



THRIFT COOK BOOK

THRIFT COOK BOOK

For the Economical Housewife

PROVEN RECIPES OF DELICIOUS FOODS

HELPING TO CONSERVE WHEAT, SUGAR, BEEF
AND OTHER EXPENSIVE MATERIALS, AND
STILL SUPPLY ATTRACTIVE AND
HEALTHFUL MEALS AT HOME

BY

LILLIAN MORTON

AIDED BY MANY NEW ENGLAND AND OTHER HOME COOKS

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Measurements of Substitutes

Equal to One Cup of Flour

Tested in the Experimental Kitchen of the United States Food Administration, Home Conservation Division, and of the United States Department of Agriculture, Office of Home Economics.

In substituting for one cup of wheat flour use the following measurements. Each is equal in weight to a cup of wheat flour.

Barley	1 $\frac{3}{8}$ cups	Potato flour.....	$\frac{3}{4}$ cup
Buckwheat	$\frac{7}{8}$ cup	Rice flour.....	$\frac{7}{8}$ cup
Corn flour.....	1 cup (scant)	Rolled oats.....	1 $\frac{1}{2}$ cups
Corn meal (coarse).....	$\frac{7}{8}$ cup	Rolled oats (ground in meat	
Corn meal (fine).....	1 cup (scant)	chopper)	1 $\frac{1}{2}$ cups
Cornstarch	$\frac{3}{4}$ cup	Soy-bean flour.....	$\frac{7}{8}$ cup
Peanut flour.....	1 cup (scant)	Sweet potato flour.....	1 $\frac{1}{8}$ cups

This table will help you to make good griddle cakes, muffins, cakes, cookies, drop biscuits and nut or raisin bread without using any wheat flour.

You will not need new recipes. Just use the ones your family has always liked, but for each cup of flour use the amount of substitute given in the table. You can change your muffin recipe like this:

OLD RECIPE

2 cups wheat flour
4 teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt
1 tablespoon sugar
1 cup milk
1 egg
1 tablespoon fat

NEW RECIPE

1 $\frac{3}{8}$ cups barley flour
1 cup (scant) corn flour
4 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt
1 tablespoon sugar
1 cup milk
1 egg
1 tablespoon fat

The only difference is the substitution for the wheat flour. Everything else remains the same. You can change all of your recipes in a similar way.

GOOD COMBINATIONS OF SUBSTITUTES

You will get better results if you mix two substitutes than if you use just one alone. Some good combinations are:

Rolled oats (ground)	} and	{	Corn flour
Or barley flour			Or rice flour
Or buckwheat flour			Or potato flour
Or peanut flour			Or sweet potato flour
Or soy-bean flour			Or corn meal

CAUTIONS

1. All measurements should be accurate. A standard measuring cup is equal to a half pint.
2. The batter often looks too thick, and sometimes too thin, but you will find that if you have measured as given in the table the result will be good after baking.
3. Bake all substitute mixtures more slowly and longer.
4. Drop biscuits are better than the rolled biscuits, when substitutes are used.
5. Pie crusts often do not roll well and have to be patted onto the pan. They do not need chilling before baking.

THRIFT COOK BOOK

BREADS

WHEATLESS BREAD

100 Per Cent Wheat Substitute

(United States Food Administration)

Directions for making one loaf of wheatless bread:

1. All of these: 1 $\frac{3}{4}$ cups liquid, 1 tablespoon corn sirup, $\frac{1}{4}$ cake yeast, 2 teaspoons salt, 1 whole egg.
2. With one of these: 3 $\frac{3}{8}$ cups barley, 2 $\frac{3}{4}$ cups ground rolled oats.
3. And one of these: 2 $\frac{1}{2}$ cups corn flour, 2 $\frac{1}{8}$ cups rice flour, 2 $\frac{3}{4}$ cups sweet potato flour, 2 $\frac{1}{8}$ cups (scant) tapioca flour.

Make a sponge of materials under 1 (except egg) and $\frac{1}{2}$ of ingredients used from 2 and 3. Sponge should stand in warm place until very light, at least two hours. Work in balance of substitute mixture when sponge is light. Work in egg beaten slightly. Shape into loaf. Place in pan. Brush top of loaf with melted fat. Let rise to double bulk and bake in loaf pan in hot oven for one hour.

50-50 WAR BREAD

Four cups cooked cornmeal, 3 cups cooked oatmeal, 6 cups wheat flour, 1 cup boiling water, 1 $\frac{1}{2}$ cakes compressed yeast, 1 tablespoon sugar, 1 tablespoon fat, 1 tablespoon salt.

Cook cereals as for cornmeal mush or oatmeal breakfast food. Add to cereals 1 cup boiling water. Proceed as in making white bread, adding wheat flour during second and third mixing. Bake in an oven slightly hotter than for wheat bread, fifty to sixty minutes.

WAR BREAD—FOUR LOAVES

Three cups cooked oatmeal, 3 cups white flour, 3 table-
spoons sugar, 3 medium sized cooked and mashed pota-
toes, 2 cups rye flour, 1 cake yeast, $1\frac{1}{2}$ tablespoons salt,
2 tablespoons melted lard, 3 cups barley flour, white
flour to make a stiff dough.

Cook the oatmeal as for breakfast food. Dissolve
yeast in $\frac{1}{2}$ cup lukewarm water and then add to it $1\frac{1}{2}$
cups lukewarm water. Now add the 3 cups of white
flour and beat well. Let rise until light and add 2 cups
lukewarm water, then add the salt, sugar, lard, oatmeal,
mashed potato, barley and rice flour. Mix well and
add enough white flour to make a stiff dough. Knead,
then place in pan, lard top of dough, and let rise to
double its bulk. Mold into four loaves, lard tops, let
rise to double bulk, and bake one hour.

MISS KENISTON'S WAR BREAD

Two cups wheat flour, 1 cup corn flour, 1 tablespoon
corn sirup, 1 tablespoon corn oil, $1\frac{1}{4}$ cups boiling water,
 $\frac{1}{4}$ cup lukewarm water, $\frac{1}{2}$ teaspoon salt and $\frac{3}{4}$ yeast
cake.

Mix the corn sirup and corn oil in boiling water. After
it is cool add the yeast, which has been dissolved in the
lukewarm water. Add the wheat flour, then the corn
flour. Add water and knead. Allow to rise two hours,
then knead again and allow to rise one hour. Then
bake.

RAISED WHEATLESS BREAD

Two cups cooked rice, $\frac{3}{4}$ tablespoon salt, 1 table-
spoon sugar, 1 tablespoon lard, 2 medium size boiled
potatoes, mashed, 1 pint milk. Boil and pour on rice
and potato. When cool, add $\frac{1}{2}$ yeast cake and enough
rice or potato flour to make stiff. Use $\frac{1}{4}$ cup corn-
starch to every cup of flour; $\frac{1}{2}$ cup rice cooked in 4
cups water will make the two cups of rice.

WAR TIME BREAD

Four cups ground rolled oats scalded with 3 cups
boiling water. When cooled add 2 yeast cakes dissolved
in 1 cup tepid water, salt and sugar or sirup. Sift 2
pounds barley flour with 3 pounds wheat flour twice and
add enough to make good stiff sponge. Raise and bake
like other bread.

WHITE WAR BREAD

Two quarts wheat flour, 2 cups boiled rice, 2 cups
white cornmeal, 1 tablespoon lard, 1 tablespoon salt, 2
tablespoons sugar and 1 yeast cake soaked in $\frac{1}{4}$ cup
warm water. Add water to make a good stiff dough—
about $1\frac{1}{2}$ pints.

WHEATLESS BREAD

Four cups rye, 2 cups barley flour, 2 cups rice flour,
2 cups corn flour, 2 cups potato flour, 1 yeast cake, 1
quart water, 1 tablespoon salt. Mix flour and salt to-
gether, add yeast and water and mix to a stiff dough.
Knead on floured board until elastic and light, set to rise
until double in bulk, cut down and form into loaves, set
to rise again, and when double in bulk bake in hot oven.

OLD GLORY BREAD

(United States Food Administration)

One cup liquid, 2 to 4 tablespoons fat, 4 tablespocs
sirup, 2 eggs, 6 teaspoons baking powder, 1 teaspoon
salt, $1\frac{1}{2}$ cups corn flour, $1\frac{1}{2}$ cups ground rolled oats.

HOME DEFENSE BREAD

(United States Food Administration)

One cup liquid, 2 to 4 tablespoons fat, 4 tablespoons
sirup, 2 eggs, 6 teaspoons baking powder, 1 teaspoon
salt, $1\frac{1}{8}$ cups rice flour, $1\frac{1}{8}$ ounces barley flour. Mix
the melted fat, liquid, sirup and eggs. Combine the
liquid and well-mixed dry ingredients. Bake as a loaf

in a moderately hot oven (400° F.) for one hour or until thoroughly baked.

Nuts, raisins or dates may be added, making the bread more nutritious and very palatable.

WHOLE WHEAT BREAD

One pint lukewarm water, sift into your mixing bowl 6 cups fine whole wheat flour, with 1 tablespoon sugar, 1 teaspoon salt; rub into this 2 rounding tablespoons butter or your breadspoon of lard. Put 1 breadspoon of molasses into your water and $\frac{1}{2}$ yeast cake (if over night, a whole one if in morning), dissolve in $\frac{1}{4}$ cup warm water. Stir well and proceed to mix your bread. Rub top with butter or lard, cover closely with cloth.

Let rise over night, or until light, and mold into two loaves, put into pans, rub top with butter, and then let it rise, not quite to top of pan, or it will be too light. Bake somewhat slower than white bread, say one hour and fifteen minutes.

CORN AND WHOLE WHEAT BREAD

Sift 1 cup cornmeal with 2 cups whole wheat flour, 1 teaspoon salt, 3 teaspoons baking powder; add 1 tablespoon melted butter, 4 tablespoons sugar or corn sirup. Stir in 1 egg (beaten), 2 cups milk, or half milk and half water. Spread mixture evenly in well-greased pan and bake in quick oven. When done cut in large squares. Will be enough to serve six persons. Can be made into muffins instead if liked. Makes about twenty muffins.

RICE BREAD

To 1 cup washed rice add 1 quart boiling water, cook about 10 minutes, put in mixer. Add 1 cup scalded milk, 1 tablespoon shortening, 1 tablespoon salt, 2 tablespoons sugar. When cool, dissolve 1 yeast cake in little warm water and add flour to make a stiff dough. Raise over night, cut down in morning, put in pans, raise and bake as you would any white bread. Makes four loaves.

BRAN AND RICE FLOUR BREAD

Mix together 2 cups bran, 2 cups bread flour, 2 cups rice flour, $\frac{1}{2}$ cup sugar, 1 teaspoon salt and 2 level teaspoons baking powder. Moisten with 2 cups sour milk, in which 1 level teaspoon soda has been dissolved, turn into a greased loaf pan and bake in a moderate oven.

RICE OR POTATO BREAD

One and two-thirds cups scalded milk, $1\frac{1}{2}$ cups cornmeal, 1 tablespoon shortening, 1 egg, 4 teaspoons baking powder, 1 teaspoon salt, $\frac{2}{3}$ cup boiled rice or fresh mashed potatoes. Pour scalded milk over cornmeal and add shortening. Beat egg till very light and add slowly. Cool and add baking powder and salt. Mix well and add rice or potatoes. Bake in hot oven for thirty minutes in shallow pan.

OAT AND CORN FLOUR BREAD

(United States Food Administration)

Two cups rolled oats (ground), $\frac{2}{3}$ cup corn flour, 4 teaspoons baking powder, 1 teaspoon salt, $\frac{3}{4}$ cup milk, 2 eggs, 4 tablespoons corn sirup, 2 tablespoons melted fat. Mix the melted fat, liquid, sirup and egg. Add the well-mixed dry ingredients. Bake as a loaf in a moderately hot oven for one hour or longer. Nuts or raisins may be added if desired.

ROLLED OATS AND BARLEY BREAD

Into bread pan put 3 cups rolled oats. Pour on 3 cups boiling water, $\frac{1}{2}$ cup light molasses, 1 tablespoon salt. When lukewarm add 1 yeast cake dissolved in $\frac{1}{4}$ cup warm water with 1 teaspoon molasses, then add 5 cups sifted barley flour. Let rise in warm place until double in bulk, about four and one-half hours, then with $\frac{1}{2}$ cup barley flour knead into two loaves or three medium-sized loaves. Bake until it does not "sizz" when held near the ear.

BARLEY BREAD

Three cups barley flour, 1 teaspoon baking powder, $\frac{1}{2}$ cup raisins, $1\frac{1}{2}$ cups cold water, $\frac{1}{2}$ cup molasses, 1 teaspoon soda, 1 teaspoon salt. Sift the baking powder with the flour. Stir the soda into the molasses until it foams well. Bake one and one-half hours in a moderate oven.

CORN AND POTATO FLOUR BREAD

Mix together $\frac{1}{2}$ cup potato flour, $1\frac{3}{4}$ cups white corn meal, 1 teaspoon salt, 2 tablespoons sugar. Add 2 tablespoons melted butter substitute and 2 eggs beaten until light. Then add gradually $1\frac{1}{2}$ cups rich sour milk. Dissolve in another half cup of sour milk 1 teaspoon soda. Add to mixture, beat well, then bake in a hot oven thirty-five minutes.

NOVA SCOTIA OATMEAL BREAD

Two yeast cakes soaked in 1 pint lukewarm water 10 minutes, then add flour enough to make a stiff batter and raise all night. In the morning take mixing pan and 1 pint cooked oatmeal, $\frac{1}{2}$ pint cornmeal and same of flour, with tablespoon salt, pour boiling water over all and stir to a thick batter, then add $\frac{1}{2}$ pint molasses and let cool. When cool enough not to scald the sponge that was made overnight, add that, mix together well and then add enough flour to make a good stiff dough. Put in bread tins about half full and let raise till the pans are full and bake in a moderate oven one hour or more.

NUT BREAD

Two cups rye, 1 cup oatmeal, $\frac{1}{2}$ cup cornstarch, 6 teaspoons baking powder, 2 teaspoons salt, $\frac{1}{4}$ cup nuts (chopped), 1 cup milk, 6 tablespoons sirup, $\frac{1}{2}$ cup mashed potato. Mix and sift dry ingredients and add nuts. Put sirup in a bowl, add mashed potato and then add dry ingredients alternately with the milk. Bake in a very slow oven at least two hours.

SOUR MILK OR BUTTERMILK BREAD

Two cups sour milk or buttermilk, 1 rounding teaspoon soda, $\frac{1}{2}$ teaspoon salt, 1 tablespoon brown sugar, $1\frac{1}{2}$ cups barley flour, $\frac{3}{4}$ cup cornmeal, $\frac{3}{4}$ cup potato flour, $\frac{1}{2}$ cup raisins.

GLUTEN BREAD

Three cups milk or water, 1 cake compressed yeast, about 3 pints gluten flour, 1 egg, 2 tablespoons melted butter, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sugar. Make a sponge, having the milk or water lukewarm, with the liquid yeast and a pint of flour. When light add the salt, butter, sugar, the beaten egg and gluten flour to knead. Knead until smooth and elastic. Shape into loaves. Bake about one hour.

RAISIN BUTTERMILK BREAD

Two cups maize, 2 cups whole wheat flour, $\frac{1}{3}$ cup shortening, $1\frac{1}{2}$ teaspoons salt, 1 teaspoon soda, 2 cooking spoons sugar sirup, 1 egg, 1 cup small raisins, sufficient buttermilk to make soft dough. This makes one large loaf.

MAIZE BREAD

One quart of maize, 2 quarts wheat flour, 2 tablespoons shortening, 3 teaspoons salt (it requires lots of salt), 1 tablespoon sugar, 1 yeast cake. Put the maize in the pan, pour enough hot water on it to wet and put the shortening in that. By the time shortening is melted add cold water enough to make it lukewarm, then mix as any bread.

HOMINY AND CORNMEAL BREAD

One cup fine hominy, 1 tablespoon butter substitute, 2 eggs, 2 tablespoons white cornmeal, $1\frac{1}{2}$ cups boiling water, 1 cup milk, $\frac{1}{2}$ teaspoon salt. Put a cup of

hominny into double boiler with the cup and a half of boiling water and cook for 30 minutes. While hot add 1 tablespoon butter substitute, the 2 eggs beaten, the cup of milk, salt and lastly the 2 tablespoons white cornmeal. Mix well together, then turn into a buttered dish and bake one-half hour. Have a strong heat at the bottom of the oven and not so much at the top, so that it will rise. Serve in the dish in which it was baked and help with a spoon.

GRAHAM BREAD

One cup scalded milk, 1 cup lukewarm water, 1 yeast cake, 4 tablespoons molasses, 2 tablespoons lard, 1 teaspoon salt, 4 cups graham flour, 1 cup bread flour.

Dissolve yeast in lukewarm liquid, add molasses and lard and then the flour and salt. Knead thoroughly, or use bread mixer, only keep dough soft. Let rise once, shape into loaves, let rise and bake one hour. Makes two good-sized loaves.

GRAHAM AND CORN BREAD

One cup of water, 1 mixing spoon molasses, salt, 1 teaspoon soda dissolved in a little cold water. Stir in graham and corn flour enough to make a cake batter. Bake one hour.

GRAHAM AND RYE BREAD

Three cups graham, 3 cups rye, 1 large teaspoon salt. Dissolve $\frac{1}{2}$ yeast cake in enough lukewarm water to make a stiff batter and let rise over night. In the morning add $1\frac{1}{4}$ cups molasses in which 1 large teaspoon soda has been dissolved and enough white bread flour to knead. Make into loaves and let rise about one hour or until light. Bake about an hour and a quarter in not too hot an oven.

RYE BREAD

One cup scalded milk, 1 cup boiling water, 1 tablespoon lard, 1 tablespoon butter, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{2}$ yeast cake dissolved in $\frac{1}{4}$ cup of warm water, 1 tablespoon sugar, 6 cups rye flour. After rising while kneading add 1 tablespoon caraway seed; put in bread pan, let rise again and bake in a slow oven.

HALF RYE BREAD

One and one-half quarts rye flour, $1\frac{1}{2}$ quarts white flour, $\frac{1}{3}$ cup molasses, salt and yeast. Mix as in ordinary bread making.

PRUNE RYE BREAD

One and one-half cups rye meal, $1\frac{1}{2}$ cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon each of sugar and cassia. Sift all together twice. Soak $\frac{1}{2}$ cup of prunes in warm water. When soft cut in small pieces, put into the flour and rye meal. Add 2 cups cold water, just enough to make soft dough, spread mixture in well-greased pan, cover with a towel and let rise five minutes on back of range, then bake in moderate oven. When done, brush top of bread with butter. Use raisins for a change. This makes one large loaf and keeps moist until the last piece is gone. Requires no milk or shortening.

BOSTON BROWN BREAD

One and one-half cups cornmeal, $1\frac{1}{2}$ cups ryemeal, 4 teaspoons baking powder, 1 teaspoon salt, $\frac{3}{4}$ cup molasses, 2 cups milk. Mix and sift dry ingredients, add molasses and milk, beat thoroughly, put into greased molds two-thirds full, steam three and one-half hours, remove covers and bake in oven long enough to dry the top.

IOWA BROWN BREAD

Soak 1 cup stale cornmeal muffin crumbs in $1\frac{1}{2}$ cups cold water, then rub through a coarse sieve. Put 1 cup

rolled oats through a food chopper. To this add 1 cup cornmeal, 2 teaspoons soda, 1 teaspoon salt, $\frac{1}{2}$ cup molasses, $\frac{3}{8}$ cup milk and $\frac{3}{8}$ cup water. Mix, put into a greased lard pail and steam two hours.

HOOSIER BROWN BREAD

One cup wheat flour, 1 cup rye flour, 2 cups cornmeal, 1 cup molasses (or sirup), 3 cups milk (sweet or sour), 1 teaspoon soda. (Soda and molasses will raise bread whether milk is sweet or sour.) Steam in lard pail, tin brownbread mold, coffee cans, or 1 pound baking powder cans for three hours, then dry off in oven fifteen minutes.

WHEATLESS BROWN BREAD

This makes a large loaf. One cup barley flour, 3 cups cornmeal, 1 cup molasses, 3 cups boiling hot water, 1 heaping teaspoon soda, 1 teaspoon salt and 1 cup raisins if you wish. Steam about three hours and bake one hour. Or can be steamed one and one-half hours and baked one-half hour.

HYDE PARK BROWN BREAD

Break stale bread into small pieces. There should be $1\frac{1}{2}$ cups. Add 2 cups cold water, cover and let stand over night. In the morning press through a colander, add $\frac{3}{4}$ cup molasses and $1\frac{1}{2}$ cups each ryemeal, cornmeal and graham flour, mixed and sifted, with 2 teaspoons soda and $1\frac{1}{2}$ teaspoons salt; then add $1\frac{1}{4}$ cups cold water. Stir until well mixed, fill molds two-thirds full of mixture, cover and let steam two hours.

RAISIN BROWN BREAD

Mix 1 cup rye flour with 1 cup graham flour, 1 cup cornmeal, 1 cup seeded raisins, 2 level teaspoons soda and 1 teaspoon salt; add $\frac{1}{2}$ cup molasses and 2 cups sour milk, beat thoroughly, turn into a buttered mold, cover tightly, steam three hours, then remove the cover and bake one-half hour.

BARLEY CORNMEAL BREAD

Four cups yellow cornmeal, 4 cups barley flour, 1 teaspoon salt, 4 tablespoons molasses, 1 teaspoon soda, 4 measuring cups of liquid, 2 of water and 2 of sour milk. Lastly add 1 tablespoon melted lard. Bake in muffin tins or sheet tin one-half hour in hot oven.

SOUTHERN CORN BREAD

One cup corn flour, 1 cup barley or rye flour, 1 large cup milk, 1 egg, 1 tablespoon melted butter, 3 teaspoons baking powder, little sugar and salt to taste. Bake in moderate oven.

CORN BREAD

Two cups yellow cornmeal, 1 teaspoon salt, 2 tablespoons baking powder, 1 tablespoon melted fat, 1 teaspoon corn sirup. Add 2 cups milk to dry ingredients, add fat, corn sirup and milk. Bake in a shallow pan.

ALABAMA JOHNNYCAKE

One cup cooked hot rice, 1 cup cornmeal, 1 egg, 2 tablespoons fat. Stir the meal and fat into the hot rice, let get cold, then add the egg, beaten. Spread one-half inch thick on well greased griddle and bake. The old-fashion way was to spread on an oaken plank or board and cook before an open fire. A little salt may be added to rice.

RICE CORN BREAD

(United States Food Administration)

One and one-half cups cooked rice, $1\frac{1}{2}$ cups cornmeal, 4 teaspoons baking powder, 1 cup milk, $\frac{3}{4}$ teaspoon salt, 1 egg, 1 tablespoon fat. Mix as ordinary corn bread. Bake in loaf. Corn flour may be used in place of cornmeal.

BISCUITS

OATMEAL BISCUITS

One cup cold boiled oatmeal (it must be quite stiff), 1 cup barley flour, $\frac{1}{2}$ cup milk, 2 eggs, 1 teaspoon salt, 2 tablespoons shortening, 1 tablespoon sugar, 4 level teaspoons baking powder. Mix oatmeal and milk until smooth; add well-beaten eggs, salt and sugar; beat well, then add sifted flour and baking powder to make a stiff dough. Drop by spoonfuls in baking pan, allowing space between each for spreading. Bake in a moderate oven.

OATMEAL DROP BISCUITS WITH RAISINS

Mix together 1 cup rolled oats, $\frac{1}{2}$ cup flour, $2\frac{1}{2}$ teaspoons baking powder and $\frac{1}{3}$ teaspoon salt. With a knife cut in 1 tablespoon fat, mix to a soft dough with about $\frac{1}{2}$ cup milk, and finally add $\frac{1}{2}$ cup chopped raisins dredged with flour. Drop on a greased baking pan and bake in a quick oven.

RYE AND MAIZE BISCUITS

One cup rye flour, 1 cup maize, 1 teaspoon salt, 2 tablespoons shortening, $\frac{3}{4}$ cup milk or half milk and water, 1 teaspoon baking powder. Turn onto a slightly floured board and roll out one-half inch thick. Cut and bake fifteen minutes. Makes ten biscuits.

CORNMEAL BISCUITS

One-half cup yellow cornmeal, 1 teaspoon salt, 1 cup peanut butter, $1\frac{1}{2}$ cups water. Put the meal into a shallow pan, heat in the oven until it is a delicate brown,

stirring frequently. Mix the peanut butter, water and salt, and heat. While this mixture is hot, stir in the meal, which also should be hot. Beat thoroughly. The dough should be of such consistency that it can be dropped from a spoon. Bake in small cakes in an ungreased pan. This makes sixteen biscuits.

CORN FLOUR DROP BISCUITS

Mix $2\frac{3}{4}$ cups corn flour with 6 teaspoons baking powder and 1 teaspoon salt. Rub in 3 tablespoons fat, moisten with about $1\frac{1}{3}$ cups milk, beat until very light and smooth, drop from a spoon into greased muffin pans and bake in a hot oven.

BARLEY BISCUITS

Two cups barley flour, 4 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon fat, wet with sweet milk to make a soft dough. Pat out, cut into biscuits, set close together in pan (but don't crowd). Bake in hot oven. They do not rise as much as white flour biscuits and do not brown as much.

FRUIT GEMS

Mix 1 cup cornmeal, $\frac{1}{2}$ cup barley flour, 3 teaspoons baking powder, 2 tablespoons molasses, 2 tablespoons shortening, 1 teaspoon salt. Add 1 egg, 1 cup milk, $\frac{1}{2}$ cup raisins and beat well. Bake thirty minutes.

BRAN GEMS

Mix 1 pint white flour with 1 quart bran and 1 teaspoon salt. Stir in 12 tablespoons molasses and 1 pint milk and lastly 1 teaspoon baking soda in a little boiling water.

BRAN AND BARLEY GEMS

One egg, 1 cup milk, $\frac{1}{2}$ cup barley flour, 1 tablespoon molasses, $\frac{1}{2}$ teaspoon salt, 3 teaspoons baking powder, $\frac{1}{2}$ cup bran, 1 tablespoon melted fat.

GRAHAM OR ENTIRE WHEAT GEMS

One and three-quarter cups sour milk, $\frac{1}{2}$ cup light molasses, 1 pint or 2 cups graham or entire wheat flour (or use rye meal instead), 1 teaspoon soda and $\frac{1}{2}$ teaspoon salt. If sweet milk is used add $1\frac{1}{2}$ teaspoons cream of tartar, sifted with the soda and flour.

GRAHAM PUFFS

Richer and nicer than plain gems. Two cups sweet milk, 2 cups graham flour, $\frac{1}{2}$ teaspoon salt and 1 egg; beat the egg, then add the milk, and then the graham flour gradually; beat it very briskly for four or five minutes, then pour into buttered gem pans; bake in a hot oven.

BARLEY POPOVERS

Mix and sift $\frac{3}{4}$ cup barley flour, $\frac{1}{4}$ cup cornstarch, $\frac{1}{4}$ teaspoon salt; add gradually 1 cup milk. When cooled add 2 eggs and beat 2 minutes with egg beater. Put in greased muffin tin and bake thirty-five minutes in hot oven. No baking powder is needed to raise popover.

WHEATLESS MUFFINS

Mix and sift together $1\frac{2}{3}$ cups rye flour, $\frac{1}{4}$ cup cornstarch, 5 level teaspoons baking powder, $\frac{3}{4}$ cup barley flour, $\frac{1}{3}$ cup rice flour, 1 teaspoon salt. Beat 2 eggs well and add, then add $\frac{1}{4}$ cup molasses, 3 tablespoons vegetable oil and $1\frac{1}{4}$ cups milk. Beat well, put in muffin tins and bake in hot oven twenty-five minutes.

SUBSTITUTE MUFFINS

Half cup cornmeal, 1 cup cooked rice, $\frac{1}{2}$ cup barley flour, $\frac{2}{3}$ cup hot milk, 2 tablespoons fat, $\frac{1}{2}$ teaspoon salt, 1 tablespoon sugar, 1 egg, 3 teaspoons baking powder. Pour hot milk over rice and work with a fork to separate the grains. Add cornmeal, fat, salt and sugar. When cool add egg well beaten, flour and bak-

ing powder, beat well. Bake in well-greased muffin pans in hot oven about twenty minutes.

WHOLE WHEAT MUFFINS

Pass together through a sieve, three times, 2 cups whole wheat flour, $\frac{1}{2}$ cup white flour, 2 rounding teaspoons baking powder and $\frac{1}{2}$ teaspoon salt. Work in 2 tablespoons shortening, use $\frac{1}{2}$ to $\frac{2}{3}$ cup of either milk or water, add the liquid a little at a time to make a soft dough. Turn out on floured board, pat lightly with a rollingpin till three-quarters of an inch thick, cut into rounds and put close together in a buttered pan and bake.

