Egg Sauce
Potatoes, Hungarian Style
Broccoli, Hollandaise
Crème Brûlée Iced Coffee

Thursday

Lunch

Poached Egg Sandwich
Vegetable Salad
Berries and Cream Cookies
Chocolate Milk

Dinner

Anchovy Canapés
Meat Balls Fried Onions
Beet and Horseradish Relish
Potatoes mashed with Chicken Fat
Celery
Chilled Honeydew Melon with Mint Ice
Lemonade

Friday

Lunch

Savory Macaroni
Cauliflower
Peaches and Cream
Chocolate Malted Milk with Egg

Dinner

Vegetable Soup
Meat and Vegetables in Aspic on Lettuce
Potato Chips
Pickles and Relishes
Huckleberry Dumplings, Hard Sauce
Iced Tea

Saturday

Lunch

Marinirte Fish
Any Salad Bowl Combination
Rye Bread and Butter
Graham Cracker Dessert
Iced Coffee

Dinner

Chilled Tomato Juice
Reheated Chicken Paprika with Rice
Peas
Watercress and Cucumber Salad
Pineapple Pie Tea

SEPTEMBER

Sunday

Dinner

Stuffed Yellow Tomatoes
Languedoc Beef
Canned Asparagus
Potatoes Mashed with Chicken Fat
Olives Pickled Pears
Lemon Meringue Pie Tea

Supper

Waffles, Syrup
Creamed Peas
Cheese Cake Pineappleade

Monday

Lunch

Noodle Ring
Creamed Mushrooms
Beet Salad
Fruited Bread Pudding
Milk

Dinner

Tomato Soup with Rice
Any Desired Baked Fish
Cauliflower, Hungarian
Potatoes au Gratin
Chocolate Soufflé Coffee

Tuesday

Lunch

Croutons with Cream of Spinach Soup
Roumanian Eggplant Croquettes
Fruit Pinwheels
Cocoa

Dinner

Anchovy Canapés
Pot Roast and Lima Beans
Salad of Greens
Peach Compote Cake Tea

Wednesday

Lunch

Salmon Cutlets
Okra with Tomatoes
Chocolate Velvet Cream Milk

Dinner

Chilled Tomato Juice
Veal Birds Salsify
Noodle Pudding Lettuce Salad
Brown Betty Made with Fat, Lemon Sauce
Tea

Thursday

Lunch

Egg and Mushroom Patties
Kohl-Rabi Rolls and Jam
Charlotte Russe
Chocolate Milk

Dinner

Calves' Liver Smothered in Onions
Calves' Heart Stuffed Tomatoes
Potatoes and Pears
Salad of Greens
Napkin Pudding, Jelly Sauce
Tea

Friday

Lunch

Fried Tomatoes, Cream Gravy
Succotash
Banana Bread and Butter
Golden Pudding Coffee

Dinner

Chicken Soup, Sponge Dumplings
Russian Goulash Carrots
German Fried Potatoes
Curly Endive and Green Pepper Salad
Canned Pears Cake

Saturday

Lunch

Cottage Cheese, Sour Cream
Canned String Beans
Rye Bread and Butter
Apple Tapioca, Cream Milk

Dinner

Chicken Soup with Liver Kloesse
Boiled Chicken
Baked Beets
Franconia Potatoes
Sliced Tomatoes, French Dressing
Grape Pie Tea

OCTOBER

Sunday

Dinner

Oxtail Soup
Rolled Lamb Shoulder, Currant Sauce
Baked Sweet Potatoes Peas
Salad of Greens
Gingerbread (Made with water), Lemon Sauce
Tea

Supper

Toasted Cheese Sandwiches
Tomato Custard
Pumpkin or Pumpkin Chiffon Pie
Cocoa

Monday

Lunch

Cream of Tomato Soup
Hot Biscuits Jam
Frozen Cheese Salad
French Coffee

Dinner

Left Over Oxtail Soup
Curry of Veal with Rice
String Beans, Sweet and Sour (2)
Lettuce, Russian Dressing
Cold Gingerbread Apple Sauce
Tea

