

Table and Kitchen

A PRACTICAL COOK BOOK

DR. PRICE'S CREAM BAKING POWDER

MANUFACTURED BY

ROYAL BAKING POWDER CO.
NEW YORK AND CHICAGO

A Sixty-Year Standby

For sixty years Dr. Price's Cream Baking powder has been the standby of countless housekeepers who have relied upon it for healthful, delicious, home-baked biscuit, cake and other pastry.

Dr. Price's contains no alum nor lime phosphate. There is never any question about the absolute purity and healthfulness of the food it raises.

It has stood the test of time. That is why the best informed housewives prefer and use it.

Dr. Price's CREAM *Baking Powder*

MADE FROM CREAM OF TARTAR,
DERIVED FROM GRAPES

No Alum

No Phosphate

TABLE AND KITCHEN



A COMPILATION OF APPROVED COOKING RECIPES

Carefully Selected for the Use of Families
and Arranged for Ready Reference



*SUPPLEMENTED BY BRIEF HINTS FOR
THE TABLE AND KITCHEN*



Published by ROYAL BAKING POWDER CO.
New York and Chicago
Manufacturers of

DR. PRICE'S CREAM BAKING POWDER

DR. PRICE'S Cream Baking Powder

*A strictly pure, cream of tartar
baking powder, which adds
only healthful qualities
to the food.*

THE cream of tartar of Dr. Price's Cream Baking Powder, as used in food, has the same wholesome effect on the digestive system as the cream of tartar in grapes, from which it is derived.

Dr. Price's Cream Baking Powder is perfect in its make and so simple in its use that beginners in cookery may work with it easily and successfully. It makes home baking a delight.

The difference in healthfulness of biscuits or cake made with Dr. Price's Cream Baking Powder as compared with cheap alum or phosphate of lime powders should warrant its use in every home.

DR. PRICE'S Cream Baking Powder

World's Fair Highest Award



Official Fac-Simile Showing Both Sides of World's Fair Medal
Awarded Price Baking Powder Co.

DIRECTIONS.

Keep the Baking Powder in a dry place. Do not put a wet spoon into it.

Mix the Baking Powder well with the flour by sifting two or three times before adding any liquid.

Make the dough soft with cool sweet milk or water. **DO NOT KNEAD.** Dr. Price's Cream Baking Powder is complete in itself and needs no other raising agent with it.

When recipe calls for one teaspoon of Soda and two teaspoons of Cream of Tartar, use instead two teaspoons of Dr. Price's Cream Baking Powder.

Watch Out

Numerous canvassers from Alum Baking Powder manufacturers frequently call from house to house, making so-called tests and foaming demonstrations of the raising power of their baking powder. The demonstrations have been denounced by the Pure Food Commissioners of a number of States as misleading, fraudulent and deceitful, the effect being produced by the addition of albumen to their baking powder to make it foam.

These demonstrators avoid any reference to the fact that their baking powder contains alum. In most States it is required that all baking powders sold shall be plainly labeled to show their ingredients, and the term "Alum" or "Sulphate of Alumina" on the label should be sufficient notice of the true character of such products.

It is not supposed that any one would knowingly use an alum powder in the preparation of food.

Dr. Price's Cream Baking Powder

*Made from Cream of Tartar,
derived from grapes*

Bread, Biscuit and Rolls

Baking.—Flour should be kept dry, as the least dampness will affect it. Milk bread needs little or no shortening, and less flour is required than when water is used. An earthen vessel should be used in preference to wood or tin, as it can be kept cleaner and will preserve the temperature of "the sponge" better than the latter.

In the making of biscuit, rolls, gems, griddle cakes, etc., where Dr. Price's Cream Baking Powder is used, the dough must never be kneaded, as the leavening properties of the baking powder make such work unnecessary; nor does any "sponge" have to be "set;" so that this invaluable and indispensable household article is a labor-saver as well as a time-saver. The general rule of proportion is two heaping teaspoons of the powder to each quart of flour, sifting the powder and flour well together in a dry state.

Plain White Bread.—Put into baking dish two quarts sifted flour, less one cup to be used on board when kneading; mix with it one teaspoon salt and one tablespoon sugar; rub in well one tablespoon shortening. Mix half cup yeast, or its equivalent, half a cake compressed yeast with two cups lukewarm water, and pour into middle of the flour, mixing the whole with large spoon until proper consistency for dough has been attained, using either more water or flour as may be required. Knead mass for about half hour and set in warm place to rise. By morning it should have about doubled in bulk. Knead again with a little flour, shape into loaves, and after it has risen in pans put into oven and bake. Do not have oven too hot at first. When done take out of pan and cool on wire cooler.

Boston Brown Bread.—One cup each wheat and rye flour, two cups corn meal, two potatoes, one teaspoon salt, one tablespoon brown sugar, two teaspoons Dr. Price's Cream Baking Powder. Sift all together thoroughly and add one cup water. Take two boiled potatoes and grate through sieve, diluting with water, and mix with flour and other ingredients. Put in buttered tin boiler, cover tightly and set in covered iron kettle to boil. When done set bread boiler in fairly hot oven. One cup molasses may be substituted for brown sugar if desired.

Steamed Brown Bread.—Four cups each corn meal and milk, two cups rye meal, one cup molasses and two teaspoons Dr. Price's Cream Baking Powder. Add a little salt and steam four hours.

Salt-Rising Bread.—Pour upon one cup milk sufficient boiling water to bring to blood temperature, or about 90 degrees—must not be too hot or you will fail—add very little salt and sugar, say one-fourth teaspoon of each; then stir in one large spoon corn meal or Graham flour and two tablespoons wheat flour; mix all to the consistency of pancake batter and set to rise by placing the bowl containing it in warm water; should water gather on top dust a little flour and stir. If set in the early morning it will be raised at noon. Mix as other bread, put in pans at once and let stand until light, when it is ready for the oven.

Oatmeal Bread.—Boil one cup oatmeal thoroughly in salted water and when boiled add one and one-half cups milk; mix in carefully three cups flour previously sifted with three teaspoons Dr. Price's Cream Baking Powder and one-half teaspoon salt. Grease bread pan well and bake in moderate oven.

Scotch Short Bread.—Sift together three cups flour, four tablespoons sugar, one teaspoon Dr. Price's Cream Baking Powder and one-half teaspoon salt; add four tablespoons butter and three beaten eggs with one cup milk and a little caraway seed; work into a smooth dough with as little handling as possible and roll to quarter-inch thickness; cut into shapes about two by three inches, wash over with milk when in baking pan and bake in moderate oven.

Scandinavian Bread.—Sift together one cup each wheat and Graham flour, two cups barley meal, two teaspoons Dr. Price's Cream Baking Powder and one teaspoon salt; make into batter with two cups milk and bake in greased bread pan in fairly hot oven.

Southern Corn Bread.—Sift four cups white corn meal with two teaspoons Dr. Price's Cream Baking Powder. Add three tablespoons melted shortening, salt to taste, three beaten eggs and two cups milk or enough to make a thin batter. Beat all very hard for two minutes and bake rather quickly in a hot, well-greased pan in which a little dry meal has been sifted. Best when eaten hot.

Graham Bread.—To one part raised white bread sponge add two parts Graham flour, a little corn meal and salt. Add water, mix, add one-half cup molasses to a loaf. Have dough very soft. Knead well, set to rise. It takes longer to rise and longer to bake than white bread. Bake in steady oven.

Corn Pone.—Mix four cups corn meal with cold water to a soft dough, adding one teaspoon salt and a little melted shortening. Shape with hands into oval cakes and bake in well greased pan in very hot oven.

Lunch Rolls.—Sift together two cups flour, one teaspoon Dr. Price's Cream Baking Powder and one-half teaspoon salt; work in one teaspoon shortening and add one cup milk; mix to a smooth dough; roll out to half-inch thickness and cut into circular shapes. Bake in moderate oven.

Breakfast Rolls.—Scald one cup milk and put into it a piece of lard or butter; sift together two cups flour, one teaspoon Dr. Price's Cream Baking Powder, one tablespoon sugar and a little salt. Add milk, working it in carefully, so as to make a smooth dough; roll out and cut with biscuit cutter; spread a little butter on each roll and lap together. Bake in quick oven.

Vienna Rolls.—Sift two or three times four cups flour, two teaspoons Dr. Price's Cream Baking Powder and one-half teaspoon salt; work in one tablespoon butter; add two cups milk, stirring into a dough of usual consistency; roll to thickness of half an inch, cut into circular forms and fold over once, moistening a little between folds, if necessary, to make them stick; butter baking pan well, and do not let rolls touch each other when placed thereon; moisten tops of rolls with a little milk, or butter melted in milk, and bake in hot oven.

French Rolls.—Mix as for lunch rolls and add two cups milk, mixing into a firm dough. Roll pieces of the dough into short, thick rolls, tapering at ends, and put two side by side, pressing ends together to make finished roll. Wash over with milk and bake in hot oven.

Egg Biscuit.—Take four cups flour; wet nearly all to a paste with whites of two eggs, beat and roll out thin, work in one and one-half cups butter, placing bits on the paste, flouring, folding and rolling out again until all is used. Move rolling-pin always from you. Cut out in small squares or with tumbler, and bake in quick oven.

Cream Biscuit.—Sift together two or three times four cups flour and two heaping teaspoons Dr. Price's Cream Baking Powder; work in one tablespoon shortening and one-half teaspoon salt; add one cup cream, and beat to a soft dough; roll to thickness of three-fourths of an inch, cut out and bake immediately.

Tea Biscuit.—Sift together four cups flour, two teaspoons Dr. Price's Cream Baking Powder and one-half teaspoon salt. Beat with one pint cream and bake in hot oven.

Hot Biscuit.—Sift and mix thoroughly four cups flour with two teaspoons Dr. Price's Cream Baking Powder, one teaspoon salt and one tablespoon sugar; work in one tablespoon shortening, and make into smooth dough with two cups milk; roll to thickness of an inch, cut with biscuit cutter, and bake in quick oven. If milk is not at hand substitute water.

Breakfast Biscuit.—With four cups flour, sift thoroughly two rounding teaspoons Dr. Price's Cream Baking Powder and one-half teaspoon salt. Add two tablespoons shortening, which should be rubbed in thoroughly. Add cool water, stirring with large spoon until dough is stiff enough to transfer to board. Sprinkle board well with flour, and in moulding dough for cutting, work it as little as possible. **Caution.**—Do not mix dough too stiff. Keep it as soft as it can be handled. Do not work it too much. A stiff dough, worked like yeast bread, makes a hard, tough biscuit.

Muffins and Gems

Cream Muffins.—Two cups flour sifted with one heaping teaspoon Dr. Price's Cream Baking Powder; beat together one pint cream and one tablespoon melted shortening; add two beaten eggs, mix in flour, drop into buttered muffin moulds and bake quickly.

English Muffins.—Sift together four cups flour, two teaspoons Dr. Price's Cream Baking Powder, one teaspoon salt and one-half teaspoon sugar; mix in gradually two and a half cups milk, and beat into stiff griddle cake batter. Set muffin rings on hot and well greased griddle, and when muffins have been cooked on both sides to a delicate brown, pull apart in center and toast lightly. Butter well and serve hot.

Superior Muffins.—Four cups flour sifted with two heaping teaspoons Dr. Price's Cream Baking Powder; add three tablespoons sugar, piece of butter half the size of an egg, one beaten egg and two cups sweet milk. Beat quickly to a batter and bake in quick oven, having tins warmed in advance.

Honey Muffins.—Sift together three cups flour, two teaspoons Dr. Price's Cream Baking Powder and one-half teaspoon salt. Work in two tablespoons butter; beat and add three eggs, one cup honey and one cup milk. Bake in hot oven.

Delicate Muffins.—Sift together four cups flour and two heaping teaspoons Dr. Price's Cream Baking Powder; add two tablespoons melted butter, whites of eight eggs, and one cup milk with one teaspoon salt. Bake at once in well greased muffin moulds in moderate oven.

Chicago Muffins.—Mix together three cups white flour, one cup corn meal, two teaspoons Dr. Price's Cream Baking Powder, one tablespoon sugar and one teaspoon salt. Work in one tablespoon butter; beat and add three eggs and two cups milk, and beat the whole quickly into a firm batter. Have griddle hot and well greased to receive muffin rings and cook to a nice brown. Muffin rings should not, as a rule, be filled to more than one-half capacity, and as soon as batter rises to top the muffin is generally ready to be turned.

Rye Muffins.—Sift and mix two cups rye flour, one cup corn meal, one cup white flour, three teaspoons Dr. Price's Cream Baking Powder, one tablespoon sugar and one teaspoon salt; work in one tablespoon shortening, and add two beaten eggs with two cups milk; beat into a firm batter. Grease muffin pans well and fill to two-thirds capacity. Bake in hot oven.

Florida Muffins.—Two cups white corn meal, one-half cup fine breakfast hominy, two cups milk, one-half cup boiling water, three tablespoons each butter and sugar, one teaspoon salt, three eggs and three teaspoons Dr. Price's Cream Baking Powder. These ingredients will suffice for two dozen muffins. Put hominy in stew pan and set in another pan containing hot water. Cook for half hour, and at end of that time add salt, sugar and butter. Heat milk to boiling point and pour over cornmeal. Beat well, then beat into it hominy mixture. Set away in cool place. This is to be done in the evening if muffins are intended for breakfast. In the morning sift baking powder into mixture and add eggs, yolks and whites beaten separately. Bake in hot gem pans in hot oven.

Rice Muffins.—Add to two cups cold boiled rice one cup milk and three eggs; sift together two cups flour, one and one-half teaspoons Dr. Price's Cream Baking Powder, one tablespoon sugar and one teaspoon salt, and mix with rice, beating all into a smooth batter. Grease muffin pans and fill each mould two thirds. Bake in hot oven.

Sally Lunn Muffins.—Sift and mix together four cups flour, three teaspoons Dr. Price's Cream Baking Powder, one tablespoon sugar and one teaspoon salt; work in one tablespoon shortening, and add one beaten egg and two and a half cups milk. Beat into a firm batter and bake in muffin pans in hot oven.

Breakfast Gems.—One and a half cups flour sifted dry with one teaspoon Dr. Price's Cream Baking Powder, one egg, one teaspoon salt and one cup milk. Beat together for five minutes and bake in hot gem pans in hot oven.

Oatmeal Gems.—Mix with one and a half cups finely ground oatmeal, one-half cup corn meal, one cup white flour and one teaspoon Dr. Price's Cream Baking Powder. Mix in tablespoon butter, two tablespoons sugar, one teaspoon salt and two cups milk. Put in hot tins and bake in hot oven.

Graham Gems.—Sift together three cups Graham flour, one cup corn meal, two teaspoons Dr. Price's Cream Baking Powder and one teaspoon salt; add two and a half cups milk and beat into fairly stiff batter. Bake in quick oven ten or twelve minutes.

Crumpets.—Sift with four cups flour two teaspoons Dr. Price's Cream Baking Powder; beat two eggs thoroughly, and add four cups warm milk and water, one tablespoon sugar and one teaspoon salt. Make batter somewhat thicker than for ordinary batter pudding. Have griddle hot and rub with a little butter; place muffin rings well greased upon griddle and half fill with batter. The turning must be done carefully. Put away, and when they are to be used toast quickly (not too crisp) and butter.

Popovers.—Two cups flour sifted with two teaspoons Dr. Price's Cream Baking Powder, two cups milk, two eggs, a piece of butter and a little salt. Beat all together thoroughly, put into buttered cake tins and bake in very hot oven.

Indiana Gem Crackers.—Sift together three cups flour, one cup corn meal, one teaspoon Dr. Price's Cream Baking Powder and one teaspoon salt. Rub in two tablespoons butter, solid, and one and a half cups milk, or a very little more if necessary; work into a smooth, firm dough. When dough has been placed on bread-board give it a smart turn or two and roll to quarter-inch thickness; cut with small oval or round cutter, lay on greased baking tin, puncture top of each cracker with a fork, wash over with milk and bake eight to ten minutes in hot oven.

Rusks.—Sift together three cups flour and two teaspoons Dr. Price's Cream Baking Powder with two tablespoons sugar and one-half teaspoon salt;

mix in two tablespoons shortening; add a little less than two cups milk and three eggs well beaten, flavoring with cinnamon to taste. Make into a soft dough and roll into oblong shapes. Bake in moderate oven and sift with sugar before putting on the table.

Griddle-Cakes, Waffles, Etc.

Buckwheat Cakes.—Sift dry two cups buckwheat flour and two teaspoons Dr. Price's Cream Baking Powder, and add one tablespoon brown sugar with water sufficient to make a batter. Beat but lightly and bake at once on hot griddle.

Rice Griddle-Cakes.—Take one-half cup rice and boil; when cold mix with four cups milk, the yolks of four eggs and two cups flour sifted with two teaspoons Dr. Price's Cream Baking Powder and a little salt; beat whites of eggs to a froth and add last. Bake on griddle.

Indian Griddle-Cakes.—Sift and mix together two and one-half cups corn meal, one and one-half cups flour, one teaspoon brown sugar, two heaping teaspoons Dr. Price's Cream Baking Powder and one-half teaspoon salt. Add two beaten eggs and two cups milk, beating into a smooth batter. Brown nicely on very hot griddle. Serve with syrup.

Flannel Cakes.—Sift together three cups flour, one tablespoon brown sugar, two teaspoons Dr. Price's Cream Baking Powder and one teaspoon salt. Add two beaten eggs and three cups milk and beat into a smooth thin batter. Bake on hot griddle to rich brown color and serve with maple syrup. These should never be larger than a tea saucer.

Pancakes.—Mix two cups flour and one teaspoon Dr. Price's Cream Baking Powder. Beat separately whites and yolks of six eggs; add yolks first with one-half teaspoon salt; then follow with whites and flour alternately, with flour sufficient to make a thin batter. Grease bottom of hot frying pan and fry quickly. Pancakes should be rolled up like a sheet of paper, laid upon hot dish and served with butter, jelly or preserves as preferred. If not sent to the table immediately upon coming from the pan, they should be kept hot over boiling water, so that they may not become dry.

English Pancakes.—Sift together one cup flour, one teaspoon Dr. Price's Cream Baking Powder and a pinch of salt; beat two eggs with one tablespoon sugar and diluted with two cups milk and one cup cream; make thin batter with flour. Cook in hot frying pan with melted butter, using sufficient batter to cover pan.

Bannocks.—Two cups oatmeal or barley meal sifted with two teaspoons Dr. Price's Cream Baking Powder; add to two beaten eggs one tablespoon sugar and two cups milk with a little salt, sifting in oatmeal. Bake on griddle.

Jolly Boys.—Mix together thoroughly while dry three cups rye meal, one cup flour, one-half cup corn meal, two pinches cinnamon, a little salt and two teaspoons Dr. Price's Cream Baking Powder. Add one egg, well beaten; two tablespoons each molasses and sugar, and cold water enough to make a thick batter. Fry in hot lard a heaping tablespoon at a time and cook until well browned.

Wilhelm Waffles.—Mix four cups flour with three tablespoons sugar, two large teaspoons Dr. Price's Cream Baking Powder and one-half teaspoon salt; work in two tablespoons shortening and add four beaten eggs with two cups milk

and grated rind of a lemon. Beat into a smooth, stiff batter and bake in hot, well-greased waffle iron. Sprinkle with sugar before serving.

Soft Waffles.—Sift together four cups flour, two teaspoons Dr. Price's Cream Baking Powder, one teaspoon sugar and one-half teaspoon salt; rub in butter and add two beaten eggs with three cups milk. Mix whole into a smooth batter and pour into hot and well-greased waffle iron. Sprinkle with sifted sugar and serve hot.

Rice Waffles.—One cup flour sifted with one teaspoon Dr. Price's Cream Baking Powder, one cup cold boiled rice, one tablespoon melted butter one-half teaspoon salt and three beaten eggs. Mash rice fine, add butter, then two cups milk with flour and finish with eggs. Beat all together. Have waffle irons hot and well greased with butter. Fill three-quarters full and let first side be well browned before turning.

Eggs

In shaking an egg, if it makes a sound, it is not a good egg, and should be rejected. The water test consists in putting them in water deep enough to cover; the good eggs will lie flat at the bottom, while the bad eggs will stand upright. The candling process consists in looking through the egg at a light or holding it between you and the sun. If it shows up clear and spotless, so that the yolk can be perceived, it is good; otherwise it is not.

Columbus Eggs.—Peel shells from a dozen hard boiled eggs and cut each egg in two around center, cutting off also a little piece from one end, so that they can stand on end, as did the famous egg which Columbus handled; pulverize yolks and mix with some finely minced chicken, smoked tongue or lean ham; moisten with a little fresh butter or vinegar and seasoning to taste with salt, pepper and mustard. Fill with this the empty whites, taking care not to break them; press the two parts together and stand on a platter, so that they will have the appearance of eggs that have not been dissected. The filling which remains over and above the capacity of the whites of the eggs, may be made into a dressing by adding a little vinegar and pouring over the eggs.

Spanish Eggs.—Boil for twenty minutes one cup rice in two quarts of boiling water containing a tablespoon salt; drain through a colander and add a tablespoon butter; spread the rice thinly on a hot platter and place on top of it six dropped eggs. Serve at once.