WHEATLESS PEANUT MUFFINS

Three-quarters cup cornmeal, $1\frac{1}{4}$ cups rye flour, 1 cup finely ground peanuts, 1 egg, 1 teaspoon salt, $1\frac{1}{4}$ cups milk, 4 teaspoons baking powder. Add liquid to dry ingredients and mix well. Bake in well-greased muffin pans.

BRAN MUFFINS

Two cups bran, 1 cup flour, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ teaspoon salt, 1 teaspoon soda, $1\frac{1}{2}$ cups milk, 2 tablespoons shortening. Mix all together and bake twenty-five minutes in a moderate oven.

BRAN, CORNMEAL AND RYE MUFFINS

One-half cup cornmeal, $\frac{2}{3}$ cup rye flour, 5 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon soda, 2 cups bran, 1 egg, $\frac{1}{2}$ cup molasses, $1\frac{1}{2}$ cups milk, 3 tablespoons fat. Sift the dry ingredients, except the bran, add the bran, the beaten egg and the liquids. Pour the mixture into greased muffin tins and bake it in a moderate oven.

RYE MUFFINS

One and one-half cups rye flour, 1 teaspoon salt, 3 teaspoons baking powder, 1 egg, 1 cup milk, 2 table-

spoons molasses, 1 to 2 tablespoons melted fat. Sift together the dry ingredients. Beat the egg, add the milk, the molasses and the fat. Pour the muffins into well-greased tins and bake them in a moderate oven.

OATMEAL AND BARLEY MUFFINS

Three-fourths cup rolled oats (uncooked), $\frac{3}{4}$ cup barley flour (measured after sifting), $\frac{1}{2}$ cup potato flour, 1 teaspoon salt (scant), $2\frac{1}{2}$ teaspoons baking powder (level), 2 tablespoons sugar or molasses, $1\frac{1}{2}$ tablespoons melted shortening, 1 egg, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup skimmed milk. Put rolled oats into mixing pan and pour over them the boiling water, let soak a few minutes till lukewarm. Sift baking powder with barley flour and add to oatmeal, then add salt, milk, potato flour, sugar or molasses, shortening, and last the egg, beating it thoroughly into the mixture. Bake in good oven twenty-five to thirty minutes. This recipe makes one dozen muffins. If iron muffin pans are used, they must be hot before dough is put in.

RICE AND BARLEY MUFFINS

Pour two-thirds cup hot milk over 1 cup cooked rice and mix thoroughly. Add 1 beaten egg, 2 tablespoons shortening and $\frac{3}{4}$ cup of barley flour mixed and sifted with $\frac{1}{4}$ cup cornmeal flour, 3 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt and 1 tablespoon sugar. Bake in greased muffin pans for about twenty-five minutes.

RICE FLOUR AND GROUND OATS MUFFINS

(United States Food Administration)

One cup milk, 1 tablespoon fat, 2 tablespoons sirup, 3 eggs, 4 teaspoons baking powder, 1 teaspoon salt, $\frac{1}{3}$ cup rice flour, $1\frac{1}{4}$ cups ground rolled oats.

Add to the cup of milk the melted fat, sirup and slightly beaten eggs, sift the salt, baking powder and flour together. Use a coarse sieve so that no part of the

flour is wasted. Combine the two mixtures, stirring lightly without beating. Bake in a hot oven for twenty to thirty minutes, depending upon the size of the muffins.

RICE FLOUR MUFFINS

Mix together 2 cups rice flour, 1 tablespoon butter substitute, pinch of salt, 4 teaspoons baking powder, 1 tablespoon sugar and $1\frac{1}{2}$ cups of milk. Bake in a hot oven thirty minutes.

BARLEY MUFFINS

Mix thoroughly 1 cup barley meal, 1 cup whole wheat flour, $\frac{1}{2}$ teaspoon salt and 2 teaspoons baking powder. Dissolve $\frac{3}{4}$ teaspoon soda in 1 tablespoon hot water, then add to $1\frac{1}{4}$ cups of sour milk; stir until foamy, add 1 beaten egg and combine slowly with the dry mixture. Beat well for five minutes, add 3 tablespoons melted shortening, turn into greased muffin pans and bake in a moderate oven.

BARLEY AND POTATO FLOUR MUFFINS

(United States Food Administration)

One cup milk, 1 egg, 1 tablespoon shortening, 1 tablespoon corn sirup, $1\frac{3}{8}$ cups barley flour, $\frac{3}{4}$ cup potato flour, 1 teaspoon salt, 4 teaspoons baking powder.

GRAHAM MUFFINS

Beat 1 egg well, add 1 teacup sour milk, $\frac{1}{2}$ teaspoon salt, 1 rounded tablespoon sugar, $\frac{1}{2}$ teaspoon soda, 1 tablespoon molasses. Beat well, add enough graham flour for a fairly stiff batter, add $1\frac{1}{2}$ tablespoons melted butter last. Bake in hot greased tins in a good oven.

OATMEAL MUFFINS

Two and one-half cups oatmeal (grind rolled oats through meat chopper for meal), 1 teaspoon salt, 5 tea-

spoons baking powder, 1 tablespoon shortening, 4 tablespoons sirup, $1\frac{1}{4}$ cups water, 1 egg. Sift dry ingredients together. Add shortening, sirup, water, egg. Bake in hot oven.

OLD-TIME RYE MUFFINS

Six tablespoons molasses, 2 tablespoons vinegar, 1 cup water, a little salt, $\frac{1}{2}$ teaspoon ginger and 1 teaspoon soda added just before adding 2 cups fine rye meal.

RYE AND CORNMEAL MUFFINS

One and one-half cups rye flour, $\frac{1}{2}$ cup cornmeal, $\frac{1}{2}$ teaspoon salt, 4 teaspoons baking powder, 1 tablespoon sugar, $\frac{3}{4}$ cup milk and water, 1 tablespoon shortening. Sift together dry ingredients, add milk and water and melted shortening. Beat well. Bake in greased muffin pans in hot oven thirty minutes.

OATMEAL WAFFLES

Mix together $1\frac{1}{2}$ cups finely ground oatmeal, $\frac{1}{2}$ cup cornmeal, 1 teaspoon salt and $2\frac{1}{2}$ teaspoons baking powder. Stir in 1 beaten egg diluted with $1\frac{1}{2}$ cups milk, then add 1 tablespoon melted butter. Beat thoroughly and bake on a greased hot waffle-iron.

PANCAKES

RICE GRIDDLECAKES

Pour 1 pint warm, sweet milk over $1\frac{1}{2}$ cups boiled rice and stir until the grains are well separated. Add 1 tablespoon melted butter, the beaten yolks of 3 eggs and 1 cup flour sifted with $1\frac{1}{2}$ teaspoons baking powder (level), and $\frac{1}{4}$ teaspoon salt. Beat thoroughly, stir in the stiffly beaten whites of the eggs and bake on a well-greased griddle.

RYE PANCAKES

Sift $2\frac{1}{4}$ cups rye flour with 1 teaspoon sugar, $\frac{1}{8}$ teaspoon salt and 1 teaspoon soda. Add 1 egg well beaten, 1 tablespoon melted butter and sour milk to make a stiff drop batter. Drop from a tablespoon into hot fat.

RYE GRIDDLECAKES WITH HONEY

Dissolve $1\frac{1}{2}$ teaspoons soda in 2 cups sour milk, stir in 2 cups rye flour mixed with 1 teaspoon baking powder and $\frac{1}{2}$ teaspoon salt and beat thoroughly. Add 2 beaten eggs and $\frac{1}{3}$ cup strained honey, beat well again and bake on a hot griddle. Serve with butter and honey.

WHOLE WHEAT GRIDDLECAKES

Beat 1 egg until light and add 2 cups of thick sour milk in which 1 level teaspoon of soda has been dissolved. Stir in 2 cups of whole wheat flour mixed and sifted with $\frac{1}{2}$ teaspoon salt and 3 teaspoons baking powder, then add enough more flour to make thick enough to pour. Bake on a hot, well-greased griddle and turn when browned underneath.

CORNMEAL GRIDDLECAKES

One cup cornmeal, $2\frac{1}{2}$ cups boiling milk, 1 egg, 1 tablespoon sugar, 1 cup flour, 2 teaspoons baking powder, 1 teaspoon salt. Pour boiling milk over cornmeal and let stand until cool. Mix the sugar, baking powder, salt and flour, and stir into the cornmeal; then add to the egg.

BUCKWHEAT CAKES

Scald 1 scant cup indian meal with boiling water, using just enough to swell it. When cool, add $2\frac{3}{4}$ cups buckwheat and 4 cups warm milk or water and beat until well mixed. Add 2 tablespoons molasses, 1 teaspoon salt and half a cake compressed yeast dissolved in $\frac{1}{4}$ cup lukewarm water. Beat hard for five minutes and let rise in a warm place over night. In the morning beat well again, let rise a second time, then stir in 1 teaspoon of soda dissolved in a little warm water and bake on a hot griddle.

QUICK BUCKWHEAT CAKES

One cup buckwheat flour, $\frac{1}{4}$ teaspoon salt, 2 even teaspoons baking powder, 1 teaspoon sugar, $\frac{1}{4}$ cup milk, 1 cup water, 1 tablespoon molasses. Sift together flour, salt and baking powder, add the sugar and mix to a batter with the liquid ingredients. Bake at once on a lightly greased griddle.

MISSISSIPPI BUCKWHEAT CAKES

Two small cups buckwheat flour, $\frac{1}{2}$ teaspoon salt, little over $\frac{1}{4}$ yeast cake. Mix batter like cake dough. Put in lard pail. In the morning add a pinch of baking soda and 3 teaspoons of molasses dissolved in water. Fry as any griddle cakes.

OATMEAL GRIDDLECAKES

Mix 2 cups cooked oatmeal with $1\frac{1}{2}$ cups flour sifted with 1 teaspoon baking powder and $\frac{1}{2}$ teaspoon salt. Dissolve 1 teaspoon soda in 2 tablespoons hot water, then stir into $2\frac{1}{2}$ cups sour milk and add 1 beaten egg. Combine the two mixtures, beat until perfectly smooth and bake on a hot griddle. Serve with maple sirup or honey.

ONE MINUTE BATTER CAKES

One cup maize, $\frac{1}{2}$ cup wheat flour, $\frac{1}{2}$ teaspoon salt, 2 teaspoons baking powder, 1 cup milk. Sift flour, salt and baking powder together and add milk sufficient for batter, not too thin. Ready for hot griddle.

CAKES

CHOCOLATE CAKE

(United States Food Administration)

One-fourth cup fat, 3 tablespoons sugar, 1 cup corn sirup, 2 squares chocolate, $\frac{1}{2}$ cup milk, 2 eggs, $1\frac{1}{2}$ cups potato flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt. Cream fat and sugar; beat in corn sirup, melted chocolate and yolk of eggs. Sift dry ingredients together and add alternately with the milk. Fold in stiffly beaten whites. Bake in loaf or in layers. The finely ground flour makes the best product. Potato starch may be used in place of potato flour.

CHOCOLATE MOLASSES CAKES

Mix together $\frac{1}{3}$ cup molasses, 1 tablespoon shortening and 3 tablespoons boiling water in which $\frac{1}{4}$ teaspoon soda has been dissolved. Sift together $\frac{1}{2}$ cup flour, $\frac{1}{4}$ cup corn flour, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{2}$ teaspoon cinnamon and $\frac{1}{4}$ teaspoon salt. Combine the two mixtures, add $1\frac{1}{2}$ squares melted chocolate and $\frac{3}{4}$ teaspoon vanilla, beat thoroughly and bake in small greased gem pans.

MARY'S CHOCOLATE CAKE

One cup sugar, 1 egg, 2 tablespoons fat melted with 2 squares of chocolate, 1 cup barley flour, $\frac{1}{2}$ cup corn flour, 1 teaspoon soda, 1 cup sour milk, $\frac{1}{2}$ teaspoon vanilla. Beat egg, add sugar gradually and beat well. Dissolve soda in sour milk, add sour milk, barley, corn flour and flavoring. Add chocolate and fat. Bake in a loaf or in small cakes.

BARLEY CHOCOLATE CAKE

Requires no wheat, sugar, butter or milk.

One and one-half cups barley flour, 3 teaspoons baking powder, $\frac{1}{4}$ teaspoon soda, 2 tablespoons fat, 1 cup sirup, 1 egg yolk, $\frac{1}{4}$ cup water, 1 teaspoon vanilla, $1\frac{1}{2}$ squares chocolate.

Melt fat and chocolate together. Sift dry ingredients. Beat egg yolk, add sirup and water, beat well. Combine liquid and dry ingredients. Add chocolate and fat. Bake in moderate oven as little cakes or in a loaf.

WHEATLESS CHOCOLATE CAKE

Two squares of chocolate, $\frac{1}{4}$ cup shortening, $\frac{1}{4}$ cup sugar, 1 egg, 1 cup mashed potatoes, 1 cup barley flour, 1 cup corn sirup, 4 level teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon cinnamon. Cream shortening, sugar and sirup, add the chocolate that has been melted over hot water, add the well-beaten egg and 1 cup of mashed potatoes rubbed through strainer or press, salt and cinnamon. Beat thoroughly, then sift flour five times, then sift baking powder in. Mix well and bake forty-five minutes.

LIBERTY CAKE

One-half cup each sugar and molasses, 1 egg, $\frac{1}{2}$ cup shortening, $\frac{3}{4}$ cup milk or lukewarm water, 2 cups barley flour (generous), 1 small teaspoon soda, spices and raisins. Some cooks consider it desirable to add baking powder to barley flour.

WAR FRUIT CAKE

Put $\frac{1}{2}$ cup raisins in sauce pan on stove, with 1 cup boiling water, $\frac{1}{4}$ cup butter or drippings, 1 teaspoon salt, $\frac{1}{2}$ cup corn sirup. When raisins are soft, remove, let cool, then add 1 teaspoon baking soda, 1 teaspoon baking powder. Sift in 2 cups whole wheat flour with

1 teaspoon nutmeg, 1 teaspoon spice or acacia, 1 tablespoon each orange peel and citron (cut fine), add to the mixture if too thin $\frac{1}{2}$ cup more of flour. Have cake rather stiff. Grease a baking pan well, spread a piece of paper inside of pan, pour the mixture in and bake in moderate oven. This will keep some time. A nice raisin cake can be made by leaving out the orange and citron.

DELICIOUS FRUIT CAKE

One cup brown sugar, $1\frac{1}{4}$ cups water, 1 cup seeded raisins, 2 ounces citron, cut fine; $\frac{1}{3}$ cup shortening, $\frac{1}{2}$ teaspoon salt, 1 teaspoon nutmeg, 1 teaspoon cinnamon, 1 cup corn, 1 cup rye or barley flour, 5 teaspoons baking powder. Boil sugar, water, fruit, shortening, salt and spices together in saucepan three minutes. When cool, add flour and baking powder which have been sifted together. Mix well; bake in loaf pan in moderate oven about forty-five minutes.

DARK FRUIT CAKE

One cup molasses, $\frac{1}{2}$ cup lard or beef drippings, 1 cup warm milk or water, 2 eggs (can be omitted), 1 cup each graham, rye and white flour, $\frac{1}{2}$ pound raisins, 1 teaspoon each cinnamon, nutmeg and allspice, $\frac{1}{4}$ teaspoon clove, $\frac{3}{4}$ teaspoon soda. Bake in deep tins with slow fire. Makes two cakes.

CORN FLOUR SPONGE CAKE

Four eggs, 1 cup sugar, 1 cup corn flour, 2 tablespoons lemon juice, $\frac{1}{8}$ teaspoon salt. Separate the whites and yolks of eggs. Beat the yolks until thick and light lemon color. Beat sugar into the stiffened yolks, then add the lemon juice and salt. Fold in alternately the stiffly beaten whites and flour. Bake in an ungreased pan for thirty-five or forty minutes. Start in a moderate oven and when about half done raise the temperature to that of a hot oven.

WELLESLEY SPONGE CAKE

Two eggs, beat yolks and white separately, 1 cup sugar, $\frac{1}{2}$ cup warm water, 1 teaspoon of vanilla, $1\frac{1}{2}$ cups white corn flour, 1 teaspoon baking powder.

BARLEY SPONGE CAKE

Four egg yolks, 1 cup sugar, 1 tablespoon hot water, 1 cup barley flour, $1\frac{1}{2}$ teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, 4 egg whites, 1 teaspoon lemon juice. Beat yolks of eggs until very light, add sugar gradually, beating constantly. Add water and flour, mixed and sifted with salt and baking powder; add lemon juice. Fold in egg whites stiffly beaten and bake in slow oven fifty minutes.

WHEAT SAVING SPONGE CAKE

Three eggs, well beaten, $\frac{3}{4}$ cup sugar, $\frac{1}{3}$ cup hot water. Mix in order given, beating well, then sift in $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup yellow corn flour, 1 teaspoon baking powder, pinch of salt and flavor to taste.

RYE BREAD SPONGE CAKE

Take 1 cup rye bread crumbs, 1 cup sugar, 2 tablespoons raisins, $\frac{1}{2}$ lemon, 1 level teaspoon ground cinnamon and $\frac{1}{4}$ teaspoon ground allspice. Beat 5 egg yolks and sugar to a cream, add the grated lemon rind and juice. Put enough rye bread crumbs through meat chopper to make 1 cup, then mix in the beaten whites of the 5 eggs. Bake in moderate oven about thirty minutes.

OAT SPONGE CAKE

Three-fourths cup sugar, 2 egg yolks, $\frac{1}{4}$ cup milk. Beat 2 egg whites stiff. Mix thoroughly together with sugar and milk, add gradually $\frac{1}{2}$ cup sifted flour, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 1 cup ground rolled oats. Flavor to suit taste.

TWO-EGG SPONGE CAKE

One cup sugar, 1 teaspoon salt, 2 eggs, yolks and whites separated. Put the yolks in sugar and beat, add $\frac{1}{4}$ cup cold water and beat whites of eggs in a bowl until stiff. Add to yolks. Have in your sifter $\frac{1}{2}$ cup bread flour and $\frac{1}{2}$ cup potato flour and 1 teaspoon dry yeast or baking powder.

EGGLESS, MILKLESS, BUTTERLESS CAKE

One cup brown sugar, $1\frac{1}{4}$ cups water, 1 cup seeded raisins, $\frac{1}{3}$ cup shortening, 1 teaspoon nutmeg, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon salt, 2 cups flour, 5 teaspoons baking powder. Boil sugar, water, raisins, shortening, salt and spices together in saucepan three minutes. When cool add flour and baking powder sifted together. Mix well and bake in loaf pan about forty-five minutes.

NO WHEAT, NO MILK, NO EGG CAKE

One scant cup sugar, $\frac{1}{2}$ cup unsweetened apple sauce, 2 cups barley flour, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon allspice, $\frac{1}{2}$ teaspoon nutmeg, 1 cup raisins, 1 teaspoon butter, 1 teaspoon soda dissolved in a little hot water, $\frac{1}{2}$ teaspoon salt.

VARIETY ONE-EGG CAKE

One cup sugar, $\frac{1}{2}$ cup beef fat, 1 egg, 1 cup milk, 2 cups rice flour sifted with 2 teaspoons baking powder, flavoring 1 teaspoon. Beef fat is as good for cake as butter, if fresh, sweet, outside fat is used. By adding a few currants to the one-egg cake and at another time 2 tablespoons of cocoa you will get quite a variety from one recipe.

SIMPLE ONE-EGG CAKE

teaspoon vanilla, 1 cup sugar, 2 teaspoons baking powder, $\frac{1}{3}$ cup butter, $1\frac{1}{4}$ cups rice flour, 1 egg, $\frac{1}{2}$ cup of milk. Bake twenty minutes in loaf or muffin tins.

WISCONSIN ONE-EGG CAKE

One egg, 1 cup sugar, 1 tablespoon shortening, salt, $\frac{2}{3}$ cup sweet milk, 1 large cup rice flour, $\frac{1}{2}$ cup wheat flour, 1 teaspoon vanilla, $1\frac{1}{2}$ teaspoons baking powder. Bake in sponge cake pan and add frosting.

SOUR MILK CAKE

Two-thirds cup shortening, 1 cup corn sirup (creamed), salt, 1 cup sour milk, in which dissolve 1 teaspoon saleratus, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves, a grating of nutmeg, 1 large cup rice flour, 1 cup barley flour. This will keep moist for some time.

CINNAMON LOAF CAKE

One-half cup vegetable oil or fat, 1 cup white and brown sugar mixed, $\frac{1}{2}$ cup milk, 2 eggs, 1 cup rice flour, $\frac{1}{2}$ cup barley flour, 3 teaspoons cinnamon, $1\frac{1}{2}$ teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup raisins.

SUGARLESS WHOLE WHEAT DROP CAKES

Into 1 cup corn sirup put $\frac{1}{2}$ teaspoon salt. Into mixing bowl put 1 egg, 1 tablespoon shortening and $\frac{1}{4}$ cup milk. Beat well, then beat in the sirup. Beat 5 minutes. Into 2 cups whole wheat flour put $2\frac{1}{2}$ teaspoons baking powder and mix in well. Chop $\frac{1}{2}$ cup small raisins. Flavor if maple sirup isn't used. Add nuts and fruit to sirup mixture, then the flour. Grease tins and drop by spoonfuls about one and one-half inches apart. These make a nice lunch to carry in lunch basket to school.

GRAHAM DROP CAKES

Mix and sift together 3 cups graham meal, $\frac{1}{3}$ cup brown sugar and 1 teaspoon each salt and soda. Add enough buttermilk or sour milk to make a stiff batter, drop from a spoon on a buttered baking pan and bake from fifteen to twenty minutes in a hot oven.

RYE DROP CAKES

One pint sour milk, $\frac{1}{2}$ cup molasses, 2 eggs, 1 tablespoon soda, 1 teaspoon cinnamon, salt, rye meal for stiff batter. Fry in hot lard.

MEDLEY DROP CAKES

One cup barley flour, $1\frac{1}{4}$ cups rolled oats, $\frac{1}{2}$ cup fat, $\frac{1}{4}$ cup brown sugar, $\frac{1}{2}$ cup corn sirup, 1 egg, 3 tablespoons water, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup nuts. Cream fat and sugar, mix dry ingredients. Then add beaten egg to creamed fat and sugar. Then add flour and milk alternately. Mix well. Drop from spoon upon buttered tin. Bake in moderate oven.

SPRINGFIELD DROP CAKES

One cup sugar, $\frac{1}{2}$ cup shortening, 1 egg, $\frac{3}{4}$ cup sour or buttermilk, $\frac{1}{2}$ teaspoon soda, 1 teaspoon salt, spices to suit family's taste. Add enough barley flour with 1 large teaspoon baking powder in it to make a drop batter. Chopped raisins may also be added. Bake in hot oven.

HONEYMOON BREAKFAST CAKE

Rub 4 tablespoons shortening with $\frac{1}{2}$ cup sugar, then add 2 beaten eggs and beat until very light. Sift together $1\frac{1}{2}$ cups barley flour, 1 cup cornmeal, $\frac{1}{2}$ cup rice or potato flour, 5 teaspoons baking powder and 1

teaspoon salt and add to the creamed mixture alternately with about $\frac{2}{3}$ of a cup of milk. Turn into a greased shallow pan and bake in a quick oven.

BARLEY TEA CAKES

Cream $\frac{1}{4}$ cup butter or butter substitute with $\frac{1}{2}$ cup sugar; add the beaten yolks of two eggs, beat until very light, then add $\frac{1}{2}$ cup each sour milk and molasses. Sift $1\frac{2}{3}$ cups barley flour with 1 teaspoon salt and 1 teaspoon soda. Mix 1 tablespoon flour with $1\frac{1}{2}$ teaspoons cinnamon, $\frac{1}{2}$ teaspoon cloves and $\frac{1}{4}$ teaspoon nutmeg and stir well with $\frac{1}{2}$ cup broken nut meats and $\frac{1}{2}$ cup seedless raisins. Combine the mixtures, beat well, fold in the stiffly beaten whites, turn into well-greased tins and bake in a moderate oven.

WHEATLESS TEA CAKES

Boil 6 potatoes in salted boiling water, mash and set to cool. Pare and remove strings from 1 cup beef suet, chop fine and add to mashed potatoes. Grind 2 cups rolled oats in food chopper, add $\frac{1}{2}$ teaspoon salt and 2 level teaspoons baking powder. Add milk enough to make a stiff dough. Roll out an inch thick, cut in squares and bake in hot oven.

WHEATLESS MOLASSES CAKE

Cream together 1 cup molasses, $\frac{1}{2}$ cup sugar, white or light brown, $\frac{1}{4}$ cup butter. Add $1\frac{3}{8}$ cups barley flour, 1 scant cup corn flour, a teaspoon cinnamon, little cloves and nutmeg. Now dissolve 1 teaspoon soda and 1 teaspoon ginger both in 1 cup hot water. Add this slowly to the dry mixture, and beat all well. Last add 2 well-beaten eggs and mix all together well. Bake in moderate oven about twenty-five minutes, placing asbestos plate under cake pan to prevent scorching.

WHEATLESS NUT CAKE

Two eggs, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup fat, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sour milk, $\frac{1}{4}$ cup barley flour, $\frac{1}{4}$ cup potato flour, 1 teaspoon cinnamon, little nutmeg, $\frac{1}{2}$ teaspoon cloves, 1 teaspoon soda, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup nuts and a little salt.

DELICIOUS WAR CAKE

Sift together 3 times, 1 cup barley flour, $\frac{1}{2}$ cup corn-starch, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon nutmeg, $1\frac{1}{2}$ teaspoons baking powder, 2 tablespoons (heaping) dry cocoa. Into the sifted mixture drop 1 egg, $\frac{2}{3}$ cup sugar, 2 tablespoons shortening (softened), $\frac{1}{2}$ cup milk. Beat all up together at one time. Turn in greased tin and bake forty minutes.

RICE FLOUR CAKE

Cream together 4 tablespoons fat or butter substitute and add gradually $\frac{1}{2}$ cup sugar, 1 well-beaten egg yolk and $\frac{1}{4}$ cup milk. Mix and sift $\frac{3}{4}$ cup rice flour, $1\frac{1}{4}$ teaspoons baking powder and $\frac{1}{4}$ teaspoon salt. Add gradually to first mixture. Add the stiffly beaten white of 1 egg and $\frac{1}{4}$ teaspoon vanilla. Bake in a moderate oven about one-half hour.

OLD-FASHIONED ELECTION CAKE

Two and one-half cups raised dough, 1 cup butter substitute, $1\frac{1}{2}$ cups sugar, 2 eggs, 1 small teaspoon soda, 2 of cream of tartar, nutmeg to taste. Put them all together and with the hand work it for half an hour. Add good $\frac{1}{2}$ cup of flour. After this is worked together put in $\frac{1}{2}$ cup raisins. Put in greased pan and let stand about half an hour in a warm place, then bake.

SUGARLESS CAKE

(United States Food Administration)

One-quarter cup butter, oleomargine or other fat, 2 cups corn sirup, 2 eggs, 3 cups flour, $1\frac{1}{2}$ tablespoons baking powder, $\frac{1}{4}$ teaspoon salt, 1 cup milk. Cream the shortening, add the sirup and the egg, and mix well. Add the milk. Sift the baking powder and flour together, add it slowly to the mixture and beat. Bake in a moderate oven as a loaf or layer cake or small drop cakes. One-fourth cup of raisins added to the batter gives added flavor and sweetness.

SPICE CAKE

(United States Food Administration)

One-half cup fat, $\frac{2}{3}$ cup sugar, 3 eggs, 1 cup sirup, $\frac{3}{4}$ cup milk, 1 teaspoon vanilla, $\frac{1}{2}$ teaspoon ginger, 4 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves, 1 teaspoon allspice, $3\frac{3}{4}$ cups barley flour, 1 cup raisins. Cream the fat, sugar and egg yolks. Add the sirup, milk and vanilla and mix well. Add alternately the liquid, and the dry ingredients sifted together. Add the flavoring and fold in the well-beaten egg whites. Lastly add the raisins. Bake one hour in a moderate oven.

EGGLESS, SUGARLESS, MILKLESS, FATLESS CAKE

One cup molasses, $\frac{1}{2}$ cup hot water, 4 tablespoons (vegetable) oil, $2\frac{1}{4}$ cups flour, 1 tablespoon soda, 1 teaspoon ginger, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon salt. Measure the molasses into your mixing bowl. With the same cup measure the water, stir around to get all the molasses out of cup, then put in bowl. Now add the dry ingredients. Into your sifter put the flour, soda, ginger, cinnamon and salt and sift all into the bowl, if the shortening is melted. Beat all well for a few

minutes, pour into a greased shallow pan and bake in a moderate oven for twenty-five minutes. When done break into squares. Break squares through middle and put one teaspoon of marshmallow cream on each half of square. The heat of the gingerbread will melt the marshmallow enough to spread it to the edges. Serve warm.