Tuesday

Lunch

Scalloped Fish
Creole Tomatoes
Butterscotch Rolls
Baked Indian Pudding Milk

Dinner

Consommé with Spatzen
Brisket of Beef with Sauerkraut
Fried Eggplant
Boiled Potatoes
Raw Carrot Strips Celery
Jelly Roll Tea

Wednesday

Lunch

Spanish Beans
Nut Bread and Butter
Orange Meringue Squares
Chocolate Nectar

Dinner

Consommé, Boiled Flour Balls with Almonds
Beef Stew with Vegetables
Chili Sauce
Beet Salad
Apple Strudel Tea

Thursday

Lunch

Stuffed Green Peppers, Corn Filling
Parsnips and Pineapple
Bread and Butter
Doughnuts and Cider

Dinner

Cream of Pea Soup
Hecht (Pickerel)
Potato Croquettes Cauliflower
Lettuce, Russian Dressing
Chocolate Waffles with Vanilla Ice Cream Coffee

Friday

Lunch

Nut Loaf
Scalloped Salsify
Puff Pudding
Chocolate Sauce
Milk

Dinner

Tomato Soup
Wiener Braten (Vienna Roast)
Potato Pancakes
Red Cabbage with Chestnuts and Raisins (made with fat)
Cold Cooked Vegetable Salad, Mayonnaise
Steamed Fig Pudding, Orange Sauce
Tea

Saturday

Lunch

Marinirte (Pickled) Herring
Rye Bread and Butter
Potato Salad Sliced Tomatoes
Tapioca Cream, Cream
Hot Chocolate

Dinner

Split Pea Soup
Lamb Stew Reheated in a Casserole
Fleischig Pfarvel
Lima Bean Salad
Ripe Tomato Pickle
Pear Compote (Omit Cream)
Cake Tea

NOVEMBER

Sunday

Dinner

Goose Liver with Glacéd Chestnuts
Roast Goose, Potato Stuffing
Candied Sweet Potatoes
Parsnips and Pineapple
Apple Sauce
Pickled Watermelon Rind
Asparagus Salad
Mock Mince Pie Tea

Supper

Cheese Fondue
Any Salad Bowl Combination
Trifle
Hot Chocolate Cookies

Monday

Lunch

Minced Goose Sandwiches
Lentil Sausages
Lebkuchen Tea

Dinner

Cream of Celery Soup
Redsnapper with Tomato Sauce
Potato Balls with Parsley
Baked Acorn Squash with Apples
Chestnut Pudding Coffee

Tuesday

Lunch

Fish Croquettes
White Sauce
Italian Spaghetti
Macaroon Island Milk

Dinner

Calves' Brains, Sweet and Sour
Roast Breast of Veal, Apricot Stuffing
Roast Potatoes String Beans
Waldorf Salad
Carrot Pudding Tea

Wednesday

Lunch

Green Pea Purée
Cheese Kreplich
Fudge Delight French Coffee

Dinner

Orange and Grapefruit Salad
Carrot Tzimmas
Stuffed Onions
Mixed Pickles
Canned Plums
Angel Food Cake Tea

Thursday

Lunch

Filet de Sole à la Creole
Kohl-Rabi
Date Waffles Syrup
Milk

Dinner

Bouillon Fritter Beans
Sauerbraten
Spanish Cauliflower (made with fat)
Kartoffel Kloesse
Lettuce, French Dressing
Butterscotch Peach Pie Tea

Friday

Lunch

Milk Soup with Farina Dumplings
Vegetable Casserole
Danish Pastry Cocoa

Dinner

Bouillon with Rice
Chili Con Carne
Salad Bowl Combination (1)
Steamed Molasses Pudding, Marshmallow Mint Sauce
Tea

Saturday

Lunch

Fish Salad
Canned Corn
Rolls Butter
Queen Bread Pudding
Milk

Dinner

Grapefruit Cocktail
Leftover Sauerbraten
Reheated Belgian Red Cabbage
Supper Party Lima Beans
Lettuce and Cucumbers, French Dressing
Almond Strudel Tea

DECEMBER

Sunday

Dinner

Celery Relish
Pot Roast de Luxe
Lyonnaise Potatoes
Frozen Asparagus
Sweet Cucumber Pickles
Mère Filioux Salad
Mock Plum Pudding, Brandy Sauce
Tea

