

P5026



WOMAN'S CLUB



COOK BOOK.





P5026



Souvenir Cook Book

COMPILED FROM
THE BEST RECIPES OF
MEMBERS OF

The Woman's Club

OF HARPERS FERRY DISTRICT

1915

1920



WOMAN'S CLUB ROOM

HIGH SCHOOL BUILDING, HARPERS FERRY, W. VA.

Spencer's Cook Book

COMPILED FROM

THE BEST RECIPES OF

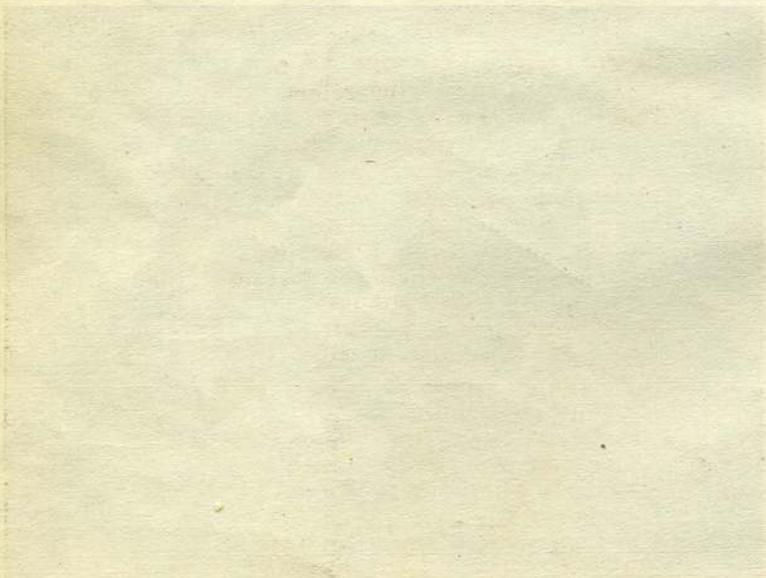
MEMBERS OF

The Woman's Club

OF HARRIS FERRY DISTRICT

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WOMAN'S CLUB ROOM

HARRIS FERRY DISTRICT, HARRIS FERRY, W. VA.

PREFACE.

This book has been compiled with great care from the recipes used and furnished by the members of the Woman's Club of Harpers Ferry District, West Va., supplemented by a number sent by women prominent in the Domestic Science Schools of West Virginia, and other states. We send out this book as a Souvenir of our Fifth Anniversary, trusting it may bring our friends a feast of "good things," many remembrances of our enjoyable meetings in the past, and hopes for the continued growth of The Woman's Club in numbers, and good work.
June, 1920.

THE NEW AND THE OLD.

(By Josephine E. Toal, in Designer.)

Sis does the baking now for us—
She's been to cooking school
And learned the latest fads and fuss,
So things are made by rule.
With cook-book, scales and measuring-cup
She makes a great parade,
And all the flour is measured up
While all the sugar's weighed.
Now, sometimes when she's started in
She hasn't quite enough
Of raisins, spice or gelatin
Or some new patent stuff;
Then I must chase off to the store
As fast as I can go,
And fetch it very quickly or
The cake will all be dough.
She has a mixer for the bread,
A cooker run by steam,
A chafing dish, a thing to shred,
A beater that's a "dream."
We have for dinner consommes
And fricassees and bisques;
For supper, chips and mayonnaise;
For breakfast, puffs and whisks.

But now and then Sis goes away,
Or takes a little rest,
Then mother has her baking-day—
That's when I eat the best.
Ma doesn't cook by recipe,
She stirs in this and that;
No matter what it's meant to be,
It always turns out pat.
When mother hasn't eggs or spice,
Why, something else will do
To make the pudding just as nice
And just as wholesome, too.
They're on the labor saving plan,
They do the work up soon—
Ma's one old battered mixing-pan
And one old wooden spoon.

MEASURING SCHEDULE

A pint of granulated sugar equals a pound.

A pint of brown sugar equals 13 ounces.

A pint of maple sugar equals 17 ounces.

A pint of graham flour equals eight ounces.

A pint of wheat flour equals eight ounces.

A pint of corn meal equals 10 ounces.

A pint of soft butter equals one pound.

A pint of grated bread crumbs equals nine ounces.

A pint of seeded raisins equals nine ounces.