GINGERBREAD

(United States Food Administration)

One cup cornmeal, 1 cup wheat flour, 2 teaspoons cinnamon, 2 teaspoons ginger, $\frac{1}{2}$ teaspoon salt, 1 teaspoon baking powder, 1 teaspoon baking soda, 1 cup molasses, 1 cup sour milk or buttermilk, 2 tablespoons fat. Sift the dry ingredients and add molasses, milk and fat. Beat well and pour into a greased pan. Bake twenty-five minutes. Notice that this recipe uses cornmeal for half the wheat flour ordinarily used.

BARLEY GINGERBREAD

Beat 2 eggs well and add to them $\frac{1}{2}$ cup sugar and 1 cup molasses. Now sift together $2\frac{1}{2}$ cups barley flour, 1 teaspoon ground cinnamon, $\frac{1}{2}$ teaspoon salt, 1 teaspoon ginger. Add 1 teaspoon soda after dissolving in a tablespoon of warm water.

HARD GINGERBREAD

Half cup sugar, or sirup, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup warm water, 2 scant teaspoons soda, dissolved in a little water; then add, after sifting, 2 teaspoons baking powder and $2\frac{1}{2}$ cups mixed flour, barley or rye, corn flour or white cornmeal and wheat flour, and 1 teaspoon ginger. Mix just stiff enough to spread out in a large, shallow pan, crease with a fork dipped in flour, and bake in a moderate oven.

SOUR MILK GINGERBREAD

One-half cup sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sour milk. Add level teaspoon baking soda, dissolved in a little hot water. Mix together $1\frac{3}{8}$ cups barley flour, $\frac{1}{2}$ cup corn flour, $\frac{1}{2}$ teaspoon each cloves, salt, ginger and cinnamon. Add these ingredients to the liquid mixture. Mix well, add $\frac{1}{2}$ cup beef drippings, melted. Bake in a shallow pan for twenty-five minutes in a moderate oven.

WHEATLESS GINGERBREAD

One-half cup granulated sugar, $\frac{1}{3}$ cup shortening, 1 egg, $\frac{1}{2}$ cup baking molasses, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon ginger, 1 cup hot water, 1 teaspoon soda (slightly heaping) dissolved in hot water, 1 cup barley flour, $\frac{1}{2}$ cup corn flour, $\frac{1}{2}$ cup rolled oats, $\frac{1}{2}$ teaspoon salt. Mix in the order given.

GINGERBREAD WITH WHIPPED CREAM

Make an ordinary one-egg gingerbread, bake in two thin layers or bake in one and split. Fill with grape or currant jelly and cover top with whipped cream. Serve while the gingerbread is warm. This is fine, quick, easy to make and economical.

ENTIRE WHEAT GINGERBREAD

One-half cup butter, $\frac{3}{4}$ cup boiling water, 1 cup molasses, 1 egg, $1\frac{1}{4}$ teaspoons soda, 1 teaspoon ginger, 1 teaspoon cinnamon, 2 cups entire wheat flour. Add boiling water to butter, when melted add molasses and egg well beaten, then add dry ingredients sifted together. Mix thoroughly and bake in a buttered shallow pan twenty-five minutes.

HOT WATER GINGERBREAD

One-half cup molasses, $\frac{1}{4}$ cup boiling water, $\frac{3}{4}$ cup oat flour and $\frac{3}{4}$ cup rice flour, 1 teaspoon soda, $\frac{3}{8}$ tea-

spoon cinnamon, $\frac{1}{4}$ teaspoon salt, $1\frac{1}{2}$ teaspoons melted butter substitute.

SOFT MOLASSES GINGERBREAD

One cup molasses, $\frac{1}{3}$ cup butter, $1\frac{3}{4}$ teaspoons soda, $\frac{1}{2}$ cup sour milk, 1 egg, $1\frac{3}{8}$ cups barley flour, 2 teaspoons ginger, $\frac{1}{2}$ teaspoon salt. Put molasses and butter into a large saucepan over the fire and heat until the boiling point is reached. Remove from fire, add soda and beat vigorously. Then add milk, egg well beaten, and dry ingredients mixed and sifted. Bake twenty minutes in small buttered pans, having two-thirds full. Sift the barley flour five times and you will find that your gingerbread will be much lighter.

MOLASSES GINGERBREAD

One cup rye flour, $1\frac{1}{4}$ cups graham flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon soda, 1 teaspoon ginger, 1 teaspoon cinnamon and speck of clove, 1 cup molasses, $\frac{1}{2}$ cup warm water, 4 tablespoons shortening melted.

RYE GINGERBREAD

Mix and sift $\frac{1}{2}$ cup ryemeal, $\frac{3}{4}$ cup whole wheat, $\frac{1}{2}$ teaspoon ginger, $\frac{1}{2}$ teaspoon cinnamon and $\frac{1}{2}$ teaspoon salt. Add $\frac{1}{2}$ cup molasses, 2 tablespoons salad oil and $\frac{1}{2}$ cup boiling water, in which 1 teaspoon soda has been dissolved. Add $\frac{1}{2}$ teaspoon vanilla. Mix well and bake in layer cake or muffin tins.

CINNAMON CAKES

One egg, $\frac{1}{2}$ cup sugar, 1 teaspoon butter, $\frac{1}{4}$ cup milk, $1\frac{3}{8}$ cups barley flour, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon soda, 1 teaspoon cinnamon. Cook in gem pan. Will make six.

FAIRY CAKE

Sift 2 heaping cups of whole wheat flour, or half flour and half rye meal, 3 tablespoons baking powder, 1 teaspoon salt. Work in 3 tablespoons butter, beat in 1 egg and enough milk to make soft dough (about 1 cup), pare a few apples or peaches, cut in quarters, press lightly on top of cake, sprinkle over with a little cassia or lemon juice. Spread mixture in well greased pan and bake in moderate oven. Serve hot with butter or pudding sauce. Blueberries may be used in place of apples or peaches.

RICE FLOUR CUP CAKES

Mix together $\frac{1}{4}$ cup rice flour, $\frac{2}{3}$ cup sugar, $\frac{1}{2}$ cup butter substitute, 1 teaspoon baking powder, 1 egg, $\frac{1}{2}$ cup warm milk, 2 tablespoons corn flour, $\frac{1}{2}$ cup seeded raisins. Bake thirty minutes in a cupcake pan.

PLAIN CAKE

One cup sugar, 1 rounding tablespoon butter substitute (possibly a bit more). Beat well. One egg (beat again), 1 cup sweet milk with $\frac{1}{2}$ teaspoon soda in it, 1 good teaspoon cream of tartar in about 2 cups barley flour, bit of salt and flavor.

ONE-EGG DOUGHNUTS

One egg, $\frac{1}{2}$ cup sweetening, 1 tablespoon melted butter or oil, $\frac{1}{2}$ teaspoon salt, spice to taste—ginger, clove and nutmeg—beat all together with eggbeater. Add $\frac{1}{2}$ cup milk—sweet—beat again, then mix thick enough to roll on wax paper without sticking any combination of flours, like barley, corn flour, etc., including always if possible 1 cup wheat. Fry in deep fat, using frying basket if possible and having fat as hot as possible without burning or smoking and turning doughnuts as necessary.

CONSERVATION DOUGHNUTS

Beat 2 eggs well, then add 1 cup sugar, 1 cup sour milk, 1 teaspoon soda, $\frac{1}{2}$ teaspoon salt, 1 cup entire wheat flour, 1 cup graham, 1 teaspoon cinnamon, 1 teaspoon ginger. If not stiff enough to roll add entire wheat flour to roll.

CORNMEAL CAKES FRIED

Two cups cornmeal, put in mixing dish with a little salt, pour over this boiling water until it thickens up quite stiff. Be sure and have water boiling; beat up one egg and mix in. Add a tiny pinch of saleratus and when cool enough to handle pat into little cakes and fry in pork fat. Eat with butter or sirup.

GRAHAM CRACKER CAKE

One-third cup butter, 3 level teaspoons baking powder, $\frac{2}{3}$ cup sugar, $\frac{1}{2}$ teaspoon cinnamon, 2 egg yolks, 1 cup milk, $\frac{2}{3}$ lb. graham crackers, 2 egg whites, beaten dry. Beat butter to a cream, beat in sugar slowly, then the yolks of eggs. Roll the crackers, then pass through sieve. Be sure to have the full weight of the crackers. Sift the baking powder and spice into crumbs and mix thoroughly. Add these to the first mixture alternately with the milk, then add the whites of the eggs and beat three to five minutes. Bake in two large layers and put together with filling.

GRAHAM CAKE

Three eggs, beaten with 1 cup sugar, 4 tablespoons hot water, 1 heaping cup graham flour (sifted) with 1 heaping teaspoon baking powder, and lastly add 2 teaspoons anise seed. Bake in a large shallow tin. When done take from oven and let it cool a little. Turn out and cut into inch-thick slices. Cut each slice into two

pieces. Return to tin and put into oven and brown on both cut sides.

SEED CAKES

Three-fourths pint sugar, 1 cup butter (or lard mixed), 1 quart and $\frac{1}{2}$ pint flour, 1 teaspoon saleratus, 2 eggs and caraway seeds. Roll thin, cut in round cakes and bake quickly.

BARLEY AND WHOLE WHEAT TRIANGLES

Mix 1 cup barley meal with 1 cup whole wheat flour, 2 teaspoons baking powder and $\frac{1}{2}$ teaspoon salt, moisten with $\frac{3}{4}$ cup milk in which $\frac{1}{2}$ teaspoon soda has been dissolved, then add 1 tablespoon each of butter and lard melted. Place on a floured board, knead slightly, roll out half an inch in thickness, cut into triangles and bake in a hot oven.

PIN WHEELS

Sift with 2 cups barley flour 2 teaspoons baking powder and 1 teaspoon salt, rub in 1 tablespoon shortening and moisten with about $1\frac{1}{2}$ cups milk. Place on a floured board, roll to a thin sheet, spread with soft butter, sprinkle with $\frac{1}{3}$ cup sugar and dust lightly with cinnamon. Roll up, cut into slices, place in a baking pan with a space between each and bake half an hour in a moderately hot oven.

WAR COOKIES

One cup molasses, 1 cup lard or any fat, 1 cup hot coffee with 1 teaspoon soda, a little salt and if you like them use raisins. You can use half flour and half of any substitute to mix rather soft so you can roll them, but not too hard, roll thin. Place 3 raisins on each cookie instead of in them and bake till brown.

VICTORY MOLASSES COOKIES

Eggless, sugarless, milkless and butterless.

Three cups molasses, 1 cup lard, 1 cup cold water, 2 heaping teaspoons soda, salt, cassia and cloves. Use $\frac{1}{3}$ rye meal, remainder wheat flour. Roll thick enough to be about $\frac{1}{2}$ inch when done. Mix and roll as soft as can be handled.

HONEY COOKIES

One cup dripping, 1 cup molasses, 1 tablespoon vinegar, 1 teaspoon ginger, 1 teaspoon nutmeg, 1 cup honey, 1 egg, 1 teaspoon soda, 1 teaspoon cinnamon, 1 teaspoon allspice. Barley flour enough to make a dough to roll out. This makes over one hundred crisp cookies which will keep for weeks.

SUGAR COOKIES

One cup sugar, white or light brown, $\frac{1}{2}$ cup shortening, creamed together, 1 egg, 1 teaspoon extract of lemon, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon soda, 1 teaspoon cream of tartar, $1\frac{1}{3}$ cups rice flour, $1\frac{1}{3}$ cups rye flour. Roll one-half inch thick and bake. Caraway seeds improve them.

OVER-THE-TOP COOKIES

Two cups dark brown sugar, 1 cup melted shortening, 2 well-beaten eggs, $\frac{1}{2}$ teaspoon salt, 1 cup milk, $\frac{1}{4}$ teaspoon ginger, cloves, cinnamon and nutmeg, 1 cup chopped raisins, 1 cup broken nut meats. Stir all together thoroughly, then add 2 cups fine cornmeal, 2 cups barley flour, 2 cups white flour, 3 teaspoons baking powder, flour to roll. Cut with cookie cutter. Bake in moderate oven. Makes five dozen.

SPONGE COOKIES

Two eggs, 1 cup sugar, 2 teaspoons baking powder, 2 teaspoons lemon juice or 1 of vanilla. Potato flour to roll.

BARLEY GINGER COOKIES

One-half cup molasses, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ cup sugar, $\frac{1}{3}$ cup melted butter substitute and 1 well-beaten egg, 1 teaspoon soda, $1\frac{3}{8}$ cups barley flour, 1 teaspoon ginger. Turn out as soft as can be handled, half at a time, on a well-floured board, roll out, cut cookies, lift into pan, one just touching another. The oven should be quite hot for these to bake quickly. On taking from oven let stand a minute before lifting. If cookies are baked on dripping pan turned upside down they will never burn.

TEN-MINUTE GINGER COOKIES

One scant cup molasses, 2 tablespoons shortening, $\frac{1}{2}$ cup sugar, 1 teaspoon ginger, 1 teaspoon vinegar. Heat well on back of range, remove from fire and add 1 teaspoon soda dissolved in cold water, $\frac{1}{2}$ cup sour milk and enough barley flour to make real stiff. Flour board well with flour and work until you can roll out thin. Bake in quick oven ten minutes. This makes four dozen cookies.

DROP GINGER COOKIES

One cup shortening, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup sirup, $\frac{1}{2}$ cup molasses, 1 egg, 2 cups barley, 1 cup oatmeal, $\frac{1}{2}$ cup cornstarch, $\frac{1}{2}$ cup potato flour, 2 teaspoons soda, 3 teaspoons ginger, 1 teaspoon cinnamon, 1 teaspoon salt, $\frac{1}{2}$ cup sour milk. Cream shortening, add brown sugar, sirup, molasses, egg. Sift dry ingredients together and add them alternately with the milk. Drop in well-greased pans and bake in a moderate oven.

ROLLED OATS COOKIES

Cream 2 tablespoons butter with 1 cup sugar, add yolks of 2 well-beaten eggs and $2\frac{1}{2}$ cups rolled oats, into which 1 teaspoon cream of tartar and $\frac{1}{2}$ teaspoon saleratus and $\frac{1}{2}$ teaspoon salt have been thor-

oughly mixed. When well mixed add the whites of the eggs beaten stiff and $\frac{1}{2}$ teaspoon vanilla. Drop with a buttered teaspoon upon baking pans and bake in a quick oven.

OATMEAL COOKIES

Two cups medium fine oatmeal, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sugar, 2 teaspoons yeast powder, milk or water enough to mix. Roll out and cut with round cutter; bake in very hot oven twenty minutes.

EGGLESS BARLEY GINGER COOKIES

One cup molasses, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup hot water, $1\frac{1}{2}$ teaspoons soda sifted in the first flour you stir in, $\frac{1}{2}$ cup dried meat fat, 1 even teaspoon ginger. Mix stiff with barley flour.

ALMOND MACAROONS

Beat the whites of 2 eggs very stiff. Mix together 4 ounces ($\frac{1}{2}$ cup) ground almonds and 5 ounces powdered sugar, and mix with the egg whites. Drop in teaspoons on buttered paper on a tin, lay half of a blanched almond on each, and bake in a slow oven about forty minutes.

CHOCOLATE MACAROONS

Melt 3 ounces chocolate over boiling water, then work to a thick paste with 1 pound powdered sugar and the whites of 3 eggs. Roll out about one-quarter inch in thickness and cut into small rounds. Butter a baking pan, sprinkle with equal quantities of corn flour and sugar, add the cakes and bake in a hot oven.

COCOANUT MACAROONS

Beat the white of a perfectly fresh egg until stiff, fold in 1 cup shredded cocoanut and 3 tablespoons granu-

lated sugar, flavor with vanilla, drop from a teaspoon on a buttered and floured tin, allowing plenty space between each, and bake fifteen minutes in a moderate oven. Remove from the tin when cool.

WALNUT MACAROONS

Beat the white of 1 egg until stiff, add gradually while beating constantly 1 cup brown sugar, flavor with a few drops each lemon and vanilla, fold in 1 cup finely chopped walnuts sprinkled with $\frac{1}{2}$ saltspoon salt, drop from a teaspoon, allowing plenty of space between each, and bake until delicately brown. Do not butter the tins.

VANILLA MACAROONS

Two and one-half cups rolled oats, 2 teaspoons baking powder, $\frac{1}{2}$ cup sugar, 2 well-beaten eggs, 2 teaspoons vanilla. Mix thoroughly and cook in very small gem pans, or drop in teaspoonfuls on greased pans, not very close together. Bake till crisp and lightly browned in moderate oven.

PIES

WAR PIE CRUST

Sift together $\frac{1}{2}$ cup barley flour and $\frac{1}{2}$ cup cornstarch. Add 1 teaspoon salt, 1 teaspoon baking powder, 2 tablespoons shortening and mix with sufficient water to form a dough. Roll out into a thin paste.

BARLEY PIE CRUST

One cup barley flour, 1 cup wheat flour, 5 tablespoons fat, $\frac{1}{2}$ teaspoon salt, and sufficient cold water to handle.

RICE FLOUR PIE CRUST

Cut $\frac{1}{2}$ cup fat into 1 cup sifted rice flour, $\frac{1}{3}$ teaspoon salt and 2 teaspoons baking powder. Add water enough to make a soft paste. This makes crust enough for one pie.

GRAHAM PIE CRUST

One and one-half cups graham flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon baking powder, $2\frac{1}{2}$ tablespoons shortening. Cold water to mix, (1 teaspoon of sweetening is an improvement). Sift together dry ingredients, blend shortening with same. Mix to dough of proper consistency with cold water in which has been dissolved the sirup or other sweetening. Roll, cut and bake as usual.

BARLEY AND RICE FLOUR PASTRY

Sift together $1\frac{1}{2}$ cups barley flour, $1\frac{1}{2}$ cups rice flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon baking powder.

Chop in $\frac{1}{2}$ cup shortening and gradually add cold water to form a soft paste. Chill and use as ordinary paste. This will make one pie with two crusts and one shell for an open pie. One-half cup of corn flour (not cornmeal) may be used in place of the $\frac{1}{2}$ cup of barley flour.

APPLE PIE

Line a plate with pie crust paste, fill with sliced apples, mounding them in the center, sprinkle with $\frac{1}{2}$ cup sugar mixed with $\frac{1}{8}$ teaspoon salt and $\frac{1}{3}$ teaspoon nutmeg. Cover with paste, having a few small gashes in the center and bake about forty minutes.

WHITE POTATO CUSTARD PIE

(United States Food Administration)

Two cups riced baked potato, 4 eggs beaten slightly, 1 cup sugar, $\frac{1}{4}$ cup fat, $\frac{1}{4}$ cup thin cream or top milk, juice and rind of one lemon. Mix in the order given. Beat hard for five minutes. Pour into pans lined with barley, graham or other wartime pastry crust. Bake in hot oven twenty to thirty minutes or until custard is set. This makes two pies.

RHUBARB CUSTARD PIE

Wet 2 level tablespoons cornstarch with 2 tablespoons water, add 1 cup boiling water and cook till it thickens, then add 2 cups rhubarb chopped as fine as peas, stir occasionally till it boils, then cover and let cool while you line deep pie plate with crust as for custard pie. Then beat 1 egg, very light, add 1 heaping cup sugar and $\frac{1}{4}$ teaspoon salt and add to rhubarb mixture. Put in plate and bake till the crust is done, about one-half hour. The white of egg will rise to the top and brown like a custard, so the lighter it is beaten the better it will brown.

SUGARLESS SQUASH AND CUSTARD PIES

One and one-half cups milk, 3 tablespoons sweetened condensed milk, 2 eggs. Makes a fine custard pie.

Squash Pie—Half can of sweetened condensed milk, cup or more of water, 1 egg, 2 cups squash or pumpkin, seasoning, 1 rolled cracker.

CUSTARD PIE

Grease a deep pie plate well and pour into it the following: Two generous tablespoons corn flour, 4 of sugar, a pinch of salt, 2 eggs, nutmeg. Beat thoroughly, add milk to fill a small plate and bake slowly. Bake in barley pie crust.

CHOCOLATE CUSTARD PIE

One pint hot milk, 2 eggs, 1 ounce chocolate, $\frac{1}{2}$ cup sugar, salt and vanilla. Shave the chocolate and put into a small pan with 3 tablespoons of the sugar and 1 of boiling water. Cook till smooth, beat together the eggs, 2 tablespoons of the sugar and salt, add the hot milk, into which has been poured the dissolved chocolate and vanilla and strain into the crust. Bake till firm, about half an hour.

GREEN TOMATO MINCE MEAT

One peck green tomatoes, 1 quart apples, $1\frac{1}{2}$ lbs. raisins, 3 lbs. brown sugar, $\frac{1}{4}$ lb. citron, $\frac{1}{4}$ lb. candied lemon peel, $\frac{1}{4}$ lb. butter, 1 cup cider vinegar and 1 teaspoon each cinnamon, cloves, allspice and salt, with $\frac{1}{2}$ a grated nutmeg. Put tomatoes through meat grinder, or cut into small pieces and drain. Cover with cold water and simmer thirty minutes; then drain again. Add the chopped apples and raisins, sugar, butter, spices and vinegar, citron and lemon peel. Cook slowly about three hours. More apples may be added if desired.

BANANA CREAM PIE

One cup sugar, 2 tablespoons cornstarch, 2 cups milk, 2 egg whites; 1 banana, 2 egg yolks, a little salt; dissolve sugar, cornstarch and salt in a little cold milk; beat 2 yolks; put remainder of milk in double boiler; cook all together till thick, stirring constantly. When done cut the banana into pieces and stir; pour into a baked pie crust shell, cover with a meringue made by beating egg whites till stiff and adding 2 tablespoons sugar.

FROSTED CREAM PIE

Line a deep plate with crust and bake. While hot fill with the following, which has been cooked for five minutes: 1 pint milk, $\frac{1}{2}$ cup sugar, yolks of 2 eggs, $1\frac{1}{2}$ tablespoons cornstarch and small piece of butter. Mix cornstarch and sugar, stir into milk, add butter and beaten yolks. Frost with whites of the 2 eggs beaten stiff with 2 tablespoons sugar; set in oven and brown.

COFFEE CORNSTARCH PIE

One and one-half cups cold coffee, $\frac{1}{2}$ cup milk, yolks 3 eggs, 2 tablespoons cornstarch, 4 tablespoons sugar and 1 tablespoon lemon juice. Cook until it thickens in double boiler and pour into freshly baked crusts. Beat the whites of eggs with 2 tablespoons sugar, flavor, spread over top and brown in oven.

RICE AND RAISIN PIE

Half cup rice, wash, add a little salt and boil until tender; add 2 cups sweet milk, 1 cup sugar, the yolks of 2 eggs well beaten. Cover a deep plate with pie crust, fill and grate a little nutmeg over top and drop in raisins as thickly as desired, bake rather slowly. When done beat the whites to a stiff froth, add 2 tablespoons sugar, put on top and brown slightly.

ALMOND RICE PIE

Cook $\frac{1}{2}$ cup rice in boiling water until well done, salt to taste, drain if any water remains. Now put it in mixing bowl and add $1\frac{1}{2}$ cups milk, 1 well-beaten egg and sugar to taste; for flavoring, pinch of cinnamon, handful chopped almonds, fine, 2 or 3 drops almond flavor and some citron cut very fine. Mix together, line a deep pie-plate with pie crust, put in mixture and lay on strips of the dough crossbar fashion. Cook slowly until done.

COCOANUT PIE

Heat 1 pint milk, when hot stir in 1 cupful cocoanut and let soak a few moments. Then add 4 tablespoons sugar, yolks of 2 eggs and 1 tablespoon fine cracker crumbs. Pour into deep pieplate lined with crust, and dot the top with 1 teaspoon butter cut fine. Bake about half an hour. Frost with the whites of the eggs, beaten well, with 2 tablespoons sugar, and brown slightly. Serve cold.

DATE PIE

Pick over and cut fine 1 pound of dates and boil in a little water until soft. To 1 quart milk add 2 beaten eggs, 1 cup sugar and a little salt. Stir this mixture into the dates. Pour into plates, which have been lined with a good crust, and bake as for custard pie.

APRICOT PIE

To $\frac{1}{2}$ pint stewed apricots add about a cup of hot water and sugar to make quite sweet. Let it boil and thicken with cornstarch. Beat it till the apricots blend together and pour into one crust, already baked. Frost with white of 1 egg beaten stiff and sweetened.

STRAWBERRY PIE

Wash and hull 1 basket strawberries, add 1 generous cup sugar and a little water. Bring quickly to a boil before the berries get broken or lose their color. Thicken

with cornstarch dissolved in a little cold water. Bake with rich crust with lattice top. May be served with cream, but is good without it.

FRESH STRAWBERRY PIE

Make a rich pie crust, put over the bottom of a deep pie pan, turned upside down; put a few fork holes in the crust to keep from rising up from the pan. Bake, and when a nice, light brown, turn onto a plate. The crust is then ready to fill. Have ready one quart of fresh strawberries, sweetened to taste, fill the crust with the berries, cover the top of the berries with the whites of eggs.

STRAWBERRY AND RHUBARB PIE

One cup finely cut rhubarb, 1 cup strawberries, 1 cup sugar, 1 egg, 2 tablespoons flour, butter. Mix rhubarb, strawberries, sugar and beaten eggs and let it stand half an hour. Add butter and flour, rubbed together. Bake with two crusts.

BLUEBERRY PIE

Fill a deep plate after crust is on it with berries, nearly a cup of sugar, little salt, sprinkle with cinnamon, and then add two tablespoons molasses. Cover with a top crust. Wet a strip of white cloth and put around the edge of crust before putting in oven to keep the juice in.

BLUEBERRY PIE WITH MERINGUE

One cup sugar, 1 tablespoon flour, yolks of 2 eggs. Beat all together and add 3 cups of blueberries. Bake with one crust and frost with the 2 egg whites, sweetened and flavored.

MOCK LEMON PIE

One cup sugar, yolk of 2 eggs, 1 heaping teaspoon cornstarch. Beat well together, add 1 teaspoon lemon

extract and 1 cup thick sour milk. Beat well with an egg beater all together and bake in one crust. Beat whites of 2 eggs stiff, sweeten and spread on pie. Set in oven just a minute or so to brown.

BUTTERSCOTCH PIE

Take the yolks of 2 eggs, 1 cup brown sugar, 1 tablespoon butter, 1 pint sweet milk, 2 tablespoons flour. Cook in double boiler about thirty minutes. Pour into a rich pie crust which has been baked beforehand. Cover with the beaten whites of the 2 eggs and let slightly brown in oven.

OATMEAL CRUST FOR TARTS

Two cups finely ground oatmeal, 1 cup boiling water, 1 teaspoon fat. Scald the oatmeal with the water, add salt and mix thoroughly. Roll thin and line small pie or tart tins with the mixture. Bake in hot oven.

RAISIN TARTS

One-half cup raisins, $\frac{1}{2}$ cup cranberries, $\frac{1}{2}$ cup water, 1 teaspoon molasses, 1 teaspoon cornstarch. Cook. Make tart shells and fill with mixture.

BANBURY TARTS

One cup raisins, 1 cup sugar, rind and juice of 1 lemon, 2 good-sized crackers. Chop all together or put through a food chopper and make into turnovers with wheatless piecrust. This makes thirteen of the size of a saucer.

WHEATLESS STRAWBERRY SHORTCAKE

(United States Food Administration)

The new strawberry shortcakes use no wheat. Try them and see if you like them as well as they did in

the experimental kitchen of the United States Food Administration. Of course, these shortcakes can be used for other fruits as well as strawberries. All measurements are level.

CORN FLOUR SHORTCAKE

Two and two-thirds cups corn flour, 6 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon sugar, 6 to 8 tablespoons fat, 1 cup liquid.

RICE FLOUR SHORTCAKE

Two and one-quarter cups rice flour, 6 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon sugar, 6 to 8 tablespoons fat, 1 cup liquid.

BARLEY SHORTCAKE

Four cups barley flour, 6 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon sugar, 4 to 6 tablespoons fat, 1 cup liquid.

CORN AND ROLLED OATS SHORTCAKE

One and one-third cups corn flour, $1\frac{1}{2}$ cups ground rolled oats, 6 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon sugar, 4 tablespoons fat, 1 cup liquid.