Supper

Mock Chili Con Carne
Boston Brown Bread Butter
Apricot Royale
Coffee Cake

Monday

Lunch

Vegetable Soup (Milchig)
Creamed Salmon or Tuna Fish on Toast or in Swedish Timbales
Butterscotch Rice Mold Cocoa

Dinner

Parve Split Pea Soup
French Veal Stew
Carrots O'Brien Spatzlen
Orange Ice Cookies Tea

Tuesday

Lunch

Savoy Cabbage with Rice
Waldorf Salad
Condensed Milk Chocolate Pudding
Milk

Dinner

Russian Beet Soup
Meat Pie Stuffed Eggplant
Harvard Salad Pickles
Brown Betty
Fluffy Lemon Sauce
Tea

Wednesday

Lunch

Tomato Luncheon
Muffins Jam
Sour Cream Apple Cake
Coffee

Dinner

Avocado Salad
Hungarian Goulash with diced Potatoes and Carrots, and Green and Red Pepper Strips
Brandied Peaches
Gingersnaps Tea

Thursday

Lunch

Spanish Liver with Spanish Rice
French Style Lettuce
Honey Cake Tea

Dinner

Onion Soup
Baked Black Bass à la Wellington
Scalloped Potatoes
Watercress and Cucumber Salad
Broccoli Hollandaise
Chocolate or Butterscotch Pie
Coffee

Friday

Lunch

Fritada
Sliced Tomatoes
Hot Gingerbread with Whipped Cream
Cocoa

Dinner

Chicken Soup with Noodles
Swiss Steak
French Artichokes with Tomato Sauce
Bohemian Potato Puffs
Lemon Bread Pudding Tea

Saturday

Lunch

Greek Salad
Rye Bread and Butter
Water Lily Salad
Cold Gingerbread with Cream Cheese Sauce
Milk

Dinner (Reheated)

Chicken Soup with Matzoth Meal Kneidlach
Chicken or Chicken and Orange Fricassee
Potatoes Mashed with Chicken Fat
Cauliflower Piccalilli
Apple Pie Tea

MENUS FOR INFORMAL DINNER PARTIES

Any of the 12 Sunday dinners suggested above may be used as the menu for an informal dinner party. If desired, an extra course consisting of either soup or appetizer as the menu requires, may be added, and an assortment of pickles and relishes instead of 1 or 2. Begin the meal with canapés and a cocktail served in the living room. Demi-tasse, which is black coffee made with 2 tablespoons of coffee for each cup of water, may be substituted for tea.

MENUS FOR INFORMAL GUEST LUNCHEONS

I

Hot Anchovy Appetizer with Tomatoes
Broiled Lamb Chops Mint Jelly
French Fried Sweet Potatoes Peas Mère Filioux Salad
Ripe Olives and Celery Rolls
Raspberry Ice with Brandied Cherries and Lady Fingers
Any Beverage

II

Hot Pimento Canapés
Veal Loaf Supreme, Tomato Gravy Sweet Potatoes and Apples
Cooked Carrots cut in Julienne Strips
Salad of Greens, French Dressing
Sweet Mixed Pickles Corn Relish Crescent Rolls
Hot Gingerbread (made with Water), Mint Marshmallow Sauce
Tea

III

Melon Ball Cocktail
Filet of Sole à la Mouquin Pepper and Cheese Salad
Croissants, Prune and Nut Bread Butter Strawberry Jam
Radish Roses Celery Ripe Tomato Pickle
Vienna Torte Coffee

IV

Cream of Almond Soup
Tuna Fish and Spaghetti Salad Potato Chips Pickled Beans
Sweet Gherkins Pickled Watermelon Rind Brioche
Date Bread Butter Cherry Jam
Black Bottom Pie Coffee

V

Antipasto
Chicken Cacciatori with Spaghetti Salad Bowl Combination (1)
Ripe Olives Bread Sticks Sweet Cucumber Pickle
Zabaglione Any Desired Beverage