Baked Eggs.—Break into a buttered dish six or seven eggs, being careful to have each whole and so placed as not to mix with or disturb the yolks of the others; put upon each a small piece of butter and sprinkle with pepper and salt; bake in oven until whites become firm, and serve hot with rounds of buttered toast.

Baked Eggs, with Gravy.—Butter shallow pudding-dish or large plate lightly, and drop into it as many eggs as will cover the bottom. Pour over small cup good, well-seasoned gravy, and bake till whites are firm—about seven minutes.

Dutch Omelet.—Break eight eggs into basin, season with pepper and salt, add four tablespoons butter cut small; beat well together; heat one tablespoon butter in frying pan over moderate fire, put in eggs, continue to stir, drawing from the sides, that it may be evenly done, shake now and then to free from pan; when under side is a little browned, turn omelet into dish, and serve.

Perfection Omelet.—Beat separately whites and yolks of six eggs; mix with six teaspoons cornstarch, one teaspoon Dr. Price's Cream Baking Powder; add yolks of eggs and one cup milk with a little salt; beat whites of eggs to stiff froth and add last of all. Cook in a little butter.

Excellent Omelet.—Heat one cup milk and stir into it one tablespoon flour. Let thicken, stirring well, then place in pan of cold water. When cool, add salt, and beaten yolks of six eggs, then beaten whites with a few lively strokes, and cook in warm, buttered pan. This will make three rolls.

Bread Omelet.—Crumble one cup stale bread-crumbs and soak in one-half cup milk. Then beat quite smooth, and add one-half teaspoon salt and five beaten eggs. Butter shallow pudding-dish well, pour in mixture, and bake in oven about ten minutes, serving at once in same dish, as it falls quickly.

Plain Omelet.—Beat whites to stiff froth that will stand alone, and yolks to a smooth, firm batter; add to yolks pepper, salt and milk; beat in whites with egg-beater. Have pan hot, and when melted butter upon it hisses pour in egg mixture; be careful not to stir, but if there be danger of burning, slip a broad-bladed knife underneath. Place in hot oven for minute or two while still in pan to make omelet firmer. When turning out on hot platter be careful not to break. Omelets should be served at once, as they soon fall and flatten out.

Cheese Omelet.—Mix to a smooth batter three tablespoons flour with one cup milk. Beat together four eggs, a little salt and one cup old cheese grated. Add these to flour and milk and mix all, beating briskly for several minutes. Put four tablespoons butter on frying pan, and when boiling hot pour in mixture and cook to a nice brown on both sides, turning carefully. Serve on hot dish.

Oyster Omelet.—Make a nice egg omelet, and just before turning over, fill center with oyster filling prepared as for patties. Asparagus and mushrooms may be used same way.

Rumbled Eggs.—Beat three eggs with four tablespoons butter; add one teaspoon cream or new milk. Put all in saucepan and stir over fire for about five minutes, or until it rises, when it should be immediately dished on buttered toast.

Shirred Eggs.—Beat eggs thoroughly and season with butter, pepper and salt; may be baked in one dish, or in separate dish for each person. Dishes should be buttered before putting in eggs.

Creamed Eggs.—Boil eggs twenty minutes. Make cream sauce. Prepare on hot dish slice of toast for each egg and pour sauce upon it, placing thereon part of whites of eggs cut in thin narrow strips, and on this rub part of yolks through a sieve. Repeat this and finish with a third layer of sauce. Three minutes in oven will suffice. Garnish with parsley.

Swiss Style.—Cover bottom of dish with four tablespoons butter and on this scatter grated cheese; drop eggs upon cheese without breaking yolks; season to taste. Pour over eggs a little cream and sprinkle with about two ounces of grated cheese; set in moderate oven for about fifteen minutes.

Scrambled Eggs.—Break eggs into warm, buttered spider, being careful to avoid breaking yolks; add a little salt and butter or cream; as soon as they begin to whiten stir carefully from bottom until cooked as desired.

Poached Eggs.—Open eggs carefully one at a time, to avoid breaking yolks, and place on wet saucer, from which slip into boiling water in pan to which has been added salt and vinegar. About three minutes will suffice to cook, when they must be taken up carefully with perforated skimmer through which water can drain. Serve on buttered toast.

Poached Eggs, Spanish Style.—Heat earthen pan slowly and melt in it one tablespoon butter; add one teaspoon salt, a smaller quantity pepper and small onion minced very fine; or, instead of onion, use parsley and sweet herbs or a combination of all. Drop in eggs one at a time; do not stir, but let brown a little; turn carefully and brown on other side. In Spain and Mexico they are served in dish in which cooked, and as hot as possible.

Pickled Eggs.—Have eggs hard boiled, and, after removing shells, put in pickled beet juice until whites become colored; cut lengthwise and serve as relish.

Cheese Custards.—Six tablespoons grated cheese, two of butter, four eggs, one cup milk with one teaspoon cornstarch stirred into it, salt and pepper to taste. Beat eggs very light and pour upon them heated milk (with pinch of soda), having thickened with cornstarch. While warm add butter, pepper, salt and cheese. Beat well and pour into greased custard-cups. Bake in quick oven about fifteen minutes, or until high and brown. Serve at once, as separate course, with bread and butter, after soup or before dessert.

Soups

Herbs most in favor for soups are parsley, sage, mint, bay leaves, sweet marjoram and thyme; onions and garlic in small quantities; but only white vegetables should be used in white soups, such as chicken. The basis of all good soups is the stock or broth, made by boiling cracked joints of beef, veal, mutton, etc., in something less than a quart of water to a pound of meat. The lean of meat is much better than the fat. All fat or grease should be skimmed off before using the soup. Long and slow boiling is necessary to extract the strength from the meat. If boiled fast over a fire that is too quick, the meat will not give out its juices. Thickened soups should be more highly seasoned than thin ones.

Spanish Soup.—Soak one or two cups white beans over night; boil next morning till tender; add white cabbage, which has been cut up small, a bit of bacon, whole red pepper and some salt; boil together for an hour. Heat some lard or drippings in saucepan, and fry in it sliced onion; put in soup little by little, stirring often with wooden spoon. A little olive butter and garlic make this a perfect representative of the favorite soup kept for all travelers in Spanish inns.

Bean Soup.—Soak beans over night, and, in the morning, pour off water, replacing with fresh water; heat until skins slip off easily; then throw into cold water, and rub well, when skins will rise to top and can be removed. Boil beans until perfectly soft, allowing two cups water to one cup beans; mash beans and add flour and butter rubbed together, seasoning with salt and pepper to taste. Pass soup through a colander, rubbing all the thick portion through with wooden spoon, and before serving put into it toasted bread cut into small pieces.

Split Pea Soup.—Put to soak over night, in two quarts water, one cup peas. Add, in the morning, a slice of salt pork and let come slowly to a boil, stirring frequently, that it may not burn. When thoroughly cooked strain through a wire sieve, pressing sediment through with a wooden spoon and adding pepper and salt to taste; cut stale bread in small pieces and fry in boiling fat, to be put in the soup just before serving. This may be flavored with tomato instead of pork.

Green Pea Soup.—Cover four cups green peas with hot water and boil with an onion until they mash easily. Mash and add two cups stock or water. Cook two tablespoons butter and one of flour until smooth, but not brown. Add to peas, and then add one cup cream and one of milk. Season and let boil up once. Strain and serve.

Chicken and Corn Soup.—Skim liquor from boiled chickens, heat and strain; put back on stove with twelve cobs from which corn has been cut. Boil half hour, take out cobs and add corn; stew forty minutes from time of boiling. Add one cup hot milk, in which stir one tablespoon butter mixed with one of flour; simmer ten minutes and serve.

Corn Soup.—Split grains of a dozen ears of corn and scrape from cob; boil cobs ten minutes in sufficient water to cover, and use of this water four cups, carefully straining before using; add to water four cups cream poured in slowly and follow with corn. Cook for fifteen minutes and season to taste. If milk is used instead of cream it should be thickened with a tablespoon butter and like quantity of flour mixed together.

Tomato Soup.—Skin carefully two quarts ripe tomatoes, put in soup-pot, and add four cups soup stock. Let simmer an hour, run through sieve, return to pot, season with pepper, salt and clove of garlic; dish soup as soon as it boils up second time.

Mock Bisque Soup.—A quart can of tomato, three pints milk, two tablespoons flour, one each of butter, pepper, and salt. Put tomato on to stew adding one teaspoon soda. Boil milk in double boiler except enough to mix with the flour. Add cold thickened milk to boiling milk, and cook ten minutes. Add butter, pepper and salt, and then the tomato (strained). Serve immediately.

Vegetable Soup.—Boil a small shank of beef for two or three hours; then strain and return to pot. Shred one carrot in long pieces, cut two onions and two or three stalks of celery with a large slice of turnip. Season to taste with pepper and salt.

French Vegetable Soup.—To a leg of lamb of moderate size take four quarts water. Of carrots, potatoes, onions, tomatoes, cabbage and turnips, take one cup each, chopped fine; salt and pepper to taste. Boil lamb in this water. Let cool; skim off all fat that rises to top. Next day boil again, adding chopped vegetables. Let boil three hours second day.

Potato Soup.—In saucepan or pot containing four quarts hot water put two slices of bacon chopped, chopped onions, one teaspoon pepper. Boil fifteen minutes. Peel, slice and add one quart raw potatoes and boil whole again until potatoes are reduced to pulp.

Asparagus Soup.—Boil one bunch asparagus, cut in inch lengths, in four cups water until tender; rub through colander and return to water in which boiled. Heat two cups milk, stir into it one tablespoon butter rubbed with one of flour, and cook a few moments. Season, and pour into asparagus. Let get boiling hot, pour into tureen over toasted bread cut into dice. Serve at once.

Sago Soup.—One half cup best pearl sago, washed till water poured from it is clear; then stew quite tender in water or thick broth (it will require about four cups liquid, which should be poured on cold and heated very slowly); then mix with it two cups good, boiling cream and yolks of four eggs, and mingle whole carefully with two quarts strong veal or beef stock, which is already boiling.

Bouillon.—Cut up and break six pounds beef and bone and put in two quarts water, allowing it to simmer slowly for about five hours. Strain through fine sieve, removing all fatty matter. Season with pepper and salt.

Ox-Tail Soup.—Cut one ox-tail into joints and fry brown in good drippings; slice three onions and two carrots and fry in same drippings, when pieces of ox-tail have been taken out. When done tie with thyme and parsley in lace bag and drop into soup-pot containing four quarts of water. Put in tail and two pounds of lean beef cut into strips. Grate over them two carrots, with pepper and salt to taste, and boil slowly for four hours; strain and thicken with brown flour moistened with cold water and boil for additional fifteen minutes.

Amber Soup.—Break into pieces a chicken, or the remains of two or more roasted ones, and add soup bone with three quarts of water. Cook slowly for four hours, then add onion fried in a little hot fat, with half dozen cloves stuck into it, one-half small carrot, parsley and three stalks celery, and cook for another hour, by which time the stock will have been reduced by boiling to two quarts. Strain into large bowl and following day remove fat which will have accumulated on top; take out jellied stock, avoiding the settlings which will do for some sauce or gravy; heat and skim and mix into it beaten white of egg, shell and all; skim off carefully and strain through fine strainer. It may then be heated when wanted and tablespoon caramel added for richer coloring. The caramel is made by burning two tablespoons sugar and adding to it half cup boiling water.

Chicken Broth.—Cut up a chicken into small pieces and put it in deep earthen dish, adding one quart cold water, and setting it over a boiling kettle. Cover closely and let steam several hours until meat of chicken has become very tender, after which strain off broth and let stand over night. Skim off all fat in the morning and pour broth into bowl. Into dish in which broth was made put one-third cup rice in one cup cold water, and steam as before until rice is soft; then pour in broth and steam an hour or two longer.

Chicken Broth, 2.—Cut up the fowl and put into pot with four quarts cold water. Stew until diminished to three quarts. Take out chicken and reserve for use. Season broth and add a small cup rice. Cook rice tender. If desired add a cup milk and one or two beaten eggs before serving.

Mutton Broth.—Two pounds coarse, lean, chopped mutton; one-half onion sliced; one cup milk; one-half cup raw rice; two quarts cold water; seasoning. Boil meat and onion slowly four hours; season, and set by until cold. Skim and strain. Return to pot with rice (previously soaked three hours). Simmer half an hour, turn in hot milk, stir and serve.

Giblet Soup.—Giblets from two or three fowls; two quarts water; one quart stock; two tablespoons butter, two of flour; salt, pepper and onion if desired. Put giblets on to boil in water and boil gently till reduced to one quart (about two hours); take out giblets cut off tough parts and chop remainder. Return to liquor and add stock. Cook butter and flour together until rich brown, and add to soup; season; cook gently half an hour; stir in one-half cup bread crumbs and in a few minutes serve.

Lobster Bisque.—One can lobster; two cups milk; six cups boiling water; one tablespoon butter; one-half cup fine cracker crumbs; salt and pepper. Chop lobster rather coarse, taking care not to tear it. Put boiling water, salt, pepper and lobster into sauce-pan and cook gently forty minutes. Have ready scalding milk in which the crumbs have soaked twenty minutes. Stir in butter, then milk and crumbs; set in hot water five minutes, and serve.

Fish

Fish is in good condition when gills are a bright clear red, eyes full and body firm and stiff. Before cooking wash thoroughly in cold water, keep on ice until wanted. Small fish are usually fried or broiled. Large fish to be boiled should be wrapped in cloth and tied securely with twine. Steaming is preferable to boiling. Salmon, bluefish, halibut and shad are very palatable baked in cream. Mackerel is best broiled, and should be broiled upon skin side first, other fish first on the inside. In boiling fish, let simmer gently, as hard boiling breaks them—time, eight minutes to a pound, sometimes longer.

Clam Chowder.—Wash clams perfectly clean and boil in kettle until they open easily; chop clams and mix with finely chopped salt pork previously fried. Slice an onion on bottom of pot and have potatoes cut up in little square slices; put in layer of clams and pork and then one of cold sliced potatoes, layer of bread crumbs or broken crackers, and then another layer of onions, followed by one of clams, and so on until all used, finishing with cover of bread crumbs and plenty of pepper and salt. Pour in water in which clams were boiled, adding enough more to cover to top of chowder. Cook until potatoes are done.

Oyster Stew.—Take oysters with their liquor, adding a little water, if not sufficient liquor. One tablespoon butter, pepper and salt to taste; cover stew pan; place over fire, and then remove as soon as it boils; if milk is desired, bottom of soup plates should simply be covered with cold milk; then serve the stew.

NOTE.—Many prefer oysters well done, in which case stew should be boiled five minutes.

Creamed Oysters.—To one-half tablespoon butter, melted in saucepan, add two tablespoons flour. Cook few moments, and stir in gradually one cup hot milk. Season with salt, pepper and one teaspoon celery salt. Wash and pick over carefully one pint oysters, boil in their own liquor until plump, drain, and pour over the sauce.

Stuffed Oysters.—Scald in own juice 100 oysters, drain and chop, add small loaf stale bread moistened with the juice, three large spoons fried onions, chopped, seasoning to taste. Beat in three eggs, and pour whole into pan with one tablespoon melted butter (having drained off superfluous juice). Fill oyster shells with mixture and sift powdered crackers on top. Bake until brown, with a little butter on each.

Scalloped Oysters.—Take equal quantities of oysters and cracker crumbs, season crumbs with pepper and salt and dip oysters therein, first being careful to see that no shells or impurities are attached. Add to one quart oysters and one of crumbs, three cups milk, stirring whole together with one cup melted butter; strew a little powdered cracker and bits of butter over top and bake one hour.

Oyster Croquettes.—One cup raw oysters, one cup cooked veal, one heaping tablespoon butter, three tablespoons cracker crumbs, yolks of two eggs, one tablespoon onion juice. Chop oysters and veal very fine. Soak crackers in oyster liquor, and then mix all ingredients, and shape. Dip in egg and roll in cracker crumbs, and fry as usual. The butter should be softened before mixing.

Oyster Patties.—Put oysters according to the number to be served in same pan with butter, pepper, salt and a little flour; stir and let simmer for a few minutes. Bake shells of rich puff paste in patty tins and also small rounds for covers; heat shells and fill with oysters; put on covers and set in oven for five minutes. Should be served immediately.

Fried Oysters.—Drain oysters carefully and sprinkle with pepper and salt. Take each oyster separately if large enough, or if not, take two, and roll first in cracker dust and then in beaten egg mixed with a little milk, also seasoned with pepper and salt. Dip again in cracker dust and fry in butter and hot lard mixed.

Steamed Oysters.—Buy oysters unopened, wash thoroughly, using brush or coarse cloth; place separately in steamer or in large sieve put on top of large pot of boiling water. The deep shell must be undermost, that no juice may be wasted. As soon as oysters open, they are done, and should be served at once with pepper, salt, butter, etc., to taste.

Fulton Market Roast.—Take large oysters, wash, dry and roast over charcoal fire. In two minutes after shells open oysters will be done. Take up quickly, preserving juice in a shallow tin pan; butter, sprinkle with pepper and serve immediately.

Scalloped Lobster.—Butter bottom of dish and cover with bread crumbs, upon which place a layer of chopped lobster seasoned with pepper and salt; on this another covering of bread crumbs followed by another layer of lobster, and so on alternately, finishing, however, with bread crumbs on top, which moisten with milk, adding a little butter.

Broiled Lobster.—First remove stomach and intestinal vein, (the only uneatable parts of a lobster); split meat of tail and claws. Season, cover with butter, and dredge with flour all the meat and broil over hot fire until light brown. Serve with Bechamel sauce (omitting cheese).

Or, broil in shell, dividing tail and claws into two parts, and broiling in half-shell—on meat side eight minutes, on shell side ten.

Lobster Croquettes.—Take any bits of lobster and pound until dark and light meats and coral are well mixed. Mix with it not quite an equal quantity bread crumbs, season, and add a little melted butter. Form into balls, roll in egg and fine crumbs and fry in boiling lard.

Deviled Crabs.—Boil crab and extract meat, season with cayenne pepper, mustard, salt and such table sauce as you may prefer; put into covered saucepan with hot water sufficient to keep from burning; add cracker dust moistened with one tablespoon cream together with quantity of butter. Serve in back shell, putting sprig of parsley with each.

Fricassee of Shrimp.—One quart tomatoes, one quart water, onions to suit taste, stewed together until tomatoes can be passed through a sieve. After straining, stew with seasoning (season highly), and one tablespoon butter creamed with a little flour, for fifteen minutes. Add two cans Barataria shrimps that have been carefully washed; heat thoroughly and serve with two table-spoons rice on each plate. The shrimp should be kept whole.

Fish Chowder.—Fry out dry in dinner pot some thin slices of pork; put in a layer of fish cut in thin slices on the pork, then layer of thinly sliced onions, followed by layer of potatoes sliced in same way; repeat in same order until all is in pot, putting some pepper and salt on each layer of onions; split some hard biscuits, dip in water and put them round the sides and over top; put in water enough to come into sight. Stew until potatoes are done and add one cup milk or sweet cream before taking up.

Creamed Codfish.—Soak fish three hours; boil in fresh water until tender; then pick out all the bones. To cream for breakfast, take two cups milk and bring to boiling point; thicken with one tablespoon cornstarch mixed with a little water; add one tablespoon butter, and stir in fish—not less than a cup; add two well beaten eggs, let cook a moment, and serve very hot.

Codfish Balls.—Cut and pick codfish into small pieces, freed from bones and skin, and soak in lukewarm water about an hour; put in cold water and boil; change water when it boils and give second boiling. Take boiled potatoes hot from pot, mash and mix with codfish, seasoning with butter, a little pepper, and, when slightly cooled, add one beaten egg. Shape into balls or thick cakes and fry in hot lard.

Cod Omelet.—Break into small pieces thickest parts of a dressed cod, season with a little grated nutmeg and a little mace; beat six eggs well and mix with it, forming into paste. Fry as an omelet, and serve as hot as possible.

Baked Halibut.—Two pounds of fish with one egg, three pounded crackers, two cups milk, two tablespoons butter. Season with salt and pepper. Bake one hour.

Stewed Sole with Tomato Sauce.—Put a can of tomatoes in sauce-pan, with one teaspoon finely chopped onion, two teaspoons salad oil, and a little cayenne pepper and salt; simmer half hour; then lay in fish—a flounder (usually called sole)—adding a little water if there is not sufficient liquor to cook. Beat up yolk of an egg with juice of a lemon, and five minutes before dishing fish pour it in, shaking saucepan to prevent curdling.

Fricassee Eels.—Skin clean and cut in two-inch lengths; boil in water, without quite covering, until tender; add tablespoon butter with one teaspoon wheat flour or crushed crackers worked into it, and a little chopped and scalded parsley, with salt and pepper to taste, and a little vinegar if desired.

Haddock Soufflé.—One cup cold baked haddock and one cup mashed potatoes mixed together, one-half cup milk added gradually; salt and pepper; stir in one egg well beaten, put in buttered mold or dish and set in oven till very hot; then beat white of another egg very stiff, and stir into it the yolk beaten with salt and pepper. Heap over the fish and brown.