Method of Making These Shortcakes—Mix the dry ingredients, cut in the fat and add liquid. For individual servings place dough on slightly floured board, pat to $\frac{3}{4}$ inch thickness and cut as for biscuit. For family sized portions place dough in well greased pan and pat to desired thickness. Bake in a hot oven.

CREAM BANANA SHORTCAKE

Split cake in two, butter, then take 1 cup sweet whipped cream, slice 2 bananas, cream 1 tablespoon sugar and mix well together. Cut in slices 2 bananas on cake and spread on cream the last thing before it goes to table. It will melt if it stands.

PUDDINGS

CORNSTARCH PUDDING

(United States Food Administration)

Two cups milk, $\frac{1}{4}$ cup sugar or $\frac{1}{2}$ cup corn sirup, 4 tablespoons cornstarch (level), pinch of salt, vanilla. Mix the cornstarch with cold milk, scald the remaining milk, and add the sugar or sirup, salt, and cornstarch. Stir until thick. Cover and cook for twenty minutes. Add vanilla. Serve cold, plain or with fruit. Add a square of chocolate to the milk for chocolate cornstarch.

CORNSTARCH PUDDING WITH CUSTARD

Put 1 pint milk and $\frac{1}{2}$ cup sugar in a double boiler. When it boils add 2 tablespoons cornstarch dissolved in a little cold milk. Let it cook a few minutes. Remove from fire and beat in the whites of 2 eggs which have been beaten to a stiff froth. Pour into serving dish. Make a boiled custard of $\frac{1}{2}$ cup sugar, 1 pint milk, the yolks of the 2 eggs and flavor with vanilla or lemon. When both are cold pour custard over white part.

CORNSTARCH BLANCMANGE

Four tablespoons cornstarch to 1 quart milk; beat the cornstarch thoroughly with 2 eggs and add to it the milk when near boiling, with a little salt. Boil a few minutes, stirring it briskly; flavor to taste and pour into a mold. Sweeten it while cooking or use a sauce or cream. Eat cold.

COFFEE BLANCMANGE

Mix 6 tablespoons cornstarch to a smooth paste with 1 cup strong black coffee, then add gradually to 3 cups hot milk. Stir until thickened, add $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ saltspoon salt. Cover and cook twenty minutes over boiling water. Stir in 1 teaspoon butter, remove from the fire and pour into small wet molds. Serve cold with cream, either plain or whipped.

ORANGE BLANCMANGE

Heat 1 cup water with $\frac{2}{3}$ cup orange juice and $\frac{1}{3}$ cup lemon juice. Thicken with 3 tablespoons cornstarch mixed with a little cold water, add $\frac{1}{3}$ cup sugar and $\frac{1}{4}$ teaspoon salt, cover and cook twenty minutes, stirring frequently. Remove from the fire, add the stiffly beaten whites of 3 eggs, beat thoroughly, turn into a wet mold and chill. Beat the yolks of the eggs, add $\frac{1}{2}$ cup of sugar, a dash of salt and 1 pint hot milk, cook until the spoon coats, remove from the fire, flavor with 2 teaspoons vanilla and $\frac{1}{2}$ teaspoon lemon extract, chill and serve as a sauce for the pudding.

APRICOT BLANCMANGE

To the sirup of half a can of apricots add enough hot water to make 1 pint, heat to the boiling point, add 2 heaping tablespoons cornstarch dissolved in a little cold water, stir over boiling water for five minutes, add 1 saltspoon salt, cover closely and cook half an hour. Remove from the fire, add 1 tablespoon lemon juice, then add the fruit crushed to a pulp, beat thoroughly, turn into molds, chill and serve with cream and sugar.

CREAMED APPLE TAPIOCA

Cook 2 level tablespoons tapioca in $1\frac{1}{2}$ pints milk fifteen minutes. Then add 2 well-beaten eggs, $\frac{1}{2}$ cup sugar, a little salt and remove at once from fire. Pare

and quarter 3 apples and sprinkle with sugar and nutmeg. Pour over them the tapioca custard and bake until apples are soft.

COFFEE TAPIOCA

Take 3 cups cold coffee in the double boiler, add $\frac{1}{2}$ cup tapioca or farina and $\frac{1}{2}$ cup sugar. Cook together until thick as jelly, then turn into a mold. Serve cold with cream.

RHUBARB TAPIOCA

Soak 1 cup tapioca in 3 pints cold water until soft, add pinch of salt and then cook in double boiler until clear. Butter a pudding dish and put in a layer of uncooked rhubarb, then a layer of sugar and then a layer of tapioca. Continue till dish is full, having tapioca on top. Cut the rhubarb in small pieces. Bake for an hour and serve either hot or cold, with cream.

INDIAN TAPIOCA PUDDING

Soak 5 tablespoons tapioca about an hour in cold water to cover, pour 5 cups scalded milk over 4 heaping tablespoons indian meal, add $\frac{3}{4}$ cup molasses, 3 tablespoons (level) butter and a little salt. Cook in double boiler until it thickens. Drain tapioca and add. Bake in buttered pudding dish one and one-half hours.

TAPIOCA CREAM

One quart milk, $\frac{1}{2}$ cup pearl tapioca soaked over night. Cook in double boiler until tapioca is clear, stirring frequently. Beat yolks of 2 eggs, $\frac{2}{3}$ cup sugar, $\frac{1}{4}$ teaspoon salt. Stir into hot tapioca and milk. Stir constantly until creamy. Have the whites of 2 eggs beaten stiff with $\frac{1}{4}$ cup sugar and 1 teaspoon flavoring. Pour hot pudding over, beating rapidly until well mixed. Set away to get very cold. Nice with sliced bananas.

PEACH TAPIOCA PUDDING

Soak 1 cup tapioca over night, cover with 2 cups fresh boiling water, add $\frac{1}{4}$ teaspoon salt and cook until clear. Peel and cut 8 peaches into halves, add $\frac{1}{2}$ cup sugar and enough water to prevent burning, and cook until tender; then stir them into the tapioca. Remove from the fire, add the juice of half a lemon and chill. Serve with cream.

FIG TAPIOCA

Pour 1 pint cold water over $\frac{1}{3}$ cup pearl tapioca and soak over night. In the morning add 1 saltspoon salt, 1 cup brown sugar, $\frac{1}{2}$ cup finely cut figs and $\frac{1}{2}$ cup chopped nut meats and cook one hour over boiling water. Remove from the fire, flavor with 1 teaspoon vanilla, chill and serve with cream, either plain or whipped.

STRAWBERRY TAPIOCA

One cup pearl tapioca soaked in 1 quart water over night. Next morning cook till clear in same water, add little salt, small piece of butter, 1 cup sugar; when cooled a little so as not to crack a glass dish put tapioca at bottom, then strew in $\frac{1}{2}$ box of strawberries. Let stand till cold and serve with sugar and top milk.

FRUIT TAPIOCA

Take the sirup from 1 can peaches or pineapple and add boiling water to make a pint. Stir in $\frac{1}{4}$ teaspoon salt and $\frac{1}{3}$ cup tapioca. Cook in a double boiler until transparent. Butter pudding dish and put fruit in dish, flavor tapioca with lemon and pour over fruit. Bake twenty minutes and serve with cream and sugar.

BANANA TAPIOCA PUDDING

Cook 4 tablespoons quick-cooking tapioca in 1 pint boiling water until smooth and transparent. Add 3

peeled bananas which have been pressed through a ricer, 1 cup sugar, $\frac{1}{3}$ teaspoon salt and $\frac{1}{4}$ cup lemon juice. Cook until well scalded, remove from the fire and fold in the stiffly beaten whites of 3 eggs. Line a glass dish with any kind of delicate cake, fill with the mixture and cover with cream whipped until stiff, sweetened slightly and flavored with vanilla.

PINEAPPLE TAPIOCA

Wash well 1 cup pearl tapioca, then cover with 2 cups fresh cold water and let stand over night. In the morning add $\frac{1}{2}$ teaspoon salt and the sirup from a pint can of pineapple and cook until the tapioca is tender. Add the pineapple cut into small pieces, turn into a mold and chill. Serve with whipped cream, sweetened and flavored with $\frac{1}{2}$ teaspoon each lemon and vanilla.

ORANGE CUSTARD

Peel large, juicy oranges, cut round in thin slices, remove the seeds, place in custard cups in layers with powdered sugar sifted between and over. Make a custard of 1 pint of cream and the beaten yolks of 3 eggs. Pour over oranges, whip the whites of eggs to a stiff froth, add 3 tablespoons sugar, put a teaspoonful on top of each cup in the center, and stand in moderate oven to set, but not to brown. Serve with gold cake.

RICE CUSTARD

Mix $\frac{1}{2}$ pint cream, 1 pint milk, an ounce sifted ground rice, 1 tablespoon vanilla. Sweeten with sugar and stir all well together in a granite boiler till it nearly boils. Add the well-beaten yolks of 3 eggs. Stir and let it simmer for about one minute. Serve in cups with cream.

BLACKBERRY CUSTARD

Line a deep dish with dead ripe blackberries. Beat the yolks of 5 eggs to a cream with 3 tablespoons pow-

dered sugar and stir in 2 cups hot milk. Cook this in a double boiler until it becomes a smooth custard then add a dash of salt and 2 teaspoons lemon juice. When almost cold pour in between the berry walls and set away to harden. When ready to serve heap with whipped cream.

BOILED CUSTARD

One cup scalded milk, yolks of 2 eggs, 2 tablespoons sugar, few grains salt and $\frac{1}{4}$ teaspoon vanilla. Beat eggs slightly, add sugar and salt. Stir constantly while adding gradually hot milk. Cook in double boiler, continue stirring until mixture thickens; strain, chill and flavor.

ARROW ROOT CUSTARDS

Boil 1 pint milk and while boiling stir into it 1 tablespoon arrow root mixed smooth with a little cold milk, add a little salt and let it boil three or four minutes and then let it cool. When cool add 2 beaten eggs, sugar and nutmeg to taste. Return to the range and stir all the time till it boils; then pour into custard cups.

LITTLE CHOCOLATE CUSTARDS

Allow to each $\frac{1}{2}$ pint milk, 1 egg, a tiny pinch of salt, 1 tablespoon sugar, 1 tablespoon grated chocolate and a few drops of vanilla.

Melt the chocolate over hot water, blend gradually with the hot milk, add the egg beaten with the sugar and salt and turn into cups. Stand in a pan of hot water and bake in a moderate oven until firm in the center.

DAINTY CUP CUSTARDS

Beat 3 eggs slightly, add 3 level tablespoons sugar, a tiny pinch of salt. Beat again a minute. Add a generous pint of milk. Pour into cups. Set the cups in pan of cold water in oven. Water should be half-way up the sides of cups. Sprinkle a pinch of nutmeg

over each one. Bake in slow oven about one-half hour. If a silver knife inserted comes up clean they are done.

MACAROON CUSTARDS

One quart milk, 2 eggs, 1 scant tablespoon cornstarch, 2 tablespoons sugar and 14 stale macaroons. Scald the milk, beat the yolks of the eggs well and add to the milk. Then add cornstarch rubbed smooth in a little milk, then the sugar. Stir till it thickens, then remove from the fire and flavor with vanilla. Crush 8 of the macaroons with a rolling pin and divide the quantity equally into 6 cups. Fill the cups with the custard to within one inch of the top, stirring the crushed macaroon through the custard. Beat the whites of the eggs to a stiff froth, add a little sugar and spread on top of each custard. Then place on top of that one whole macaroon. Brown slightly in oven and set away to cool.

HONEY CUSTARDS

Beat 3 whole eggs and the yolks of 2, add $\frac{1}{4}$ teaspoon salt and $\frac{1}{2}$ cup strained honey, then add 3 cups milk and stir well. Turn into custard cups, place in a baking pan on folds of paper, pour boiling water around the cups and bake in a moderate oven until firm in the center. The water in the pan should not be allowed to boil.

BAKED CORN CUSTARD

Take 1 can of corn and put through meat chopper, mix with 1 cup milk and the yolks of 2 eggs, beaten well, with salt and pepper. Put in baking dish, dot with bits of butter and bake brown.

BANANA CUSTARD

Peel three bananas, remove the strings, then press through a sieve and add 1 pint scalded milk. Beat the yolks of 4 eggs, add a dash of salt and $\frac{1}{3}$ cup sugar.

Pour in the hot mixture gradually, place over boiling water and cook and stir until the custard coats the spoon. Flavor with $\frac{1}{2}$ teaspoon vanilla and a few drops lemon juice. Turn into glass cup and chill.

BREAD AND FRUIT CUSTARD

Soak 6 slices of bread in milk, 1 cup sliced apples, $\frac{1}{4}$ cup sugar, grated rind of 1 lemon. Line a buttered mold with the bread, add apple in layers, then pour over it 2 cups hot milk, 3 beaten eggs, $\frac{1}{8}$ teaspoon salt. Bake till custard is set. Serve with vanilla sauce.

CARAMEL CUSTARD

Put $\frac{1}{2}$ cup white sugar in a frying pan and stir until it melts and becomes a light brown. Take from fire and add a few spoons of hot water, and stir till it dissolves and is smooth. Then mix with 1 pint hot milk. Beat two eggs till smooth, add the milk mixture, a dash of salt, 1 small teaspoon vanilla. Stir well and put into custard baking cups and set them on a pan half filled with hot water. Bake in an oven not too hot till firm in center. Serve cold.

STRAWBERRY CUSTARD

Make a soft custard with 1 pint milk, yolks of 2 eggs, 1 tablespoon cornstarch, $\frac{1}{2}$ cup sugar and 1 teaspoon vanilla. While this is cooling mash 1 box of strawberries and sweeten to taste. Whip the whites of the two eggs very stiff and while beating beat in 1 tablespoon powdered sugar and some of the mashed berries. Put some berries in bottom of dish, then some custard on that. Pile the egg whites, which will be a delicate pink, on top of all and garnish with whole berries. Serve very cold.

BREAD CUSTARDS

Soak in cold water a few slices of stale bread (measure when soft $1\frac{1}{2}$ cups); beat up 2 eggs with $\frac{1}{2}$ cup sugar and a pinch of salt; lastly, stir in three cups milk and the bread. Grate a little nutmeg in and pour in well-buttered baking dish, dot top of pudding with butter and bake until brown.

CUSTARD SOUFFLE

Rub 2 scant teaspoons butter to a cream, add 2 teaspoons flour and pour on gradually 1 cup hot milk. Cook eight minutes in double boiler, stirring often. Separate the yolks and whites of 4 eggs, beat the yolks, add 2 tablespoons sugar, flavoring to suit, then add to the milk and set away to cool. Half an hour before serving beat the egg whites till stiff, then pour them in lightly. Bake in a buttered pudding dish in a moderate oven for thirty minutes and serve at once.

COCOANUT CUSTARD PUDDING

One-half cup prepared cocoanut, 2 cups milk, $\frac{1}{4}$ cup sugar, 1 cup breadcrumbs, yolk 1 egg, a little nutmeg, 1 teaspoon butter. Soak cocoanut and breadcrumbs in milk an hour. Bake about an hour. Frost with white of 1 egg beaten, 2 tablespoons powdered sugar and 1 tablespoon cocoanut. Brown slightly in oven.

CHERRY PUDDING

Put alternate layers of canned or fresh cherries and broken almond macaroons into a pudding dish. Add a small baked custard. On top of this put a meringue made of two eggs and sweetened. Set in oven and brown. To be served cold.

FRUIT CUSTARD

Cover bottom of pudding dish with sliced or quartered peaches. Dust them with powdered sugar and shredded cocoanut. Alternate layers, and cover all with boiled custard. Serve with whipped cream.

FRUIT FRAPPE

One shredded pineapple, 3 chopped oranges, 3 sliced bananas, 1 pinch of salt and sweeten to taste with powdered sugar. Chill and fill custard cups with the mixture. Put whipped cream on top of each cup.

PINEAPPLE SHERBET

One cup grated pineapple, canned, $\frac{2}{3}$ cup sugar and 1 cup water. Cook these ten minutes and strain. Into the hot juice dissolve 1 envelope granulated gelatin. When mixture is cold add 1 cup cream, well whipped, fold in thoroughly. Turn into a wet mold and place on ice to set. Turn on dish and serve in slices.

FRUIT DAINTY

Dissolve $\frac{1}{2}$ package orange gelatin in 1 cup hot water, then add a small banana cut up, a few halved strawberries, an orange cut into small pieces, and 1 tablespoon lemon juice. Stir all together thoroughly and put into mold to cool. Serve with cream.

COFFEE ITALIAN CREAM

One and one-half cups coffee, $\frac{1}{2}$ cup milk, 1 envelope gelatin, yolks of 2 eggs, 3 teaspoons sugar. Put the coffee in a double boiler with the gelatin. Beat the yolks and sugar thoroughly, add milk and stir this mixture into the hot coffee. After it is cooked like a soft custard remove from fire and add the 2 beaten whites of eggs, 1 teaspoon vanilla and beat in with an egg beater. Set away to harden and serve with whipped cream.

COCOA GELATIN PUDDING

Cover $\frac{1}{2}$ ounce gelatin with $\frac{1}{2}$ cup cold water. When dissolved stir in hot cocoa, made by heating 1 pint of milk and adding $\frac{1}{2}$ cup sugar and 2 teaspoons cocoa. When cool flavor with vanilla to suit taste. When thoroughly cold set on ice to harden. Serve with whipped cream.

CHOCOLATE JELLY

Put 1 pint of boiling water, 2 pinches of salt and $1\frac{1}{2}$ squares of chocolate in a saucepan. Cook, stirring until the chocolate melts, then let it boil for three or four minutes. Soften $\frac{1}{3}$ package gelatin in a little cold water and pour the boiling mixture over it. Stir until dissolved, then add 2 level tablespoons sugar and 1 teaspoon vanilla. Serve with sweetened cream.

COFFEE BAVARIAN CREAM

One envelope of gelatin soaked in $\frac{1}{2}$ cup cold water, 2 cups milk in double boiler, yolks of 2 eggs, $\frac{1}{4}$ cup sugar, 1 cup very strong coffee. Cook in double boiler until as thick as cream, cool until partly stiffened, add the stiffly beaten whites of the eggs and put in mold. Serve with whipped cream or custard sauce. Will serve six people.

STRAWBERRY SPONGE

Soak half a box of gelatin in a cup of cold water. Mash a box of strawberries through a colander and add the juice of a lemon and $\frac{2}{3}$ cup of sugar. Melt the gelatin and add the strawberry juice. Stir until it begins to thicken, then fold in the stiffly beaten whites of 3 eggs and turn into a mold. Set on the ice to harden. Serve ice-cold with whipped cream, or with soft custard made of the yolks of 2 eggs and $\frac{1}{2}$ pint milk.

PRUNE SPONGE

Dissolve 2 tablespoons gelatin in $1\frac{1}{2}$ cups boiling water, add $1\frac{1}{2}$ cups strained prune juice and sweeten

to suit taste. When it starts to set, whip it with an egg beater until light and foamy, then fold in 1 cup whipped cream and pour into wet mold to harden. When serving, put on top, whole prunes, stoned, with spoonfuls of whipped cream.

BAKED INDIAN PUDDING

Mix 3 tablespoons indian meal with $\frac{1}{3}$ cup molasses; stir the mixture into 3 cups hot milk and cook until thick, stirring constantly. Remove from the fire and add $\frac{1}{2}$ cup sugar, 1 beaten egg, 1 level tablespoon butter and $\frac{1}{2}$ teaspoon each salt, ginger and cinnamon. Turn into a buttered baking dish and bake half an hour, then pour in 1 cup cold milk, cover and bake slowly for $2\frac{1}{2}$ hours. Serve with hard sauce.

INDIAN MEAL AND BRAN PUDDING

Take $1\frac{1}{2}$ quarts milk, scald half, when hot add 6 tablespoons coarse granulated meal, 2 handfuls bran; cook till smooth, stirring all the time. Take off stove, add $\frac{1}{2}$ teacup dark molasses, with beaten egg mixed with molasses, 2 tablespoons sugar, then add cold milk. Bake ten or fifteen minutes, add rounding teaspoon butter. Stir well, bake till brown on top, about an hour, stir about three times. One-half cup raisins improves this.

SUGARLESS APPLE INDIAN PUDDING

Scald 1 quart milk, add 1 cup cornmeal mixed with $\frac{1}{2}$ cup molasses and stir and cook ten minutes. Remove from the fire, add 4 mellow apples peeled, cored and quartered, then add 1 teaspoon cinnamon, $\frac{3}{4}$ teaspoon salt and 2 tablespoons butter cut in tiny bits. Turn into a well-buttered deep baking dish, pour a pint of cold milk over the top and bake in a slow oven from three to four hours.

BROWN BREAD PUDDING

Three cups indian meal, 3 cups rye meal, $\frac{1}{2}$ cup molasses, $2\frac{1}{2}$ pints sweet milk, 1 teaspoon salt, 1 teaspoon soda. Mix the meals together, dissolve the soda in half a cup of the milk and stir into the rest of the milk. Give these ingredients a thorough mixing and pour them upon the meals. Beat the batter thus formed vigorously and turn into a well-buttered brown bread tin. Steam for five hours. When cold remove some of the center and fill with sweetened whipped cream and sliced canned peaches. Decorate the base of the pudding with halves of peaches and whipped cream.

MERINGUE BREAD PUDDING

Two cups barley bread crumbs, 2 eggs, 2 cups condensed milk, 2 cups warm water, teaspoon salt, 2 tablespoons melted butter, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg, 2 egg whites, 1 teaspoon powdered sugar, 1 teaspoon vanilla. Soak bread crumbs in condensed milk diluted with warm water for twenty minutes. Beat in the eggs, salt, melted butter, spices. Turn into pudding dish and bake for one hour. Beat egg whites to a stiff dry froth, then beat into them the powdered sugar and vanilla extract. Pile on top of pudding and return to oven until meringue is slightly browned.

CHOCOLATE BREAD PUDDING

Soak 2 cups stale bread crumbs thirty minutes in 4 cups scalded milk. Melt 2 squares chocolate in saucepan placed over hot water; add to bread and milk. Beat 2 eggs and $\frac{2}{3}$ cup sugar, $\frac{1}{4}$ teaspoon salt, 1 teaspoon vanilla together and add to other ingredients. Bake one hour in moderate oven. Serve with cream or milk.

CAMEL BREAD PUDDING

Put $\frac{1}{2}$ cup granulated sugar and 2 tablespoons water in a granite saucepan, stir over the fire until the sugar

melts, then cook without stirring until brown. Add gradually 1 quart scalded milk and when well blended add 2 cups stale bread crumbs and let soak half an hour. Beat 2 eggs and $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ teaspoon salt and 2 teaspoons vanilla; combine with the first mixture, turn into a buttered baking dish, bake about one hour in a moderate oven and serve with cream.

DEMOCRACY BREAD PUDDING

Cut slices of stale bread in two, butter them and place in quart baking dish to within an inch of top. Pour over $1\frac{3}{4}$ cups milk into which 1 beaten egg has been mixed and pinch of salt and $\frac{1}{4}$ cup sugar. Bake in a moderate oven till it puffs up in center and is nicely browned. Serve with cream or any preferred sauce. Lemon sauce is nice. Raisins may be added if liked, or apples cut into small pieces and placed between the bread, sprinkled with cinnamon.

CINNAMON BREAD PUDDING

One egg, $\frac{2}{3}$ cup sugar, 1 scant teaspoon salt, 1 teaspoon cinnamon, $\frac{1}{2}$ cup raisins, 1 scant quart milk, 2 cups wheatless bread crumbs. Mix all together and cook in double boiler. The crumbs should be fine. You can make use of dried bread, cake, old cookies of any kind, doughnuts, old griddle cakes, etc. Serve warm with hard sauce.

BROWN BETTY PUDDING

Take 1 cup bread crumbs, 2 cups chopped sour apples, $\frac{1}{2}$ cup sugar, 1 teaspoon cinnamon, 2 tablespoons butter cut in small bits. Butter a deep dish and put a layer of apples in the bottom, sprinkle with sugar, a few bits of butter and cinnamon. Cover with bread crumbs, then more apples. Proceed in this way until dish is full, having a layer of crumbs on top. Cover closely and steam three-quarters of an hour in a moder-

ate oven, then uncover and brown quickly. Eat warm, with sugar and cream or a hot sauce.

BAKED BREAD PUDDING

Place half a dozen slices of buttered wheatless bread in a pudding dish. Mix together 1 egg, $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ teaspoon salt, 1 teaspoon lemon extract and milk enough to cover the bread. Pour over the bread and let soak about half hour, then bake.

OATMEAL BETTY

Three cups cold boiled oatmeal, 3 cups chopped raw apples, 1 can sirup, 2 tablespoons butter substitute, 1 teaspoon cinnamon. Brush earthen bakedish (casserole) with butter substitute, spread 1 cup oatmeal evenly on bottom, spread with half the apples and a third of the sirup, sprinkle with cinnamon, then cover with a cup of oatmeal, the rest of apples, a third of sirup and a little cinnamon, then cover all with the last cup of oatmeal and balance of sirup, cinnamon and butter substitute. Cover and put in moderate oven forty-five minutes. Remove cover and bake fifteen minutes longer or until nice and brown. Serve with fruit sauce or lemon sauce sweetened with sirup.

BREAD AND BUTTER PUDDING

Five slices bread buttered, pint milk, 2 eggs, 1 teaspoon vanilla, a few grains nutmeg, $\frac{1}{4}$ cup sugar, poured over bread and $\frac{1}{2}$ cup raisins. Let soak one-half hour, then bake one-half hour in quick oven. Serve with thin cream.

WHOLE WHEAT PUDDING

One cup sweet milk, $\frac{1}{2}$ cup molasses, 2 cups whole wheat flour, 1 cup raisins, a bit of salt, $\frac{1}{2}$ cup chopped suet (or $\frac{1}{2}$ cup melted butter, or lard). Steam fast for three or four hours. Eat hot.

Sauce—1 cup granulated sugar, $\frac{1}{2}$ cup butter. Cream together, add $\frac{1}{4}$ cup sweet milk, then cook a few minutes and flavor with vanilla and nutmeg.

STALE CAKE DESSERTS

Some delightful desserts are made with stale cake and whipped cream. The following calls for a shallow layer of sponge cake. Stale cake of any plain kind will do, if the crusts are trimmed off.

Moisten the cake with fruit juice. Whip a bottle of sweetened cream until it is very stiff and then add raspberry jam until it has thoroughly imparted its color and flavor to the cream. Then pile the sweetened and flavored cream on the cake and serve. Lady fingers may be used instead of the stale cake.

Angel cake is likely to be tough and flavorless, especially if purchased at a bakery. If it is such, save it until rather stale and use it with whipped cream as a quick dessert, and it will redeem itself. Trim off hard crust. Whip up a bottle of cream until light, flavor it very strongly with any flavoring desired, and pile in fancy molds over thin layers or in the interior of circles of the cake. Decorate the tops with candied fruit.

Surprise snowballs of angel cake are easily made. Cut out balls of angel cake from a loaf with a cookie cutter. Hollow out a large part of the interior and fill with flavored whipped cream. Put back a piece of the cake to cover the cavity, and roll the whole in stiff snow-white icing flavored with coconut.

COTTAGE PUDDING

Slice any kind of stale cake you may have on hand and about five minutes before serving pour over it some kind of a liquid sauce, which should be hot. The sauce may be made of hot water slightly thickened with cornstarch, a small piece of butter, sweetened, and flavored to suit with flavoring extract, cocoa or jelly. In using

fresh cake for this pudding the hot sauce should be poured on immediately before serving.

GINGERBREAD PUDDING

Take slices of slightly stale gingerbread, lay in a glass dish, pour over a boiled custard and let stand a couple of hours on ice. Save the whites of eggs from custard, whip them, sweeten and flavor with vanilla and heap on pudding. Serve cold.

A ROYAL DESSERT

Cut a stale cake in slices an inch and a half in thickness; pour over them a little sweet cream; then fry lightly in fresh butter in a smooth frying pan. When done, place over each slice of cake a layer of preserves, or you may make a rich sauce to serve it with.

GRAHAM PUDDING

Three cups graham flour, $\frac{1}{2}$ cup melted butter, 1 cup molasses, 1 cup sweet milk, 2 eggs, 2 level teaspoons soda, 1 cup raisins, nutmeg, cloves, cinnamon and salt. Steam two and one-half hours. Serve with sauce.

OATMEAL PUDDING

Peel and slice 4 large apples and place in a buttered baking dish with 4 tablespoons oatmeal, $\frac{1}{2}$ teaspoon salt and 1 cup sugar well blended with 2 tablespoons flour. Pour in $1\frac{1}{2}$ cups cold water, flavor with 1 teaspoon vanilla and bake in a slow oven, basting frequently during the cooking until the last half hour, when it should be allowed to brown. Serve with hard sauce.

POTATO PUDDING

(United States Food Administration.)