VI

Julienne Soup
Fried Chicken Savory Rice Tomato Custard (without sauce)
Uncooked Cranberry and Orange Relish Olives Hot Rolls
Pineapple and Nut Salad, Fruit Juice Dressing
Macaroon Pudding, Sherry Wine Sauce 1 Fruit Punch or Tea

VII

Avocado Salad
Sweetbread Sauté with Mushrooms in Patty Shells
Lyonnaise Potatoes
Artichokes with Tomato Sauce Piccalilli Gingered Pears
Cucumber and Endive Salad, Chiffonade Dressing
Hot Rolls Cherry Jelly
Wine Jelly Dominoes Tea

VIII

Tomato Juice Cocktail, Crackers
Luncheon Plate of Chicken à la King in Patty Shells, Asparagus Salad, and Potato Chips
Olives Pickled Peaches
Toasted English Muffins Date Bread Currant Jelly
Lemon Meringue Pie Iced or Hot Tea

IX

Cream of Corn Soup Saltines

Luncheon Plate made as follows: Dip the tops of crousades in melted butter and then into finely minced parsley. Fill with creamed Tuna Fish. Cut cooked Asparagus Tips to fit the opening of the crousades, and lay 2 or 3 over the tuna fish as a cover. Place on a luncheon plate, and put a flat lettuce leaf beside it. For each plate peel a firm, medium sized tomato, and cut almost to the bottom in 6 sections. Gently pull open the sections, and place a spoon of mayonnaise in the center. Put the tomato on the lettuce leaf. Put French Fried Potatoes in the remaining space.

Melba Toast Fruit Bread Butter Damson Plum Jam
India Relish
Frozen Eclair Coffee

X

Caviar Canapés
Chicken Salad Supreme, Garnish of Marinated Tomatoes
Pickled Beets Spiced Crabapples Olives Celery
Orange Nut Bread Raspberry Jelly Hot Rolls
Steamed Prune Pudding, Brandy Sauce Tea

XI

Cream of Mushroom Soup or Cold Cream of Wine Soup, Crackers
Broiled Halibut Steak Creamed Peas Corn Fritters
Spiced Pears Sliced Cucumber Pickle
Lettuce and Tomato Salad with Russian Dressing
Date Muffins Hot Butterscotch Rolls Butter Quince Cheese
Schaum Torte with Vanilla Ice Cream and Crushed Strawberries
Coffee

XII

Cream of Tomato Soup, Croutons
Fish Mousse with Cucumber Sauce Potato Ribbons Pickled Beets
Cucumber Pickle Olives Pepper Mangoes
Hot Cheese Biscuits Raisin Buns Butter Peach Jam
Vanilla Ice Cream, Fudge Sauce Petits Fours Coffee

XIII

Fruit Cup
Creamed Mushrooms and Hard Cooked Eggs in Noodle Ring
French Fried Potatoes
Salad of Julienne Cucumber, Cooked Beets and String Beans with Tarragon Dressing
Tea Rolls Blueberry Muffins Grape Jelly
India Relish Spiced Cherries
Mocha Ice Box Cake Coffee

MENUS FOR JEWISH HOLIDAY MEALS

NEW YEAR'S DINNER (ROSH HA-SHANAH)

It is customary to serve honey with the New Year's dinner, and to place upon the table some fruit which has not yet been eaten that year. Since New Year's, or Rosh Hashanah, comes in September or early October, a bowl of Concord grapes may be chosen. There is no tradition or special requirement for the menu itself, but a good choice is the following, which has come to be considered a typical Jewish holiday meal.

Grapefruit Halves or Fruit Cup
Gefillte Fish with Horseradish or Chopped Chicken Liver
Chicken Soup with Egg Dumplings or Matzoth Meal Kneidlach
Roast Chicken or Squab, Raisin Stuffing Peas Potato Schalet
Kishkes Lettuce and Tomato Salad
Rolls Olives, Radishes and Celery Spiced Plums or Peaches
Strudel, Applesauce or Honey Cake Brandied or Stewed Fruit
Tea

MENU FOR SUKKOTH OR SIMHATH TORAH

For these holidays, either the menu given for New Year's, the one below or any other holiday menu may be chosen. During Sukkoth it is customary to serve those little breads known as Vienna Loaves. If the meals are not served in a Sukkah, decorate the table with foliage, and colorful harvest fruits. A centerpiece of bright vegetables such as red and green peppers, eggplant, or small pumpkins, combined with foliage and bittersweet is both effective and suitable.