A pint of dried currants equals 10 ounces.

A pint of rice equals 15 ounces.

A pint of dried hominy equals 13 ounces.

A quart of white flour equals one pound.

The whites of eight ordinary eggs fill a cup.

8 ~~Nine~~ large hen's eggs equal a pound.

Two level tablespoonfuls of butter equal an ounce.

Eight liquid ounces fill a cup.

Four level tablespoonfuls of flour equal an ounce.

Three tablespoonfuls of grated chocolate equal an ounce

Two tablespoonfuls of salt equal an ounce.

"A pint is a pound the world around" for a good many of our staples.

To stir any compound is to mix it, but to beat it means to whip into it all the air it will hold.

WEIGHTS AND MEASURES.

1/2 pint.....	1 cupful
1 quart.....	4 cupfuls
3 teaspoonfuls.....	1 tablespoonful
1 gill.....	1/2 cupful
4 gills.....	1 pint
2 pints.....	1 quart
4 tablespoonfuls.....	1 wineglassful
60 drops.....	1 teaspoonful
4 wineglassfuls.....	1 cupful
4 quarts.....	1 gallon
2 tablespoonfuls sugar.....	1 ounce
4 tablespoonfuls flour.....	1 ounce
2 tablespoonfuls butter.....	1 ounce
1 quart flour.....	1 pound
1 pint butter.....	1 pound
8 large eggs.....	1 pound
2 cupfuls milk.....	1 pound
2 cupfuls sugar.....	1 pound
2 cupfuls butter.....	1 pound
1 cupful crumbs.....	1/4 pound
1 cupful chopped suet.....	1/4 pound
1 square chocolate.....	1 ounce
4 cupfuls whole wheat flour.....	1 pound
4 1/2 cupfuls graham flour.....	1 pound
1 cupful chopped nut meats.....	1/4 pound
2 2-3 cupfuls cornmeal.....	1 pound

BAKING TIME TABLE.

Biscuits	- - - - -	10 to 20 minutes
Cookies	- - - - -	8 to 12 minutes
Pies	- - - - -	30 to 45 minutes
Pudding, Bread	- - - - -	20 to 45 minutes
Pudding, Indian	- - - - -	3 to 4 hours
Pudding, Plum	- - - - -	4 to 6 hours
Rolls	- - - - -	15 to 20 minutes
Fritters	- - - - -	3 to 5 minutes
Muffins	- - - - -	10 to 20 minutes
Doughnuts	- - - - -	3 to 5 minutes
Cake, Fruit	- - - - -	2 hours
Cake, Sponge	- - - - -	35 to 60 minutes
Cake, Loaf	- - - - -	40 to 60 minutes

Cake, Layer	- - - - -	15 to 25 minutes
Cake, Plain	- - - - -	25 to 40 minutes
Cake, Thin	- - - - -	15 to 30 minutes
Gingerbread	- - - - -	30 to 60 minutes
Bread, White	- - - - -	45 to 60 minutes
Bread, Graham	- - - - -	35 to 50 minutes
Bread, Nut	- - - - -	50 to 60 minutes
Whole Wheat Gems	- - - - -	25 to 30 minutes
Popovers	- - - - -	15 to 35 minutes

List of Utensils and Helps For The Modern Kitchen.

White kitchen paper for covering cakes, etc. 1 baking board; 1 rolling pin; 1 chopping board; 3 wooden spoons; 1 flour sifter; 1 pastry brush; 2 biscuit pans; 2 bread pans; 6 to 8 cake tins; 1 sugar sifter; 1 double boiler; 6 bowls; 1 Dover egg beater; 1 wire egg beater; 2 measuring cups; 1 waffle iron; Gem pans; Muffin pans; 1 strainer; Forks and knives; 1 palette knife; 1 lemon squeezer; 1 kettle; 1 steamer; 1 grater; scales and weights; Tablespoons; cookie cutters; 1 can opener; 3 pie tins; 1 pair scissors; 1 apple scorer; 1 doughnut cutter; 1 vegetable brush; Pudding molds; 1 sugar thermometer; Saucepans; 1 frying pan and basket; 1 tray; 3 cake racks; 1 flour bin; Teaspoons; 1 pot rest.

HERE'S WHAT THEY MEAN Those Frenchy Food Phrases

Many housewives in reading a recipe which contains cookery words or phrases of French extraction are very puzzled if they do not happen to be familiar with this language.