One and one-fourth cups mashed potatoes, 4 tablespoons fat, 2 eggs, well beaten, $\frac{1}{2}$ cup milk, $\frac{1}{4}$ tea-

spoon salt, $\frac{1}{2}$ lemon (juice and rind), 1 tablespoon sugar, $\frac{1}{2}$ cup raisins and nut meats.

Add to the mashed potatoes the fat, eggs, milk, lemon juice, grated peel and sugar. Beat all ingredients together and bake in greased dish three-fourths hour or longer. Serve with top milk.

RAISIN RICE PUDDING

Butter a baking pan, pour in 1 quart milk and add 3 tablespoons rice, $\frac{1}{4}$ cup raisins, $\frac{1}{2}$ saltspoon salt, $\frac{3}{4}$ cup sugar and a grating of nutmeg. Bake in a hot oven until a crust appears on the top, then stir it down. Repeat until the crust has been stirred down three times, then let the fourth crust remain on the top and finish the baking. The time required to bake this pudding is one and one-half hours, and the crust should be stirred down at intervals of fifteen minutes.

PEACH RICE PUDDING

Scald 1 quart milk in a double boiler, add 1 cup well-washed rice and cook until tender. Cream 1 tablespoon butter with $\frac{1}{2}$ cup sugar; add 1 well-beaten egg and $\frac{1}{2}$ teaspoon salt, stir the mixture into the rice and remove at once from the fire. Butter a baking dish, fill with alternate layers of rice and preserved drained peaches, sprinkle the top with cocoanut and powdered macaroon crumbs, stand the dish in a pan of hot water and bake about twenty minutes. Serve with cold boiled custard sauce.

CHOCOLATE RICE PUDDING

Wash $\frac{1}{4}$ cup rice, cover with boiling water, let stand on the back of the stove for ten minutes, then pour off the water, cover with fresh cold water and drain again. Scald 1 pint milk in a double boiler, add the rice with $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ cup raisins and cook until the rice is tender. Beat the yolks of 2 eggs, add $\frac{1}{2}$ cup sugar, 1 square of chocolate melted over boiling water and $\frac{1}{2}$ cup

thin cream or milk and combine with the rice. Flavor with 1 teaspoon vanilla and $\frac{3}{8}$ teaspoon cinnamon, turn into a buttered baking dish, stand it in a pan of hot water and bake until firm. Beat the 2 egg whites until stiff, beat in 2 tablespoons each sugar and cocoa, spread over the pudding and return to a moderate oven to cook the meringue.

COCOANUT RICE PUDDING

Wash thoroughly $\frac{1}{2}$ cup rice, add 1 quart milk and let stand two hours; then add $\frac{3}{4}$ cup sugar, 1 cup coconut, 1 teaspoon cinnamon and $\frac{1}{8}$ teaspoon salt. Turn into a buttered dish and bake in a slow oven, stirring occasionally during the first half hour.

DATE RICE PUDDING

Parboil 1 cup rice, then drain; put it in a double boiler with 1 quart hot milk and cook until tender, seasoning with salt when nearly done. Stone and chop 1 pound of dates, add 1 cup water and $\frac{1}{2}$ cup sugar, cook until thick and flavor with $\frac{1}{2}$ teaspoon vanilla. Put the rice in a serving dish, cover with the dates and put whipped cream over the whole.

SUGARLESS SNOW PUDDING

(United States Food Administration)

One tablespoon granulated gelatin, 2 tablespoons cold water, $\frac{3}{4}$ cup boiling water, $1\frac{1}{4}$ scant cups sirup or $\frac{3}{4}$ cup honey, $\frac{1}{4}$ cup lemon juice, 3 egg whites (use yolk for salad dressing or for soft custard sauce). Soak gelatin in cold water, dissolve in boiling water, add the sweetening and lemon juice, strain and allow to cool; stir mixture occasionally. When quite thick beat with eggbeater until frothy; add egg whites beaten stiff and continue beating the mixture until stiff enough to hold its shape. Mold in a large dish or in individual cups. Serve with a soft custard sauce.

CHOCOLATE SOUFFLE

Melt 2 tablespoons butter and 2 tablespoons flour and add gradually a cup of scalded milk. Melt 2 squares of chocolate in a double boiler, add $\frac{1}{2}$ cup sugar and 2 tablespoons hot water. Stir until smooth. Combine the two, add the well-beaten yolks of 3 eggs; allow the mixture to cool and then fold in the whites of 3 eggs beaten stiff. Add 1 teaspoon vanilla. Turn the mixture into a buttered baking dish and bake in a moderate oven for twenty-five minutes.

COCOANUT PUDDING

Two cups milk, beaten yolks of 2 eggs, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup fine cracker crumbs and 1 teaspoon flavoring. Use lemon or orange flavoring. Beat all together with 2 tablespoons shredded cocoanut and bake in a buttered dish one-half hour. Add beaten whites sweetened and sprinkled over with cocoanut and brown in oven a light brown.

SUGARLESS NUT PUDDING

One cup each molasses, chopped suet and milk, $2\frac{1}{2}$ cups flour, 1 cup seeded raisins, 1 cup walnuts, $\frac{1}{4}$ cup figs chopped, 1 grated nutmeg and 1 teaspoon soda. Mix and steam two and one-half hours. Serve with any sauce preferred.

DIXIE RAISIN PUDDING

One cup stale bread crumbs, 1 cup seeded raisins, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup chopped beef suet, $\frac{1}{2}$ cup molasses, 1 egg, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon each cloves, mace and nutmeg, 1 cup grated raw sweetpotato, $\frac{1}{2}$ teaspoon salt, 1 cup milk, 1 scant teaspoon soda. Chop the suet fine, cut the raisins into bits. Peel and grate the sweetpotato. Place all these ingredients in a mixing bowl, add to them the bread crumbs, also flour, spices and salt sifted together. Next beat the egg lightly with-

out separating and add these with the molasses to the dry ingredients. Dissolve the soda in the milk and use to moisten the pudding. Stir and beat all well together, then turn into a greased mold and steam for three hours. Serve with either a hard or liquid sauce.

PEANUT FONDU

One cup finely ground peanuts, 1 cup dried bread crumbs, 1 egg, $1\frac{2}{3}$ cups milk, $1\frac{1}{2}$ teaspoons salt, dash of paprika. Grind the peanuts fine. Mix all the ingredients except the white of egg. Beat egg white very stiff and fold in. Bake in a buttered baking dish for thirty to forty minutes in a moderate oven.

BOILED APPLE PUDDING

One pint chopped apples, 1 pint bread crumbs, 1 cup raisins, $\frac{2}{3}$ cup chopped suet, 1 egg (unbeaten), 1 tablespoon cornstarch, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup corn sirup, 1 cup milk. Mix the apples and bread crumbs. Add the rest of the ingredients and beat well. Put into buttered molds and boil two hours. Serve hot with sauce.

BAKED APPLES WITH RAISINS

Pour 1 cup boiling water over $\frac{1}{3}$ cup seedless raisins, let simmer five minutes and drain. Wash and core large tart apples, put a spoonful of sugar in each, then a spoonful of raisins, dust with cinnamon and fill with sugar. Pour cup of water in the pan and bake until the skins burst.

FRENCH DUMPLINGS WITH FRUIT

Sift $1\frac{1}{2}$ cups whole wheat flour, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, rub in 1 tablespoon butter, add enough milk, or if liked suet, 1 tablespoon condensed milk to a cup of cold water. Have dough rather stiff, drop by tablespoon on well-greased tin, place in steamer and steam fifteen minutes. While waiting for

them to steam remove parings from peaches, apples or pears and slice in quarters. For each quart of fruit add 1 cup corn sirup, $\frac{1}{2}$ cup cold water and cook until soft. Serve on top of dumplings. A little whipped cream, unsweetened, on top of this is very nice. Enough to serve six.

APPLE BARLEY PUDDING

Two cups cooked barley, $\frac{1}{2}$ teaspoon salt, 1 tablespoon butter, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoon cinnamon, apples. Fill a pudding dish about one-half full with pared, cored and sliced apples. Add the sugar and cinnamon. Add the salt and butter to the barley and spread this over the apples in the pudding dish. Steam all for forty-five minutes, allowing apples to become tender. Serve the pudding with cream and sugar or any other preferred sauce.

APPLE AND RICE PUDDING

Peel small, tart apples, core and put them in a baking dish. Have ready 1 cup boiled rice, mix with it 2 cups hot milk, into which has been beaten the yolks of 3 eggs and $\frac{1}{2}$ cup sugar. Stir in $\frac{1}{2}$ cup raisins, some strips of citron and if you wish to $\frac{1}{2}$ cup blanched almonds. Put 1 teaspoon sugar into each apple and pour this mixture over them. Put in oven, covered, and bake until the apples are tender. This pudding may be frosted with the whites of eggs or served with whipped cream.

APPLE SNOW

Peel and grate one large sour apple, sprinkling over it a small cup of powdered sugar as you grate it to keep it from turning dark. Break into this the whites of 2 eggs and beat it all constantly for half an hour. Take care to have it in a large bowl, as it beats up very stiff and light. Heap this in a glass dish and pour a fine smooth custard around it and serve.

SUGARLESS APPLE DESSERT

Wash and core 6 apples, put into baking dish and fill holes with $\frac{1}{2}$ cup chopped raisins and $\frac{1}{2}$ cup chopped nuts mixed together, $\frac{1}{2}$ cup molasses and $\frac{1}{2}$ cup water mixed together and poured over all. Bake slowly, basting with the liquid two or three times while baking. Serve cold.

SUGARLESS STEAMED PUDDING

One-half cup molasses, $\frac{1}{2}$ cup milk (sweet or sour), $\frac{1}{2}$ cup raisins, $\frac{1}{4}$ cup shortening, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon soda, $\frac{1}{4}$ teaspoon cloves, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg, $1\frac{1}{2}$ cups bread flour, $\frac{3}{4}$ teaspoon baking powder, little orange peel and citron. Steam three hours.

RYE PUDDING WITHOUT SUGAR

One cup rye meal, 1 quart milk, $\frac{2}{3}$ cup molasses, salt, butter size of an egg, 2 eggs, $\frac{1}{2}$ grated nutmeg. Scald the milk and pour over meal and beaten eggs. When baked three-quarters of an hour, pour $\frac{1}{2}$ pint milk over the top and bake another quarter of an hour.

AIR PUDDING

Beat the whites of 2 eggs very stiff. Put through a sieve 2 cups sweetened apple sauce, turn the sauce into the dish with the beaten whites of eggs, add a little lemon flavoring and beat all together. Put it in a dish that you will serve it from and set away to chill. Tastes like lemon sherbet.

AMBER PUDDING

Stir 1 teacup cornmeal and 1 quart sliced sweet apples into 1 quart boiling milk; add 1 teaspoon salt and 1 teacup molasses. Mix thoroughly. Add 2 quarts milk, pour into a large buttered dish and bake in a slow oven four hours. Serve cold.

SUGARLESS APPLE CREAM

One-quarter cup steamed and strained apple, $\frac{1}{2}$ saccharin tablet dissolved in $\frac{1}{2}$ teaspoon cold water, 1 teaspoon granulated gelatin dissolved in 2 teaspoons boiling water, $\frac{1}{2}$ egg white beaten stiff, $1\frac{1}{2}$ teaspoons heavy cream beaten stiff, 1 teaspoon lemon juice, few grains salt. Mix ingredients in order given. Turn into a mold and chill.

APPLE CRUSH

Make 1 pint of apple sauce very fine, sweetened and flavored to taste, and into this hot sauce beat thoroughly one envelope of gelatin. Wet a mold in cold water, pour in the hot apple sauce and set in a cold place to harden. Serve with sweetened whipped cream.

JELLIED FRUIT

Cover 2 tablespoons granulated gelatin with $\frac{1}{2}$ cup cold water; when soft add $2\frac{1}{2}$ cups boiling water and 1 cup sugar, stir until dissolved, add $\frac{1}{2}$ cup lemon juice and strain. Have ready some small wet molds, pour into each a little of the jelly, let stand until beginning to thicken and put in a layer of diced bananas and maraschino cherries cut into halves. Cover with the jelly and place on ice until firm.

STUFFED PRUNES

Steam prunes until tender, but not broken. Then pit, and fill cavities thus formed with chopped nuts, raisins or dates. Return the liquor drained from fruit to the fire, bring to a boil, and stir into it $\frac{1}{3}$ box gelatin dissolved in $\frac{1}{4}$ cup cold water. Pour this around prunes, then stand in a cold place to harden. Serve with sweetened cream.

BANANA WHIP

Gelatin, 4 scant cups boiling water, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon vanilla extract, 1 white of egg, 4 bananas. Use

the amount of gelatin usually required for a full quart of jelly, moisten with a little cold water, add to boiling water, stir well, add sugar and flavoring. Let stand till cool, but not hardened, then beat with eggbeater till frothy. Beat white of egg till stiff, then bananas till creamy, add bananas to gelatin, beat till thoroughly mixed, then fold in lightly the white of egg. Pour into serving dish and set away to harden.

COCOA CREAM

One teaspoon cocoa, 1 tablespoon sugar, few grains salt, $\frac{1}{3}$ cup boiling water, $\frac{1}{2}$ cup milk, 1 teaspoon granulated gelatin, yolk of 1 egg, white of 1 egg, $\frac{1}{4}$ teaspoon vanilla. Mix cocoa, sugar and salt, add gradually, while stirring constantly, boiling water. Let boil one minute, then add milk, gelatin, and as soon as scalded add slowly to the yolk of egg slightly beaten. Cook over hot water until mixture thickens, strain, set in pan of ice water, stir occasionally and when thick add white of egg beaten until stiff, and vanilla. Mold, chill and serve with sugar and cream.

MARSHMALLOW PUDDING

Dissolve 2 teaspoons granulated gelatin in $\frac{1}{2}$ cup hot water, strain, and when cool add $\frac{1}{4}$ cup sugar, a few drops of any flavoring desired and the unbeaten whites of 2 eggs, beat all together about fifteen minutes, or until it thickens. Pour into a mold and serve with plain cream.

COFFEE DATE PUDDING

Soak $\frac{1}{2}$ box clear shredded gelatin a few minutes in $\frac{1}{2}$ cup cold water, then add 1 pint boiling hot coffee and $\frac{1}{2}$ cup sugar. Strain and let cool. When it begins to congeal add $\frac{1}{2}$ pound chopped dates and $\frac{1}{2}$ pound English walnuts. Serve with whipped or plain cream.

SALADS

BOILED SALAD DRESSING

Put $2\frac{1}{2}$ cups sweet milk into a double boiler and let get hot. Into a small pan put 1 cup vinegar and place on back of stove to heat. Into a mixing bowl put the yolks of 2 eggs, 1 teaspoon salt, 1 teaspoon mustard, $\frac{1}{4}$ teaspoon pepper, 2 tablespoons sugar. Mix, gradually add 3 tablespoons flour. When well mixed add the hot milk, then put back into double boiler and let it get very thick. Boil about five minutes, then add the hot vinegar. Be sure to keep stirring. Add a small piece of butter if desired. When all is cold put in the beaten whites of the 2 eggs. Makes about one quart.

FRENCH DRESSING

Put 5 tablespoons salad oil in a bowl, add 3 tablespoons vinegar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon scraped onion, $\frac{1}{4}$ teaspoon mustard and $\frac{1}{8}$ teaspoon white pepper and beat with a silver fork until thoroughly blended.

RUSSIAN DRESSING

Mix together 4 tablespoons salad oil, 2 tablespoons vinegar, 3 tablespoons chili sauce, 2 teaspoons grated onion, $\frac{1}{2}$ teaspoon salt and $\frac{1}{6}$ teaspoon pepper. Beat well before using.

LEMON DRESSING

Mix together $\frac{1}{3}$ cup salad oil, $\frac{1}{6}$ cup lemon juice, $\frac{1}{2}$ teaspoon salt, 1 teaspoon powdered sugar and $\frac{1}{4}$ teaspoon pepper. Shake or beat thoroughly before using.

APPLE AND CHEESE SALAD

(United States Food Administration)

Mix chopped nuts with twice their quantity of cream cheese. Add a little thick cream to blend the mixture, season with pepper and salt, make into tiny balls. Peel good tart apples, remove cores, and slice into rings about half an inch thick. Arrange the slices on lettuce leaves, and put a cheese ball in the center. Serve with French dressing.

DELICIOUS VEGETABLE SALAD

Six medium-sized cold boiled potatoes, 3 boiled beets, 1 small onion, 1 small cucumber and any other cooked vegetables left from dinner, diced together.

Mix with following dressing: One teaspoon mustard, 2 teaspoons sugar, $\frac{1}{4}$ teaspoon salt, 1 teaspoon corn flour, blended into 1 teaspoon soft butter, 1 well-beaten egg, $\frac{1}{2}$ cup milk, $\frac{1}{4}$ cup vinegar; cook in double boiler until thick. Have all ingredients ice cold and mixed some time before serving, so as to be well blended; serve on lettuce leaves garnished with hard-boiled eggs.

LUNCHEON SALAD

For each person toast a slice of bread, cut round, slice hard tomato and put on toast. Mash a can of sardines, and mix with table sauce. Now spread on tomato. Boil an egg twenty minutes, cut a slice of the white. It will be like a ring. Put that on the sardine mixture. Take the yolk and grate over all, put a stuffed olive (small) in the white of the egg and pour over French dressing. It will look like a pyramid.

JERSEY POTATO SALAD

Line a salad dish with lettuce leaves, diced potatoes, then string beans, and pour over the following dressing: One tablespoon mustard, 3 tablespoons sugar, small piece

of butter, $\frac{1}{2}$ cup vinegar, 2 eggs. Boil vinegar and butter together. Beat eggs, sugar and mustard together, add to boiling vinegar. When cool, add $\frac{1}{2}$ cup milk or cream.

ITALIAN POTATO SALAD

Take 4 or 5 large cold potatoes, cut in cubes, 2 large onions cut fine, season highly with salt and pepper, add the juice of 1 or 2 lemons and mix all together with 1 cup olive oil or substitute. Let stand in cool place one hour before serving. The lemon juice is better than vinegar for this salad. A hard-boiled egg cut fine improves it.

POTATO AND BEET SALAD

Mix 1 cup diced cooked beets with 2 cups diced cooked potatoes and $\frac{1}{4}$ cup broken nut meats. Moisten with cooked dressing and place on a bed of crisp lettuce leaves.

STUFFED BEET SALAD

Boil and skin your beets, leaving them whole; take a round-bladed knife, cut out enough to make deep hole in center; let them stand a couple of hours in vinegar. When ready to serve chop up celery and fill in. Place on lettuce leaves when you serve. Can use carrots and peas as filling if you prefer.

DAINTY BEET SALAD

Boil as many as you need and scoop out the center so as to form a cup, and slice off a piece from bottom, so they will stand flat. Chop remainder with a little lettuce and English walnuts moistened, or mayonnaise. Refill beet cups and place on lettuce leaves, and put a little more dressing on top of beets and serve cold.

LETTUCE AND BEET SALAD

Use 2 small heads of lettuce washed and pulled to pieces, 2 small onions chopped very fine, 1 boiled onion

cut in small pieces (not chopped), 3 tablespoons olive oil, 2 tablespoons vinegar, the yolk of 1 raw egg, $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ teaspoon of made mustard. Whip the egg and add the onions, salt, mustard, oil and last the vinegar. Put lettuce in the dish and cover it with chopped boiled beets. Then pour over the dressing and send to the table.

LETTUCE WITH ROQUEFORT DRESSING

Mix thoroughly 3 tablespoons olive oil, 1 tablespoon vinegar, $\frac{1}{3}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper and a dash of cayenne; then add slowly 3 tablespoons of Roquefort cheese. Arrange crisp lettuce on individual salad plates, pour the dressing over them and serve at once.

LETTUCE AND DATE SALAD

Remove the stones from the dates, fill with good-sized balls of cream or Neufchatel cheese, place on tender lettuce leaves and dress with 4 tablespoons oil thoroughly mixed with 2 tablespoons lemon juice and $\frac{1}{2}$ teaspoon salt.

TOMATO SALAD WITH CHEESE

Two medium sized tomatoes, $\frac{1}{2}$ teaspoon salt, 1 teaspoon chopped parsley, 2 lettuce leaves, 4 tablespoons cottage cheese, $\frac{1}{4}$ teaspoon celery salt, 2 tablespoons salad dressing. Carefully peel tomatoes; remove stem and portion of inside, using this for other purposes. Mix cheese with seasonings and fill tomatoes. Arrange on lettuce leaves with one tablespoon of salad dressing on top of each. Serve immediately. Both cheese and tomato should be cold.

STUFFED TOMATO SALAD

Peel a dozen large, smooth tomatoes, cut off the stems and scoop out centers, saving the solid portions. Chop

and mix with it 1 cup chopped celery, 1 teaspoon minced onion, 2 tablespoons chopped almonds and salt to taste. Fill the tomato shells with the mixture, put a spoonful of mayonnaise on top. Stand each one on a fresh lettuce leaf and serve at once.

TOMATO SALAD WITH CREAM

Slice tomatoes rather thick into salad bowl; sprinkle with salt, pepper and a little sugar if desired. Chill, and just before serving put over them some whipped cream and sprinkle with chopped olives.

TOMATO AND SARDINE SALAD

Peel several ripe round tomatoes, cut off the tops and scoop out the seeds; drain a dozen sardines from the oil and remove the skin and bones, mashing them into small bits with a silver fork; now add 1 tablespoon chopped olives or chives, 2 tablespoons chopped celery, a little paprika and either 1 tablespoon vinegar or the same of lemon juice; fill this mixture into the empty tomato cups and set on ice to chill thoroughly; at serving time place on top of each a spoonful of mayonnaise dressing and garnish with sprigs of watercress or minced parsley.

NEW YORK SALAD

Scoop out tomatoes, place them on the ice. Fill with chopped celery and pineapple well mixed with a good mayonnaise. Pour more mayonnaise high on top of each tomato and serve each one on a lettuce leaf.

POINSETTIA SALAD

Wipe, peel and chill 6 small tomatoes. When ready to serve cut in eighths, not severing the sections, and open like the petals of a flower on a crisp lettuce leaf. In the center put 1 teaspoon pearl onions and serve

with a dressing. Mix $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{8}$ teaspoon paprika, 2 tablespoons vinegar and $4\frac{1}{2}$ tablespoons olive oil. When well blended add $\frac{1}{2}$ tablespoon finely chopped green pepper and 1 teaspoon finely chopped parsley. Keep in a cold place until serving time, and shake thoroughly before using.

HARVARD SALAD

Scoop out the centers of 6 medium-sized tomatoes and chill. Fill the cavities with this mixture: Three tablespoons cream cheese, 1 tablespoon minced parsley, $\frac{1}{2}$ teaspoon catsup, teaspoon salt, dash of white pepper, 6 stoned and chopped olives and sufficient salad dressing to moisten. Arrange on a bed of watercress, topping each tomato with a teaspoon of jelly, light colored preferred.

POTATO AND ASPARAGUS SALAD

Cut into thin slices 2 cups cold boiled potatoes and place in layers in dish. Chop a small onion and scatter over each layer of potatoes as you place them in dish. Over all pour French dressing. Place salad in refrigerator to get cold. Boil a bunch of asparagus, cool, cut off stalks about three inches from the top and just before serving individual salads place three of the asparagus tips on top of each salad, then pour over a little more dressing.

COMBINATION SALAD

Nice for left-over vegetables or made to order. Half can green peas, 1 head lettuce, 1 small onion, 1 large tomato and 1 cucumber. Place a few leaves of lettuce on your serving bowl. Cut rest of lettuce in strips. Mix it with peas, then slice cucumber and tomato. Now place layer of peas and so on with rest of vegetables and serve with salad dressing.

CUCUMBER SALAD

Peel and slice a cucumber and let stand in iced water for half an hour. Drain, place on a bed of watercress, sprinkle with 2 tablespoons chopped onion and dress with French dressing.

CUCUMBER JELLY SALAD

Peel and slice 2 cucumbers. Add a thin slice of onion, 1 salt spoon salt, a few grains white pepper and 1 pint cold water and cook gently until tender. Soften 1 tablespoon gelatin in $\frac{1}{3}$ cup of water. Stir it into the cooked cucumbers and turn into small wet molds. Chill on ice, unmold when firm, place on lettuce leaves and serve with French dressing.

CUCUMBER AND WALNUT SALAD

Peel and slice the cucumbers, drop in iced water and let stand half an hour. Place heart leaves of lettuce on individual salad plates, cover with the cucumbers, place half a walnut on each slice, sprinkle with chopped nuts and minced parsley and dress with French dressing.

BERMUDA ONION SALAD

Peel and slice 4 Bermuda onions, cover with 1 quart cold water, add 1 tablespoon sugar and 2 teaspoons salt, let stand three or four hours and drain. Place the onions on lettuce leaves and sprinkle with pepper, salt and vinegar.

ONION AND CABBAGE SALAD

Mix together equal quantities of sliced little green onions, hard-cooked eggs, pimentos and cabbage. Place on a bed of lettuce leaves, dress with French dressing and garnish with pitted olives.

SPECIAL CABBAGE SALAD

Chop fine 1 cup white cabbage, 1 cup lettuce, 1 cup celery, 1 cup tomatoes, 1 onion, 1 green pepper and a sprig of parsley. Mix all together, though each must be chopped separately.

Dressing—The juice of 2 lemons and 1 orange, 3 tablespoons olive oil, 2 finely chopped radishes and a little salt. Pour over the salad just before serving.

CABBAGE AND CELERY SALAD

Beat well together 5 tablespoons vinegar, 4 tablespoons oil, 1 tablespoon chili sauce, 1 teaspoon salt, 1 teaspoon mustard and $\frac{1}{4}$ teaspoon pepper, pour the mixture over $2\frac{1}{2}$ cups chopped cabbage and 1 cup finely cut celery, mix thoroughly, let stand one hour and garnish with stuffed olives before serving.

CELERY SALAD MAYONNAISE

Cut celery into inch lengths and split till like knitting needles. Wipe dry and put on ice to get cold. Beat the yolk of an egg very stiff and drop in olive oil until you have one cup, thinning with lemon juice when too thick. Season with salt and cayenne. Dissolve 1 tablespoon gelatin in a little cold water and melt over steam till smooth. Cool this and beat into mayonnaise, then add the celery. Put all into a mold and put away over night. The next day turn out on flat dish and surround with watercress or hearts of lettuce. Serve with wafers and stuffed olives.

BAKED BEAN SALAD

Mix together 3 cups cold baked beans, 1 teaspoon finely chopped onion and 1 tablespoon chopped green pepper. Dress with French dressing, place on lettuce leaves and garnish with halves of hard-boiled eggs.

GREEN PEA SALAD

Two cups of green peas, strained; 3 hard-boiled eggs, $\frac{1}{2}$ pound peanuts. Chop eggs and nuts together, add salad dressing and peas.

DANDELION AND EGG SALAD

Pick over and wash thoroughly 2 quarts tender dandelions and put through food chopper, also 2 small onions. Hard boil 4 eggs thirty minutes and cut fine with silver knife and add to the dandelions. Season with salt and pepper to taste. Pour over all 3 tablespoons olive oil and serve cold.

ONION AND PEPPER SALAD

Remove the seeds and partitions from 1 red and 2 green peppers and soak the shells in cold water over night. Drain, cut them into straws and mix with half a Spanish onion cut into thin slices and 3 stalks finely cut celery. Moisten with French dressing and serve on a bed of lettuce leaves.

STUFFED PEPPER SALAD

Prepare peppers and parboil five minutes in boiling salted water. Cool and fill with cream cheese and Young America cheese grated, stuffed olives chopped fine and cream to moisten. Chill thoroughly, then slice and serve on lettuce leaves with mayonnaise or French dressing.

CUCUMBER AND PIMENTO SALAD

Pare a chilled cucumber and cut it into dice, then add an equal quantity of finely cut canned pimento. Have ready nests of tender lettuce leaves, put a portion of the salad in each, sprinkle lightly with chopped onion, dress with French dressing and serve at once.

CHEESE SALAD

Mix 2 cups cottage cheese with 2 tablespoons each finely cut red pepper and chives, season with $\frac{1}{2}$ teaspoon salt and moisten with heavy cream. Line a bowl with lettuce leaves, place the cheese in the center, crown with mayonnaise or cooked dressing, sprinkle with paprika and chopped parsley and garnish with stuffed olives cut in halves.

EGG SALAD

Remove the yolks of 6 hard-cooked eggs, leaving the whites in rings. Mash the yolks and add an equal amount of cold cooked ham, veal or lamb, cut in small pieces. Moisten with French dressing; add 1 teaspoon chopped chives; shape into balls and arrange on bed of lettuce. Garnish with white egg rings.