Broiled Salt Salmon, or other Salt Fish.—Soak in tepid or cold water twenty-four hours, changing water several times. If in a hurry, or desiring a very salt-relish, it may do to soak short time, having water warm, and changing, parboiling slightly. At hour wanted, broil sharply; season to suit taste, covering with butter. This recipe will answer for all kinds of salt fish.

Scalloped Shad Roe.—Boil roe in water with a little vinegar; lay in cold water five minutes and wipe dry; crumble, but do not crush; set by; pound yolks of three hard-boiled eggs to powder, and beat into one cup drawn butter; add seasoning and then roe; pour into layer of crumbs in bake-dish and cover with crumbs (about a cup of crumbs in all); stick dots of butter over top, and bake covered until it begins to bubble, then brown on upper grating of oven.

Fish Croquettes.—Two cups cold boiled fish, free from skin and bone and minced fine, two cups hot mashed potato, one tablespoon butter, one-half cup hot milk, one egg well beaten; pepper and salt and a little chopped parsley. Mix thoroughly and let cool. When cold make into balls, dip into a beaten egg, roll in bread crumbs and fry in hot fat. Very nice made of shad roe. For salmon croquettes (made of canned salmon), use bread crumbs instead of potatoes, and an extra egg, omitting milk.

Salmon Gratin.—One cup cold boiled salmon, flaked; mixed with one-half cup cold, drawn butter; pepper and salt. Fill little earthen dishes with mixture, cover with fine bread crumbs and brown.

Salmon Pudding.—Mince one can salmon, saving liquor for sauce; put in four tablespoons melted butter, one-half cup fine crumbs, pepper and salt, and finally three well-beaten eggs. Put in buttered mold, set in pan of hot water; cover and steam in oven one hour, filling with boiling water as it evaporates. Set in cold water a minute and turn out. Sauce: heat one cup milk to boiling, and thicken with one tablespoon cornstarch wet in cold water; add one tablespoon butter, salmon liquor and a beaten egg; take from fire, season and stand in hot water three minutes covered; add juice of half a lemon; pour over pudding.

Meats and Poultry

Beef which shows elasticity on being pressed with the finger and presents a bright red color after being cut may be regarded as good and fresh. Boiled meats should be put in boiling water to set the juices. Cold water only should be used for soups and corned meats, since it extracts the flavor. Mutton should be boiled about fifteen minutes to a pound, ham twenty, corned beef twenty. For roasting mutton allow twelve minutes to a pound, or a little more; veal seventeen, pork twenty. Steaks should be cut from an inch to an inch and a half thick, and are better broiled than fried. Salt should not be applied to a broiling steak as it extracts the juices. Of round steaks the inner half is the better. Should the meat be tough, a little vinegar in the water in which it is to be boiled will make it tender. Strongly salted or dried meats should be soaked over night in cold water. To ascertain if poultry is young and tender, try the skin under the leg or wing; if easily broken, it is young; or if the joint of the wing yields readily on an attempt to turn the wing backward, it is tender. A fat fowl is best for any style of cooking.

Beefsteak.—The proper way to cook beefsteak is to broil it on a light wire gridiron over a clear fire. When ready to turn, place on a warm plate with a little butter, turning cooked side down, so that the juices may be saved in the plate, and not lost, as would be the case were it turned upon the gridiron; return to the gridiron as quickly as possible, and as soon as the other side is cooked place again upon the plate, which be sure to have always warm; season with pepper and salt to taste, adding a little butter.

Beefsteak and Onions.—This very popular dish necessitates the use of a frying pan, upon which put the steak with a little suet, and add sliced onions which have previously been prepared by dropping into cold water; season with salt and pepper and cover tightly before putting upon fire.

Beef a la Mode.—Take a piece of the rump and into deep incisions made therein put little thin squares of pork that have been rolled in a seasoning of pepper, salt and spices, such as cloves and nutmeg; then in stewpan containing

sliced onions, carrots, lemon, a bay-leaf and pieces of pork, lay the meat, putting over it a piece of bread crust; over all pour one cup wine, adding a little vinegar, and enough water to about half cover meat. Cook until meat becomes tender, being careful to keep dish tightly covered.

Roast Beef.—Select a loin or rib piece—latter is best—and pound thoroughly before placing in pan; pour one cup boiling water over it and sprinkle a little salt; have the oven well heated and baste frequently with the drippings after juices have cooked out. Cook about ten minutes to a pound. When done it should be brown outside and a little red within. If meat has an excess of fat cover fatty portion with flour and water paste, which can be removed before fully done. Turn gravy upon meat after skimming off fat; season with pepper and salt. Any attempt at basting before juices commence running from meat will have the effect of toughening it.

Filet of Beef Larded.—(This is the tenderloin, although the sirloin is sometimes used.) Trim off fat, tough skin, etc., and skewer into shape (round). Lard with salt pork. Dredge well with salt, pepper and flour and put without water into a very small pan. Place in hot oven thirty minutes; in lower part ten, and then on upper grate. Serve with mushroom sauce or with potato balls. The shape of the filet is such that time required for cooking is the same whether it weighs two or six pounds.

Corned Beef.—Should be cooked in plenty of cold water brought slowly to a boil; if very salt meat should be soaked over night; but if young and not too strongly brined this will not be necessary. It should be cooked sufficiently long to make tender, so that in a brisket or plate piece the bones may be readily removed. Preserve liquor in pot, and if any meat remains after first meal, return it and let stand over night in the liquor, so that it may be absorbed. If no meat remains to be returned to the liquor, the latter will make a good soup for next day's dinner.

Welsh Steak.—Broil a tender sirloin steak over quick fire, take it up on a platter, and butter well. Slice onions over it and cut fine upon meat. The juice will be readily absorbed, for it is intended only to flavor the beef with the onions; they are not to be eaten with it. Remove chopped onions, put in bowl for addition to a stew or soup, and serve steak.

Chipped Beef—Stewed.—Make a gravy of equal parts of milk and water, using a beaten egg and a little flour as thickening; chip or slice beef as thin as possible and put in pan as soon as gravy comes to a boil; do not let meat remain long, as it will be better if not over cooked. If the beef is not very salt it will season just right; otherwise it should be freshened a little before being put in pan.

Breakfast Dried Beef.—Cut or pare beef very thin and freshen by placing in hot water for a few minutes; pour off water; place in pan or skillet lump of butter and as soon as heated put the dried beef into it, adding five or six eggs immediately.

Cannellon of Beef.—Chop remains of a piece of beef, season well and moisten with thickened gravy. Bind with a beaten egg or two. Roll some pie-crust into an oblong sheet, put beef in middle and make into a roll enclosing meat; close at ends with round caps of pastry, pinch edges together, lay in dripping-pan, joined sides down, and bake to a good brown.

Beef au Gratin.—Put in baking-dish a few bits cold boiled pork or ham, with a little butter and water, add a bit of an onion, cover with bread or cracker crumbs; lay upon this slices of cold beef, cover with crumbs, moisten with stock and bake in gentle oven.

Beef Loaf.—One pound rare beef chopped fine, three Boston crackers rolled and sifted; add salt and pepper, one egg well beaten. Work all until thoroughly mixed. Form in a loaf by pressing into a bowl, and turn out on buttered tin. Rub a little butter over it and pour on a cup of canned tomato. Bake three-quarters of an hour, basting frequently with the tomato. Serve cold.

Irish Stew.—Chop mutton or beefsteak or both together; add raw potatoes sliced very thin, two onions and two small carrots; season with pepper and salt. Cover with water in stew pan and stew gently until meat becomes tender and potatoes are nearly or quite dissolved in the gravy.

Spring Lamb, Mint Sauce.—Rub saddle of lamb with salt and water, and while roasting baste frequently with gravy and salted water. Cook ten minutes to a pound. The sauce is made from young leaves of mint chopped fine, adding two tablespoons powdered sugar to three tablespoons mint; after mixing add six tablespoons white wine vinegar or cider, pouring slowly over the mint. To extract all the flavor of the mint the sauce should be made in advance of dinner-time.

Sanders.—Mince cold mutton with seasoning and enough gravy to moisten. Put into patty-pans, cover with mashed potato, and brown.

Veal Patés.—Chop remains of veal with a little ham; season well, add gravy and a little oyster liquor. Heat almost to boiling and set by, covered, where it will keep warm. Butter patty-pans, line with paste and bake. Slip shells on to a hot dish, fill with the mince, sprinkle with crumbs on top and brown lightly.

Veal and Ham Pie.—Cut about one and a half pounds veal into thin slices as also a quarter pound boiled ham; season veal highly with pepper and salt, with which cover bottom of dish; lay upon this a few slices of ham, then remainder of veal, finishing with remainder of ham; add four tablespoons of water and cover with a good paste and bake. A bay leaf will improve it.

Veal Scallop.—Mince cold veal very fine. Put layer in bottom of buttered bake-dish, season with pepper, salt and a very little nutmeg. Put layer of fine crumbs, next veal again, and so on until full. Wet with good broth and put on top layer of crumbs wet with milk and mixed with a beaten egg. If oven is hot cover with a pan for half an hour and then brown ten minutes.

Veal Loaf.—Three and one-half pounds minced veal (the leg is best for this purpose), three eggs well beaten, one tablespoon pepper and one of salt, one grated nutmeg, four rolled crackers, one tablespoon cream, butter size of an egg. Mix together and make into a loaf, roast and baste like other meats. Beef may be used in place of veal by adding one-fourth pound salt pork, minced fine.

Broiled Chicken.—If the chicken is steamed for at least one hour before broiling it will be juicier, and the work of the gridiron more evenly effective, the chicken being less likely to be overdone in some spots and underdone in others.

Pork Sausage.—Take six pounds young pork free from gristle or fat; mince and beat fine in a mortar; chop six pounds beef suet very fine; pick off leaves of a handful of sage and shred very fine; spread meat on a clean dresser and sprinkle the sage over it; grate rind of a lemon and sprinkle it with sweet herbs over meat; grate also two nutmegs, to which add teaspoon pepper and one tablespoon salt; throw the suet over and mix all well together. Pack closely in pot, and when used, roll with as much egg as will make it smooth.

Salmi of Chicken.—Take minced cold chicken and moisten well with drawn butter, using celery, salt and pepper for seasoning and heating the whole. Cover bottom of baking dish with bread crumbs; add to chicken a beaten egg, and lemon juice to flavor, and pour into dish. Sprinkle bread crumbs over top, together with pieces of butter, and bake to a nice brown. The baking dish should be covered.

Chicken Pie.—Cut chicken in pieces and boil nearly tender. Make a rich crust with an egg or two to render it light. Season chicken and slices of ham with pepper, salt, mace, nutmeg and cayenne. Put in layers: First ham, chicken, forcemeat ball and hard eggs in layers. Make gravy of knuckle of veal, mutton bones seasoned with herbs, onions, pepper, etc. Pour over the contents of pie and cover with paste. Bake one hour.

Jellied Chicken.—Boil thoroughly so that the bones will readily drop away from the meat, then return to water and keep there over night. Next morning chop chicken into very fine pieces and add salt and pepper with a little butter if needed. Mix thoroughly and put in molds to turn out after it has cooled and hardened.

Chicken Fritters.—Cold chicken, salt and pepper, lemon juice, batter. Cut cold chicken into small pieces, season with salt, pepper and juice of a lemon. Let stand one hour. Make a batter of two eggs, two cups milk, a little salt, and flour enough to make a batter not too stiff. Stir chicken into this, and drop by spoonfuls into boiling fat. Fry brown, drain and serve. Any kind of tender cold meat can be used in this way.

Chicken Dumplings.—Take meat from cold chickens, mince and put with seasoning and one-half cup of liquor from boiled chickens (or stock) into a sauce-pan. Heat to a gentle boil. Stir in one tablespoon flour wet in a little cold water, and afterward the beaten yolks of three eggs. Stir till it thickens, pour out and let get cold. Flour your hands and make into balls. Roll in cracker-dust, dip into a batter made of one egg, one-half cup milk and a little flour; dip again into crumbs and fry in hot lard.

Chicken Croquettes.—One cup finely chopped chicken, one of sifted bread-crumbs, salt, pepper, one-half cup stock or gravy. Heat all together and stir in a beaten egg. When cold form into croquettes, roll in crumbs then in egg and then crumbs again. Lift carefully into frying-basket, and plunge into boiling lard for a minute or two.

Prairie Chicken.—After preparing, boil in hot water until quite tender all the joints except the breast; take out and rub over with butter, salt and pepper, and broil briskly with the breast; then take out again and with a lump of butter on each piece set in oven for a very short time.

Braised Turkey.—Truss and stuff as for roasting, using a forcemeat made of minced chicken, mushrooms and sweetbreads, in addition to the bread; lard breast with fine square shreds of fat salt pork; place turkey in stewpan, breast uppermost, with sliced vegetables and sufficient broth to cover. Set on top of stove, and as soon as it begins to simmer put into oven and cook slowly for an hour and a half. Baste occasionally with gravy. Garnish turkey with stoned olives and thicken the gravy.

Giblet Pie.—Clean giblets well; stew with a little water, onion, pepper, salt and sweet herbs until nearly done. Cool and add beef, veal or mutton steaks. Add the liquor of stew to giblets. Cover with paste and when pie is baked pour into it one cup cream.

Fried Sweetbreads.—Parboil for, say, five minutes, after which wipe dry and lard with strips of fat salt pork. Have frying pan hot and well greased with lard or butter. Turn frequently while frying, and when fully cooked they will have a crisp brown appearance.

Fricasseeed Rabbit.—Cut up and disjoint rabbit; put into stewpan and season with cayenne pepper, salt and chopped parsley. Pour in two cups warm water and stew over slow fire until quite tender, adding when nearly done some bits of butter rolled in flour, and before taking from fire add one-half cup rich cream with grated nutmeg in it. Stir gravy well, being careful not to let boil after cream is in.

Grand Pacific Game Pie.—Take about two dozen of woodcock, quail, snipe or other small birds. Split each one in half and put into saucepan containing about a gallon of cold water, although beef broth or soup stock would be preferable. See that fire is hot, and when boiling point has been reached, carefully skim off all scum from surface, and put in for seasoning a little pepper and salt with mace, ground cloves and one bay leaf, adding a half-pound slice salt pork cut into squares, two small carrots and one onion. Boil until tender, being careful that there is enough broth to cover game. Into another saucepan put one-half cup butter and two tablespoons browned flour, mixing well and stirring into it part of broth or gravy so as to make a thin sauce. Strain off what broth remains in first saucepan, removing therefrom vegetables and spices to go with sauce. Slice, and cut into dice shape, potatoes equal in quantity to meat, and put into deep baking dish; put on top crust of dough and bake in oven not too hot. If a separate pie is desired for each person the baking may be done in small vegetable dishes.

Plain Mince Meat.—Boil tender four pounds lean, fresh beef, a beef's heart, if preferable, and when cold chop fine. Chop also four pounds of apples, one pound suet, one pound each currants and raisins, one-fourth of a pound citron. Put over fire with one pound brown sugar dissolved to a syrup in water, two quarts cider and half pint brandy. Add, while heating, spices as follows: One tablespoon cloves, one of allspice, one of salt, one of ginger, and one of ground mace, with one nutmeg grated, and the juice and rind of one lemon. Let all boil together.

Drippings.—The proper care and use of drippings should be known and practiced by all housekeepers; for frying purposes they are more wholesome than lard, many persons who are unable to partake of food fried in the latter finding no trouble with the use of the former; besides, the drippings do not spatter from the pan as does lard, and are, therefore, more desirable on the score of cleanliness. For frying fish, potatoes, etc., they will be found very satisfactory. To clarify drippings pour on boiling water, stir thoroughly and set aside until the following day, then put into a saucepan with boiling water and a little salt and allow to simmer slowly, skimming well until the water has evaporated; strain into an earthen vessel and keep covered, and if the work has been well done, so as to remove the water and all impurities, it will keep for weeks.

Force meat.—A good forcemeat for game or poultry is made by soaking a five-cent loaf of bread in cold water; press water out and put bread into a basin; add one-half cup sausage meat, or cold minced veal, chicken, or game, one beaten egg, a small onion, minced and fried in butter, salt, pepper, nutmeg, and butter size of an egg, melted.

Vegetables

When vegetables break or snap crisply they are fresh. Home-grown asparagus, spinach, peas, etc., should be gathered early in the morning when fresh with the dew. Vegetables are improved by being put into cold water before cooking, and nearly all are injured by boiling with fresh meat. A very small quantity of cayenne pepper put into the water will somewhat neutralize the disagreeable odor arising from the boiling of cabbage, onions, etc. Green vegetables should be cooked in water that is just beginning to boil, and which has been slightly salted (one tablespoon salt to two quarts of water). Water

which has boiled long is flat, and destroys the flavor and appearance of the vegetables. The time required for cooking green vegetables varies somewhat according to age and freshness, the younger and fresher requiring less.

TIME-TABLE FOR COOKING VEGETABLES.

Potatoes, boiled.....	30 minutes.
Potatoes, baked.....	45 minutes.
Sweet Potatoes, boiled.....	45 minutes.
Sweet Potatoes, baked.....	1 hour.
Squash, boiled.....	25 minutes.
Squash, baked.....	45 minutes.
Green Peas, boiled.....	20 to 40 minutes.
Shell Beans, boiled.....	30 minutes to 1 hour.
String Beans, boiled.....	about 1 hour.
Green Corn, boiled.....	5 to 7 minutes.
Asparagus	15 to 30 minutes.
Spinach	30 minutes to 1 hour.
Tomatoes	20 to 30 minutes.
Cabbage	45 minutes to 2 hours.
Cauliflower.....	25 to 45 minutes.
Onions	45 minutes to 1 hour.
Beets	1 to 2 hours.
Turnips	45 minutes to 1½ hours.
Parsnips and Carrots.....	45 minutes to 1 hour or more.

Flaked Potatoes.—Get potatoes as perfect as possible, large, white and free from blemish; boil in their skins in salt water until fully done; drain and dry and then peel; rub through a coarse sieve on to a hot dish before fire; do not touch them after this or the flakes will flatten out. Serve hot. The great art of cooking potatoes lies in taking them up as soon as they are done, as too long cooking makes them soggy. Do not let the water stop boiling, as this will have the same effect.

Saratoga Chips.—Peel potatoes carefully, cut into very thin slices and keep in cold water over night, drain off water and rub potatoes between napkins or towels until thoroughly dry, then throw a handful at a time into a kettle or pan of very hot fat, stirring with a fork, so that they may not adhere to the kettle or to each other. As soon as they become light brown and crisp remove quickly with a skimmer and sprinkle with salt as they are taken up.

French Fried Potatoes.—Slice potatoes lengthwise in slices about a quarter of an inch thick and let remain in cold water for an hour or longer; dry in a cloth and fry in hot fat. Before they become quite done and for the purpose of making them puff up, take them out with a skimmer and drain, returning them again to the lard and continuing the frying until done. Sprinkle with salt and serve hot.

Lyonnais Potatoes.—Cut cold boiled potatoes into irregular shapes and for one quart potatoes take one tablespoon each chopped onions and chopped parsley with three tablespoons of butter. Fry onion in butter and when yellow add the potatoes seasoned to taste with salt and pepper; stir with a fork carefully so as not to break the potatoes, and when hot add the parsley. Cook for about two minutes longer and serve hot in hot dish.

Fried Potatoes.—A nice way to fry potatoes is to dip them into egg and then into bread crumbs; then fry until brown.

White or Sweet Potatoes, Fried Raw.—Peel and cut into thin slices and put into cold water; drain and put into a frying pan containing drippings or melted butter, or a mixture of both; cover and cook, only stirring to prevent burning; until lightly browned.

Potato Border.—Pare, boil and mash six large potatoes with three eggs and one-half cup boiling milk; when well mixed add one tablespoon butter with salt and pepper as needed and two well beaten eggs. Butter mold and pack potato into it. Let stand on table ten minutes, then turn out on dish and brush over with one well beaten egg. Brown in oven.

Potato Croquettes.—Take cold boiled potatoes, mash and season with pepper, salt and nutmeg; mix one tablespoon melted butter with each cup potato and beat to cream; add beaten eggs and a little parsley. Roll into small cakes or balls, dip in egg and again in bread crumbs and fry in hot fat.

Duchesse Potatoes.—Half dozen fine potatoes boiled, mashed, and rubbed through a sieve. Add some cream, well beaten yolks of two eggs, salt, and a very little pepper; beat together and make into balls, and brown quickly in hot oven.

Broiled Potatoes.—Slice cold boiled potatoes rather thick and lengthwise. Lay between wires of broiler and cook over hot fire until light brown on both sides. Sprinkle with pepper and salt and add a little butter.

Potatoes Hashed and Browned.—Pare and cut into quarter-inch squares. Leave in cold water for an hour and boil tender (not until they break), in hot water slightly salted. Drain, put into greased pudding dish, pour over a cup warm milk seasoned with pepper and salt, and a spoonful butter mixed with one of flour. Bake covered half an hour, then brown.