Ambrosia
Boiled Tongue, Sweet and Sour, or Calves' Brains, Sweet and Sour
Chicken Soup with Noodles
Chicken and Spaghetti en Casserole Candied Squash
Roumanian Eggplant Croquettes Pickled Crabapples
Cranberry Sauce
Vienna Loaves Salad of Greens
Apple Schalet Tea

MENU FOR THE EVE OF THE DAY OF ATONEMENT (EREV YOM KIPPUR)

Since this meal precedes a fast, all food eaten should be simply cooked and very lightly seasoned.

Fruit Cocktail
Consommé with Rice
Boiled Chicken Potatoes mashed with Chicken Fat
String Beans Lettuce and Tomatoes without any Salad Dressing
Rolls or Bread
Sponge or Daffodil Cake Tea

MENU FOR CHANNUCAH

While there is really no traditional menu for Channucah, it is customary in many families to serve Roast Goose and Buckwheat or Potato Pancakes at this time. In making the pancakes use all water instead of part water and part milk. The following menu is based on this custom.

Pineapple and Banana Cocktail
Julienne Soup
Goose Liver with Mushroom Sauce
Roast Stuffed Goose, Buckwheat or Potato Pancakes, Gravy
Kishkes Pickled Beets Cauliflower (Omit Sauce)
Rolls Apple Sauce Any desired Pickles and Relishes
Seven Layer Schalet Tea

MENU FOR PURIM

During Purim it is customary to serve Hamantachen. Since these are made with milk, they may form part of breakfast, lunch or tea, and the following menu may be served at dinner.

Purim Sour Soup
Kreplech stuffed with Force Meat, Tomato Sauce (made with fat)
Prunes, Sweet Potatoes and Meat, or Carrot Tzimmas Dill Pickles
Cold Boiled Artichokes with Mayonnaise
Mélange Sponge Cake Tea

MENU FOR SHABUOTH

During Shabuoth the custom has arisen of serving foods made with milk and other dairy products. If possible, have a centerpiece of flowers. Growing plants should be placed about the home.

Cream of Asparagus Soup
Broiled Salmon Steak Savory Beets Mashed Potatoes
Cheese Blintzes with Sour Cream
Fruit Salad, Fruit Juice Dressing Any Layer Cake Coffee

MENU FOR THANKSGIVING DINNER

Fruit Cup
Bouillon Crackers
Roast Turkey, Chestnut Stuffing, Gravy Candied Squash
Marshmallow Sweet Potatoes Peas
Uncooked Cranberry and Orange Relish Celery, Olives
Mixed Pickles
Salad of Mixed Greens and Sliced Tomato and Cucumber with Vinaigrette Dressing
Rolls Bread Grape Jelly
Plum Pudding, Brandy Sauce Tea

MENUS FOR BUFFET SUPPERS

Cocktails and Canapés and Cocktail Crackers are served before supper.

I

Assorted Cold Cuts Supper Party Lima Beans
Salad Bowl Combination (1) Rolls
Relish Dishes containing, Mustard, India Relish, Dill Pickles, Ripe Olives, Celery and Radish Roses
Date Torte Tea

II

Boiled or Broiled Frankfurters Potato Salad (2) Sauerkraut
Julienne, cooked, Cold Carrots, Beets, and String Beans, marinated in French Dressing and served on Lettuce Leaves
Rye Bread
Relish dishes of Mustard, Dill Pickles, Corn Relish, Stuffed Olives, and Piccalilli
Apple Pie Tea, Beer, or any other desired Beverage

III

Duck in Aspic or pressed Chicken Bowl of Potato Chips
Cold Boiled Artichokes with Mayonnaise
Relish Dishes of Uncooked Cranberry and Orange Relish, Celery, Watermelon Pickle and Spiced Plums
Rolls
Hot Gingerbread (Made with Water), Marshmallow Mint Sauce
Tea