PEPPER AND GRAPEFRUIT SALAD

Cut the tops from young green peppers and remove the seeds and partitions. Cut a large grapefruit in halves and scoop out the pulp, discarding all seeds; add $\frac{2}{3}$ cup finely cut celery and $\frac{1}{3}$ cup broken walnut meats; fill the peppers; arrange on heart leaves of lettuce and crown with a spoonful of mayonnaise dressing.

LETTUCE AND EGG SALAD

Allow 2 eggs to each person and boil eggs fifteen minutes. Chill. Quarter or slice upon a flat dish or platter which has been covered with lettuce and cut in narrow strips with scissors. Slice 10 or more stuffed olives, scatter over eggs, and add mounds of cooked dressing at intervals over the whole. Sprinkle with paprika and serve ice cold.

KIDNEY BEAN SALAD

One can kidney beans, 1 cup sweet cucumber pickles, chopped; white stalks from a head of celery and 1 cup

walnut meats, both chopped fine. Serve beans whole. Pour mayonnaise over whole. Garnish with parsley or cress.

FANCY CABBAGE SALAD

Take a firm, white head of cabbage, cut out center, leaving outside leaves to form a dish in which to serve salad; pin leaves firmly in place with toothpicks. After drawing through the leaves add sprigs of parsley on opposite ends of toothpicks, press small red radishes that have previously been scored in eighths and place on ice for an hour or until they open like a flower. Place on a plate and alternate olives and radishes around the dish. Chop cabbage removed from center with a few stalks of celery, a small onion, the inside of a head of lettuce and a bunch of parsley. Add salt to taste. Mix and cover with any preferred salad dressing. Pour into cabbage shell and serve.

STUFFED EGG SALAD

Boil 4 eggs fifteen minutes, place in cold water, remove shells, cut in halves, take out yolks, mash and mix with 3 tablespoons minced ham or chicken. Fill your halves and arrange on bed of lettuce and serve with dressing.

EGG AND OLIVE SALAD

Cook 6 eggs twenty minutes in water just below the boiling point, place in cold water, let stand ten minutes and strip off the shells. Chop the eggs, add $\frac{2}{3}$ cup sliced ripe olives, $\frac{1}{2}$ cup broken nut meats and 3 finely cut pimentos, moisten with mayonnaise or boiled dressing and serve in nests of lettuce leaves.

COTTAGE CHEESE SALAD

Mix together 1 cup cottage cheese, 1 tablespoon cream, 1 finely chopped pimento, $\frac{1}{4}$ cup finely chopped nut meats, 1 teaspoon chopped parsley and salt and pepper

to taste. Pack into small oiled molds, let stand near the ice for one or more hours, then unmold, place on lettuce leaves and serve with Russian dressing.

FISH SALAD WITH SARDINE DRESSING

Separate cooked fish into flakes while hot; when cold sprinkle 1 pint of fish with a scant $\frac{1}{2}$ teaspoon salt, a dash of pepper and 5 or 6 tablespoons oil. Mix, then mix again after adding 2 or 3 tablespoons vinegar. Add also, if at hand, 2 tablespoons crushed capers, finely chopped olives or finely chopped cucumber pickles. Cover the fish and set aside in a cool place to become seasoned and chilled. Drain 3 or 4 sardines, remove the skin and bones and pound the flesh with the cooked yolks of 3 eggs to a smooth paste. Add salt and pepper, then beat in alternately, and little by little, 3 tablespoons vinegar and 5 of oil. Mix the fish with the dressing and turn the whole onto a bed of lettuce leaves. Lay sardine fillets (halves of sardines freed from skin and bone) on top of the salad and serve at once.

SALMON SALAD

One tall can of salmon. Turn into deep dish. Remove all skin and bones carefully. Mash thoroughly with a silver fork. Add pepper and salt to taste, 1 medium-sized onion, finely chopped, about $\frac{1}{2}$ cup cold cider vinegar. Mix all together thoroughly. Set away in a cold place until ready to serve. Arrange on fresh lettuce leaves, and add 1 teaspoon mayonnaise dressing to top of each individual salad served.

FISH SALAD

Remove skin and bones from codfish and cut into small pieces. Chop 3 large cold potatoes; mix with fish, rub smooth the yolks of 3 hard-boiled eggs and season with pepper, salt and mustard. Add 2 tablespoons cream and 1 gill vinegar. Beat well. Mix part

with the fish; fill into lettuce leaves and add the rest of dressing on top of each. Keep very cold until served.

FISH AND CELERY SALAD

Mix $1\frac{1}{2}$ cups flaked cooked halibut, haddock or whitefish with an equal quantity of finely cut celery. Add $\frac{1}{2}$ cup canned pimentos cut into tiny strips, marinate with French dressing, let stand one or more hours and drain. Place on a bed of lettuce leaves, mask with mayonnaise and garnish with celery tops and stuffed olives.

JELLIED SALMON SALAD

Pour boiling water over 1 can salmon previously drained from the oil and freed from skin and bones, then separate the fish into flakes. Mix 1 tablespoon barley flour with 1 teaspoon salt, 1 teaspoon mustard and a dash of cayenne; stir the mixture into 2 tablespoons hot salad oil, add gradually $\frac{3}{4}$ cup hot milk, stir until smooth and thick, add 3 tablespoons vinegar and 1 beaten egg, cook a minute longer, remove from the fire, add 1 scant tablespoon gelatin softened in $\frac{1}{4}$ cup cold water, stir until dissolved, strain the sauce over the fish, mix lightly, turn into small molds and let harden on ice. Serve on lettuce leaves.

SALMON AND RICE SALAD

Take 2 cups cooked rice and $\frac{1}{2}$ can salmon and mix, first seasoning with $\frac{1}{2}$ teaspoon salt and some pepper. Then pour over the mixture a dressing made as follows: One tablespoon olive oil, 2 tablespoons vinegar, 1 teaspoon French mustard mixed thoroughly. Set on ice until ready, then serve on lettuce leaves. Also makes a delicious filling for sandwiches.

EGG AND SARDINE SALAD

Cut 4 hard-boiled eggs in halves lengthwise, remove the yolks and press through a sieve with 6 well-drained

sardines, season with pepper and salt, moisten with cooked dressing and shape into balls. Cut the whites into shreds, add twice the quantity of finely cut celery, mix with dressing, arrange on tender lettuce leaves and garnish with the balls.

COLD ROAST PORK SALAD

Take bits of cold roast pork, chopped very fine, with a large quantity of celery and the whites of 2 hard-boiled eggs. Take the yolks while warm, mash to a smooth paste and mix well with 1 teaspoon mustard, adding salt and pepper to taste. Into this stir 1 teaspoon vinegar, 3 large spoons melted butter, and mix all thoroughly into the meat. Edge platter with tips of celery or lettuce. Place salad in the center. Keep cool until sent to the table.

HAM SALAD

Mix 1 cup dried cold cooked potatoes with 1 cup each finely cut celery and cooked ham, moisten with boiled salad dressing and serve on crisp lettuce leaves.

SPANISH SALAD

Take 3 tomatoes, 1 apple and 1 onion of medium size, and 1 or 2 cold potatoes.

Apples, onion and tomatoes are peeled and chopped fine and then mixed all together. Add just a few bread crumbs and the potatoes cut into small dice.

Mix vegetables thoroughly with French dressing, putting away in the icebox for an hour or so. When ready to serve lay on lettuce leaves and garnish the top of the salad with slices of hard-boiled eggs.

BANANA AND CELERY SALAD

Peel and cut 6 bananas into dice, add 3 stalks celery cut fine and $\frac{1}{2}$ cup broken nut meats. Moisten with mayonnaise, fill the banana skins with the mixture, chill and place on lettuce leaves before serving.

ORANGE AND CRESS SALAD

Pick over, wash and dry a bunch of watercress and arrange it in a salad bowl with heart leaves of lettuce, cover with peeled and sliced oranges, dress with lemon dressing and put a wreath of cress around the edge of the bowl.

PEANUT SALAD WITH BANANAS

Slice bananas through the center, spread out on lettuce leaves and sprinkle liberally with chopped peanuts; serve with mayonnaise or plain salad dressing.

APPLE SALAD

Pare and slice thin 4 large, juicy apples, add 1 cup crisp celery cut in pieces, 1 cup English walnuts broken up, pour over this a dressing made as follows: Juice of 2 small lemons, put juice in saucepan and when hot add yolks of 2 eggs beaten, small piece of butter, 2 tablespoons sugar. Cook till thick, let stand till ice cold, then add 1 cup whipped cream. Serve in crisp lettuce leaves.

ASPIC WALDORF

One rounding dessertspoon gelatin, $\frac{1}{4}$ cup cold water, $\frac{1}{4}$ teaspoon salt, 1 tablespoon sugar, 1 cup boiling water, $\frac{1}{8}$ cup lemon juice, $\frac{3}{4}$ cup chopped apple, $\frac{3}{4}$ cup celery, 12 English walnuts blanched and chopped. Soak gelatin in cold water five minutes, add salt, sugar and boiling water, stir until dissolved and add lemon juice. When beginning to cool and stiffen stir in celery, nuts and apple. Mold and when set serve in a bed of lettuce leaves with mayonnaise.

APPLE AND CELERY SALAD

Peel and cut into dice tart raw apples and drop immediately into cold water to which lemon juice has been

added. This will prevent discoloration. When ready to use, drain, add an equal quantity of finely cut celery and $\frac{1}{4}$ the quantity of broken nut meats, moisten with mayonnaise to which grated horseradish has been added in the proportion of 4 teaspoons to a cup of dressing and serve on tender lettuce leaves.

APPLE AND COCOANUT SALAD

Peel and core well-flavored apples, cut into match-like strips, sprinkle with French dressing and mix lightly with a fork. Cover generously with shredded cocconut, then with mayonnaise or cooked dressing, let stand in a cold place for half an hour and serve with a garnish of watercress or small lettuce leaves.

MANHATTAN SALAD

Pare, core and cut into dice 2 large, tart apples and sprinkle with lemon juice to prevent discoloration, add 2 red bananas and 1 slice pineapple cut into small pieces, 1 cup pitted sour cherries and 1 cup blanched hazel nuts, moisten with cream salad dressing and serve in nests of lettuce leaves. Canned cherriès drained free from juice may be used.

CHERRY SALAD

Take the large English blackhearts and ripe white cherries, stone them and chill. Arrange on heart leaves of lettuce in dish. Pour French dressing over the salad.

FRUIT SALAD

Three oranges, 3 large bananas, 1 bunch of celery, 1 head of lettuce, 1 teacup mayonnaise dressing. Peel and chop oranges, bananas and celery. Spread lettuce leaves in a salad bowl, put mixture on top and pour mayonnaise dressing over all.

FRUIT AND NUT SALAD

Peel and cut 3 tart apples into dice and drop immediately into acidulated water to prevent discoloration. Mix together $\frac{1}{2}$ cup finely cut celery, $\frac{1}{2}$ cup broken nut meats, $\frac{1}{2}$ pound white grapes cut in halves and seeded, and the pulp of 3 oranges. Drain the apple, dry in a napkin, add it to the other ingredients and toss about lightly with a silver fork. Place in nests of crisp lettuce leaves and mask with cream salad dressing.

FLORIDA FRUIT SALAD

Make nests of heart leaves of lettuce. In each put a slice of pineapple, cover with half a pear and 1 tablespoon each of grapefruit and orange pulp, garnish with cherries and serve with mayonnaise made very delicate with whipped cream. Either canned or fresh fruit may be used.

PINEAPPLE AND CHEESE SALAD

Take a slice of canned pineapple (one for each person), fill the hole with Neufchatel cheese and cut up little pieces over the slice and sprinkle with chopped nuts. Serve on lettuce with mayonnaise dressing; a little whipped cream always improves the dressing.

SOUPS

FARMHOUSE SOUP

(United States Food Administration)

Four young onions, 1 ounce fat (2 tablespoons), 1½ ounces barley meal (9 tablespoons), 1 quart vegetable stock, ½ cup milk, salt and pepper.

Trim, wash, drain and shred finely the onions. Melt the fat in a stewpan and stir in the barley meal; fry for a few minutes without browning the barley meal. Next put in onions, cook these while stirring for five minutes, then stir in gradually the stock and milk. Stir till it boils, season to taste with salt and pepper and let it simmer gently for about forty-five minutes. If the soup is found too thick add a little more vegetable stock. You may well use more milk than the amount given here. It will make the soup more nutritious.

VEGETABLE SOUP

One cup each chopped raw potatoes, carrots, onions (tomatoes or parsnips), cabbage and celery. Pour over them 4 quarts water and cook slowly for three hours. Mix to a thin paste with water, 2 tablespoons corn flour, 1 of salt, some pepper. Stir into the soup and add 2 tablespoons butter.

VEGETABLE SOUP MADE WITHOUT STOCK

Fry 2 onions until brown with 2 tablespoons butter, in kettle. Pour in 1 pint water, 1 small can tomatoes, ¼ cup cabbage cut fine, 1 tablespoon rice, salt and pepper to taste. Let simmer five minutes, then add ¼ cup

bread crumbs, ½ cup carrots and turnip. When nearly done, add ½ cup potatoes. More water may be used from time to time. Serve hot.

VEGETABLE CREAM SOUP

Melt ½ cup butter, add ½ cup each chopped carrot, turnip and celery, 1 tablespoon chopped onion, 2 sprigs of parsley, a bay leaf and a blade of mace and cook very slowly for twenty minutes, stirring frequently to prevent burning. Blend in 3 tablespoons corn flour, add gradually 3 pints hot milk and cook over boiling water for half an hour. Season with pepper and salt, strain over the yolk of 1 egg beaten with ½ cup cream, and serve with croutons.

TAPIOCA VEGETABLE SOUP

Pass 2 medium-sized carrots, 2 stalks celery and 1 small onion through a food chopper and cook fifteen minutes in beef drippings, taking care not to let the vegetables burn. Add 1 pint stock or water, cook half an hour longer and rub through a sieve. Cook 1 tablespoon flour in 1 tablespoon fat, add the liquid gradually, stir until smooth and thickened and season with 1 teaspoon salt, 1½ teaspoons lemon juice, 1/6 teaspoon pepper and a few grains cayenne. Stir in 2 tablespoons quick-cooking tapioca, simmer until clear, then add 1 pint milk, bring to the boiling point and serve.

TAPIOCA SOUP

Heat 1 quart lamb broth to the boiling point, stir in 2½ tablespoons quick-cooking tapioca, cover and cook over boiling water until the tapioca is transparent. Add 2 cups tomatoes pressed through a sieve, season with onion juice, paprika and salt and cook ten minutes longer before serving.

CREAM OF POTATO SOUP

Two cups mashed potatoes, 2 tablespoons butter, 1 tablespoon flour, a little salt and pepper. Mix well with $1\frac{1}{2}$ quarts milk and cook until creamy.

SWISS POTATO SOUP

Pare and slice 6 large potatoes and 3 small turnips. Put them in 5 pints of water, boil five or six hours until perfectly dissolved and of the consistency of pea soup. If it boils away too fast add a little boiling water. When thick enough add butter, pepper and salt. A small piece of salt pork or lamb or veal and a small onion may be added to vary the soup if desired.

OATMEAL SOUP

Made from leftover oatmeal. One small onion chopped fine, $1\frac{1}{2}$ cups cold oatmeal, 1 cup scalded milk, 3 cups boiling water and a dash or so of celery salt. Pour your scalded milk gradually over the oatmeal and when all worked in add water with the onion and a sprig of chopped parsley on top when serving.

YANKEE CABBAGE SOUP

Take half a cabbage, boil it until well done, drain and chop. Heat a quart of milk to boiling point, turn the chopped cabbage into the milk and season with butter, pepper and salt to taste.

CREAM OF CAULIFLOWER

Trim off the outside leaves and stalk, place the cauliflower in cold, salted water and let stand one hour. Drain, cook in boiling salted water until tender and press through a ricer. Cook 3 tablespoons bubbling hot butter, stir in gradually 3 cups milk scalded, with $\frac{1}{2}$ a small onion and a chili pepper, add 1 beaten egg mixed

with 1-cup hot cream, season with pepper and salt and strain over the prepared cauliflower.

DELICIOUS SOUP

Take 2 green sweet peppers, 2 onions and mince fine. Add 1 teaspoon butter and simmer on the stove (do not burn it) for about ten minutes, then add 2 cups tomatoes and 1 quart water, salt and pepper to taste and a little sugar.

CREAM OF ONION SOUP

Slice sufficient white onions to measure $1\frac{1}{2}$ cups. Heat 2 tablespoons butter in a large pan, add the onions and cook slowly, shaking now and then until the onions are tender, but hardly beginning to color. Sprinkle over them 2 tablespoons flour and stir until absorbed. Add gradually 1 quart hot milk, stirring that it may thicken evenly. When at the boiling point season and draw to one side, let simmer ten minutes. Rub through a sieve, return to the fire and serve hot.

CREAM OF CUCUMBER SOUP

Peel 5 cucumbers, slice and put into a saucepan with 1 small onion and enough boiling water to cover. Cook until tender, rub through sieve, pour into saucepan and let it stand on back of stove, where it will keep hot, but not boil. Have a cream sauce ready, made by melting 2 tablespoons butter in pan, stirring into it 2 tablespoons corn flour. Add 1 quart milk, salt and pepper, and put over cucumber.

CREAM OF CORN SOUP

Grate corn from 3 large ears and boil cobs in 3 quarts of water for one-half hour, then take out cobs, put in corn and boil twenty minutes, take it up, press through sieve and return to kettle, rub 2 tablespoons flour into 3 tablespoons butter and add to the soup, stir for ten

minutes, then add 1 pint hot cream or milk. Season to taste. Serve at once.

CREAM OF SPINACH SOUP

Prepare 1 pint spinach pulp by boiling, draining, then pressing same through sieve. Mix smooth 1 tablespoon each butter and corn flour, blending in a warm saucepan, add 1 pint milk, then salt and pepper. More milk may be added if preferred thinner. Serve with a tablespoon of whipped cream on each plate.

The French usually add a pinch of nutmeg when cooking spinach.

MILK SOUP

Two fair-sized Spanish onions, 4 to 6 potatoes, according to size, a little celery and about 3 crusts of stale bread. Cut onions, potatoes and celery up and boil with bread in about a quart of water till thick, stirring and adding more water if wanted; boil slowly for about an hour, then rub all through a wire sieve, add about $\frac{1}{2}$ pint boiling milk and pepper and salt to taste; do not boil after milk is added.

TOMATO BISQUE

Stew $\frac{1}{2}$ can tomatoes until soft enough to strain easily. Boil 1 quart milk in a double boiler. Cook 1 tablespoon butter and 1 tablespoon cornstarch together in a small saucepan, adding enough hot milk to make it pour easily. Stir it carefully into the boiling milk and boil ten minutes. Add 1 tablespoon butter in small pieces and stir until well mixed. Add salt and pepper and the strained tomatoes. If the tomatoes be very acid, add $\frac{1}{2}$ saltspoon soda before straining. Serve very hot. Do not let the tomato and milk boil together.

CREAM OF TOMATO SOUP

Put 1 pint canned tomatoes in a stewpan with 1 slice of onion, 2 sprigs of parsley, a stick of celery, $\frac{1}{2}$ a bay

leaf, 2 cloves, 1 teaspoon of sugar, 1 teaspoon salt and 1 teaspoon soda; simmer twenty minutes and strain. Cook 2 tablespoons flour in 2 tablespoons bubbling hot water, add gradually 1 quart hot milk, stir until smooth and creamy and cook twenty minutes over boiling water. Combine the two mixtures, bring to the boiling point, add $\frac{1}{2}$ pint hot cream, 8 drops tabasco sauce and more salt if necessary.

TOMATO AND RICE SOUP

Slice 1 dozen ripe tomatoes, add 1 quart boiling water, cook until soft and rub through a sieve. Cook 2 tablespoons hot butter in 2 tablespoons bubbling hot milk, add the strained tomato gradually, stir until smooth, season with 1 teaspoon onion juice, 2 teaspoons sugar, 1 teaspoon salt, a dash of cayenne and a little white pepper; add $\frac{2}{3}$ cup cooked rice, let simmer ten minutes, pour into the tureen and sprinkle with 1 teaspoon of minced parsley.

CREAM OF CELERY SOUP

Wash tops and trimmings of celery. Put in saucepan, cover with water and boil two hours. An onion sliced may be added if liked. Strain. To 1 pint celery water add 1 pint milk, then thicken with 1 tablespoon corn flour and 2 of butter, creamed, 1 teaspoon salt and dash of pepper. Cook in double boiler, and when it thickens serve with croutons.

PEA PUREE

Press half a can of peas through a sieve, retaining the remainder for another meal. Place 1 pint of milk in a pan, and when it is scalding hot stir in a tablespoon of flour, mixed with an equal amount of butter. Cook it until creamy, then add the pea puree and season with pepper and salt, or the flour may be omitted and the whole can of peas used, which will make it thick enough. Dried peas can be used in place of canned and are

cheaper, but they must be soaked over night and then boiled before adding to the milk.

GREEN PEA SOUP

Pick over and wash carefully 1 pint whole peas. Put in an agate kettle with 2 quarts water and $\frac{1}{2}$ teaspoon soda and stir to prevent scorching. When they shell empty that water, rinse and put back on fire with 3 quarts boiling water, 1 small onion, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper and about $\frac{3}{4}$ pound salt pork taken from the bones with only a little fat. Put about $\frac{1}{2}$ cup rice in when the peas boil and just before serving add croutons. Add more water if necessary.

CREAM OF PEAS SOUP

Cook 1 tablespoon chopped onion in 1 tablespoon butter, add a can of peas, 2 cups water and a small piece of bay leaf and cook half an hour, then press through a sieve. Melt 2 tablespoons butter, blend in 3 tablespoons barley flour, add slowly 3 cups milk and cook and stir until smooth. Combine the two mixtures, season with salt, celery salt and a dash of cayenne, and serve.

PEA-POD SOUP

Do not throw away your fresh green pea pods, especially if they come from your own kitchen garden. After you have shelled your peas put the pods on to boil in as little water as possible. Cook about one-half hour. Press through a sieve and add scalded milk and seasonings, also a little thickening. You will find this soup as tasty as it is economical.

PURÉE OF LIMA BEANS

Four cups cooked lima beans, 2 cups water, 2 slices fat pork, 2 tablespoons corn flour, salt and pepper to taste. For additional flavoring, if desired, use 1 tablespoon each onions, parsley or celery, chopped fine. Fry

pork until crisp and brown, break into small bits, stir flour into dripping and pork, and if onion or celery is used, add this at the same time and cook for a few minutes. Add water and boil, mash the beans fine and add them. If the whole is too thick, add more water. The soup may be made more nutritious by using milk instead of water.

BAKED BEAN SOUP

Put 3 cups cold baked beans, 6 cups cold water, half an onion sliced and 1 large stalk of celery in a saucepan, bring slowly to the boiling point, let simmer twenty minutes, then rub through a sieve. Cook 2 tablespoons barley flour in 2 tablespoons butter, add the strained mixture slowly, stir until thickened, add $1\frac{3}{4}$ cups stewed and strained tomatoes, season with pepper and salt. Cook ten minutes longer and serve with croutons.

BLACK BEAN SOUP

Soak 2 cups black beans over night, drain, add water and cook until tender, four or five hours. Press through a sieve. Cook 4 tablespoons fat chopped pork in a fryingpan, add 3 tablespoons chopped onion; cook five minutes, then add the bean mixture. Melt 2 tablespoons butter, add 2 tablespoons barley flour, then add 6 cloves, $1\frac{1}{2}$ teaspoons salt, $1\frac{1}{2}$ teaspoons mustard. Combine the two mixtures and strain. Garnish with egg cut in slices and lemon.

CHEESE SOUP

Scald 3 cups milk, 1 cup boiling water, half a sliced onion and half a bay leaf for twenty minutes, then strain. Cook 2 tablespoons flour in $1\frac{1}{2}$ tablespoons butter, stir in the flavored liquor gradually, cook ten minutes over boiling water, then add $\frac{1}{2}$ cup grated cheese, 1 beaten egg, 1 teaspoon salt, $\frac{1}{4}$ teaspoon paprika and a dash of cayenne and stir until the cheese melts. Serve at once.

OYSTER STEW

Scald 1 quart milk, then add 1 pint oysters. Cook until the oysters pop up to the surface. Pour in tureen, salt to taste and add lump of butter. Don't salt until just ready to serve.

COLUMBIA SALMON SOUP

One-third can salmon, 1 quart scalded milk, 2 tablespoons butter, 4 tablespoons corn flour, $1\frac{1}{2}$ teaspoons salt, few grains pepper. Drain oil from salmon, remove skin and bones, rub through a sieve, add gradually the milk, season and boil.

MAINE LOBSTER SOUP

Take off the meat of a small lobster and with a silver knife cut it into small pieces. Mix with 3 crackers, rolled fine, salt, a speck of cayenne and 2 tablespoons butter. Add very gradually a pint of scalding milk, stirring all the while. Let boil up once and it is ready to serve.

BISQUE OF LOBSTER

Remove the meat from a 2-pound lobster. Cut the tender pieces into dice. Put shells and tough parts on to boil in 1 pint cold water. Scald 1 quart milk with 1 bay leaf, 1 sprig parsley, 1 stalk celery, 1 slice onion and $\frac{1}{2}$ blade of mace. Thicken with 1 tablespoon butter, blend with 2 tablespoons corn flour. Add the water from the shells, 1 teaspoon salt and saltspoon of pepper. Strain, add meat, boil up once and serve.

CHICKEN SOUP

Three pints of chicken stock (use water in which chicken is boiled), 10 peppercorns, 2 slices carrot, 1 slice onion, 1 blade of mace. Cook half an hour. Add 1 pint milk, thicken with 3 tablespoons each butter and flour. Salt and pepper to taste.

FISH

CLAM CHOWDER

Try out 2 slices salt pork cut up in dice. Cut up 2 small onions and fry. Put pork and onions in pot, add 1 quart water, slice up 4 potatoes, pepper and salt to taste; cook until potatoes are done. Add 1 pint clams and the clam water, 6 crackers, 1 quart milk, and let scald.

Fish chowder is made in the same way, using 2 pounds of cod or haddock which has previously been boiled fifteen or twenty minutes and boned.

CREAMED CLAMS ON TOAST

Drain the liquor from 1 pint of clams, heat to the boiling point, skim and add the clams finely chopped. Melt 2 tablespoons butter, blend in 2 tablespoons corn flour, add gradually $\frac{1}{2}$ cup rich milk and stir until smooth, then add the hot clams and cook and stir until thick. Season with pepper and salt, add the beaten yolks of 2 eggs, cook one minute longer and serve at once on toasted bread.

CLAMS IN BECHAMEL SAUCE

Cook 1 tablespoon finely chopped onion in 2 tablespoons butter until lightly colored. Blend in 2 tablespoons corn flour, then add gradually 1 cup milk and $\frac{1}{2}$ cup clam juice. Stir until smooth and thick, add 2 dozen finely chopped clams, cover and cook for five minutes. Stir in 1 beaten egg, cook a minute longer, then serve.

DEVILED BROILED CLAMS

Mix 1 tablespoon made mustard with 1 tablespoon olive oil, the juice of half a lemon and $\frac{1}{2}$ saltspoon each salt and paprika. Dip some large clams in this mixture, roll in fine crumbs, run on skewers alternately with thin slices of bacon and broil over a slow fire.

SARDINE RABBIT

Remove bones and skins from 1 box good sardines and pound meat to a paste. Add a few drops of onion juice and lemon juice, a dash of salt, 3 tablespoons grated cheese and 1 tablespoon thick cream. Toast narrow strips of bread on one side. Spread the sardine mixture on the untoasted side, cover with the other strip and set into the oven until the sauce is made. Beat the yolks of 2 eggs. Add to them 6 tablespoons melted butter and $\frac{1}{8}$ tablespoon extract of beef. Stand on the fire until it begins to thicken, add $\frac{1}{2}$ teaspoon salt and a dash of paprika. Turn this mixture on the strips which have been kept hot in the oven. Serve at once with quarters of lemon.

CREAMED SARDINES

Melt 4 tablespoons butter, add $\frac{1}{4}$ cup toasted bread crumbs and 1 cup thin cream and bring to the boiling point. Add 3 hard-boiled eggs (finely chopped), 1 box of sardines from which the skin and bones have been removed, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon each pepper and paprika and a dash of cayenne. Again bring to the boiling point and serve at once on toasted bread squares. Garnish with parsley.

OYSTER SCALLOP

(United States Food Administration)

Three cups cooked rice, 1 pint fresh oysters, 1 cup chopped celery, 1 cup milk, 1 tablespoon cornstarch, 1

tablespoon fat, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper. Make a white sauce by melting the fat, stirring in the cornstarch, salt and pepper, then adding the milk. Stir over the fire until thickened. Arrange in a baking dish alternate layers of rice, oysters, celery and white sauce until the dish is nearly full. Let a layer of rice cover the top. Bake for twenty minutes in a moderate oven.