Scalloped Potatoes.—Butter a bright tin basin or pudding-dish and put in layer of cold potatoes sliced and seasoned with pepper, salt and bits of butter. Dredge lightly with flour. Fill dish with these layers, covering top with fine cracker-crumbs. Pour over a cup (or a little more) milk or cream, and bake half an hour.

Browned Potatoes.—Boil large potatoes in their skins, peel, and when your roast of meat is almost done, lay potatoes in dripping-pan about meat. Dredge and baste as you do the meat. If not quite done when your meat is ready, leave in pan before thickening the gravy until brown. Drain and arrange around meat on platter.

Potatoes Soufflé.—Select for baking, potatoes as near same size as possible; cut off each end; when baked, scoop out inside with a spoon, being careful not to break skins. Add to the potato, butter, salt and sufficient hot milk to make quite soft; beat till very light and smooth; fill skins with this and place on end in buttered pan on oven grate till browned on top. The potatoes will puff up considerably if sufficiently beaten. Nice for breakfast or tea.

Egg Plant.—Cut into slices and lay in cold water, strongly impregnated with salt, for over an hour. Roll in cracker crumbs and egg and fry with butter.

Stuffed Egg Plant.—Cut plant in two; scrape out inside and put into saucepan with a little minced ham; cover with water and boil until soft; drain off and add two tablespoons grated crumbs, one tablespoon butter, half a minced onion, with pepper and salt to taste. Fill each half of hull with mixture; add small lump of butter and bake for fifteen minutes. Or, if preferred omit ham, using more bread crumbs and mixing with beaten egg yolks (two to an egg plant).

Oyster Plant.—After scraping cut across in thin slices; put in water sufficient to cover using piece of salt codfish for seasoning, and stew until quite tender, removing codfish before serving; add flour and butter mixed together for thickening; put slices of toasted bread on dish and pour over.

Fried Oyster Plant.—Scrape and lay in cold water ten minutes. Boil tender, drain, and when cold mash with a wooden spoon, picking out fibrous parts. Wet to a paste with milk; work in a little butter and one and one-half eggs for each cup oyster plant. Beat eggs very light, season to taste, make into round flat cakes, dredge with flour, and fry to a light brown; drain off fat and serve hot.

Asparagus.—Put green part into boiling water with a little salt, and after a five minutes' boil drain off water; pour on a second water, boiling hot, and boil briskly a second time for say ten or fifteen minutes, or until there is just sufficient water left for the gravy; add salt, pepper and a lump of butter, and take a sufficient number of thin slices of toasted and buttered bread, which place on dish on which asparagus is to be served and distribute asparagus over it. The toast is a matter of choice and may be omitted.

Scalloped Onions, Cauliflower or Asparagus.—Boil until tender, then put into baking dish and pour over sauce made of one tablespoon butter rubbed into one and one-half tablespoons flour, pour over it two cups hot milk, and cook until like custard. Bake one-half hour. Cut cauliflower or asparagus into small pieces before pouring over the sauce.

Asparagus in Ambush.—Scrape out inside of eight or nine rolls or plate biscuits (cut off tops to serve as covers). Set open in oven to crisp. Heat two cups milk, pour upon four beaten eggs; stir over fire until it thickens; add one tablespoon butter rolled in flour. Put in tops of two bunches of asparagus; boiled tender, chopped fine and seasoned. Fill rolls with this mixture, put on the tops and serve hot.

Asparagus and Eggs.—Cut about two dozen stalks asparagus (tearing out hard parts), into inch lengths and boil tender. Drain, pour on one cup drawn butter; stir until hot, turn into a dish. Break about six eggs on top, put a bit of butter on each; salt, pepper, and put into quick oven until eggs are "set."

Asparagus Pudding.—Beat together four eggs, one tablespoon butter, pepper and salt. Add three tablespoons flour mixed with one-half teaspoon Dr. Price's Cream Baking Powder, then one cup milk, and finally the boiled, chopped tender tops of two bunches of asparagus, when cool. Put into well-greased mold with a top, cook in pot of boiling water two hours; turn out and pour over a cup of drawn butter.

Baked Asparagus.—Lay two bunches of cooked asparagus on buttered baking dish and spread Bechamel sauce thickly over upper half of stalks only. Sprinkle with grated cheese and bread crumbs and dot with bits of butter. Lay an inverted pan over baking dish, so that only the part of the asparagus covered with the sauce will be exposed to the heat and bake a light brown.

Deviled Tomatoes.—Take two or three large, firm tomatoes, not over ripe, cut into slices half an inch thick and lay on a sieve. Make a dressing of one tablespoon butter and one of vinegar rubbed smooth with the yolk of one hard-boiled egg; add a very little sugar, salt, mustard and cayenne pepper; beat until smooth and heat to a boil. Take from fire and pour upon a well-beaten egg whipping to a smooth cream. Put vessel containing this dressing into hot water while tomatoes are being boiled over a clear fire. Put tomatoes on hot dish and pour dressing over. Cooked in this way they will be found an exquisite accompaniment to roast chicken.

Stuffed Tomatoes.—Get them as large and firm as possible; cut a round place in top of each, scrape out all soft parts; mix with stale bread crumbs, corn, onions, parsley, butter, pepper and salt; chop very fine, and fill tomatoes; carefully bake in moderately hot oven; put a little butter into pan; see that they do not burn or become dry.

Scalloped Tomatoes.—Turn off nearly all of juice from a can of tomatoes (which juice may be used in soup). Put layer of bread crumbs in bottom of buttered dish; then layer of tomatoes seasoned with pepper, salt and a little butter and sugar. Continue until dish is full, finishing with crumbs. Bake covered until hot, then brown quickly.

Fried Parsnips.—Slice lengthwise about quarter of an inch thick and fry until brown in beef drippings or butter; they will fry sooner if previously boiled.

Parsnip Fritters.—Boil parsnips and when tender take off skin and mash fine; add one tablespoon flour and a beaten egg; make into small cakes with a spoon and put into boiling hot lard or beef drippings in frying pan. When fried a delicate brown put on dish with a little of the fat in which they were fried over them and serve hot.

Spinach on Toast.—Wash well, cooking in salted, boiling water. Drain and chop fine. Put one tablespoon butter into saucepan with seasoning. Stir in spinach and beat smooth. When hot add one tablespoon cream, or two of milk. Pour upon buttered toast.

Cauliflower.—Tie up cauliflower in coarse tarlatan and boil in hot water to which a little salt has been added. Drain and lay in deep dish with flower uppermost. Heat one cup milk thickened with two tablespoons butter cut into pieces and rolled in flour; add pepper, salt and beaten white of an egg; boil for a few seconds, stirring briskly. Take from fire; flavor with lemon and pour over cauliflower, reserving about half the sauce for use at table.

Scalloped Cauliflower.—Boil in a net, then clip into clusters and set, stems downward, in buttered bake-dish. Beat one cup bread crumbs to a soft paste with two tablespoons melted butter and four of milk; season and whip in a raw egg. Butter, pepper and salt cauliflower, and pour mixture over. Bake ten minutes, covered, in brisk oven, then brown.

Baked Mushrooms.—Toast for each person a large slice of bread and spread over with rich sweet cream; lay on each slice, head downward, a mushroom, or if small, more than one; season and fill each with as much cream as it will hold. Place over each a custard cup, pressing well down to the toast; set in moderate oven and cook fifteen minutes. Do not remove cups for five minutes after they come from oven, as thereby the flavor of the mushroom is preserved in its entirety.

Grilled Mushrooms.—Prepared in this way the mushrooms must be large. After washing and peeling, score tops with a knife and lay for one hour in a pickle of oil, salt, pepper and lemon juice. Place tops down on a close-barred gridiron and broil over a clear, slow fire. Serve on toast with a sauce made as follows: Chop stalks and pieces of mushrooms, that have broken in the washing and stew in broth for ten minutes with a little minced parsley and onion. Beat yolk of one egg with one-half cup cream and add slowly to sauce. Stir the whole until hot without boiling and pour over the toast.

Scalloped Mushrooms.—Put mushrooms in buttered baking-dish with alternate layers of crumbs, seasoning each layer plentifully with butter; add salt, pepper and one-half cup cream or gravy. Bake twenty minutes, keeping covered while in oven.

String Beans.—String, snap and wash two quarts beans, boil in plenty of water about fifteen minutes, drain off and put on again in about two quarts boiling water; boil an hour, and add salt and pepper just before taking up,

stirring in one and a half tablespoons butter rubbed into two tablespoons flour and one cup sweet cream. Or boil a piece of salted pork one hour, then add beans and boil an hour. For shelled beans boil half an hour to an hour in water enough to cover, and dress as above.

Hot Slaw.—Take one-half of a firm, white head of cabbage, cut into fine pieces, and put into pan with one teaspoon salt, about same quantity of pepper and a piece of butter size of an egg, adding one cup vinegar and half that quantity of water. Cover and cook until the cabbage becomes tender, stirring frequently.

Succotash.—Cut corn from eight ears and mix with two cups Lima beans; cover with water and boil for about an hour; drain off and add one cup milk, and when this is heated put in one tablespoon butter, with salt and pepper to taste. Simmer the whole gently for about ten minutes.

Corn Fritters.—Grate or pound corn and mix with flour and eggs sufficient to make a batter, adding pepper and salt to taste. Use spoonful of the batter for each fritter and fry in hot fat.

Boston Baked Beans.—Soak small white beans over night in fresh water. In the morning put into kettle with a second water sufficient to cover and par-boil until the skins present a shriveled appearance. Pour off water, add salt to beans, mixing them up, and transfer to a bean pot; place in middle of beans a piece of fat salt pork scored on top. Mix in a cup one teaspoon molasses, one-half teaspoon baking soda and one teaspoon dry mustard and pour over beans (the above quantities are for a quart of beans). Fill pot with warm water, put on lid and bake in slow oven all day, keeping watch that water does not dry out until beans are thoroughly cooked. Place in oven that is not too hot about half an hour in advance of the meal for which they are desired without adding any more water. They should be moist and hot when served.

Peas Pudding.—Soak four cups split peas over night. In the morning put them with a small onion into a farina-kettle with just enough water to cover, and boil until soft. Drain and pulp through colander. Beat in one tablespoon butter, pepper, salt and three eggs. Boil in buttered mold or floured cloth one hour. Turn out and cut into slices on table.

Rice Croquettes.—Take one cup cold, well-boiled rice, and one teaspoon each sugar and melted butter, with half that quantity of salt, and add one beaten egg and sufficient milk to bring all to consistency of a firm paste after thoroughly beating and mixing. Shape into oval balls and dip in beaten egg, followed by a dipping in flour or cracker dust. Fry in sweet, hot fat, turning with care, and when done brown put into heated colander.

Baked Rice, or Hominy.—Mix with cold, boiled rice or hominy a beaten egg and a little milk and butter; season; put into bake-dish and brown in oven. May be served as a vegetable.

Pilaff.—Two cups of water, one cup of rice. Put on water with a little salt, and add juice of one or two tomatoes to water, or sufficient to color it. When water boils, put in rice, and boil until all water is soaked up. Then add melted butter to taste, stir, cover and keep in warm place, until ready to serve.

Baked Macaroni.—Break one-fourth pound macaroni in pieces an inch long, cook in boiling water, slightly salted, twenty minutes; drain, and put layer in bottom of greased bake dish, upon this some grated cheese and tiny bits of butter, then more macaroni, and so on, filling dish, with grated cheese on top; wet with a little milk, and salt lightly. Cover and bake one-half hour; brown; serve in dish in which it was baked.

Salads, Fish and Meat Sauces

Oyster Salad.—One quart oysters, two cups cut celery, one-third cup mayonnaise dressing, three tablespoons vinegar, one of oil, salt, pepper, one tablespoon lemon juice. Let oysters come to a boil in their own liquor. Skim well and drain; season with oil, salt, pepper, vinegar and lemon juice. When cold, put into ice-chest for two hours. Scrape and wash whitest, tenderest part of celery, and cut in very thin slices; put into bowl with large lump of ice, and set in ice-chest until serving time. When ready to serve, drain celery and mix with oysters, and half of dressing. Arrange in dish, pour remainder of dressing over, and garnish with white celery leaves.

Lobster Salad.—Boil lobster rapidly in boiling salted water for about twenty minutes. If boiled too long it will be tough. When cold split body lengthwise, crack claws and take off head; pick out meat and save coral; cut up a head of lettuce and place on a dish upon which lay the lobster, arranging coral on outside of dish. Pour a mayonnaise dressing over lobster before sending to table. Use head of lobster for garnishing.

Salmon Salad.—Take one quart boiled salmon and break up into small bits; add one teaspoon salt, one-third teaspoon pepper, one tablespoon vinegar and two tablespoons lemon juice. Place in ice-chest for two or three hours. Cut up lettuce slightly, place on a dish, and put salmon on it, picking out enough of the leaves to border dish; cover salmon with a dressing made of yolks of eggs and salad oil, a little salt, red pepper, vinegar and mustard. Other fish may be used in same way.

Chicken Salad.—Boil chicken until tender and chop in small pieces; chop also whites of a dozen hard boiled eggs; add chopped cabbage and celery in equal quantities; pound yolks of eggs fine and add two tablespoons-sugar and butter, one teaspoon mustard with pepper and salt to taste. Finally, add half cup good cider vinegar. Mix thoroughly.

Vegetable Salad.—Six good-sized potatoes boiled and sliced thin; three-quarters cup finely chopped cabbage; three tablespoons chopped pickles; two chopped onions; two chopped apples; yolks of three hard boiled eggs pounded fine; a green pepper cut fine; butter size of an egg; one tablespoon flour. Chop all separately, then mix thoroughly. Pour over vegetable salad dressing.

Potato Salad.—Pare and boil potatoes, and when cold chop fine; cut up and add raw onion sufficient to properly season; make a dressing by mashing fine yolks of three hard boiled eggs, with salt and mustard to taste, adding olive oil or melted butter sufficient to make into a paste by mixing thoroughly: to this add one cup vinegar. The vinegar must be added very gradually and be well beaten with the paste.

Tomato Salad.—Take tomatoes fully ripe, but firm and smooth, and scald a moment; skin and set on ice to cool; slice; put into salad bowl; add one teaspoon chopped tarragon and salad dressing.

Tomato Mayonnaise.—Peel tomatoes; cut each in half, and let stand on ice for an hour. Make a mayonnaise dressing; put a little on each half tomato.

Beet Salad.—Slice cold, boiled beets; cut into neat strips; line salad bowl with white, crisp lettuce; heap beets in center, and pour mayonnaise dressing over just before it goes to the table.

Celery Salad.—Boil one cup milk and thicken with one tablespoon corn-starch dissolved in a little milk; mix well together one beaten egg, two teaspoons sugar, one of salt, one-half teaspoon dry mustard and a small pinch cayenne pepper; pour this into the hot milk a little at a time, stirring con-

stantly; when quite smooth take off fire and add one tablespoon (or more) olive oil and same quantity vinegar; mix well together and when cool pour over celery cut into very small pieces.

Lettuce Salad.—Arrange a head of lettuce on platter. Cut several (about three) hard-boiled eggs in half crosswise; take out yolks and pound fine, mix with one and a half tablespoons olive oil, one teaspoon mustard, pepper and salt and vinegar to thin sufficiently. Cut a little off end of each half-egg to make it stand, arrange among the lettuce leaves and fill with dressing.

Cabbage Salad.—Chop fine one-half head of cabbage and pour over a cream dressing.

Mayonnaise Dressing.—Break carefully two eggs and put yolks into shallow dish, then add, drop by drop, enough oil to work to a cream, stirring steadily one way with a wooden or plated fork—never steel; add salt to taste and follow with mustard to taste, next a very small pinch of powdered sugar, and last of all vinegar to taste and drop by drop. The stirring should be continuous and always in one direction, and when properly made the mayonnaise will have the smoothness and consistency of the richest cream. All of the egg may be used.

Mayonnaise Dressing, No. 2.—Put yolk of an egg into bowl with one-half teaspoon salt, and beat until light; then add one-half teaspoon dry mustard, and beat again. Then add oil, drop by drop, until it is thickening, then a few drops of vinegar, and the same of lemon juice. Continue this process until the egg has absorbed a little more than one-half cup oil; finish by adding a **very little** cayenne pepper.

French Dressing.—One tablespoon vinegar, three of olive oil, one-half teaspoon salt, pepper, and a **little** scraped onion, if desired.

Nice Dressing.—Take yolk of hard-boiled egg, rub through sieve and put into bowl with yolk of a raw egg, salt, pepper and one teaspoon prepared mustard; stir one way with wooden spoon, adding slowly and alternately one-half cup sweet oil and two tablespoons vinegar. Finish with one tablespoon chopped herbs, parsley, celery tops and chives.

Salad Cream.—One cup butter and one-half cup sugar creamed; add one tablespoon salt, one of mustard and a pinch of cayenne pepper. Add four eggs, one at a time, beating thoroughly. Add one cup cream and last three cups boiling vinegar. Stand over fire until it approaches boiling point; remove and bottle. It is nice with potato salad.

Salad Cream, No. 2.—Heat one-half cup vinegar and one-half cup sugar. When very hot add one-half cup sour cream into which yolks of two eggs have been beaten. Stir well, remove from fire, cool and serve.

Salad Cream, No. 3.—Four tablespoons butter, one of flour, one of sugar; one teaspoon salt, one of dry mustard; one-half cup vinegar, one cup milk three eggs and a speck of cayenne pepper. Let butter get hot; add flour and stir until smooth, being careful not to brown. Add milk, stir, and boil up. Place sauce-pan in another of hot water; beat eggs, salt and mustard, add vinegar and stir into boiling mixture. Continue stirring until it thickens. When cold, bottle.

Vegetable Salad Dressing.—One teaspoon celery seed, one of salt, a pinch of pepper; one-half cup sugar, one-half cup vinegar; one tablespoon butter, one teaspoon Worcestershire sauce. Put butter and vinegar on stove. When warm add other ingredients and let come to a boil, stirring all the time. Draw back on stove and add beaten yolks of two eggs. Continue stirring till it thickens, then remove from fire and bottle.

Drawn Butter.—One-half cup butter, rubbed well with two tablespoons flour; put into saucepan with about two cups boiling water, stirring constantly until well melted. Throw in a sprig of parsley and serve at once.

Drawn Butter, No. 2.—Put two teaspoons flour into bowl with a little salt, and wet to a smooth paste with one cup hot water. Set in vessel of boiling water, stir well, and when boiling add about one-fourth cup butter, mixing thoroughly. Boil up once.

Egg Sauce.—Add chopped yolks of two or three hard-boiled eggs to drawn butter.

Oyster Sauce.—To drawn butter sauce add a few small oysters drained from their liquor, and a few drops vinegar or lemon. Let come to a boil and serve.

Sauce Tartar.—Make "mayonnaise dressing No. 2," and add one tablespoon finely chopped pickled cucumber.

Sauce Tartar, 2.—To yolks of four eggs add salt and mustard to taste and a pinch of powdered sugar; stir in drop by drop four tablespoons olive oil; follow in same way with equal quantity of tarragon vinegar; add a button onion minced and mashed, a little pickled cucumber cut fine; pepper. This makes a choice sauce.

Celery Sauce for Turkey.—Boil a head of celery until quite tender, then put through a sieve; put yolk of an egg into bowl and beat well with the strained juice of a lemon; add celery and two tablespoons of liquor in which turkey was boiled; salt and pepper to taste.

Caper Sauce.—Mix well one tablespoon flour and twice the quantity of butter; add boiling water until it thickens. Chop fine and add one hard-boiled egg and two tablespoons capers.

Mushroom Gravy.—Put two cups peeled mushrooms into small saucepan with a few slices of fat bacon or a lump of butter; brown until they stick to bottom, but be careful not to scorch; stir in one tablespoon flour, add two cups broth and let simmer five minutes. A little lemon juice may be added if desired.

Bechamel Sauce.—Melt one tablespoon butter in saucepan and when melted stir in equal quantity of flour; cook thoroughly, being careful not to allow it to scorch; add one cup each rich cream and veal stock; season with pepper, salt and nutmeg to taste; add three ounces grated cheese and yolks of three eggs well beaten. Stir until hot, but do not let boil.

Pickles and Catsups

Pickles should not be made in vessels of brass, copper, iron or tin. Use only porcelain or earthenware. The jars should be of stone or glass and the pickles kept in a cool, dark place, and examined at frequent intervals. If white specks make their appearance in the vinegar draw it off, scald and add two tablespoons sugar and a few cloves. All vinegar should be scalded before using with pickles; otherwise it will not keep well.

Pickled Cauliflower.—Cut up one cauliflower fine; add one cup small onions and two small red peppers. Dissolve one-half cup salt in water sufficient to fully cover vegetables and let stand over night. Drain in the morning. Heat one quart vinegar with two tablespoons mustard until it boils. Put in vegetables and boil about fifteen minutes.

Chili Sauce.—One peck tomatoes, three cups each peppers and sugar, two cups onions, one cup salt, six cups vinegar, three teaspoons cloves, three of cinnamon, two each of nutmeg and ginger. Boil three hours.