IV

Fish Mousse with Cucumber Sauce, Garnish of Pickles, Marinated Tomatoes, and Sliced Cucumbers
Salad Bowl Combination (2) Hot Cheese Biscuits Any Jam
Chocolate Ice Box Cake Coffee

V

Hungarian Fish Salad Noodle and Cottage Cheese Pudding
Hot Muffins Prune and Nut Bread Raspberry Jelly
Pecan Waffles topped with Ice Cream Coffee

VI

Spaghetti with Meat Balls
Salad Bowl Combination (3)
Mixed Pickles Bread Sticks Rolls Ripe Olives and Celery
Orange Cocoanut Cake Any desired Beverage

MENUS FOR CAMPFIRES AND PICNICS

I

Broiled Steaks, or Hamburgers Potato Salad (2) Small Tomatoes
Pickles and Olives Rolls Hot Tea or Cold Gingerale
Toasted Marshmallows Cookies

II

Brunswick Stew Lettuce and Cucumber Sandwiches
Watermelon Fruit Punch

III

Freshly Caught Fried Fish Cooked or Roasted Corn on the Cob
Salad of Lettuce, sliced Tomatoes, and sliced Cucumbers
Layer Cake Coffee

IV

Cold Fried Chicken Rolls Jar of Jelly
Salad of Shredded Greens (Add French Dressing at serving time)
Jar of Olives Jar of Cold Slaw
Any Fruit Pie Hot tea in a Thermos Bottle

V

Sliced Corned Beef and Tongue Sandwiches Potato Chips
Jar of Cold Slaw Jar of Pickles Whole Small Tomatoes
Banbury Tarts Any Beverage

VI

Whole Raw Vegetables—tomatoes, scraped carrots, radishes, and celery
Jar of Ripe Olives
Brown Bread Sandwiches Fish Sandwiches
Egg and Olive Sandwiches
Cup Cakes Coffee

SUGGESTIONS FOR LIGHT AFTERNOON AND EVENING REFRESHMENTS

I

Any Layer Cake with Coffee

II

Fruit Salad with Whipped Cream
Fruit and Nut Bread Sandwiches
Any desired Beverage

III

Vienna Torte
Hot Chocolate

IV

Black Bottom Pie
Coffee

V

Ice Cream, Hot Fudge Sauce
Petits Fours Ginger Ale

VI

Nesselrode Pudding
Small Cup Cakes Root Beer

VII

Mocha Ice Box Cake
Iced Coffee

VIII

Schnecken or other Coffee Cake
Hot Coffee

IX

Hot Gingerbread with
Whipped Cream
Hot Coffee

X

Strawberry Shortcake
Iced Tea

XI

Dobos Torte
Tea

XII

Russian Loaf
Fruit Punch

REFRESHMENTS TO SERVE AFTER AN EVENING PARTY

I

Fish Mousse with Pickles and Olives as a garnish
Cucumber Sauce
Refrigerator Rolls Butter Strawberry Jam
Rich Fudge Cake Coffee

II

Chicken Salad in Orange Jelly
Orange Nut Bread—Currant and Raspberry Jelly Sandwiches
Pickled Peaches Ripe Olives
Pineapple Pie Hot Tea

III

Assorted Cold Cuts Rye Bread Dill Pickles
Potato Salad (2) Celery
Apple Nut Pie Hot Tea or Beer or Ginger Ale

IV

Creamed Tuna Fish with Mushrooms, Peas, and Hard Cooked Eggs
in Patty Shells
Asparagus Salad
Hot Butterscotch Rolls Butter Peach Jam
Sweet Cucumber Pickles Radish Roses
Savarin with Whipped Cream and Rum Sauce Coffee
(See Passover Dishes for Rum Sauce)

V

Chicken Salad Supreme
Rolls Grape Jelly Any Desired Relishes
Orange Cocoanut Cake Iced Tea or Lemonade

VI

Tray containing several kinds of Cheese Bowl of Crackers
Salad Bowl Combination (1 or 2)
Small, Hot, Crusty Rolls Prune and Nut Bread
Choice of Jam and Marmalade
Caramel Nut Cake Coffee

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