RICE AND OYSTER CUTLETS

To half a pint boiled rice add a pint of oysters, dry measure, and one small onion chopped fine, one cupful fine bread crumbs moistened with cream and butter, salt and pepper. This should be just moist enough to shape into cutlets. Chill them and dip into beaten eggs, then into bread crumbs and fry in deep, hot fat till brown. Serve with tomato sauce.

SAUTED OYSTERS

Clean oysters and season with salt and pepper on both sides. Dip in seasoned cracker crumbs. Now put 2 tablespoons butter in hot pan, add the oysters and brown them on both sides.

SMALL OYSTER SOUFFLES

Take 12 oysters, add a little water and bring to a boil. Then remove from fire and chop rather coarsely. Melt 2 tablespoons butter in a saucepan, add 1 tablespoon flour and stir over the fire for a minute; add $\frac{3}{4}$ cup of hot water, stir well, season with salt and red pepper, cook for ten minutes and strain. Now add the chopped oysters, reheat and stir in very gradually 2 yolks of eggs; stir over the fire until the eggs begin to set. Remove the saucepan from the fire, beat up 3 whites of eggs to a stiff froth and mix gently with the other ingredients. Fill ramekins or other small fireproof dishes with this preparation, sprinkle a few dried bread crumbs

on top of each and a little melted butter. Then bake in a moderate oven for twelve minutes or until well browned.

ESCALLOPED OYSTERS

Put layer of cracker crumbs in a buttered baking dish, then layer of oysters, pinch of salt and pepper. Continue until dish is full. Then pour over milk to cover. Let it all soak in. Then add a beaten egg to some more milk and pour over. Place several lumps of butter on top of crumbs (cracker crumbs should be on top) and bake in hot oven three-fourths of an hour. One pint oysters, 1 quart milk, several crackers, 1 egg, makes enough for three persons.

SHRIMP STEW

To each can of shrimp carefully picked over use 1 pint milk, speck pepper, rounding teaspoon butter, salt to taste. Heat milk in double boiler, thicken slightly with level teaspoon corn flour, add shrimp, allow them to heat through, add pepper, butter and either some of the shrimp liquor or salt to taste and serve with crackers.

SHRIMP SCALLOP

Wash, drain and pick over a can of shrimp, put in buttered baking dish with alternate layers of bread crumbs, seasoning with salt, pepper and butter. Have first and last layers of crumbs and dot top with butter. Add milk to moisten well, bake covered for twenty minutes, then uncover and brown.

FRIED SHRIMP

Rinse a can of shrimps in cold water, drain and let stand on ice one or more hours. Roll in powdered cracker crumbs, dip in beaten egg, roll again in cracker crumbs and fry in deep, hot fat. Drain on brown paper,

dust lightly with salt and pepper. The shrimps may be dipped in beaten egg and fried in a spider if desired.

CURRIED SHRIMPS

Melt 2 tablespoons butter, blend in 1½ tablespoons corn flour, add gradually 1 cup boiling water, stir until smooth and thick, 1 teaspoon onion juice, then add 1 level teaspoon curry powder and can of washed and drained shrimps, cook five minutes longer and serve with hot buttered toast.

STEAMED CRAB MEAT

One small can crab meat, 3 common crackers, 1 egg, ½ cup milk and a little salt. Flake crab meat and remove all tissue; grind the crackers, beat egg till frothy, add milk and add both to the mixture. Stir all together and salt to taste; put in a buttered pail and cover tightly; put in a kettle of water and steam for one hour.

CRAB CREOLE AU GRATIN

Chop finely 2 peeled onions, 2 peeled tomatoes and 1 seeded green pepper. Melt 1 rounded tablespoon butter, add the chopped vegetables, cover and cook slowly until tender. Season with ½ teaspoon salt and a dash of cayenne, stir in ½ cup heavy cream in which ½ saltpoon soda has been dissolved, then add ½ pound flaked crab meat. Turn into a greased baking dish, sprinkle with buttered crumbs and brown in a hot oven.

JAPANESE CRAB MEAT SALAD

Take 1 can crab meat, flake, bone, have ready about 6 medium-sized potatoes, which have been cooked, chilled and sliced thin, 3 stalks of celery cut fine, onions to taste. Put all into salad bowl, salt and pepper a little and add about 2 tablespoons cider vinegar diluted with a little water, 3 tablespoons salad dressing, 1 cup

minced, broken lettuce leaves. Place crisp leaves of lettuce around salad bowl, then pour in mixture. Cover with salad dressing, a young heart of lettuce protruding from the center of salad.

STUFFED CRABS

Chop an onion and cook in drippings until tender. Blend in 1 tablespoon potato flour mixed with $\frac{1}{2}$ teaspoon dry mustard, then stir in 1 cup stewed and strained tomatoes and cook until thickened. Add $\frac{1}{2}$ cup bread crumbs, 1 cup crab meat, 1 teaspoon table sauce, a grating of nutmeg and finally add $\frac{1}{2}$ cup cream. Stir until well mixed, turn into cleaned crab shells, sprinkle with buttered crumbs and bake in a hot oven until brown. Serve with cut lemon.

CREAMED LOBSTER

One cup chopped lobster meat, 1 tablespoon butter, 1 tablespoon corn flour, 1 teaspoon salt, $\frac{1}{8}$ teaspoon paprika, few drops onion juice, 2 egg yolks, $\frac{1}{3}$ cup milk, $\frac{1}{3}$ cup heavy cream, white of 1 egg beaten stiff. Cook lobster meat with butter five minutes, add flour, seasonings, egg yolks, milk, cream beaten until stiff and white of egg. Fill buttered timbale molds three-fourths full, set in pan of hot water, cover with buttered paper and bake until firm. Serve with lobster sauce.

LOBSTER CUTLETS

Melt 1 tablespoon butter, add 2 tablespoons corn flour and cook thoroughly. Add 1 cup boiling water and cook until thick, stirring constantly. Add 2 cups chopped lobster meat. Season with salt, paprika, lemon juice and minced parsley. Take from the fire, add the beaten yolk of an egg and cool. Shape into cutlets, dip into egg and crumbs and fry in deep fat. Stick a lobster claw into the small end of each cutlet.

CURRY OF LOBSTER

Between 2 and 3 pounds lobster meat, 1 small onion, 3 tablespoons butter, 2 of corn flour, a scant teaspoon curry powder, a speck of cayenne, a little salt, a scant pint water or stock. Let butter get hot, then add onion cut very fine, and fry brown; when the onion is cooked add the flour and curry powder and stir all together for two minutes; add stock, cook two more minutes and strain, add meat of lobster cut into discs and simmer five minutes; serve with border of boiled rice around the dish.

MAITRE D'HOTEL SAUCE

For broiled fish and broiled meat.

Two tablespoons butter, 1 tablespoon chopped parsley, 1 tablespoon lemon juice, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon pepper. Rub the butter to a cream, add salt, pepper and parsley chopped very fine, then the lemon juice slowly. Spread on broiled meat or fish and let the heat of the meat melt the butter. This sauce, which greatly improves as well as garnishes broiled meat, can be mixed and kept for some time in a cool place. Soften a little before using so it will spread evenly and be quickly melted by the hot meat.

HOLLANDAISE SAUCE

Beat $\frac{1}{2}$ cup butter to a cream, beat in one at a time 2 egg yolks, add $\frac{1}{4}$ teaspoon each salt and paprika, 3 tablespoons vinegar and 1 tablespoon boiling water, and boil in double boiler till the mixture thickens.

CUCUMBER SAUCE

Beat $\frac{1}{2}$ cup heavy cream stiff, add salt and a few grains cayenne pepper to taste, and gradually 2 tablespoons vinegar, then add 1 medium size cucumber pared, chopped, and drained as dry as possible and sufficient onion juice to flavor delicately.

TOMATO SAUCE

Slice $\frac{1}{2}$ small onion and cook with 4 cloves in 2 tablespoons butter three minutes. Add 3 tablespoons barley flour and $\frac{1}{2}$ can tomatoes. Boil ten minutes and strain.

CREAMED FINNAN HADDIE

Put fish in dripping pan, cool with water, place on back of range where it will heat slowly. Let stand twenty-five minutes. Drain fish and pick into small pieces. Make a white sauce with 1 tablespoon flour, 1 tablespoon butter and 1 cup milk. Season with salt and pepper and stir in the fish. Cook until thoroughly heated through.

CREAMED FINNAN HADDIE WITH POTATOES

Cut a small slice of fat salt pork into dice, cook until the fat is extracted and drain. Put 3 tablespoons of the pork fat in a saucepan, add 3 tablespoons flour, stir well, then pour in slowly, while stirring constantly, $1\frac{1}{2}$ cups milk. When perfectly smooth, add $1\frac{3}{4}$ cups flaked cooked finnan haddie, $1\frac{3}{4}$ cups diced cooked potatoes, the pork scraps and pepper and salt to taste. Stir well, cook fifteen minutes over boiling water, add the beaten yolks of 2 eggs, cook a minute longer and serve with a garnish of toast points.

BROILED FINNAN HADDIE

Wash the fish thoroughly, cover with cold water and let stand one hour, then drain, cover with boiling water, let stand five minutes and drain again. Wipe dry, brush first with lemon juice, then with softened butter and broil over a clear fire.

SWORDFISH TIMBALES

Stir 4 tablespoons sifted dried bread crumbs into $1\frac{1}{2}$ cups hot milk and add 1 tablespoon butter, $\frac{3}{4}$ tea-

spoon scraped onions, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 beaten egg and $1\frac{1}{2}$ cups finely flaked swordfish. Turn into greased timbale molds, bake in a moderate oven until firm and serve with tomato or white sauce.

HADDOCK RABBIT

Beat 1 tablespoon oil with 1 tablespoon lemon juice, 10 drops onion juice, $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon paprika, then pour over 1 cup finely flaked cooked haddock, let stand one hour and drain thoroughly. Cook 2 tablespoons corn flour in $1\frac{1}{2}$ tablespoons butter, add $\frac{2}{3}$ cup each milk and white stock, season with salt and paprika and stir and cook until thick. Add the fish and $\frac{3}{4}$ cup grated cheese, stir until the cheese melts, add the beaten yolk of 1 egg and serve immediately on bread toasted on the under side only.

SCALLOPED HADDOCK

Steam a small haddock until it flakes, then remove the skin and bones and put the fish in a deep buttered baking dish. Beat 1 egg with 2 teaspoons flour and add $\frac{1}{2}$ pint milk, $\frac{1}{2}$ teaspoon onion juice, $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper. Pour this mixture over the fish, stir lightly together, cover with buttered cracker crumbs and bake from thirty to forty minutes.

BAKED HALIBUT

Cut 2 pounds of halibut in pieces suitable for serving and place them in a baking pan. Sprinkle with 1 chopped onion, 1 tablespoon blanched and chopped almonds and 1 chopped sweet green pepper from which the seeds have been removed. Add $\frac{3}{4}$ cup highly seasoned stewed tomatoes, dot with bits of butter and bake about half an hour. Serve with the sauce from the pan.

HALIBUT WITH TOMATO SAUCE

Take 2 cups tomato, 1 cup water, 2 cloves and 2 slices of onion and cook one-half hour. Melt $\frac{1}{4}$ cup butter and rub in it 1 tablespoon flour and put in tomato sauce. Cook ten minutes and strain. Bake a steak of halibut weighing three or four pounds in baking dish, dust with salt and pepper and pour on tomato sauce.

CODFISH AND CREAM

Pick up and soak without boiling a pint of salt fish for each four persons to be served. Scald 1 quart milk in double boiler, with butter size of small egg, and when at boiling point add 1 rounding tablespoon corn flour carefully blended in cold milk. If an egg can be spared beat it well and add it with the flour to the hot milk. Drain fish and stir into the cream. Add salt if necessary. Have ready 2 hard-boiled eggs and 1 tablespoon chopped parsley. Pour codfish and cream on to a large platter. Around the edge place strips or rings of the hard-boiled egg whites. Grate the yolks over the whole. Sprinkle with paprika and chopped parsley and serve with mealy baked potatoes.

CREAMED CODFISH WITH PEPPERS

Cook 2 tablespoons corn flour in 2 tablespoons butter; when bubbling, pour in slowly 1 pint milk and cook and stir until smooth and thick. Add 2 cups flaked cold cooked codfish, 2 chopped hard-boiled eggs, 1 tablespoon grated cheese, $\frac{1}{2}$ cup shredded green peppers and 2 well-beaten eggs. Season with salt, cook until thoroughly heated and serve on toasted bread.

CODFISH AND CHEESE

Soak a pound of codfish six hours in tepid water, then let it come to a boil. When cold, pick into flakes with a fork and season with pepper. Heat 1 cup milk to a

boil, stir into it 1 teaspoon butter rolled in 2 of corn flour. Mix with the picked fish and pour into a baking dish. Strew grated cheese thickly on top and bake in a quick oven to a delicate brown. It is yet nicer if you add a raw egg before cooking it.

PLANKED FISH

A fish may be "planked" better in a gas stove than the ordinary range. Use a hardwood plank, preferably oak, a little larger than the fish, and serve the fish on the plank. Clean the fish and place it skin down on the plank. Sprinkle with salt and pepper, brush with butter or olive oil and bake twenty-five minutes in a hot oven. Garnish with lemon and parsley.

FISH CHOWDER

Take $\frac{1}{4}$ pound salt pork, cut in small pieces, try out in kettle with 2 onions, then add 1 pint water, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, dash of red pepper, 1 pint sliced potatoes. Let cook slowly, then lay 2 large slices fresh haddock or cod on potatoes and 2 cups milk. Cook a few more minutes, then add 1 tablespoon flour mixed with a little water. Boil up and serve hot.

FISH CROQUETTES

Put 1 large tablespoon butter in a saucepan; let it bubble, then add a little onion cut in small pieces, a large spoon of flour and some salt and pepper, then your fish, and beat it up; now add the yolk of an egg and beat it up. Put away to cool. When cool form into cone shape and roll in cracker crumbs and fry in hot fat. You can use chicken or lamb instead of fish.

HALIBUT AND POTATO PIE

Cover 1 pound of halibut with boiling water, add half a bay leaf, a stalk of celery and 1 teaspoon salt. Cook

until tender, then place the fish in a buttered baking dish and cover with a thick white sauce. Have ready 3 large potatoes boiled and mashed, moisten with a little hot milk, season with butter, pepper and salt, beat until light, fold in the stiffly beaten whites of 2 eggs, spread over the fish and bake until brown. Serve at once.

CORNMEAL FISHBALLS

Two cups cold white cornmeal mush, 1 cup shredded codfish, 1 egg, 1 tablespoon butter. Pick over the codfish and soak it to remove salt, if necessary. Combine the ingredients and drop by spoonfuls into hot fat. Drain on porous paper. These codfish balls compare very favorably in taste with those made with potato and are more easily and quickly prepared.

To Make the Mush—One cup cornmeal, 1 teaspoon salt, $3\frac{1}{2}$ cups water or 4 cups milk, or milk and water. Put all the ingredients into a double boiler and cook four hours.

FISH OMELET

Cook 1 level teaspoon each corn flour and butter together, add gradually 1 cup hot milk and a little pepper. Soak codfish over night, 1 heaping cup in small pieces. In the morning cook until soft that it may shred easily. Mix with thickened milk. Then mix the whole with 1 pint cold boiled potatoes chopped fine. Put a tablespoon of butter in spider, when hot turn in fish and cook slowly until a thick brown crust has formed; then fold over and turn out on a hot platter. Garnish with curls of bacon fried and parsley.

BAKED FISH CAKES WITH HORSERADISH SAUCE

Cover 1 cup shredded codfish and 2 cups diced raw potatoes with boiling water and cook gently until the potatoes are tender, then drain, mash and add 1 tablespoon butter, a little white pepper and the beaten whites of 2 eggs. Shape into round cakes, put them in a but-

tered pan, brush with melted butter and bake until brown. Cook 1 tablespoon flour in 1 tablespoon butter, add 1 cup milk slowly, season with pepper and salt, cook until thickened, add the beaten yolks of 2 eggs and 1 tablespoon grated horseradish and serve with the cakes.

CODFISH BALLS

Take 6 potatoes and 1 cup codfish that has been soaked a while, and boil until done. Then mash with $\frac{1}{2}$ teaspoon mustard. Shape into little balls with the hands. Beat up 1 egg and roll out some crackers. Then take the fishballs and roll first in egg, then in cracker crumbs. Fry in hot fat, the same as doughnuts. Salmon balls can be made the same, using salmon instead of codfish. When frying take out on brown paper first, then turn into platter and garnish with parsley or celery leaves.

CODFISH CAKES WITH SAUCE

Mash 5 or 6 large potatoes while hot, with 1 tablespoon butter, dash of pepper, 1 onion cut fine, $\frac{1}{2}$ package shredded codfish, then beat in 1 egg. Shape into small cakes, roll in cornmeal or crumbs and fry until brown in hot drippings. Serve with this sauce: One tablespoon each dry mustard, salt and sugar; 1 teaspoon cornstarch, 2 tablespoons vinegar, $\frac{1}{2}$ cup boiling water. Cook in double boiler until creamy, then remove from the fire and beat in 2 tablespoons butter. If not used up at once bottle and keep in cool place until needed.

CODFISH SOUFFLE

Cream codfish in usual way, add beaten yolks of 3 eggs, mixing thoroughly. Fold in whites of 2 eggs beaten dry. Bake in buttered dish until firm in center.

ESCALLOPED COD WITH CHEESE

Boil 2 pounds fresh cod in salted water until tender, then drain and separate into small flakes. Cook 2 table-

spoons flour in 2 tablespoons butter, add slowly 1 cup hot milk, stir and cook until creamy, and season with pepper and salt. Butter a baking dish, put in a layer of crumbs, then a layer of fish and spread with a portion of the sauce. Repeat, cover the top with grated cheese, sprinkle with buttered crumbs and bake about half an hour.

ESCALLOPED SALT COD

Place in a shallow dish a layer of thinly sliced salt pork, potatoes, onions and salt cod that has been freshened, in alternate layers; lastly a layer of bread crumbs. Each layer of potatoes should be seasoned with salt and pepper; pour over all this milk to moisten thoroughly. Bake in a covered dish one hour, remove cover to brown; milk may have to be added occasionally.

CODFISH AND RICE

Soak a cup of salt fish; take 1 cup of rice, boil, add 1 or 2 beaten eggs, a little milk, a piece of oleomargarine as large as an egg, or use butter if you wish. Place a layer of rice, then the fish, then rice and a shake of pepper if liked, having top of rice. Pour in milk until it shows through; bake and serve hot.

MEXICAN CODFISH

Cook 1 cup chopped onion until tender in $\frac{1}{4}$ cup butter, stirring constantly. Add 1 cup stewed tomatoes pressed through a sieve and 1 cup freshened and shredded codfish. Season with $\frac{1}{3}$ teaspoon paprika and a dash of cayenne, add salt if necessary, cook ten minutes and serve on toasted bread.

SALT CODFISH HASH

One and one-half cups salt codfish, 3 cups potatoes. Wash and pare the potatoes and cut them into uniform size. Pick salt cod into small pieces and drop the

potatoes and fish into boiling water. Boil until the potatoes are soft. Drain, mash thoroughly and put into a hot greased frying pan until well browned on the under side. Serve with one-half folded on top of the other like an omelet.

ESCALLOPED LEFTOVER FISH

Butter the bottom of a baking dish that has a cover on it, like a casserole. Peel 5 potatoes and slice thin into it, taking only one-half of them. Shred fine all pieces of fish left over from dinner, 1 cup or more of this. Reject all bones and skin, of course. Spread over potatoes in pan, sprinkle $\frac{2}{3}$ cup cracker crumbs over the fish, add rest of potato slicings on top of that. Cut stale bread in very thin slices and pack evenly over the top of all, to form a pie crust. Beat 2 eggs lightly, use pinch of salt and pepper, use between 1 pint and 1 quart milk. Mix together. Pour all this over the top of your scallop.

Bake three-quarters of an hour until potato is soft when tried with a fork. The top of the pie should be a deep golden brown. Two onions in slices or a little canned corn will add to the tastiness of the dish.

FISH PIE

One pound boiled cod, piece of butter size of egg, 1 egg, $\frac{1}{2}$ cup bread crumbs, 1 teaspoon flour, 1 cup milk, pepper and salt and a little minced parsley. Chop the cod, make a custard with the yolks of the egg, milk and flour. Pour it over the fish and bread crumbs. Mix together and add the butter and seasoning. Whisk up the white of egg and add. Bake in a hot oven half an hour.

SALT CODFISH CHOWDER

Pick in small bits salt fish enough to fill a saucer and cover with cold water, letting it stand while you prepare the rest of the chowder. Fry out 4 slices salt pork and lightly brown 2 sliced onions in it. Slice 6 potatoes and

put to cook in kettle with water to barely cover, and add onions and pork-fat, also the fish, putting it on top of the potatoes. When potatoes are soft thicken chowder with 2 tablespoons corn flour rubbed smooth in a little cold milk. Add piece of butter and 1 or 2 cups of sweet milk. Season to taste.

FISH LOAF

Flake free from bones and skin 1 pint cooked fish, mix with 1 cup stale bread crumbs, moisten with water fish was cooked in, add 2 beaten eggs, salt and pepper. Put in buttered dish, covered, and boil one hour. Serve hot with cream sauce or butter sauce, to which a little lemon juice or chopped pickle may be added.

PLAIN BAKED FISH

Put fish in pan, lay slices of pork on top, put bit of water in pan and bake in hot oven. When nearly done pour over enough milk to make gravy. When ready to serve place fish on platter, pour gravy around and leave the slices of pork on top of fish to garnish.

Length of time to bake fish, one-half hour for each pound. Always have a hot oven for all baked fish. Otherwise it will be sodden.

SALT FISH SOUFFLE

Two cups cooked salt fish, 2 cups mashed potatoes, 4 eggs, 4 tablespoons butter, $\frac{3}{4}$ cup rich milk, salt and pepper. Mix fish and potatoes and beat well. Add milk and seasoning and beat yolks of eggs until lemon colored and thick; add to fish mixture. When thoroughly blended add stiffly beaten whites, carefully cutting and folding them in. Pour into buttered baking dish and bake in a moderate oven about thirty minutes.

CREAMED FISH WITH POTATO

Mash and season potatoes and line bottom and sides of dish about $1\frac{1}{2}$ inches thick. Make a white sauce, add

boiled salt fish broken in pieces and put the whole in the potato nest. Cover top with potato and put pieces of butter on top. Make two slits with knife and bake until potato is nicely browned. In place of fish cold meat mixed with gravy may be used.

TIMBALES OF FISH

Two and one-half cups of cold flaked fish, $1\frac{1}{2}$ cups milk, 1 slice onion, blade of mace, sprig of parsley, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, lemon juice, $\frac{2}{3}$ cup buttered cracker crumbs, yolks of 2 eggs. Scald milk with onion, mace and parsley. Remove seasonings, melt butter, add flour, salt, pepper, gradually milk, then eggs slightly beaten. Put a layer of fish in buttered dish, sprinkle with salt, pepper and lemon juice. Cover with sauce, continuing until fish and sauce are used, shaping into pyramids. Cover with crumbs. Bake in a hot oven until crumbs are brown.

SALMON LOAF

Drain 1 pound can of salmon and save the liquor. Chop the fish fine, add $\frac{1}{4}$ cup soft butter, 4 well-beaten eggs, $\frac{1}{2}$ level teaspoon salt, $\frac{1}{2}$ cup fine bread crumbs, $\frac{1}{2}$ level teaspoon finely chopped parsley and $\frac{1}{2}$ teaspoon pepper. Mix all well together, put into a buttered mold and steam one hour. Serve with this sauce: Melt 2 level tablespoons butter, add an equal amount of corn flour, a few grains each of mace and cayenne, 1 cup hot milk and the salmon liquor. When it is cooked smooth add 1 beaten egg. Garnish with parsley. Do not use cracker crumbs, as the loaf will be dry. It should be soft and just firm enough to hold together. Unmold and either pour sauce over or serve in portions with sauce over.

SALMON CROQUETTES

Take 1 tall can salmon, drain and remove bones. Mince salmon with 1 slice stale bread crumbs, 1 hard-

boiled egg, 1 tablespoon melted butter, dash of salt, pepper, $\frac{1}{4}$ teaspoon nutmeg, also dash of red pepper, 1 tablespoon lemon juice and 1 of pepper sauce. When blended well together beat in 1 egg, shape into oval cakes with corn meal or rye meal and fry in deep hot dripping.

BAKED SALMON FISHBALLS

One quart potatoes, 1 pint canned salmon, 1 beaten egg, salt and pepper to taste. Dip the hands in cold water to form the balls. Melt some butter and dip each ball in the melted butter. Place in a tin pan and put in the oven instead of frying the usual way. When brown on top turn them over.

SALMON AND RICE LOAF

Drain the oil from a pound can of salmon and remove the skin and bones. Chop the fish and add to it $\frac{2}{3}$ cup cracker crumbs, $\frac{3}{4}$ cup cream or milk, 1 beaten egg, 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper and 1 teaspoon lemon juice. Butter a mold, line it with a thick layer of cooked rice, fill with the fish mixture, cover with rice, then put on the cover of the mold and steam about forty-five minutes. Serve with Hollandaise or egg sauce.

SALMON GRAB

One can salmon, $\frac{1}{2}$ cup milk, 2 eggs, $\frac{1}{2}$ cup cracker crumbs, salt and pepper. Beat yolks of eggs and then add the other ingredients, adding the beaten whites last. Bake one-half hour. Slice cold and serve with mayonnaise dressing.

JELLIED SALMON

Make a plain lemon jelly and allow it to cool until it begins to thicken, then add 1 can salmon freed from skin and bones, and a little parsley. Pour into small molds having a slice of lemon in the bottom of each. Serve cold with a garnish of parsley and lemon.

ESCALLOPED SALMON

Cook 3 tablespoons corn flour in 3 tablespoons bubbling hot butter, season with $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper, stir in slowly $1\frac{1}{2}$ cups milk and cook until thickened. Have ready 2 cups cold cooked salmon separated into fine flakes. Butter a baking dish, put in a little of the sauce, then a layer of fish and cover with sauce. Repeat until the dish is nearly full. Cover with fine crumbs moistened with melted butter, pipe a little hot mashed potato around the edge of the dish, brush with the beaten yolk of an egg diluted with an equal quantity of milk and brown in a hot oven.

SALMON FRITTERS

One can salmon, 3 eggs, little salt. Beat the eggs, add the salmon and mix thoroughly. Drop by the tablespoon in pork fat and fry brown. Fry just long enough to set the eggs.

BROILED SALMON

Rub slices of salmon all over with lemon juice, cayenne pepper, salt and salad oil. Let stand for half an hour. Rub gridiron well with beef or pork suet and broil over clear fire.

SALMON HOLLANDAISE

Melt a little butter, put 1 can salmon, previously freed of bits of bone and skin, and 1 can peas into the blazer of the chafing dish and stir. Season with lemon juice, pepper and salt. Serve on crackers.

SALMON BOX

Butter a bread pan and line with rice warmed and steamed. Fill center with cold boiled salmon, flaked and seasoned with salt, pepper and a grating of nutmeg. Cover with rice and steam one hour. Turn on hot platter and pour egg sauce around it.

BAKED CANNED SALMON

Drain the oil from a can of salmon, remove skin and bones and mince fine. Stir 1 tablespoon melted butter into 1 cup bread crumbs, add 2 beaten eggs, 1 teaspoon salt and a little pepper, then the salmon and mix all together thoroughly. Form into a loaf and bake in a buttered mold. Cover and put it into a pan of hot water and bake one hour.

SALMON CUTLETS

One can salmon, 1 cup thick white sauce, tablespoon lemon juice, 1 egg. Pick over the salmon, remove skin and bone and oil. Mix salmon and lemon juice, then stir in the sauce. Turn out on a plate to cool, divide in twelve parts and shape like cutlets. Roll in eggs and fine bread crumbs. Fry in deep fat.

MACKEREL BAKED IN MILK

After washing mackerel, drain and cut in pieces ready for serving. Place in a baking dish, add a generous piece of butter and enough milk to cover. It requires three-quarters of an hour to cook a small fish and one hour for a large one. When baked take out each piece on a platter and salt on both sides. Thicken the hot milk with 1 tablespoon corn flour blended with water, season with salt, put fish back in dish with milk, set it where it will keep hot, but not boil, for ten or fifteen minutes.