Green Pepper Catsup.—Fill porcelain-lined kettle of ten pounds capacity with green peppers—the hot variety. Crush one tablespoon each of cloves, allspice and mace and stew among the peppers, adding four large onions cut fine. Fill kettle with vinegar and set on to boil until peppers can be readily mashed. Set aside to cool, keeping kettle carefully covered, and when cool dip up contents into a sieve and rub through until nothing remains in sieve but seeds and skins. Bottle and cork tightly.

Tomato Catsup.—Scald, peel and core a peck of sound, ripe tomatoes. Mash as if for stewing. Season with one tablespoon black pepper, half teaspoon red pepper, one tablespoon each cloves, allspice and mace, and three large onions cut very fine, with salt to taste. Put all in porcelain-lined kettle to boil, and when tomatoes are thoroughly cooked rub catsup through a sieve to get out seeds and pieces of spice. After straining return to kettle and let boil until thick as cream. Set aside and when cold put into pint bottles, filling each to within half an inch of cork, and pouring in on top of each one teaspoon salad oil. The bottles should be kept in a cool, dry place, resting on their sides.

Pickled Walnuts.—Pick them when tender enough to pierce with a pin and put in strong brine, letting stand for four days and changing brine once during that time. Rinse off and keep in sun until they become black, turning frequently, so that all parts of their surface may be exposed to the sun's rays. Pack in jars and pour over a pickle of vinegar with plenty of pepper, ginger, mace, cloves, mustard-seed and horse-radish all boiled together.

Pickled Beet Roots.—Boil roots until tender, pare off skin and cut into slices and pack in jar. Boil as much vinegar as will cover them in jar, adding to it a little mace, pieces of ginger and horse-radish. Pour hot upon roots and cover.

Green Cucumber Pickles.—To a peck of cucumbers take one cup coarse salt and make a brine sufficient to cover cucumbers, pouring it on them boiling hot. Let stand for a day, drain off and repeat operation twice again, using new brine each time and allowing twenty-four hours between each change. On fourth day drain off brine, pour on boiling water and let stand another twenty-four hours. When cucumbers are well filled out pack in jars, placing among them little bags of whole allspice, cloves and cinnamon, with pieces of horse-radish scattered through cucumbers; heat vinegar sufficient to cover and pour it in.

Piccalilli.—Cut one peck of green tomatoes and six onions in thin slices, and, with one cup salt, pack in layers of tomatoes, onions and salt and let stand over night. In the morning pour off liquid that has formed, add four green peppers and chop all fine. Put the whole in porcelain-lined kettle with two cups vinegar and one tablespoon each of cloves, cinnamon and white mustard seed. Cook until soft and sweeten to taste.

Sweet Cucumber Pickles.—Take ripe cucumbers, cut in two, scrape out seeds, cut into strips and soak over night in salt water. To every quart of vinegar add two cups sugar; boil and skim. Boil strips in vinegar until tender and quite transparent. Take out pickles, strain vinegar, put it over fire with a small muslin bag of mixed spices, boil two hours, pour over pickles, cover and put away.

Indian Chetney.—Pare, core and chop into small square pieces two cups sour apples, and add one cup each tomatoes, brown sugar, stoned raisins and salt, one-half cup each cayenne pepper and powdered ginger, one-fourth cup each onions and garlic, one quart lemon juice and three quarts vinegar. Mix all well together and put in closely-covered jar. Keep in warm place and stir

every day for a month, being careful to see that it is kept covered; strain through a sieve at end of this time and bottle. The liquor may be used as a sauce for fish or meat.

Pickled Cherries.—To every quart of cherries allow one cup vinegar, one-half cup sugar, one dozen whole cloves, one-half dozen blades mace; put vinegar and sugar on to heat with spices, boil five minutes, turn out into covered stone-ware vessel and let get perfectly cold. Strain out spices, fill small jar three-fourths full with cherries, then fill up with cold vinegar. Cork or seal tightly. Leave stems on cherries.

Pickled Watermelon Rind.—To each quart vinegar add six cups brown sugar, four ounces stick cinnamon and two ounces of cloves. Bruise spices, tie in a muslin bag and boil with vinegar for five minutes. Then pour over pared rind letting it stand twenty-four hours. Remove liquid and, after heating, pour it over rind again and let stand another twenty-four hours, after which boil all together for a short time.

Pickled Peaches or Pears.—One-half cup vinegar and one cup sugar to a little over a pound of the fruit; place all the sugar and vinegar over fire till it comes to a boil; add layer of fruit and cook until soft enough to run a fork through; then remove fruit, and repeat until all are done. The syrup needs no more cooking. Stick cloves in fruit before cooking, and add cinnamon to syrup if desired.

Pickled Apples.—Take ripe, hard, sweet apples. Peel evenly, and if apples are perfect leave them whole, otherwise cut in quarters. To a peck of apples take about two quarts vinegar and four pounds sugar, one tablespoon mace, one of cloves and the same amount of allspice, all unground, one teaspoon mustard seed, a few pepper grains and a little salt. Heat vinegar and sugar together till it boils, skim well, put spices into thin muslin bag and add to vinegar, then put in the apples. Place over fire, and stew slowly until apples are soft. Then take out apples, let vinegar boil down and pour over the fruit; cover and put away.

Pickled Plums.—To seven pounds of plums take four pounds sugar and two ounces each cinnamon stick and cloves, one quart vinegar and a little mace. Put in jar first a layer of plums, then layer of spices; scald vinegar and sugar together and pour over plums, and when jar is full scald all together. Ready for use at once.

Spiced Currants.—Three pounds sugar, five pounds ripe currants, one tablespoon each cinnamon, nutmeg, cloves and allspice. Boil currants one hour, then add sugar, spices and one cup vinegar, boil one-half hour longer.

Preserves, Jellies, Etc.

Tomato Preserves.—Peel tomatoes and to each pound add a pound of sugar and let stand over night. Take tomatoes out of sugar and boil syrup, removing scum. Put in tomatoes and boil gently twenty minutes; remove fruit again and boil until syrup thickens. On cooling put fruit into jars and pour syrup over. The round yellow variety of tomatoes should be used as soon as ripe.

Preserved Pears.—Peel fruit, which should not be over ripe, cut into halves, extract cores and throw at once into dish of cold water. From water put into quart jars, arranging pieces as compactly as possible, cover with cold

water and then drain off. Make syrup of sugar and water, allowing one cup sugar to a jar, and fill jars to the brim; put on covers, without rubbers, and place in kettle of cold water over fire. The water in kettle should come to neck of jars. Note carefully when water comes to a boil and let it boil twenty minutes or more, according to ripeness of fruit. Take jars from water, adjust rubbers and screw on tops, tighter and tighter as the jars cool. A plated knife should be used in peeling the fruit, as a steel one discolors it.

Pears, 2.—Pare, cut in halves and throw into cold water. Take two cups sugar and a little over a cup of water for every three pounds of fruit. When syrup boils put in layer of fruit and cook until tender. Have jars ready in pan of boiling hot water; fill jars to top with fruit, then pour on boiling syrup to brim and screw tops very tight. Set away in a cool, dark place.

Peaches.—Plunge into boiling water to make skins come off easily, then throw into cold water. For three pounds of fruit use two cups sugar and not quite a cup of water. When syrup boils put in peaches, a few at a time, and cook until tender. Fill jars as for pears. The stones will add to the flavor.

Brandied Peaches.—Put peaches in boiling water for a few minutes, when the skin will peel off easily. Make syrup of one cup sugar and one-half cup water for each pound of peaches. Skim as scum rises in boiling then put in peaches and boil gently until tender—no longer. Take out carefully and fill into jars. Remove syrup from fire, and add one cup brandy to every pound of peaches and pour over fruit.

Preserved Quinces.—Pare and quarter, taking out cores and all hard parts. Boil in clear water until tender; spread out to dry. Allow one cup sugar and one-third cup water to a pound of fruit. When syrup boils put in fruit, set back on stove and cook very slowly for an hour or more if not too tender, as the longer it cooks the brighter will be the color. Seal in sterilized jars.

Preserved Grapes.—A delicious preserve can be made of California grapes. Cut each grape open with a knife and extract seeds; add sugar to fruit, pound for pound; cook slowly for half an hour or longer until syrup and pulp of grape are perfectly clear and transparent.

Tomato Marmalade.—Pare and slice four quarts unripe tomatoes; without adding water, boil slowly several hours until a large portion of the water has evaporated; add for each quart tomatoes two cups sugar and two sliced lemons. Boil one hour longer.

Orange Marmalade.—Take equal weights of sour oranges and sugar. Grate yellow rind from one-fourth of oranges. Cut all fruit into halves at what might be called the "equator." Pick out pulp and free of seeds. Drain off as much juice as you can, and put it on to boil with sugar. Let come to a boil; skim and simmer for fifteen minutes; then put in pulp and grated rind and boil fifteen minutes longer. Put away in jelly tumblers.

Raspberry Jam.—To three or four pounds of ripe red raspberries add equal quantity of white sugar. Crush the whole well in a preserving kettle; add one pint currant juice and boil gently until it jellies upon a cold plate; put into small jars and cover with brandied paper. Tie over them thick paper and keep in dark, cool and dry place.

Strawberry Jam.—Put into porcelain kettle four pounds strawberries, two cups red currant juice and four cups sugar. Boil berries and currant juice first; add sugar and boil up again, skimming well. Put into jars, cover with brandied paper and keep in cool place.

Apple Jelly.—Apples for jelly should be tart, juicy and of good flavor. Pare apples, core and quarter, then put them, with skins and cores, into jar in slow oven. When quite soft, strain all through a coarse muslin bag, pressing hard to extract all the flavor of the fruit. Take a cup of sugar to every cup of juice, and half the juice of a lemon, and put into preserving kettle. Boil steadily for twenty minutes or so, skimming occasionally. Roll glasses in hot water, and fill with jelly while hot. When cold, cover with brandied tissue paper, and store in cool, dry place.

Currant Jelly.—Wash currants but do not stem; put into kettle; scald but do not cook; cool and strain. Boil juice alone twenty minutes. Take a cup of sugar, for each cup of juice, and have it in the oven browning lightly and heating thoroughly. When juice has boiled twenty minutes stir in sugar until it dissolves; then put into glasses.

Crab Apple Jelly.—Wash fruit clean, put into kettle, cover with water and boil until thoroughly cooked. Then pour into a sieve and let drain. Do not press it through. For each cup of this liquor allow one cup sugar. Boil from twenty minutes to half an hour. Jellies can be made from quinces, peaches and Porter apples in the same way.

Canning.—The proportions of sugar and fruit used in canning and preserving vary greatly. The amount of sugar given below is about an average for canning when a very rich preserve is not desired. Canned fruit should be sealed while boiling hot in jars that have been sterilized by boiling.

SUGAR TO A QUART JAR.

Cherries	6 ounces.
Strawberries	6 to 8 "
Raspberries	4 "
Blackberries	5 to 6 "
Quinces	8 to 10 "
Pears	4 to 6 "
Grapes	6 to 8 "
Peaches	4 "
Pineapples	4 to 6 "
Crab Apples	6 to 8 "
Plums	4 "
Rhubarb	8 to 10 "

Canned Watermelon.—Pare off thin green rind, cut the melon (or white rind) into pieces and weigh it. Cook in clear water until partly transparent, but not until likely to break. Take out pieces in a dish. There will be nearly enough juice that drains from the pieces; add a little from the kettle if necessary. With juice put sugar to amount of one cup to a pound of fruit as it weighed when raw. When sugar is well dissolved put in melon and cook until even and clear. Flavor as desired and can.

Sauces

Peach or Apple Sauce.—Pare, core and slice fruit, stew in water enough to cover until it breaks to pieces. Beat to pulp with a good lump of butter and plenty of sugar; serve cold or hot, as preferred.

Cranberry Sauce.—Cook two cups cranberries in one-half cup water for ten minutes; add one cup sugar and cook about ten minutes more. Pass through a colander and pour into mold or dish.

Frozen and Other Desserts

Vanilla Ice Cream.—This foundation is suitable for any kind of ice cream. Two cups milk, one cup sugar, one-half cup flour, two eggs, one quart cream, flavoring, and when cream is added, another cup of sugar. Let milk come to a boil. Beat one cup of sugar, flour and eggs together, and stir into boiling milk. Cook twenty minutes, stirring often; cool, and when cool add remainder of sugar, cream and seasoning, and freeze. For freezing, have ice pounded in small pieces (pound in a bag); pack around tin can layer of ice about five inches deep, then a thin one of salt, and so on till tub is full, packing down well. Use one part rock salt and three parts ice. If packed solid, no more ice or salt is needed. Do not let off the water while freezing. If more salt is used the cream freezes sooner, but will not be so rich and smooth.

Peach or Strawberry Ice Cream.—Crush berries or peel and stone peaches with sufficient sugar to sweeten well, and stir into cream when half frozen. If preferred, strain fruit and add only juice (before freezing).

Lemon Water Ice.—Take juice of six lemons, juice of one orange, two cups sugar and four cups water. Boil sugar and water; add juices and freeze.

Currant Ice.—Take four cups ripe, red currants and one cup raspberries; rub pulp through sieve into earthen vessel; add three cups thick syrup. Put this into a freezer, and freeze in the ordinary way.

Pineapple Sherbet.—Cut heart and eyes from one large pineapple and chop fine; add two cups sugar, two cups water and juice of two lemons. Freeze as for ice cream.

Italian Cream.—Grate rinds of two lemons upon a few lumps of loaf sugar; stir these into one pint rich cream and add enough sugar to sweeten. Whip briskly, add juice of a lemon, and strain in one ounce of gelatine dissolved in water. When beaten thoroughly light, flavor to taste and put into a mold and freeze. Garnish with preserved fruit when served.

Frozen Pudding.—Make as for vanilla ice cream, adding to custard two tablespoons soaked gelatine. When ready to freeze add four tablespoons wine. Freeze ten minutes; add one pound candied fruit, and finish freezing. Serve with whipped cream.

Almond Cream.—Blanch and pound fine, with a little water, one and a half pounds of almonds; beat whites of two eggs to a froth; add and beat into eggs three-fourths cup powdered sugar, and add one quart milk. Boil gently over slow fire until reduced one-quarter, then add almond paste and boil five minutes longer. Flavor with orange or to taste, and when cold, sprinkle thickly with granulated sugar and brown, garnishing with whole almonds.

Bavarian Cream.—Boil two cups milk with four tablespoons sugar, and add one-half box gelatine, which has soaked for an hour in warm water. Stir in also beaten yolks of four eggs, and take from fire, adding one teaspoon vanilla. While cooling whip one pint of cream to a froth, laying it on a sieve. Beat gelatine mixture, when nearly cold, till very smooth; then stir in whipped cream lightly, and pour into molds, and put on ice.

Raspberry or Strawberry Cream.—Mash one quart berries with one cup powdered sugar, and rub through sieve; dissolve one and one-half ounces gelatine in two cups sweet milk; strain and add two cups whipped cream and the berry juice. Pour into wet mold, and set on ice to form.

Strawberry or Raspberry Sponge.—One quart berries, one-half box gelatine, one and one-half cups water, one cup sugar, juice of one lemon, beaten whites of four eggs. Soak gelatine in one-half cup of the water; mash berries and add half the sugar; boil remainder of sugar and the cup of water gently twenty minutes; rub berries through sieve; add gelatine to boiling syrup; take from fire and add berry juice; place bowl in pan of ice water, and beat with egg beater five minutes; add beaten whites, and beat till it begins to thicken. Pour into wet molds and set on ice. Serve with cream.

Spanish Cream.—Dissolve half box gelatine in two cups milk, and when thoroughly dissolved boil and add yolks of two eggs beaten with half cup sugar; when it comes to a boil, remove from fire and add whites of eggs beaten to a froth. Flavor to taste.

Blanc Mange.—Dissolve one-half box gelatine in one cup cold milk; scald three cups milk with sugar to taste; do not allow it to boil. Flavor with lemon, vanilla, or other flavoring. Pour over gelatine and strain, when nearly cold pour into molds, first rinsing molds with cold water. The richer the milk the more satisfactory will be the result, and if, instead of all milk, part cream be used, the result will be better.

Charlotte Russe.—Take two tablespoons gelatine and soften in cold water sufficient to cover; when well soaked add a little boiling water to dissolve and six tablespoons granulated sugar; when cool strain slowly into two cups rich cream that has been chilled in ice, and whipped to stiff froth, beating all the time while gelatine is being put in. Flavor to fancy.

Floating Island.—For one common-sized floating island have a sponge cake that will weigh a pound and a half or two pounds; slice downward, almost to bottom, but do not take slices apart; stand up cake in center of glass bowl or deep dish; have ready pint and a half cream, make very sweet with sugar, and color a fine green with one cup of juice of pounded spinach, boiled five minutes by itself, strained and made very sweet. Or for coloring pink, currant jelly or the juice of preserved strawberries may be used. Whip to a stiff froth another pint and a half sweetened cream, and flavor with one cup mixed wine and brandy; pour round cake in dish the colored, unfrothed cream, and pile whipped white cream all over cake, highest on top.

Vanilla Snow Eggs.—Beat stiff whites of six eggs; have ready on fire two cups milk sweetened and flavored with vanilla; as soon as it boils drop beaten egg into it by tablespoons, and as soon as they become set dip them out; slice and arrange according to fancy upon a broad dish; allow milk in saucepan to cool a little, and then stir in yolks of egg very gradually. When thick, pour around snowed eggs, and serve cold.

Snow Pyramids.—Beat whites of half a dozen eggs to stiff froth; add one cup currant jelly, and whip all together; fill saucers half full of cream, dropping in center of each one tablespoon of the egg and jelly in shape of a pyramid.

Apple Snow.—Take apples of clear white pulp, pare, core and quarter; put with necessary quantity of water, over hot fire and cook as rapidly as possible. Pass through sieve and set in coldest place you can find. While cooling, whip whites of two or three eggs to stiff froth, and add some powdered sugar. When apple has become quite cold, whip egg into it and keep in cold place until time for serving. Whipped cream may be served with it if desired.

Quince Soufflé.—Stew quinces soft, sweeten and pass through colander. Pour into glass dish and cover with a custard made of milk, three egg-yolks and one-half cup sugar. Whip whites of eggs light with sugar and heap on top.

Orange Jelly.—Mix with juice of eight oranges and four lemons two cups white sugar, one box of gelatine previously soaked in two cups cold water; add three cups boiling water, and strain. Put into molds.

Wine or Lemon Jelly.—Take half a package of gelatine, three-fourths cup cold water; soak for two hours; add one and one-third cups sugar and two cups boiling water; stir all together; add juice of two lemons or one-fourth cup wine; strain through a cloth and put into mold.

Calf's Foot Jelly.—Put a couple of calf's feet in three quarts water and let boil for five hours, or until about half wasted, keeping simmering during the time. Run liquor through a sieve and let it stiffen, after which remove oil and fat from surface. Take one cup water, one-half cup sherry wine, juice of half dozen lemons and rind of one, whites of five eggs, one cup sugar, and mix the whole until sugar melts, then add jelly; place on fire in porcelain kettle and keep stirring until it comes to the boiling point. Pass it twice through a jelly bag and put into molds.

Plain Custard.—Beaten yolks of five eggs and five tablespoons sugar. Pour over this one quart hot milk, add flavoring and whites of two eggs. Bake in cups set in pan of boiling water. Cover with meringue and eat cold. Do not leave too long in oven. Boil instead, if preferred.

Brown Custard.—Scald one quart milk, but do not boil; beat five eggs light with three tablespoons sugar, and pour upon them the hot milk. Mix well, adding nutmeg and flavoring extract to taste; bake in well buttered dish. Turn out when cold; cover very thickly with white sugar. Set plate containing custard upon upper grating of hot oven. The sugar will melt and run in brown streams all over the molded pudding. Slip carefully to a dish and eat cold.

Cocoanut Custard.—Boil two cups milk with milk of a cocoanut and one-half cup of the meat grated, a pinch of salt and two tablespoons sugar. Beat three eggs, leaving out two whites; stir boiling milk very gradually into eggs, then let custard thicken in boiling water; stir until cool, then pour into cups. Beat two whites of eggs with two tablespoons powdered sugar, pile this on the custards, sprinkle thickly with grated cocoanut, dredge with sugar and set in oven to color.

Tea Custards.—Take four eggs and one quart milk. Beat eggs with one cup sugar and one-half teaspoon salt; add milk boiling hot. Stir in one cup strong tea and pour at once into cups, and set in a pan in which boiling water is poured. Grate nutmeg over each, and bake in moderate oven. The moment a knife put into one comes out clean, they are done. It will require about half an hour.

Orange Custard.—Place two cups milk on fire to boil, add one tablespoon cornstarch, yolks of three eggs and one-half cup sugar. (The cornstarch should be mixed with a little cold milk before being put into boiling milk.) Stir all together thoroughly until mixture thickens; set aside to cool, and when cold add whites of eggs beaten to a firm froth, stirring slightly into custard. Then take half dozen oranges, cut into thin slices, mix with one cup sugar, and pour over custard previously prepared.

Fruit Glacé.—Put fruit on hooks of fine wire, dip into syrup of sugar and water, boiled until it is brittle when tested in cold water and hang where nothing will touch until dry.

A Pretty Dish.—Scoop out pulp from oranges, fill hollowed skins with wine jelly. Pile whipped cream on top. The pulp may be used for cake, pudding, etc.

How to Whip Cream.—Too rich cream, which will hardly pour, will turn to butter, and should be diluted with milk. Too poor cream will not whip well either. Have cream ice cold, and while whipping stand bowl in pan of ice-water. Skim off froth as it rises and continue till all the cream is whipped.

To Blanch Almonds.—Shell nuts and pour boiling water over. Let stand a minute, then throw into cold water. Rub between the hands.

To Remove Jellies from Molds.—Have in pan enough warm water to come to top of mold. If a tin mold, set in this for about half a minute; if earthen, long enough for heat to pass through. Wipe mold, place over dish into which jelly is to be turned and turn both simultaneously. Remove mold gently.

Puddings

It is a very old and trite saying that "the proof of the pudding is in the eating." In many cases, the testimony is dearly bought, especially when the *onus probandi*, or, burden of proof, rests upon the digestive organs like unto a nightmare. It has its enticing qualities, however, has the pudding, and the average man and woman are readily inclined to admit that with all its faults they love it still. Pure and fresh ingredients are the necessary basis of a good pudding, as indeed they are of all other dishes. Given these, the cook must be looked to for the rest, and upon the result which attends his or her efforts must the verdict depend when "the proof" is all in.

Peach Pudding.—Twelve ripe peaches, pared, stoned, and stewed in a little water; one cup bread crumbs, two cups boiling milk, five tablespoons sugar, five beaten eggs, one tablespoon butter. Soak crumbs in hot milk; stir in butter, beaten eggs and sugar; finally the cooled and mashed peaches. Beat light, put into buttered pudding-mold, set in pan of boiling water, cover and cook an hour in good oven. Turn out and eat with sweetened cream.

Peach Cottage Pudding.—Stir sliced peaches into a batter made of one-half cup sugar, three tablespoons melted butter, one beaten egg, one cup milk, two cups flour, and one and one-half teaspoons Dr. Price's Cream Baking Powder. Bake in a loaf, and serve with hard sauce. It is nice made with berries—also without fruit.

Peach Cobbler.—Fill shallow pudding dish or deep earthen pie plate with ripe, peeled peaches, leaving in pits to increase flavor of fruit. Add cold water enough to half fill the dish and cover the whole with a light paste rolled to twice the thickness used for pies. Cut slits across middle, pierce with a fork

and bake in slow oven about three-fourths of an hour. The peaches should be sugared to taste before putting on crust. Serve either warm or cold; crust should be inverted after being cut into sections, and peaches piled upon it. Eat with sweet cream.

Apple or Peach Tapioca Pudding.—Soak one cup tapioca in water three or four hours. Pare and core eight or ten apples, fill holes with sugar and stick a clove or two in each apple. Pour tapioca over as they are placed in pudding dish, and bake till apples are thoroughly done. Be careful not to have the tapioca too thick. Eat with milk or cream. Peaches may be used in same way.

Peach Meringue Pudding.—Stew peaches in syrup of sugar and water until tender; remove, and boil syrup until thick, then pour over peaches. Make a cornstarch custard of yolks of two or three eggs, two cups milk, two teaspoons cornstarch (mixed with cold milk), sugar and vanilla. Make a meringue of whites of eggs and sugar, and spread over peaches. Use custard as sauce.

Batter Pudding.—Stir into a smooth batter, being careful not to get it too stiff, two cups flour and two cups milk; add four eggs well beaten, so as to be very light, and one teaspoon salt. One teaspoon Dr. Price's Cream Baking Powder should be sifted with flour while dry. Bake in quick oven.

Steamed Pudding.—One and a half cups sugar, one quart milk, one cup currants, one teaspoon salt; one or two eggs and one teaspoon shortening with two cups flour previously mixed with two teaspoons Dr. Price's Cream Baking Powder.

Steamed Berry Pudding.—One cup sugar, two eggs, one and one-half teaspoons Dr. Price's Cream Baking Powder, two cups flour, one cup sweet milk, two cups berries. Steam about two hours.

Apple Pudding.—Pare and extract without cutting, cores of six apples, and pour over a batter made of two cups sifted flour, one-half cup cream and one and one-half cups milk, four beaten eggs and salt; be careful to have batter very smooth. Bake for one hour and serve with liquid sauce.

Amber Pudding.—Into one quart boiling milk stir one cup corn meal and one quart sliced sweet apples; add one teaspoon salt and one cup molasses. Mix thoroughly. Add two quarts milk; pour into large, buttered dish and bake in slow oven four hours. When cold, a clear, amber-colored jelly will have formed throughout the pudding, and apples will be a rich dark brown.

Apple Charlotte.—Rub bottom and sides of baking pan with butter and line with slices of wheat bread or rolls; peel tart apples, cut small and nearly fill pan, scattering bits of butter and sugar between apples; grate a small nutmeg over apples; soak as many slices of bread or rolls as will cover, and on this put a plate with a weight on top to keep bread close upon apples. Bake in quick oven. The proportion of apples, butter and sugar to be used is: To one-half peck tart apples, one cup sugar and one-half cup butter.

Oxford Pudding.—Pare and quarter four large tart apples and boil in a very little water. Mash with silver spoon; add one tablespoon butter, one-half cup sugar (more if apples are very sour), one-half cup fine bread crumbs, yolks of four eggs and whites of two eggs, beaten light. Put into dish, cover with frosting made of the other two whites whipped stiff with sugar, and brown.

Apple Dumplings.—For boiled dumplings shortening should be suet powdered and rubbed thoroughly with flour and a little salt. Wet with milk to proper consistency and roll out dough to quarter-inch thickness; cut into squares; put apple, pared and cored, in centre and cover with paste. Place each

dumpling in a small square cloth dipped in hot water and floured on inside. Tie up loosely and boil one hour. Apple dumplings for baking should be made with a pie paste by sifting flour with Dr. Price's Cream Baking Powder, one teaspoon powder to one cup flour, and adding a little salt; afterwards working shortening into flour, adding milk necessary to make a smooth paste and rolling out quickly. Cover apple with paste and bake in hot oven to a nice brown. Glaze with butter when done and serve hot with cream or sweet sauce.

Bachelor's Pudding.—Pare, core and slice three apples; add one cup currants and one and one-half cups grated bread; one-quarter cup sugar; beat three eggs and add with lemon to flavor and a little nutmeg. When thoroughly mixed, put into buttered basin; tie down with a cloth and boil for three hours.

Favorite Pudding.—Stew prunes or any small fruit, sweeten to taste, and while boiling hot put in a few thin slices of bread; when bread is fully saturated with boiling juice, put bread and fruit in alternate layers into deep dish, leaving thick layer of fruit for top. Place a plate over and when cool set on ice. Delicious with whipped cream.

Fig Pudding.—One-half cup figs chopped fine, two cups bread crumbs, one cup brown sugar, one-half cup suet chopped fine, two eggs, grated rind and juice of one lemon, one tablespoon molasses, one-half grated nutmeg, one tablespoon flour. Steam three hours and serve with boiled sauce, flavored with lemon.

Christmas Pudding.—Sift and mix with three cups flour, three teaspoons Dr. Price's Cream Baking Powder; chop fine one cup suet and mix with ten well-beaten eggs, one cup milk, one-half cup sugar, two cups raisins seeded and chopped, and same quantity currants, one teaspoon each cinnamon, allspice and ground cloves, grated rind and juice of a lemon and two ounces citron. Mix thoroughly, rinse pudding cloth in hot water and sprinkle with flour; tie up ends and boil for five hours. Sauce to liking.

Boiled Indian Pudding.—Warm two cups molasses and two cups milk, stir well together, beat four eggs and stir gradually into molasses and milk; add two cups suet chopped fine, Indian meal to make a thick batter; one teaspoon cinnamon, nutmeg and a little grated lemon-peel, and stir all together thoroughly; dip cloth into boiling water, shake, flour a little, turn in mixture, tie up, leaving room for pudding to swell, and boil three hours; serve hot with sauce.

Baked Indian Pudding.—Two quarts scalded milk with salt, one and one-half cups Indian meal (yellow), one tablespoon ginger, letting this stand twenty minutes; one cup molasses, two eggs, a piece of butter size of a walnut. Bake two hours.

Suet Pudding.—To one cup suet, minced very fine, add four cups flour, one cup raisins, one cup molasses, one teaspoon Dr. Price's Cream Baking Powder and one cup milk with a little salt and cinnamon to flavor. Boil nearly three hours and serve with sauce. The baking powder should be mixed with the flour when dry.

Omega Pudding.—Four cups crushed wheat mixed with one teaspoon Dr. Price's Cream Baking Powder; add one cup minced suet, two cups sugar, two beaten eggs, one-half cup molasses, one cup seeded raisins chopped fine, one teaspoon ground cinnamon and one-half teaspoon cloves; citron or lemon peel if desired. Boil two hours.

Treacle Pudding.—Sift with two and a half cups flour, one teaspoon Dr. Price's Cream Baking Powder, and add one cup hot water, one cup molasses, same quantity raisins, two tablespoons melted butter and one teaspoon cinnamon. Steam nearly three hours.

Plum Pudding.—One cup milk and same quantity molasses; two cups raisins stoned and chopped; one tablespoon melted butter and one teaspoon each cinnamon and cloves with half a nutmeg. Use flour sufficient to make mixture about consistency of soft gingerbread, having previously sifted with flour one teaspoon Dr. Price's Cream Baking Powder. See that bag in which boiled is scrupulously clean, and before using dip into hot water and sprinkle with flour. Boil three or four hours, and if pudding can be suspended in the pot, instead of resting on bottom, the risk of having cloth adhere to bottom will be avoided. The water should be boiling when pudding is put in, and should always be sufficient to completely cover pudding. The boiling process must be continuous, never allowed to fall below a simmer. Serve with wine sauce.

Bread Pudding.—Cut into dice half dozen slices buttered bread and put into baking dish. Pour over custard made of four cups milk, one cup molasses, one-half cup currants and a little nutmeg. Bake brown. Use any sauce desired.

Queen Pudding.—Beat well together yolks of four eggs and one cup sugar; add one quart milk and two cups bread crumbs with piece of butter large as an egg. When baked spread with jelly, and on this a frosting made of whites of eggs whipped to a froth with five teaspoons sugar, and grated rind of a lemon for flavoring. Put into oven and brown.

Dainty Pudding.—Take two ounces of citron and one orange; grate two cups stale bread and soften with one cup water; grate rind and squeeze juice of orange; cut citron into small bits and mix with bread, together with yolks of two or three eggs, and sugar enough to sweeten mixture; butter six small cups. Just before putting puddings into oven beat whites of eggs to a stiff froth, quickly mix with the bread and fruit, distribute in buttered cups and bake the little puddings slowly for about twenty minutes, or until brown. Serve hot with cream sauce.

Rice Pudding.—Two quarts fresh milk with one-half cup rice, one cup sugar, a little salt with a sprinkling of nutmeg to flavor. Bake in very slow oven three hours, stirring often to avoid burning.

Currant Pudding.—Stew for fifteen minutes one cup rice and one-quarter cup sugar in as much milk as will cover. Do not allow it to burn. Take off fire and when nearly cold stir in butter, three well beaten eggs and three tablespoons cream. Lay currants in deep pie-dish and sugar well; put into oven for fifteen minutes; when taken out pour rice mixture over and put back into oven. Bake thirty minutes and serve with sauce.

Dandy Pudding.—Place in pudding dish layer of boiled rice seasoned with cream, sugar and nutmeg. Cover with layer of quince or apple preserves, and alternate rice and preserves until dish is full. Add on top whites of two eggs beaten to a stiff froth. Bake in slow oven for twenty minutes, keeping careful watch that it does not burn. Serve cold with cream and sugar.

Tapioca Pudding.—Soak seven tablespoons tapioca in one quart milk over night; add half dozen eggs well beaten, two grated lemon rinds, sugar to taste and vanilla or other flavoring. Bake in moderate oven.

Danish Pudding.—Put into three cups cold water, one-half cup pearl tapioca and let soak half an hour, after which boil about an hour or until clear and soft, stirring frequently; add one-quarter cup sugar, one-half tumbler currant jelly and a little salt, steadily stirring until all the jelly is dissolved. Put into mold and serve cold with cream and sugar.

Quick Puff Puddings.—Sift with two cups flour four level teaspoons Dr. Price's Cream Baking Powder and a little salt; stir into milk until a soft batter is produced. Put well greased cups into a steamer, and into each cup put tablespoon of batter, on top of which place layer of strawberries or other berries. Cover these with another tablespoon of batter and steam for twenty minutes.

Spanish Pudding.—Put four tablespoons butter and a little salt in two cups water, and when it comes to a boil add as much flour as will bring it to consistency of hasty pudding. Keep it stirred. After taken from fire and cold, beat with three eggs and a little grated lemon peel and nutmeg. Drop the batter with spoon into frying pan with boiling fat and fry quickly. Sprinkle with sugar before sending to table.

Sweet Potato Pudding.—Mix with four or five sweet potatoes, grated raw, half cup molasses, two beaten eggs, one tablespoon butter with two tablespoons sugar and enough milk to make thin mixture; add one teaspoon ginger and spice to taste. Bake one and a half hours.

Cracker Pudding.—Mix one quart scalded milk, one-half cup cracker crumbs, small piece butter and four eggs; bake one-half hour, and serve with any kind of sweet sauce.

Cocoanut Pudding.—Swell in two cups boiling water one of sago, and add one of sugar, one and a half cups grated cocoanut; mix the whole thoroughly with two quarts tart apples chopped fine, and bake one hour in slow oven.

Cocoanut Pudding, No. 2.—Mix two cups milk with yolks of two eggs well beaten, two tablespoons cocoanut, one-half cup cracker crumbs and flavoring to fancy. Bake half an hour, then spread over it frosting made by beating whites of two eggs and one cup sugar. Put into oven to brown.

Chocolate Pudding.—After two cups milk have come to a boil add two tablespoons cornstarch, two of chocolate grated and one-half cup sugar. Boil until thick and turn into molds; set on ice. Serve with cream and sugar flavored to taste.

Florentine Pudding.—Put one quart milk into pan and let come to a boil; mix smoothly three tablespoons cornstarch and a little cold milk; add yolks of three beaten eggs, one-half cup sugar and flavoring to taste; stir into boiling milk, and stir until thick, then put into dish in which it is to be served. Beat whites of eggs with one cup pulverized sugar, spread over top and place in oven to brown.

Snow Pudding.—Into half cup cold water put one-half package gelatine and let stand an hour; pour over two cups boiling water, adding two cups sugar and juice of a large lemon. Set aside again and when cool, but not cold, mix in whites of five eggs and beat the whole to a stiff froth. For a custard to be served separately and poured over pudding take one egg entire and yolks of three others, with two cups milk and one cup sugar.

Lemon Pudding.—Work thoroughly so as to be very light, one cup sugar and piece of butter size of a walnut; then add grated skin and pulp of one lemon with all its juice, three eggs and one cup milk. Bake in an undercrust with a frosting of white of egg and sugar if desired.

Sponge-cake Pudding.—Boil two cups milk and beat into it while hot two cups stale sponge-cake crumbs. Add yolks of three eggs; then whipped whites and, if desired, one cup grated cocoanut. Bake slowly three-quarters of an hour. Eat with whipped cream.

Pudding Sauces

Sauce for All.—Cream together one cup sugar and one tablespoon butter; add two cups boiling water and one tablespoon corn-starch mixed with cold water; boil thoroughly and season with nutmeg. If made without flavoring, one tablespoon currant jelly mixed with tablespoon hot water and poured over just before serving will make it very palatable.

Favorite Sauce.—Beat together until very light one cup powdered sugar with one egg and yolk of a second; add one-quarter cup wine heated very hot.

Superior Sauce.—Rub together thoroughly one tablespoon butter with one cup sugar; add yolks of four eggs beaten very light and juice of one lemon. Beat the whole briskly for ten minutes and then pour in one-quarter cup wine, stirring hard while so doing. Set bowl containing mixture in saucepan of boiling water and stir until heated, being careful, however, not to let it boil.

Maple Sauce.—An agreeable sauce to serve with a steamed pudding is made by dissolving one cup maple sugar in one cup water; add one-half cup butter mixed with one tablespoon flour; flavor to taste and boil.

Cider Sauce.—To one cup sugar and one-half cup butter, creamed together, add two cups boiling water and one tablespoon cornstarch dissolved in cold water; boil, and while boiling add one-half cup boiled cider with flavoring to taste.

Aerial Sauce.—Beat to a cream one-half cup butter, adding gradually one cup powdered sugar, beating constantly. When beaten to a creamy foam add three tablespoons wine or brandy, a little at a time; and, lastly, add one-quarter cup cream or milk, beating all the time. When the whole is beaten smooth set bowl containing it in saucepan of hot water, stirring constantly, but do not let it boil. Flavor to taste.

Hard Sauce.—Beat together one cup sugar and one-half cup butter; flavor to taste; form into a pyramid and shape to suit the fancy.

Soft Sauce.—One cup sugar with two tablespoons butter and yolk of one egg. When beaten stir into two cups boiling water on fire. Keep stirring until it foams; then take up and serve.

Aurora Sauce.—Beat to a froth, two eggs and two cups sugar; add one cup milk, flavor to taste. Steam for twenty minutes, stirring frequently, and before taking from fire, add piece of butter size of an egg.

Brown Sauce.—Mix one-half cup brown sugar with half the quantity of butter; add two cups hot water and a little vinegar, with such flavoring as may be desired. Use one tablespoon flour, moistened with milk as a thickening, and boil. Should be served hot.

Custard Sauce.—Beat yolks of four eggs and one-half cup sugar; add two cups milk. Stir constantly while on fire.

Strawberry Sauce.—Beat two eggs, one cup sugar, and one-half cup butter; add one cup boiling milk and same quantity of strawberries.

Foaming Sauce.—Beat whites of three eggs to a stiff froth; melt one cup sugar in a little water and boil; stir in one-quarter cup wine, then whites of eggs. Serve at once.

Spanish Sauce.—One tablespoon cornstarch in one-half cup boiling water; add two tablespoons vinegar, one tablespoon butter, one cup sugar and half a nutmeg grated.

Apple Jelly Sauce.—Whip one cup apple jelly until thin and smooth; add gradually two tablespoons melted butter, juice of a lemon and grated peel, with one-half teaspoon grated nutmeg. Put into cup or bowl in saucepan of boiling water, heat to boiling point, stirring steadily all the time, then beat in two tablespoons powdered sugar and one-quarter cup wine. Cover closely and let stand in the boiling water until wanted. Stir occasionally and beat up well before pouring out.

English Sauce.—Put into saucepan yolks of six eggs, one-half cup sugar, one-quarter cup sherry wine, a lemon rind rubbed on two small pieces of loaf sugar, a little salt and two cups milk; mix well, put on slow fire, stir briskly with egg beater until sauce thickens and foams. Do not keep on fire too long or it will curdle.

Dumpling Sauce.—Boil two cups water and one cup brown sugar together; thicken with one tablespoon flour mixed with cold water; when cooked add one tablespoon butter and a little salt. Flavor to taste.

Egg Sauce.—Whites of two eggs beaten stiff; one and a half cups sugar; four tablespoons milk or cream. Two cups berries mashed and beaten in make a delicious addition.

Caramel Sauce.—Put one cup sugar in small pan and stir on fire until brown. Add one cup boiling water and simmer fifteen minutes. Set away to cool.

Molasses Sauce.—One cup molasses, one-half cup water, one tablespoon butter, a little cinnamon or nutmeg, one-fourth teaspoon salt, juice of a lemon or a little vinegar. Boil all together for twenty minutes. Nice for apple or rice pudding.

Pies and Tarts

Pastry.—The water used in making pastry should always be cold, and in summer ice water is the best. The cook must be dexterous as well as skilled, for so much depends upon the handling that, although pastry be made ever so well, unless it gets into the oven quickly, it will lose its elasticity and become heavy. Fruit and filling should always be cold when put into the crust. Less shortening will be required when Dr. Price's Cream Baking Powder is used. To make a good pie crust is in itself an accomplishment.

A Rich Puff Paste.—One quart flour and one pound butter; sift flour and add yolk of an egg well beaten; mix in ice water and roll out to thickness of an inch or less. After butter has been worked in water to extract the salt, place on one-half of the dough, folding other half over it; set away for fifteen minutes in ice chest, or other equally cold place, and then roll out into a long

strip, which fold into three parts by turning over each end and rolling each fold; repeat this operation six or seven times. The colder the dough can be kept while being worked in this way, the better will be the results.

Plain Pie Crust.—Three cups flour, one cup shortening; work into flour and pour in one cup cold water; knead into a firm dough with least possible handling; roll out to a thin sheet and place all over it pieces of butter set closely together; fold up and roll out again as before, repeating process until butter is thoroughly assimilated with dough, using a slight sprinkling of flour when needed. One teaspoon Dr. Price's Cream Baking Powder will facilitate the attainment of a successful result. It should in all cases be mixed with the dry flour.