ROLLED MACKEREL

Select a large mackerel, wash it carefully and remove backbone. Wipe it with a cloth, sprinkle inside with salt and pepper and a little finely chopped celery or finely chopped onion if preferred. Roll in fine cracker crumbs and beaten egg, lay on a buttered paper in a shallow pan and bake in a good oven. Baste occasionally with butter, garnish with slices of beet, slices of lemon and sprigs of parsley.

MEATS

SAUTED LAMB FILETS

Order 2 pounds lamb from forequarter. Wipe, remove bone and cut meat in strips 1 inch in thickness. Arrange on platter and pour over a marinade made by mixing 3 tablespoons olive oil, 3 tablespoons vinegar, $\frac{2}{3}$ teaspoon salt, $\frac{1}{2}$ onion, finely chopped, and 1 teaspoon finely chopped parsley. Cover and let stand over night. Remove and saute meat in butter.

LAMB FLANK ROASTS

Buy two pieces of lamb flank, which will weigh about 3 pounds. Make bread dressing, as for chicken. Place 4 or 5 pieces of twine on the table and lay a piece of flank on the twine, spread the dressing over the meat and place the other pieces on top, then tie each piece of twine around the whole to keep them together and hold in shape. Put in the roasting pan, salt and dredge with corn flour. Bake two hours. This makes enough for six people, and is excellent cold.

JELLIED LAMB

Season 3 cups of diced cooked lamb with $\frac{1}{4}$ teaspoon each paprika and white pepper, $\frac{1}{2}$ teaspoon salt and 1 teaspoon lemon juice. Soften 1 tablespoon gelatin in 3 tablespoons cold water and stir into 2 cups boiling lamb stock seasoned to taste. Stir over iced water until beginning to thicken, add the lamb, turn into a mold and let stand near ice until firm. Unmold, slice and sprinkle lightly with chopped mint before serving.

FRICASSE OF LAMB

Two and one-half pounds of lean stewing lamb cut in small pieces; put in a stewing pan, cover with boiling water, salt and pepper to taste and boil one hour, then put in 1 can green peas, boil ten minutes longer. Thicken with 1 tablespoon butter well blended with 1 tablespoon corn flour.

BREAST OF LAMB, TOMATO SAUCE

Boil till meat comes from bones 2 pounds of lamb flank, remove meat and press under heavy weight till cold. Slice and roll in crumbs and fry in hot pork fat or butter. When the slices are brown add 1 cup of tomato to pan and a little water and salt and pepper and just a little flour to thicken. Pour over lamb and serve with mashed potatoes. The broth of lamb and bones can be used with potatoes and a can of peas or a carrot to make a stew next day. This makes two very good dinners.

CREOLE LAMB AND RICE

Melt 3 tablespoons butter in a saucepan, add 1 finely chopped onion and 1 seeded and chopped green pepper and cook slowly for five minutes. Add 2 cups diced cooked lamb and 2 cups cooked rice, mix thoroughly, season with 1 teaspoon salt and $\frac{1}{2}$ teaspoon paprika, moisten with $1\frac{1}{2}$ cups tomato juice, cook and stir on the top of the stove for ten minutes, then cover and bake half an hour in a moderate oven.

CURRIED LAMB

Chop 1 large onion and simmer until tender in $\frac{1}{4}$ cup butter. Sprinkle with 1 tablespoon each corn flour and curry powder, stir until well blended, add 1 cup canned tomato, 1 cup stock, a dash of pepper and $\frac{1}{2}$ teaspoon salt. Cook until thickened, then add 2 cups cold cooked lamb cut in small pieces and cook twenty minutes

over boiling water. Serve with a border of hot mashed potatoes or boiled rice.

ROAST LAMB RECHAUFFE

Slice the meat into pieces for serving. Cut up trimmings and bones and stew with an onion in water to cover until tender. Strain, heat again and thicken with flour and water mixed to a smooth paste. Add 1 teaspoon mixed mustard, and salt and pepper to taste. Simmer ten minutes, then add the sliced meat and serve as soon as the meat is hot, with mashed potatoes.

CASSEROLE OF LAMB

Boil 1 cup rice. Chop fine $1\frac{1}{2}$ cups meat, season with 1 teaspoon each parsley, onion and celery, minced fine; salt and pepper to taste. Moistened with gravy or hot water to pack nicely. Butter a mold, line bottom and sides $\frac{1}{2}$ inch deep with the rice, pack in the meat, cover with rice and steam forty-five minutes. Turn out on a platter and pour over it tomato sauce.

LAMB AND OLIVES AU GRATIN

Butter a baking dish, put in a layer of stale bread crumbs, cover with diced cold cooked lamb, season with paprika and salt and dot with stuffed olives cut in halves. Repeat until the dish is nearly full. Pour in lamb gravy diluted with hot water until it barely comes to the top of the ingredients, cover with a generous layer of bread crumbs moistened with melted butter and bake about forty-five minutes.

BRAISED TONGUE

Wash a fresh tongue and skewer the tip to the root. Rub with salt, pepper and flour and brown it in a frying pan into which 2 small onions cut into dice have been fried in salt pork fat. Skim the onions out into a brais-

ing pan before you put in the tongue. After the tongue is browned on all sides, remove it to the braising pan and add 1 quart boiling water and 1 tablespoon mixed herbs. Cover closely and cook in a moderate oven until perfectly tender. Remove the meat and the bag of herbs from the gravy. Strain off the fat, add a little lemon juice or tomato for flavoring and thicken. Pour over the meat on the platter.

TONGUE EN CASSEROLE

One ox tongue, 2 carrots, 4 turnips, a little parsley, salt, pepper and stock or water. Wash and trim the tongue, rolling it to fit your casserole and keeping it in shape with tape. Wash and prepare the vegetables, cutting each in small pieces. Put half of them in the casserole, next put in the tongue, then the remainder of the vegetables and pour over enough stock or water to cover and season with salt and pepper. Put on cover of casserole and let the contents simmer gently in the oven for about four hours. The tongue should be turned once during the cooking. Serve hot or cold.

TONGUE IN RAISIN SAUCE

Put $\frac{1}{2}$ cup seeded raisins in a saucepan with $\frac{1}{2}$ cup brown sugar, $\frac{3}{4}$ cup vinegar, $\frac{1}{4}$ cup water and a grating of orange peel. Simmer ten minutes after the boiling point is reached, thicken with 1 tablespoon corn flour mixed to a thin paste in cold water, then add slices of cold boiled tongue and cook until well heated.

TONGUE IN ASPIC JELLY

Soften $\frac{1}{2}$ box gelatin in $\frac{1}{2}$ cup cold water, pour in 2 cups boiling hot beef stock, stir until dissolved, add the juice of half a small lemon, season with pepper and salt, strain, cool and pour a little into wet individual molds. Chop fine some cold boiled tongue, moisten

slightly if necessary and shape into small balls. When the jelly in the molds is firm, put a ball of the tongue in each and pour in the remainder of the aspic. Place on ice until firm, unmold and serve with mayonnaise or boiled dressing.

CHICKEN CROQUETTES

Cook 1 teaspoon finely chopped onion in 2 table-
spoons butter, blend in $\frac{1}{4}$ cup flour, add gradually 1 cup chicken stock and stir and cook until smooth. Season with 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, a dash of cayenne and a grating of nutmeg, add the beaten yolks of 2 eggs and 2 scant cups chopped cooked chicken, cook until thoroughly heated and spread on a platter to cool. Shape into croquettes, roll in fine crumbs, dip in beaten egg, roll again in crumbs and fry in deep, hot fat. Drain on soft paper and serve with white sauce.

CHICKEN LOAF

Remove the flesh from a fowl weighing four pounds, add $1\frac{1}{2}$ pounds of fat fresh pork containing considerable lean, pass the whole through a meat chopper, add 2 crackers rolled fine, 3 eggs well beaten and $\frac{1}{4}$ teaspoon mace. Mix thoroughly and shape into a long smooth loaf. Put thin slices of fat pork on the bottom of a baking dish. Upon these place the loaf, cover top with more fat pork and bake in moderate oven three hours, basting often. Serve cold. Use the bones for soup.

CHICKEN GOULASH

Boil fowl as usual, then remove bones, put bones back into the liquor and cook them twenty minutes; then remove bones, cut chicken in small bits, all except the giblets, then put the finely cut chicken into the gravy, adding $\frac{1}{2}$ can tomatoes, 6 small onions or 2 large ones, salt, pepper, $\frac{1}{2}$ teaspoon sugar, 1 spoonful butter. Cook

about thirty-five minutes or until onion is done. Have ready 1 dozen slices buttered toast. Pour goulash over toast and serve hot.

CHICKEN AND CORN SCALLOP

Chop separately 1 can corn and enough cold cooked chicken to make $1\frac{1}{4}$ cups. Melt 2 tablespoons butter, blend in 3 tablespoons barley flour, $\frac{1}{3}$ teaspoon salt and $\frac{1}{2}$ teaspoon pepper, then add slowly $1\frac{1}{2}$ cups hot milk and stir until smooth and thick. Butter a baking dish, fill with alternate layers of corn, chicken and sauce, sprinkle with buttered crumbs and bake about twenty minutes in a hot oven.

CHICKEN TERRAPIN

Melt $\frac{1}{4}$ cup chicken fat or butter, blend in $\frac{1}{4}$ cup corn flour, then add gradually 1 cup each chicken broth and milk. Stir until smooth and thickened, add 2 cups finely cut cooked chicken, 3 chopped hard-boiled eggs, a dash of mace and pepper and salt to taste. Simmer ten minutes, add 2 tablespoons currant jelly and stir until dissolved. Serve with hominy croquettes.

CREAMED CHICKEN

Make 1 cup cream sauce, add 1 pint cooked chicken cut in small pieces and a little chopped parsley. When hot beat the yolks of 2 eggs, add 2 tablespoons milk and stir into the chicken. Cook two minutes, serve with a rice or potato border garnished with points of toast.

CHICKEN TIMBALES

Melt 2 tablespoons butter, add $\frac{1}{4}$ cup stale bread crumbs and $\frac{2}{3}$ cup milk. Cook five minutes, stirring constantly, and then add 1 cup chopped cold boiled fowl and 2 eggs slightly beaten. Fill buttered individual molds two-thirds full, put in a pan half surrounded with hot water. Bake till firm. Serve at once on hot platter.

JELLIED FOWL OR CHICKEN

Cook a fowl or chicken until the meat falls from the bone. Take all the meat and chop fine. Have ready a tablespoon of gelatin softened in 1 pint cold water. Dissolve it in 1 pint of water the fowl has been boiled in. The water must be boiling. Add $\frac{1}{2}$ grated onion, pinch of paprika and $\frac{1}{2}$ teaspoon salt. Pour over the chopped chicken and put in bread pan which has been lined with oiled paper. Set aside to become cold. The next day it can be sliced very nicely.

PRESSED CHICKEN

Cut a small chicken into four parts, boil in as little water as possible without burning, and watch constantly. When very tender take out the meat, but keep broth boiling. Pick the meat from the bones, chop it, and add butter, pepper and salt. Take all fat off broth, then pour over the chopped chicken. Then press it, put plate on with something heavy to hold it down. Set on ice and when very cold slice.

MINCED LIVER ON TOAST

Chop fine cold liver to make 1 cup. Cook 1 tablespoon chopped onion in 3 tablespoons butter until pale brown, add $\frac{3}{4}$ cup milk, into which stir 2 tablespoons corn flour, add liver, season with salt and paprika and when piping hot pour over toast.

BAKED LIVER

Chop $1\frac{1}{2}$ pounds liver with $\frac{1}{2}$ pound fresh fat pork. Season with chopped onion, pepper and salt to taste. Place in a dish and steam half an hour, skimming off all fat that rises. When cold add 1 cup bread crumbs and 3 well-beaten eggs. Shape into balls and bake until brown. Thicken the gravy and serve with parsley.

CALF'S LIVER EN CASSEROLE

Fry 4 slices fat salt pork until crisp and brown, skim out the pork and to the fat add 1 dozen potato balls, 3 sliced carrots, $\frac{1}{2}$ cup diced celery and 6 small sliced onions. Cook very slowly until delicately browned, turn into the casserole, cover with a calf's liver cut in slices, sprinkle with pepper and salt, add 1 teaspoon kitchen bouquet and 2 cups boiling water, cover and cook one hour in a moderate oven.

LIVER LOAF

One pound liver, 2 slices bacon, 5 common crackers, all chopped fine, $\frac{1}{2}$ teaspoon salt, dash of paprika, 1 egg, 1 cup milk. Mix well together and bake two hours in moderate oven.

CHIPPED BEEF WITH CREAM

Two cups hot milk, add 1 tablespoon corn flour that has been moistened until a paste. Then add butter the size of an egg and season with salt and pepper. When this has thickened add $\frac{1}{2}$ cup chipped beef, shredded fairly small, and 1 cup grated cheese.

FRIZZLED DRIED BEEF

One jar of dried beef. Break into small pieces, pour boiling water over it and let it stand ten minutes. Drain and heat it in 1 tablespoon hot butter, to curl or frizzle it. Then mix in 2 or 3 beaten eggs, and cook until the eggs are scrambled.

CREAMED BEEF WITH EGGS

Two ounces dried beef, 1 cup tomatoes, $\frac{1}{4}$ cup grated cheese, few drops onion juice, few grains cinnamon, few grains cayenne, 2 tablespoons butter, 3 eggs; pick over beef and chop fine, add tomatoes, cheese, onion juice,

cinnamon and cayenne; melt butter, add mixture, and, when heated, add egg well beaten; cook until eggs are of creamy consistency, stirring and scraping from bottom of pan.

CHIPPED BEEF WITH TOMATOES

Peel 2 solid ripe tomatoes, cut into small pieces, dust with corn flour and cook from five to ten minutes in 1 large tablespoon of butter. Season with pepper, add $\frac{1}{4}$ pound chipped beef torn into shreds, stir well, cover, let simmer ten minutes, turn into a heated dish and sprinkle with 1 teaspoon of chopped parsley.

HAMBURG STEAK WITH OLIVES

Place 1 pound hamburg steak in baking pan, to form a layer about an inch thick. Put through a grinder a small onion and 10-cent bottle stuffed olives, spread evenly on top of steak and pour over same 1 cup tomato catsup. Bake in hot oven fifteen minutes after adding $\frac{1}{4}$ cup water.

HAMBURG CAKES

Take 1 pound fresh hamburg steak, make into small cakes, and flour them with corn flour. Put into spider with a little drippings. Now take 5 or 6 onions, remove the skins and cut up one-inch thick. Fry in same spider. Salt and pepper the hamburg and onions and fry until brown. When done remove cakes to a platter, then garnish with onions round them. Serve with boiled rice.

POTATO AND HAMBURG CAKES

Mash 6 good-sized boiled potatoes while hot. Add $\frac{1}{2}$ pound fresh hamburg steak (not cooked); mash all together and add 1 tablespoon butter, 1 teaspoon salt, dash of white pepper, also red pepper and a small onion cut fine. Shape into cakes with flour and fry in deep fat.

TRIPE IN BATTER

Cut tripe in pieces for serving and boil twenty minutes, which makes it nice and tender. Beat 1 egg, add $\frac{1}{4}$ cup cold water, 1 teaspoon salt and corn flour to make a batter, not too thin. Dip the tripe in the batter and fry until a nice color on both sides. If there is any batter left pour it into the spider and cook with the rest. Be sure to have plenty of grease in the spider. If you use fresh tripe add 1 tablespoon vinegar to batter.

BAKED TRIPE

Cut $1\frac{1}{2}$ pounds tripe in small squares, put in an agate pan with 5 chopped onions. Season with salt and pepper. Cover with stock or water and bake in a slow oven three hours. Strain the liquid into saucepan, add enough corn flour to thicken, stir over hot fire and let it boil up once. Put the tripe in a baking dish, pour in the sauce and cover all with mashed potatoes beaten to a cream. Bake till brown.

BAKED SWEETBREADS

Wash and trim the sweetbreads, cover with boiling water, add 1 tablespoon lemon juice or vinegar, 1 teaspoon salt, a slice of onion and a bit of bay leaf and let simmer about forty-five minutes. Cool, remove the outside membrane, put the sweetbreads in a pan, brush with melted butter, pour in 1 cup of the liquid in which they were cooked and bake in a hot oven, basting frequently. When done, transfer to a heated platter and surround with peas or lima beans.

OXTAIL EN CASSEROLE

Wash 2 tails which have been broken into small bits, then soak them over night in 1 quart slightly salted water. The next day turn meat and water in a casserole, add 1 small carrot sliced thin, $\frac{1}{2}$ a pimento, a clove of

garlic, a bay leaf, a small onion and 2 thin slices of bacon cut fine. Cook four hours, or until the ingredients are thoroughly incorporated into the juice, making a gravy. Serve with plain boiled rice.

FRIED KIDNEY

Clean kidney and cut up. Put tablespoon of fat in frying pan, add onion to taste cut up, fry in fat until onion is brown. When the onion is brown in the fat add 2 teaspoons flour and brown in fat before adding kidney, then put kidneys in, add salt, pepper, garlic and celery to taste, then add meat stock or water, and cook slowly for one and one-half hours. Cook in a large frying pan with cover on until kidneys are well cooked. Just before serving add vinegar to taste.

STEWED KIDNEYS

Four kidneys, $\frac{1}{2}$ a small onion, 1 ounce butter, 3 teaspoons corn flour, pepper and salt to taste. Cut the kidneys in small pieces and roll them in corn flour; chop the onion small and fry with the pieces of kidneys in the butter until brown. Then add the pepper, salt and enough cold water to cover them and stew gently for an hour. Thicken the gravy with corn flour a few minutes before done and serve hot.

KIDNEYS EN CASSEROLE

Slice 1 dozen lambs' kidneys, soak one hour in salted water and drain. Chop fine 1 small clove of garlic and put it in a casserole with the kidneys and $\frac{1}{2}$ cup boiling water; cover and cook one hour in a moderate oven. Thicken with a roux made of 1 large tablespoon butter and 2 tablespoons corn flour, add 8 stoned olives, 1 tablespoon table sauce, 1 teaspoon kitchen bouquet and season with pepper and salt to taste; replace the cover and bake one hour longer, stirring frequently. Just before serving add the strained juice of half a lemon.

CALVES' BRAINS WITH SCRAMBLED EGGS

Put 1 pound of brains into boiling water, allowing them to stay about five minutes. Take them out and put them in very cold water. Cut into small pieces, saute in butter until brown, adding at the last a teaspoon of finely minced green pepper and parsley. Have ready the yolks of 6 eggs, the whites of 3 of which are broken into a cup of cream, and a tablespoon of butter. Turn this on the sauted brains and cook until the right consistency. Serve on toast.

CREOLE STEW

(United States Food Administration)

One pound lean beef or 1 medium fowl, 2 cups tomatoes, 1 cup carrots or okra cut small, 1 cup chopped sweet peppers, $\frac{1}{2}$ cup rice, $\frac{1}{4}$ cup chopped onion, 1 tablespoon fat, 1 teaspoon salt. Cut the meat in small pieces or cut the fowl into joints. Melt the fat, add the onions, peppers, meat or chicken. Brown for a few minutes. Put in cooking vessel with seasoning, rice, vegetables and 1 cup boiling water. Simmer for one-half hour and put in fireless cooker for three hours without the disks and two hours with them. With chicken and okra this is the famous creole chicken of the South.

BAKED IRISH STEW

One and one-half pounds bottom of round beef or any other part free from gristle. Cut into inch squares and dredge with a large $\frac{1}{2}$ cup corn flour, 1 onion, 1 small carrot, 1 very small turnip cut in $\frac{3}{4}$ -inch cubes, 4 medium-sized potatoes, 1 teaspoon salt, 1 teaspoon pepper, 1 pinch of red pepper.

Put into a buttered baking dish and cover with boiling water. Cover the baking dish tight, as the success of this dish is to bake slow (six hours) in a moderate oven. The last hour uncover and open the oven door a crack. This is enough for six persons.

CHOP SUEY

Two chickens' livers, 2 chickens' gizzards, 1 pound young pork cut in small pieces, $\frac{1}{2}$ ounce green ginger root, 2 stalks celery. Set this in a frying pan over a hot fire, adding 4 tablespoons vinegar, $\frac{1}{2}$ cup boiling water, 1 teaspoon table sauce, $\frac{1}{2}$ teaspoon salt, black and red pepper to taste, and a dash of cloves and cassia. When nearly done add a small can of mushrooms, $\frac{1}{2}$ cup of either bean shoots, French green peas, string beans or asparagus tips.

CORNED BEEF AU GRATIN

Melt 3 tablespoons beef drippings, add 1 teaspoon grated onion and cook one minute, then add $\frac{1}{3}$ cup corn flour and stir until well blended. Add slowly 1 cup milk and $\frac{3}{4}$ cup beef stock, stir until smooth and season with $\frac{1}{4}$ teaspoon celery salt, $\frac{1}{2}$ teaspoon paprika and salt to taste. Add $1\frac{3}{4}$ cups corned beef cut into small cubes, turn into a buttered baking dish, cover with a thick layer of buttered crumbs and bake until browned.

FRIED SALT PORK WITH MILK GRAVY

Cut salt or cured pork into thin slices. If very salty cover with water and let it stand ten minutes. Cut the rind off the slices and fry slowly brown. Make a milk gravy by heating flour in the fat in pan, allowing 2 tablespoons fat and 2 of flour to each cup of milk. Skimmed milk is as good as any for this. Cook gravy thoroughly and serve on pork very hot. Serve it with baked or mashed potatoes. You can use bacon instead of pork.

PORK PIE

Cut 2 or 3 pounds of the thick end of a loin of pork into very thick slices, 3 inches long by 2 wide. Put a layer on the bottom of a pie dish, and sprinkle chopped onion and parsley, a little nutmeg and salt and pepper

over it. Repeat until dish is full, then pour over a cup of water (stock is better if you have it) and 1 teaspoon catsup. Cover with crust and bake two hours.

BAKED SPARERIBS

Put spareribs in cold water and let cook for almost an hour. Into a baking dish put a layer of raw sliced potatoes, then a layer of raw sliced onions. Lay the spareribs on this and finish dish with another layer of onions and the top layer of potatoes. Add enough hot water to half fill the dish and bake one hour, covered the first half hour. Serve with boiled cabbage or sauerkraut.

HAM LOAF

Chop fine 1 pound raw ham, including the fat, add 2 beaten eggs, 1 tablespoon brown sugar, $\frac{1}{2}$ teaspoon mustard and 1 cup dried crumbs, softened in 1 cup boiling water. Mix well, place in a greased oblong pan and bake one hour and a half in a slow oven.

SCALLOPED HAM

One cup boiled ham put through food chopper, also 3 hard-boiled eggs and 5 soda crackers, chopped fine. One pint milk, butter size of an egg. One teaspoon flour, 1 teaspoon dry mustard, pepper to taste. Boil milk, thicken with flour, add butter, ham, crackers, eggs, mustard and pepper and bake half an hour.

MEAT SCRAMBLE

Two cups chopped cold meat, 2 tablespoons hot water and a piece of butter as large as an English walnut. When the meat is hot, break in 3 eggs and constantly stir until the eggs begin to stiffen. Season with salt and pepper.

MEAT BALLS

Mix together 2 cups chopped cooked veal or other meat, 2 unbeaten eggs, $\frac{1}{4}$ cup chopped blanched almonds, 1 teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Roll into small balls, place them in a baking pan, pour over them $1\frac{1}{2}$ cups hot tomato sauce and bake from fifteen to twenty minutes in a hot oven.

DEVILED MEAT

Put 1 large tablespoon of butter in a frying pan; when hot add $\frac{2}{3}$ cup dry bread crumbs and let brown. Add 1 pint cold meat finely chopped, $\frac{1}{2}$ teaspoon dry mustard, salt and pepper to taste. Heat thoroughly, add the yolks of 2 hard-boiled eggs rubbed through a sieve and serve on rounds of buttered toast.

BEEF AND RICE

Two cups chopped cold beef. Melt a piece of butter size of an egg and let it almost brown, and then add a small onion sliced thin and cook until yellow. Add 2 level tablespoons flour, 1 cup boiling water and when smooth and well cooked add the meat. Heat and pour it into a bed of hot boiled rice and serve.

JELLIED MEAT

One cup of beef which has been cooked and put through meat chopper, $\frac{1}{2}$ cup bread crumbs, salt, pepper and sage to taste. Mix well, then stir into this $\frac{2}{3}$ cup boiling water which has had $\frac{1}{2}$ envelope of gelatin dissolved in it. Pack in a cocoa can and set in a cool place.

LITTLE MEAT ROLLS

From some cooked meat remove fat and gristle and put through the chopper. Season well and moisten with

a little good gravy. Make a good biscuit dough, roll out thin and cut into four or five-inch squares, spread each piece with some of the meat mixture and roll up as tightly as possible. Place close together in a greased pan, brush the tops with milk and bake in a quick oven. Serve with a good gravy.

COLD MEAT AND POTATO BAKED

Put in a frying pan a round tablespoon of cold butter. When it becomes hot stir into it a teaspoon of chopped onion and tablespoon of flour, stirring it constantly until it is smooth and frothy. Then add $\frac{2}{3}$ cup cold milk and allow it to come to a boil, then add a cup cold meat finely chopped. Let this all heat thoroughly. Spread hot or cold mashed potatoes over the top and cook in moderate oven fifteen or twenty minutes.

MEAT SOUFFLE

Put leftover meat through the food chopper; $\frac{1}{2}$ cup of meat and gravy is sufficient. Make a white sauce of 1 tablespoon butter, 1 of flour and 1 cup milk. When these are well blended add $\frac{1}{4}$ cup bread crumbs. Remove from the fire and add yolk of 1 egg. Then add meat gravy and lastly the stiffly beaten white of the egg. Put in a warm buttered dish and bake in hot oven about fifteen minutes.

RICE AND MEAT SCALLOP

Two tablespoons butter, 1 cup cooked rice, 1 cup milk, 1 cup chopped meat or fish, $\frac{1}{4}$ teaspoon white pepper, dash of cayenne, $\frac{1}{2}$ teaspoon salt, 1 beaten egg. Place butter in chafing dish and melt, then add other ingredients except egg. Mix all together, heat thoroughly, add egg, stir well and serve at once.

COLD MEAT RELISH

Take any cold meat, cut into small bits and put a layer in a baking dish, then add a layer of sliced onions, one of tomatoes, more meat, onions and tomatoes. Fill dish in order given, season with salt and pepper, moisten with gravy or stock. Make a crust for top and bake one hour. First half hour cover, then uncover to make a rich brown.

MUTTON RAGOUT

Melt 1 tablespoon beef fat, blend in 2 teaspoons potato flour, then add slowly 1 cup brown stock and stir until perfectly smooth. Add 2 cups cold cooked mutton, let simmer on the back of the stove for fifteen or twenty minutes, stir in 1 tablespoon each catsup and table sauce, add pepper and salt if necessary and serve with a border of mashed potato, boiled rice or hominy.

RAGOUT OF COLD MEATS

Take a piece of butter in pan, brown some corn flour in it and an onion cut up very fine, then take some meat stock, or use water instead, a little vinegar, a small piece of lemon peel, salt to taste, a little pepper, pinch of cloves and bay leaf. Let all cook up well, then put in your sliced meat and let simmer a little longer. Serve with mashed potatoes.

SPANISH HASH

One cup of any kind of cold leftover meat, chopped fine; 3 potatoes, chopped with 1 onion, 1 stalk of celery. Mix together well; add 1 cup tomatoes (do not use much of the juice), 1 beaten egg, pepper and salt. Stir together and bake in muffin pans until brown. Garnish with cress or parsley.

CORNEB BEEF HASH WITH EGGS

Mix together 2 cups each diced cooked corned beef and cold potatoes, add 1 chopped sweet green pepper, 1 teaspoon onion juice and pepper and salt to taste. Moisten with melted butter, cook until thoroughly heated, spread on thin slices of buttered toast, place a poached egg on each and sprinkle with pepper, salt and chopped parsley.

FRANKFURTS IN WHITE SAUCE

Pour boiling water over the sausages, let simmer twenty minutes, drain and cut in thin slices. Melt 3 tablespoons butter, add 2½ tablespoons flour mixed with ¼ teaspoon salt and a dash of pepper and stir until well blended, then stir in gradually 1½ cups milk and cook until thick and smooth. Add the prepared sausages, simmer five minutes over boiling water and serve.

SAUSAGE SCRAMBLE

Parboil 4 pork sausages and skin. Put the sausage in cold water and let come to boil, then turn water off and the skins will come off easily and the sausage is not so greasy. Separate with a fork. Beat 2 eggs up fluffy and add to them 1 cup milk and 1 teaspoon flour and beat again. Then mix in the sausage and fry in pan or bake in oven until sausage meat is cooked. Serve with mashed potatoes and creamed peas. The sausages generally season the eggs.

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