Apple Pie.—To make a perfect apple pie a fine flavored, tart apple is needed; ripe, but not too soft. Pare, quarter and cut into thin slices. Line pie-plate with paste neatly trimmed around the edges. On this heap the apple, allowing an abundant filling; put on top crust, moistening edges before pressing upper and lower crusts together. Bake in brisk oven about half an hour. Take from oven and quickly loosen upper from lower crust around edges and lay upper crust on another plate; scatter into pie two or three tablespoons sugar, a lump of butter and a little grated nutmeg. Replace upper crust quickly and put pie in oven again for five minutes.

Apple Custard Pie.—Make a very smooth apple sauce; to each cup add two eggs beaten light, and one-half cup fresh milk. Have shells of paste ready and fill with custard. Bake without upper crust.

Apple Meringue Pie.—Fill a baked lower crust with fine apple sauce and cover with a meringue made of white of an egg beaten stiff, with sugar. Brown lightly after putting on the meringue.

Apple Slump.—Cut apples as for pies and fill a rich undercrust of a good thickness; cover with a thick top crust and bake in slow oven about an hour; when baked remove top crust, add sweetening, seasoning, and butter half the size of an egg; then remove part of the apple. Place top crust in an inverted position upon what remains, and the apple that has been taken out on top of that. Should be eaten hot.

Cherry, Blackberry and Peach Pies.—Make both upper and lower crust and fill with fruit well sweetened.

Strawberry Pie.—Into a rich deep undercrust that has been baked, put strawberries sufficient to fill and cover with sugar. Make a meringue of whites of two eggs and one tablespoon powdered sugar; cover pie with it and brown.

Rhubarb Pie.—Pour boiling water over two cups chopped rhubarb, drain off water after four or five minutes and mix with the rhubarb one cup sugar, yolk of an egg, piece of butter and one tablespoon flour, moistening the whole with three tablespoons water. Bake with lower crust only and make a meringue of white of the egg with three tablespoons sugar; spread over top of pie and return to oven to brown.

Date Pie.—Soak dates over night and stew until they can be strained; mix with one quart milk, three eggs and add a little salt and nutmeg. Bake with an undercrust only. One pound of dates will be sufficient for three pies, and the other ingredients are given in proportion for that quantity of dates.

Lemon Pie.—Two tablespoons flour, two-thirds of a cup water, one cup sugar, yolks of three eggs and one grated lemon. Bake in hot oven. While in oven beat whites of three eggs to a froth and mix in three teaspoons sugar; turn it over the pie and return to oven until nicely browned.

Orange Pie.—Beat together yolks of four eggs and eight tablespoons sugar; grate skin of two oranges and with juice and two-thirds cup milk, add to eggs and sugar. Bake half an hour in an undercrust. For the frosting beat whites of four eggs to a firm paste with four tablespoons powdered sugar, and as soon as pie is done take from oven and pour frosting over top, returning again to oven to be baked to a delicate brown.

Cocoanut Pie.—To two cups scalded milk add one-half cup sugar, the yolks of two eggs and two teaspoons cornstarch mixed with cold milk; beat altogether; cook in the boiling milk and add one cup grated cocoanut which has been soaked in milk over night; bake with lower crust only. Beat whites of the eggs to a froth, mix with two teaspoons sugar and spread over pie when baked, returning to oven until surface is browned.

New England Pumpkin Pie.—Stew pumpkin until soft and then press through a sieve. To one quart pumpkin allow two quarts milk and six eggs. Beat eggs well and stir into milk, adding sifted pumpkin gradually. Add a little melted butter, sweetening to taste, a pinch of salt, a very little cinnamon and a generous flavoring of ginger. Pour into shells of pie-paste and bake in quick oven.

Mince Pie.—One pound each raisins, currants and sugar; stone and chop raisins; one pound suet chopped very fine, two-thirds of an ounce each candied lemon and orange peel, two large apples, grated, one-third of an ounce cinnamon, two-thirds of a nutmeg, juice of one lemon added to grated rind, and three tablespoons brandy; or substitute cider for brandy.

Custard Pie.—Make a custard of yolks of three eggs with milk, and seasoned to taste; bake in an ordinary crust, and in an oven but moderately heated, so that custard may not curdle; when done, beat whites of the eggs to a froth, add sugar and spread over top, return to oven to brown slightly. A small pinch of salt will improve the custard.

Cream Pie.—Beat together one tablespoon flour, white of an egg and one-half cup sugar; add one cup milk; sprinkle grated nutmeg over all. No top crust.

Potato Pie.—Boil and mash fine four potatoes, to which add three eggs and yolks of three others, with one cup butter; flavoring and sweetening to taste. Beat with sugar whites of the eggs left out and spread over pie, returning to oven until browned.

Transparent Pie.—The yolks of two eggs with one-third of a cup butter and double the quantity of sugar, one tablespoon flour with flavoring of brandy and nutmeg or cinnamon. No upper crust.

Lemon Tarts.—Pare rinds of four lemons, boil tender in two waters and beat very fine; add one-half cup blanched almonds cut thin, same quantity of loaf sugar, juice of the lemons and a little grated peel of lemon; simmer to a syrup. When cold turn into a shallow tart dish, lined with a rich puff paste rolled thin and lay bars of paste across top.

Strawberry Tarts.—Butter and line wide pastry pan with tart paste; line paste with a buttered strip of paper, fill with plum or cherry pits or dry corn and bake as you would a pie. Remove pits and paper, baste paste all over with thick syrup and dry in oven; cool and fill with strawberries. Steep more strawberries in very thick syrup for two hours, strain, mask tart over with this syrup and serve.

Sand Tarts.—Cream together two cups brown sugar and one cup butter. Beat yolks of three eggs very light and add butter and sugar; sift four cups flour with four level teaspoons Dr. Price's Cream Baking Powder, mix with eggs and butter and sugar and add more flour until a paste firm enough to

roll has been formed. Roll out thin and cut into squares; spread whites of the eggs over top; sift over this granulated sugar and crown with one cup blanchd almonds, rolled and spread over surface. Bake in quick oven.

Chocolate Tartlets.—Four eggs; four ounces chocolate, grated; one table-spoon corn-starch mixed with cold milk; three tablespoons milk; four of sugar; vanilla flavoring; one-half teaspoon cinnamon; salt. Rub chocolate smooth in milk; heat over fire and add corn-starch mixed with milk. Stir until thickened, then pour out. When cold beat in yolks of eggs, sugar and flavoring. Bake in open shells, lining *paté-pans*. Cover with meringue; eat cold.

Neapolitainoes.—Make enough puff-paste for a pie; roll into a sheet half an inch thick and cut into strips three inches by one and a half. Bake in quick oven. When cold spread with jam or jelly half of the strips, and stick the others over in pairs with jelly between. Cover with frosting.

Cake

Ingredients should be carefully measured. Cake batter should be beaten thoroughly, with an upward motion of the spoon. See that the oven is properly heated; if too hot the cake will brown at once and be burnt before the inside has fairly commenced to bake; if not hot enough the cake will not rise. A general rule is that a hotter oven is required for small cakes than is necessary for larger ones. Always have eggs cold before whipping. Placing them in a bucket of fresh cold water will make them beat stiffer and lighter. Grease the pan well and line with greased paper, placing also a sheet of clean, white paper on top when the cake is first placed in the oven in order to prevent the sudden formation of a top crust which would interfere with the rising of the cake. Remove the paper from the top when cake has become thoroughly heated and well raised, otherwise it will not brown. Fruit should be put in with the flour. In mixing the ingredients for the cake the most generally accepted plan is to cream the butter and sugar together, add the yolks of the eggs, follow with the milk and finish by alternating the flour and whites of eggs.

Plain Cake.—Three cups flour, two teaspoons Dr. Price's Cream Baking Powder, two cups sugar, one-half cup butter, one cup milk, three eggs, whites and yolks beaten separately. Flavor with lemon or vanilla.

Very Plain Cake.—Beat one egg in a cup and fill cup with milk; add one cup sugar, and thicken with two cups flour into which has been mixed one teaspoon Dr. Price's Cream Baking Powder.

Sponge Cake, No. 1.—Beat thoroughly yolks of one dozen eggs and add two cups granulated sugar; beat whites of eggs to a stiff froth and add alternately with two cups flour; grate rinds of two lemons and add with the juice. Bake in moderate oven.

Sponge Cake, No. 2.—Beat three eggs light and add one cup sugar, one tablespoon water, or more if necessary, to prevent dough from becoming too firm; one cup flour mixed with one teaspoon Dr. Price's Cream Baking Powder.

Pound Cake.—Cream two cups sugar and two cups butter; add yolks of eight eggs well beaten, following with whites well beaten, flavor to taste, and mix with all four cups flour, beating the whole well together.

Yellow Cake.—One cup sugar with half the quantity of butter; add yolks of four eggs beaten, one-half cup milk and two and a half cups flour sifted with two teaspoons Dr. Price's Cream Baking Powder. Flavor with vanilla.

Lady Cake.—Take two and a half cups flour and after sifting mix well with it one heaping teaspoon Dr. Price's Cream Baking Powder and sift again; add one and a half cups powdered sugar, blended with one-half cup butter; beat whites of two eggs to a froth; add gradually to flour half cup milk; follow with sugar and butter, and next whites of eggs, finishing up with one teaspoon of almond. Bake in hot oven three-quarters of an hour.

Corn-Starch Cake.—Cream two cups sugar and one cup butter; add one cup cornstarch and the same quantity milk; mix with two cups flour two teaspoons Dr. Price's Cream Baking Powder and then add, following with whites of seven eggs beaten to a stiff froth.

Almond Cake.—Beat one cup sugar with one-half cup butter; add one-half cup milk; sift two cups flour with one teaspoon Dr. Price's Cream Baking Powder and add four whites of eggs and two cups blanched almonds chopped fine.

Angel Cake.—Sift one cup flour with one teaspoon Dr. Price's Cream Baking Powder. Beat whites of eleven eggs to a stiff froth, add one and a half cups sugar; follow with the flour mixing it in gradually, and flavoring with vanilla. Beat quickly and lightly. Bake in moderate oven.

Bride's Cake.—Sift with six cups flour two teaspoons Dr. Price's Cream Baking Powder. Beat very light whites of two dozen eggs and cream four cups sugar and two cups butter. Add to butter and sugar a portion of the flour, using one cup milk, then a portion of the egg, alternating until all are mixed. Bake in moderate oven an hour and a half.

Wedding Cake.—Beat to a cream two pounds butter and beat into it two pounds crushed loaf sugar powdered and sifted; add yolks of sixteen eggs beaten to a froth and follow with whites beaten stiff. Mix with eight cups flour browned, two pounds raisins, four pounds currants, two-thirds of a pound citron; one tablespoon each cinnamon, nutmeg and mace, one-half tablespoon cloves and add last one-quarter cup brandy, beating the whole very thoroughly. Bake about five hours.

Fruit Cake.—Three cups powdered sugar, two cups butter, four of flour, nine eggs, three teaspoons each cloves, cinnamon, mace and nutmeg, one-quarter cup brandy, the same of wine, one-half cup molasses, two pounds of currants, three of raisins and one-half pound citron. Bake in slow oven.

Gaelic Fruit Cake.—Cream two cups sugar and one of butter; add gradually one cup milk, then beaten yolks of nine eggs, four cups flour sifted and mixed while dry with two teaspoons Dr. Price's Cream Baking Powder. While beating in flour add whites of the eggs whipped to a froth. Flavor to taste. In putting cake into pan place first a thin layer of cake, then sprinkle in a portion of the following three kinds of fruit mixed together: One pound raisins seeded and chopped, one-half pound currants and one-fourth pound citron sliced thin. Follow with a layer of cake, then a layer of fruit and so on, finishing with a thin layer of cake. Bake in moderate oven for two hours. It is perhaps needless to add that the currants should be washed and dried before using.

Home Fruit Cake.—Three cups flour sifted with three teaspoons Dr. Price's Cream Baking Powder, one cup each brown sugar and molasses, one-half cup butter, three eggs, one-half teaspoon each allspice, cloves, cinnamon and nut-

meg, and one cup each stoned raisins, currants, citron and figs cut fine, with one cup nut meats. Mix fruit and spices together the day before making the cake. Bake in slow oven.

Breakfast Fruit Cake.—Two cups cold boiled potatoes mashed smooth; add four cups flour, one cup finely chopped suet, one cup currants and one-quarter cup moist sugar. One teaspoon Dr. Price's Cream Baking Powder should be mixed with the flour in its dry state. Roll out dough to half-inch thickness and bake in moderate oven. Cut into squares and serve hot. As an accompaniment to the morning cup of coffee this cannot be beaten.

Tutti-Frutti Cake.—Cream one cup each of sugar and butter; add with one cup milk two and a half cups flour sifted with two heaping teaspoons Dr. Price's Cream Baking Powder, two cups each raisins, figs, almonds and dates, and one-half cup cut citron, followed by whites of seven eggs. Blanch almonds and shred into fine pieces. Bake in slow oven.

Molasses Cake.—One cup butter, one cup brown sugar, one-half cup molasses, one cup milk, three cups flour, one and one-half teaspoons Dr. Price's Cream Baking Powder, one egg. Rub smooth butter and sugar; add milk, egg and molasses, stir in flour sifted with the powder; mix into a consistent batter, and bake forty minutes.

Dolly Varden Cake.—The whites of three eggs with one cup powdered sugar and one-half cup butter; two cups flour with one and one-half teaspoons Dr. Price's Cream Baking Powder. Cream butter and sugar, add eggs, mix in flour with one-half cup milk and flavor with lemon. Make a frosting of yolks of the eggs and one cup sugar.

Cinnamon Cake.—Two cups brown sugar and half the quantity butter well creamed; add four eggs beaten, one tablespoon cinnamon, three-fourths cup milk, four cups flour sifted with two teaspoons Dr. Price's Cream Baking Powder. Beat all together and add one-half cup vinegar.

Alice Cake.—One and a half cups sugar, one-half cup cream, four well-beaten eggs and a little salt. Beat with two cups flour mixed with one teaspoon Dr. Price's Cream Baking Powder. Bake in hot oven.

Coffee Cake.—Two cups sugar, one of butter; add one cup molasses, one cup strong coffee, four eggs beaten, five cups flour sifted with one teaspoon Dr. Price's Cream Baking Powder, one pound each raisins and currants, one-quarter pound sliced citron, two teaspoons each cloves and cinnamon, and one each allspice and grated nutmeg.

Jelly Cake.—Four cups flour, one teaspoon Dr. Price's Cream Baking Powder, two cups sugar, two-thirds cup butter, three eggs, one cup milk, a little salt and flavor to taste. Put half of mixture into two oblong tins and add to remainder three tablespoons molasses, one cup raisins stoned and chopped, one teaspoon cinnamon, one-half pound citron sliced fine, one tablespoon flour and one-half teaspoon each clove and allspice, with the addition of a little grated nutmeg. Put this latter mixture into two tins in size and shape like the former; put the white and brown together alternately, with jelly or jam between. Or, it will make a handsome marble loaf if baked in one pan, omitting fruit, and pouring in the light and dark in alternate layers.

Queen Cake.—Four cups flour, two cups sugar, one teaspoon Dr. Price's Cream Baking Powder, three-fourths pound butter, five eggs, one-half cup each wine, brandy and cream, one pound currants; citron, mace and nutmeg to taste.

Honey Cake.—Mix one cup each honey and sugar; add one-half cup melted butter and two beaten eggs; sift together and add two cups flour with one teaspoon Dr. Price's Cream Baking Powder, and lastly one teaspoon caraway seeds. Bake in moderate oven half an hour or longer.

Chocolate Cake.—Boil together until they thicken one-half cup rich milk, yolk of one egg and one-fourth cake chocolate. Set aside and when cold add one cup sugar or such other quantity as the chocolate may require and taste demand, one tablespoon butter and one-half cup milk; thicken with two cups flour into which has previously been sifted two teaspoons Dr. Price's Cream Baking Powder. Flavor with vanilla; make into four layers and when cold put together with boiled icing.

Cheese Cake.—Beat three eggs very thoroughly, sifting in as you beat as much flour as will make them stiff; add three or four eggs more and beat altogether; take one quart cream, put into it one-half cup butter and place over fire. When it begins to boil add to the eggs and flour. Stir all well and let boil until it thickens. Season with cinnamon, salt and sugar and bake.

Farmer's Cake.—Sift together four cups flour and two teaspoons Dr. Price's Cream Baking Powder. Beat to a cream one cup butter and same quantity of sugar, add two beaten eggs, one cup milk and mix to a batter with flour prepared as indicated above. Soak over night, drain and stew in one cup molasses, two cups sour dried apples; mix into the batter with one teaspoon each cloves and allspice, two teaspoons cinnamon and half a grated nutmeg. Bake in moderate oven.

Rural Roll.—Make a pie paste of four cups flour sifted with two teaspoons Dr. Price's Cream Baking Powder, two tablespoons shortening, one teaspoon salt and as much milk as may be necessary. Divide dough into two pieces and roll out; cover with such fruit as you may choose, either fresh or canned, or if you prefer, jam or jelly of any kind; sweeten to taste and add small pieces of butter. Roll up in the form of jelly roll. Bake quickly.

Lady-Fingers.—Beat two eggs light; add one cup sugar, a little salt and flavoring to taste. Use one cup flour sifted with one teaspoon Dr. Price's Cream Baking Powder, making dough of a consistency that can be rolled. Cut into strips size of the finger and bake.

Macaroons.—One pound sweet almonds blanched and beaten to a paste; mix with them two and one-half cups powdered sugar, grated rind of two lemons and whites of six eggs. Drop on buttered paper and bake a light brown in moderate oven.

Crullers.—One quart flour, one cup shortening, one cup sugar, one and one-half teaspoons Dr. Price's Cream Baking Powder, one and one-half cups milk, two eggs, and a little nutmeg. Sift flour, sugar and powder together; rub in shortening; add beaten eggs and milk. Mix into a smooth dough, soft enough to handle conveniently. Roll out on well-floured board; cut into strips, twist into different shapes, and fry in plenty of hot fat. Serve with sifted sugar.

+ **Doughnuts.**—One-half cup butter, one cup sugar, three cups flour, one and one-half teaspoons Dr. Price's Cream Baking Powder, one egg, one and one-half cups milk, and a little nutmeg. Rub butter, sugar and egg together smooth. Sift flour and powder together, add to butter, milk, etc. Mix into a soft dough; flour board well, roll out dough to half inch thickness, cut out with large biscuit cutter, and fry to a light brown in plenty of hot fat. Serve with sifted sugar.

Ginger Snaps.—Boil two cups molasses three minutes and add one cup butter; one teaspoon Dr. Price's Cream Baking Powder, mixed with flour sufficient to work into a smooth batter, and add one tablespoon ground ginger. Work in flour as soft as possible—the softer the better.

Cookies.—Two cups sugar, one cup butter, three-fourths cup sweet milk, two eggs, five cups flour, two teaspoons Dr. Price's Cream Baking Powder. Roll thin and bake quickly. Caraway seeds may be added.

Thin Rich Cookies.—One cup butter, one cup sugar, three eggs all beaten together to a cream; use just enough flour to mix and roll thin.

Swiss Cakes.—Beat thoroughly yolks of five eggs and two cups powdered loaf-sugar; sift in four cups flour and a tablespoon anise seed; beat all together for several minutes; whip whites of five eggs to a stiff froth, add and beat all briskly; roll out an inch thick and cut with a molded cutter into a small size; set aside and bake next morning; heat baking tin and rub with yellow beeswax; let tin cool again, wipe and lay on the cakes. Bake a light brown.

Kennett Cakes.—One and one-half cups brown sugar, one-half cup butter, three eggs, one cup molasses, one-half cup milk and four cups flour sifted with three teaspoons Dr. Price's Cream Baking Powder, flavoring with half an ounce cinnamon and a grated nutmeg. Drop the batter, spoonful at a time, on a greased pan, allowing room for spreading so the cakes will not touch. Bake in quick oven.

Strawberry Cake.—Bake three sheets of sponge cake as for jelly cake; prepare cream by whipping and sweetening; put layers of strawberries between sheets of cake, pour cream over each layer and over top.

Strawberry Shortcake.—Beat together one cup sugar and one tablespoon butter; beat three eggs very light and add; sift together two cups flour and one heaping teaspoon Dr. Price's Cream Baking Powder with a little salt, and stir in, using enough milk or cream to make it roll out easily. Bake in deep tin plates. With three pints of strawberries mix one cup sugar and spread on cake. The top layer of strawberries may be covered with a meringue made with a tablespoon powdered sugar and white of an egg.

German Puffs.—Sift together two cups flour, two tablespoons sugar, one and one-half teaspoon Dr. Price's Cream Baking Powder and a pinch of salt; mix in three tablespoons butter, four eggs, two ounces sweet almonds, one cup cream, one-half cup raisins and two tablespoons rum. Beat butter and sugar to white light cream and add eggs, one at a time, beating mixture from three to four minutes between each addition. Mix the whole together into smooth batter and pour into well-greased cups to two-thirds capacity. Bake twenty minutes in fairly hot oven, and if at the end of that time any uncooked batter adheres to a straw inserted in the puffs return to oven for a few minutes longer, or until the inserted straw comes out clean.

Apple Puffs.—Mix four cups sifted flour with two teaspoons Dr. Price's Cream Baking Powder, two eggs and one teaspoon salt; moisten with cold water so paste can be easily rolled; roll as thin as possible; cut into cakes put three together, sprinkling flour between each; lay on top thin slices of tart apples; sprinkle sugar and a little nutmeg over; inclose apple by folding the pastry over; press edges well together and fry in sufficient hot fat to cover. When done to a light brown take up carefully.

Cream Puffs.—Boil with one cup hot water one-half cup butter, stirring in one cup flour during boiling; set aside to cool and when cold stir in four eggs, one at a time without beating; drop on tins quickly and bake in fairly hot oven.

When baked fill in with a cream made by beating together three tablespoons flour, one egg and one-half cup or more sugar, according to taste; stir into one cup milk while boiling, and flavor to liking.

Neufchatel Cheese Cake.—One Neufchatel cheese, one cup sugar, grate rind of one lemon and use with it half of juice, one-half cup each of rolled cracker crumbs and currants, four eggs, one tablespoon melted butter, one-half cup cream or rich milk, half a nutmeg grated and one-half teaspoon salt. Mix cracker crumbs dry with the cheese, first removing wrapper and taking off thin skin on outside of cheese; crumble cheese and cracker crumbs well together, beat eggs well with sugar and add, following with butter and cream. If cream is very rich butter may be omitted. Lastly, add lemon, nutmeg and currants. The currants must be washed, dried and dusted with cracker dust or flour. Mix all well together and put into well-buttered patty-pans lined with puff-paste. Bake fifteen or twenty minutes in quick oven. They will puff up, but must not be permitted to get too brown.

ICINGS AND FILLINGS

Frosting.—Boil one cup frosting sugar in two tablespoons water; take from fire and add white of one egg beaten stiff; stir all together and apply to cake.

Icing.—Put whites of the eggs into a shallow earthen dish and allow at least one-half cup confectioners' sugar for each egg. Take part of the sugar at first and sprinkle over eggs; beat very stiff, stirring in gradually rest of sugar, and adding flavoring to taste. Tartaric acid and lemon juice whiten icing, and it may be shaded a pretty pink with strawberry juice or cranberry syrup. If the cake is well dredged with flour after baking and then carefully wiped before icing is put on, it will not run and can be spread more smoothly. Put frosting on cake in large spoonfuls, commencing over the centre and spreading with a large knife, which should be dipped into cold water occasionally. Dry frosting on cake in a cool dry place.

Chocolate Icing, No. 1.—One cup brown sugar, one-fourth pound chocolate, one-half cup milk, butter size of an egg, flavoring to fancy; mix thoroughly and cook as syrup until stiff enough to spread. Set cake in oven to dry icing.

Chocolate Icing, No. 2.—Whites of two eggs beaten stiff, one cup sugar and six tablespoons grated chocolate. Add when cake is cold and cut into diamond-shaped slices.

Orange Icing.—Whites of three eggs whipped to a froth mixed with two cups sugar and the juice, grated rind and pulp of two sour oranges.

Hickory-nut Filling.—Boil together one cup sugar and a little water until brittle when dropped into cold water; remove from fire and stir quickly into well-beaten white of an egg; add one cup hickory nut meats and put between layers and over top.

Cocoanut Filling.—Thicken whites of three eggs with powdered sugar and grated cocoanut; put between layers, and cover top of cake with cocoanut.

Cream Filling.—Two eggs, half cup sugar, one tablespoon cornstarch and two cups milk, with such flavoring as may best please the fancy.

Apple Jelly Filling.—Pare and grate three apples and mix with two-thirds cup sugar and one beaten egg; stir while cooking and when done and cooled add extract of lemon or other flavoring to taste.

Chocolate Filling.—One-half cake chocolate, grated and dissolved in one cup milk; let boil; then add one-half cup sugar, a little butter and flavoring.

Chocolate Filling, 2.—Make a cream filling without eggs or with only one egg, and add grated chocolate.

Lemon Jelly Filling.—Grated rind and juice of one lemon, one cup sugar and one egg; beat thoroughly and boil in double boiler till cooked. Spread when cold, and frost with confectioner's sugar.

Coffee Filling or Icing.—One-half cup strong coffee, two cups sugar. Boil a few minutes, then plunge pan into cold water, beating mixture till it becomes creamy. Spread on quickly.

Fairy Cake Filling.—Beat with whites of two eggs one cup powdered sugar, two-thirds cup milk and one-half cup flour; stir in two cups boiling milk letting all boil for a few minutes; flavor with lemon.

Beverages

Coffee.—The quantity of coffee to be used must be governed by individual taste, but as a general rule one tablespoon to each cup of coffee will give satisfactory results. Pour on the water boiling hot, adding the white of one egg and crushed shell; stir well together; set aside for a moment and throw in a little cold water to drive the grounds to the bottom. In five minutes it will be clear. Coffee should not be allowed to boil else the aroma will be lost.

French Coffee.—Six cups water to one cup ground coffee. Put coffee into bowl; pour over it one cup cold water and let stand fifteen minutes; bring remaining water to a boil. Take coffee in bowl, strain through fine sieve, then take French coffee-pot, put coffee grounds in strainer at top of French pot, leaving water in bowl. Then take boiling water and pour over coffee very slowly. Then set coffee-pot on stove five minutes; **must not boil**. Take off and pour in cold water from bowl that coffee was first soaked in to settle. Serve in another pot. The French, who have the reputation of making the best coffee, use three parts Java, one part Mocha.

Chocolate.—Dissolve three tablespoons scraped chocolate, or equal parts of chocolate and cocoa, in two cups boiling water and boil fifteen minutes; add two cups milk; bring to a boil and serve hot.

Tea.—Put into a tea-steepers a very little boiling water, and into the water one teaspoon tea for each person. Pour over tea boiling water until steeper is about half full; cover tightly and set aside to draw, but do not let boil. After not to exceed ten minutes pour into tea urn, adding boiling water in the proportion of one cup water to each teaspoon tea that was put into steeper, and serve. A pot of boiling water should be on the table to weaken the tea, if desired.

Russian Tea.—Pare and slice good juicy lemons and lay a piece in bottom of each cup; sprinkle with white sugar and pour hot, strong tea upon it. Do not use cream.

Strawberry Sherbet.—Crush one pound of picked strawberries into a basin and add one quart of water, with a sliced lemon, and let stand two or three hours. Put two and one-half cups sugar into another basin; cover basin with

a cloth and through this cloth strain the strawberry juice; when sugar is fully dissolved, strain again, and set vessel into which it is strained on ice until ready to serve.

Strawberry Wine.—To juice of three quarts of strawberries, mashed and strained, add one-half the quantity of red currant juice. Put to each quart of fruit juice one quart of water and one pound sugar. Ferment in a clean, sweet cask, leaving the bung out; when fermentation has finished, put into bottles and cork for use. A very pleasant wine for invalids and also for cooking purposes.

Blackberry Cordial.—Secure ripe berries and crush; to each gallon of juice add one quart boiling water; let stand twenty-four hours, stirring a few times; strain and add two pounds sugar to each gallon of liquid; put into jugs and cork tightly. It may be used in two months.

Currant Wine.—One quart currant juice to three pounds sugar, with sufficient water added to make a gallon.

Raspberry Shrub.—Four quarts red raspberries to one of vinegar; let stand four days, then strain; to each cup juice add one cup sugar. Boil twenty minutes. Bottle and keep in a dry, cool place.

Koumiss.—Into one quart new milk put one-half cup fresh buttermilk and three or four lumps white sugar. Mix well and see that sugar dissolves. Put in warm place to stand ten hours, when it will be thick. Pour from one vessel to another until it becomes smooth and uniform in consistency. Bottle and keep in warm place twenty-four hours; it may take thirty-six in winter. The bottles must be tightly corked and the corks tied down. Shake well five minutes before opening. It makes a very agreeable drink, especially recommended for persons who do not assimilate their food, and young children may drink it as freely as milk. Instead of buttermilk, some use a teaspoon yeast. The richer your milk, which should be unskimmed, the better will be your koumiss.

Egg Nog.—Six eggs well beaten (white and yolks separately), one quart milk, one-half cup sugar, one cup brandy, nutmeg. Stir yolks into milk, with the sugar first beaten with yolks. Add brandy, then whites of eggs. Whip well.

Milk Punch.—One tumbler milk well sweetened; two tablespoons brandy well stirred in. Serve very cold with ice.

Candies

Everton Taffy.—Put into one cup water two cups powdered sugar, and when sugar dissolved, add one-half cup butter beaten to a cream and keep constantly stirring mixture until a little of it put on buttered dish firmly sets; add lemon or other flavoring to taste just before taking from fire. Pour out on a dish that has been buttered. Never undertake to cook candy of any kind in a tin saucepan.

Butter Scotch.—Melt one pound brown sugar in pan without water, and when dissolved add one-quarter pound butter beaten to a cream and keep constantly stirred. Flavor with ground ginger.

Cream Walnuts.—Dissolve one pound powdered sugar in one-half cup water; boil five minutes and cool slowly, keeping constantly stirred; flavor when cold; if not stiff enough to handle, work in a little more sugar; roll into small balls, press half an English walnut on each side and drop into granulated sugar.

Cocoanut Drops.—Grate one cocoanut and add one-half its weight in sugar and white of an egg whipped to a stiff froth. Mix all together thoroughly and drop on buttered white paper in a pan. Bake fifteen minutes.

Molasses Candy.—Two cups browned sugar, one cup molasses, one table-spoon vinegar, a little butter and vanilla or other flavoring; boil mixture ten minutes and pull thoroughly when sufficiently cooled.

Lemon Candy.—Put two cups sugar into pan or kettle with one cup water and one-third of a teaspoon cream of tartar; let boil and when a little dropped into cold water becomes brittle, pour into a shallow buttered dish. When cooled sufficiently to be handled, add one-third of a teaspoon tartaric acid with the same quantity of extract of lemon, and work thoroughly into candy until acid has been evenly distributed. If worked too much transparency of the candy may be destroyed.

Chocolate Caramels.—Cream together one cup sugar with half the quantity of butter; add one-fourth of a pound grated chocolate and one cup each molasses and milk. Beat well together and boil until a portion dropped into ice water sets and cracks. Pour into well-buttered tin pans to thickness of half an inch. When nearly cold mark into squares with buttered knife.

Coffee Cream Caramels.—Melt four cups sugar with as little water as possible in a vessel on the fire; when sugar begins to bubble, pour in slowly one cup rich cream and stir carefully; add four tablespoons fresh butter and extract from four tablespoons coffee, stirring gently and continuously while adding. As soon as cooked sufficiently to be brittle when dropped into cold water, pour into buttered tin dish, and when nearly cooled, mark off with buttered knife into squares.

Candied Pop-Corn.—Put into an iron kettle one tablespoon butter, three tablespoons water, one cup white pulverized sugar. Boil until ready to candy, then throw in three quarts of popped corn. Stir briskly till candy is evenly distributed over corn. Take kettle from fire, stir until cooled a little and each grain is separate and crystallized with sugar, taking care that corn does not burn. Nuts of any kind may be prepared in same way.

Sustenance for the Sick

Beef Tea.—Mince one pound good lean beef and put into jar with one cup cold water; cork closely and set in boiler or steamer to cook. It will require three or four hours. Strain and season.

• **Beef Essence.**—Put one pound lean beef, minced fine, into jar, without any water whatever; cover jar tightly and set in a pot or kettle of cold water, bringing water slowly to a boil and allowing jar containing meat to so remain simmering until juice of meat is all extracted and fibre becomes colorless. Season to taste and skim when cold.

Barley Water.—Put two ounces pearl barley into one cup boiling water and let simmer a few minutes. Drain off and add two quarts boiling water with a few figs and stoned raisins cut fine. Boil slowly until reduced about one-half and strain. Sweeten to taste, adding juice of a lemon and nutmeg if desired.

Toast Water.—Brown nicely, but do not burn, slices of bread, and pour upon them sufficient boiling water to cover. Let steep until cold, keeping bowl or dish containing toast closely covered. Strain off water and sweeten to taste, adding a piece of ice.

Flaxseed Lemonade.—Pour on four tablespoons whole flaxseed one quart boiling water and add juice of two lemons. Let steep for three hours, keeping closely covered. Sweeten to taste. Excellent for colds.

Slippery-Elm Bark Tea.—Pour boiling water over bark, first breaking it into bits; cover pitcher containing it and let stand until cold; add lemon juice if desired and sweeten to taste.

Mulled Buttermilk.—The well-beaten yolk of an egg added to boiling buttermilk and allowed to boil up; or add to boiling buttermilk a little thickening of flour and cold buttermilk.

Baked Milk.—Put milk into jar, covering opening with white paper, and bake in moderate oven until thick as cream. May be taken by the most delicate stomach.

Onion Gruel.—Boil a few sliced onions in two cups fresh milk, stirring in a very little oatmeal and a pinch of salt; boil until onions are tender and take at once just before going to bed. Excellent for a cold.

Arrowroot.—Use milk or water as preferred. Put one tablespoon ground arrowroot into a cup and mix with a little cold milk. Stir into pan containing two cups of either cream or water that has been brought to a boil, adding a little salt. Let simmer a few minutes and then pour out. May be sweetened or flavored with grated nutmeg if desired. Should be made only as wanted.

Herb Teas.—Made by infusing the dried or green stalks and leaves in boiling water and letting stand until cold. Sweeten to taste.

Relish

Welsh Rarebit.—Select richest and best American cheese, the milder the better, as melting brings out strength. To make five rarebits, take one pound cheese, grate and put into tin or porcelain-lined saucepan; add ale, beer or milk, enough to thin the cheese sufficiently, say about one-quarter cup to each rarebit. Season to taste with salt, cayenne pepper and Worcestershire sauce. Place over fire, stir until melted. Have slice of toast ready for each rarebit (crusts trimmed); put a slice on each plate, and pour cheese enough over each piece to cover it. Serve while hot.

BEWARE of baking powders sold with a prize. They are usually made of alum and you really pay for the prize, as the powder is worthless.

BEWARE of baking powders put up under a private brand. They almost always contain alum.

"I am quite positive that the use of alum baking powder should be condemned."

—Prof. Vaughan, University of Michigan.

Hints for the Table and Kitchen

It is the rule in carving to cut across the fibre of the meat, except in the case of the fillet or under side of the sirloin of beef, which should be sliced in the direction of the fibre.

The washing of pans and kettles will not involve half the labor if done immediately after using.

Wipe the range with brown paper after cooking and it can be kept bright with little trouble.

The hot air passages of stoves and ranges should be kept free from soot. Inattention to this will seriously interfere with the heating of the oven.

A basin of cold water placed in an oven will soon lower the temperature.

Rusty flat irons should be rubbed over with beeswax and lard, or beeswax and salt.

Tough meat will be made tender if placed in vinegar water for a few minutes.

To beat the whites of eggs quickly add a pinch of salt.

Dish-cloths should be scalded and washed daily.

For ironing days a fire of cinders is better than fresh coal.

Milk will keep sweet longer in a shallow pan than in a pitcher.

To prepare a new iron kettle for use and prevent rust, fill with potato peelings and boil for an hour, then wash the kettle with hot water; wipe dry and rub with a little lard.

Turpentine mixed with stove polish prevents rust and gives a brighter gloss than the use of water.

The mica in stoves can be made clear by washing with vinegar slightly diluted. If the black does not come off immediately allow the mica to remain in the vinegar a short time.

A small quantity of green sage placed in the pantry will keep out red ants.

Cold fruit requires cold jars. Hot fruit, hot jars.

The hands should be dipped in cold water before making pastry.

Dr. Price's Cream Baking Powder should always be sifted with the flour in a dry state.

Old bread or biscuit can be made fresh by moistening and placing in an oven until heated through.

Weights and Measures

3 Teaspoons	make One Tablespoon
16 Tablespoons	" One Cup
2 Cups	" One Pint
2 Tablespoons Granulated Sugar	" One Ounce
2 Cups or 1 Pint Granulated Sugar will weigh	One Pound
4 Cups Sifted Wheat Flour	One Pound
9 Ordinary Sized Eggs	One Pound
A Piece of Butter the size of an Egg	1½ Ounces
2 Cups Butter	One Pound

UTENSILS FOR MINERS OR RANCHMEN.

1 Iron Pot. 2 Saucepans. 1 Gridiron. 1 Frying-pan. Poor Man's Jack for toasting.

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DR PRICE'S

CREAM BAKING POWDER

MADE FROM GRAPES

Read the Testimony of Competent Authority
THE PASTRY COOKS AND
CONFECTIONERS ASSOCIATION
OF CHICAGO
Incorporated

Chicago Ill., *October 20th* 1890.

*Price Baking Powder Co.
Chicago Ill.*

*Gentlemen: It is with pleasure that I say
to you that for twenty-five years as Pastry Cook
& six years in the Palmer House, three in the
Great Northern Hotel and thirteen in the
Hotel Metropole. I have used Dr Price's
Baking Powder, and have always found
it the best and most economical*

Respectfully yours

Emil Frank

*Secretary Pastry Cooks & Confectioners
Association of Chicago.*

In buying baking powder examine the label and take only a brand shown to be made with Cream of Tartar.

Facts Worth Knowing

THERE are three entirely different kinds of baking powders on the market:

- 1—The first kind contains Cream of Tartar as its chief ingredient, and is known as Cream of Tartar Baking Powder. Of this kind are Dr. Price's Cream Baking Powder, Royal Baking Powder, and Cleveland's Superior Baking Powder.
- 2—Another kind contains Phosphate of Lime, and is known as Phosphate Baking Powder.
- 3—The third class contains Alum, or Alum and Phosphate, and is known as Alum Baking Powder.

Each of these three classes of baking powder takes its name from its chief ingredient. The Cream of Tartar baking powder never contains Phosphate or Alum. The Phosphate and the Alum baking powders never contain Cream of Tartar. It is important for the health of the family that the housekeeper should know which kind of baking powder she purchases. You will find the names of the ingredients of your baking powder printed on the can labels.

(1) **Cream of Tartar Baking Powder.** (Ingredients: Cream of Tartar, Bicarbonate of Soda, Tartaric Acid, Corn Starch). All of these ingredients except the bicarbonate of soda, occur in nature in ripe fruits or grains—mankind's natural foods. Cream of Tartar is found in ripe grapes. Refined, but otherwise unchanged, it imparts to food in which it is used all of its healthful fruit properties. The wholesomeness of Cream of Tartar baking powder is beyond question.

FACTS WORTH KNOWING

(2) Phosphate Baking Powder. (Ingredients: Acid Phosphate of Lime, Bicarbonate of Soda, Corn Starch). Acid Phosphate of Lime is prepared from burned bones or Phosphate Rock. By chemical treatment the rock or the bones are changed to an acid powder. This acid reacts with the soda, forming in the food Calcium Phosphate and Sodium Phosphate, which are objectionable mineral residues.

(3) Alum and Alum-Phosphate Baking Powders. (Ingredients: Alum, Acid Phosphate of Lime, Bicarbonate of Soda, Corn Starch). Alum, sometimes called on the can label "Sodium Aluminum Sulphate," is made from Bauxite or other mineral containing the metal Aluminum. The Alum and Phosphate in the baking powder react with the soda, forming in the food Aluminum Phosphate, Aluminum Hydrate, Calcium Phosphate and Sodium Sulphate (Glauber's Salts), which hygienists and leading medical authorities have declared to be positively detrimental. The manufacture and sale of alum baking powders or foods containing Alum are prohibited in the most enlightened European countries.

Such are the facts. Read the label on the baking powder can. Most States require the ingredients to be printed on the labels—a few States do not. Whether compelled to do so or not, manufacturers should not be ashamed to state on their labels and in their advertisements what ingredients are used in their baking powders. Remember that a Cream of Tartar baking powder is the only one that adds healthful properties to the food.

Dr. Price's

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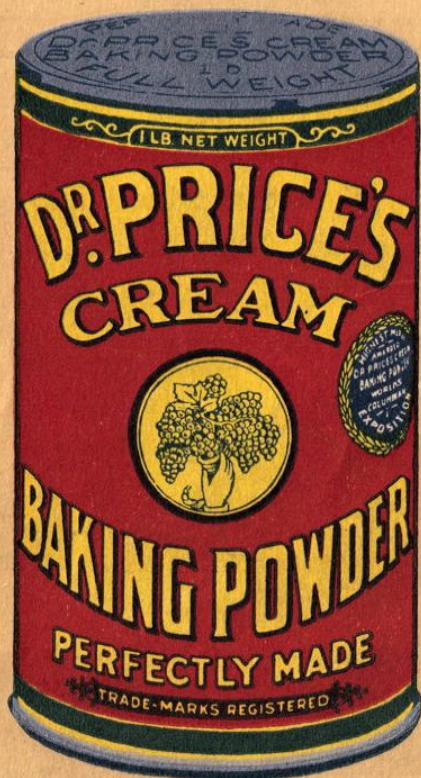
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**Awarded highest honors by the great
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