Following are the meanings of some of the most commonly used terms:

A la, au, aux: With or dressed in a certain style.

Americaine (a la): In American style.

Ancienne (a la): In old style.

Au gratin: Dishes covered with crumbs and browned in the oven.

Bechamel (a la): With sauce made of chicken stock and milk or cream.

Bisque: A rather thick soup usually made from shellfish; or an ice-cream to which is added finely chopped nuts.

Blanch: Literally, to whiten. To parboil, to scald vegetables, nuts and so forth, in order to remove their skins.

Blanquette: White meat in cream sauce that has been thickened with eggs.

Bombe glace: Ice-cream and ice molded together or two kinds of ice-cream. Outside of one kind and the filling of another.

Bouillon; A clear broth, made from lean beef. Exception, clam bouillon.

Bourgeoise (a la): In family style.

Braising: Stewing in covered pan, heat above and below.

Cafe au lait: Coffee with milk.

Cafe noir: Black coffee.

Canape: Usually toast with cheese or potted meat spread upon it. Sometimes made with pastry.

Canneton: Meat stuffed, rolled up and roasted or braised.

Capon: A chicken castrated for the sake of improving the quality of the flesh.

Charlotte: A preparation of cream or fruit, formed in a mold, lined with fruit or cake.

Chartreuse: A mold of aspic in which are vegetables, meat or fruit, filling the center of the mold. Used to denote anything concealed.

Chaud-froid: Literally, hot cold. In cookery a jellied sauce.

Chou-fleur: Cauliflower.

Compotes: Fruits stewed in sirup and kept in original shape.

Consomme: Clear soup, usually made from two or three kinds of meat, highly seasoned.

Creole (a la): With tomatoes.

Croustade: A kind of patty made of bread or prepared rice.

Croutons: A small cut or fried or toasted bread used in soup.

De, d': Of.

Demi-tasse: A small cup; term usually applies to after-dinner coffee.

Eclair: Pastry or cake filled with cream.

Entrees: Small made dishes served after first course of a formal dinner.

Farcie: Stuffed.

Fillets: Long thin pieces of boneless meat or fish, generally rolled and tied.

Fines herbes: Minced parsley, chives, chesvil, etc.

Fondant: Melting. Boiled sugar, the basis of French candy.

Fondue: A preparation of eggs and melted cheese.

Frappe: Semifrozen.

Fricassee: A stew in which meat is first fried slightly.

Fricasse de poulet: Fricasse of chicken.

Fromage: Cheese.

Glace: Iced or glossed over.

Hors-d' oeuvres: Side dishes. Relishes.

Jardiniere: Mixed vegetables served in their own sauce.

Julienne: Vegetables cut in match-like strips.

Lentils: A variety of the bean family used for soups especially.

Macaroni au fromage: Macaroni with cheese.

Macedoine: A mixture of several kinds of vegetables. Used for fruit combinations also.

Marrons: Chestnuts.

Meringue: The whites of eggs whipped to a standing froth with powdered sugar.

Mousse: Ice-cream made with whipped cream. Frozen without stirring. Has mossy texture.

Noel: Christmas.

Noir: Black.

Omelette aux champignons: Omelet with mushrooms.

Omelette aux fines herbes: Omelet with minced parsley, chives, chervil, and so forth.

Pate: Some preparation of pastry, usually a small pie. Hence, "Patty-pans."

Pate de fois gras: Small pie filled with fatted goose livers.

Pois: Peas.

Pommes de terre a la lyonnaise: Lyonnaise potatoes.

Puree: Vegetables or cereals cooked and rubbed sieve to make a thick soup.

Queues de boeuf: Ox tail.

Ragout: A highly seasoned meat dish; really stewed meat in rich gravy.

Rechauffe: Anything warmed over.

Salade de laitue: Lettuce salad.

Salpicon: A mixture of fruits in a flavored sirup or highly seasoned minced meat mixed with a thick sauce.

Saute: To fry lightly in hot fat or butter, not deep enough to cover the food cooked.

Sorbet: Frozen punch. The name is often given to water-ice when several kinds of fruit are used.

Supreme: White cream sauce made from chicken stock.

Tarte aux pommes: Apple pie.

Timbale: A small unsweetened custard, usually seasoned with fish, meat or vegetables and baked in a mold and turned out while hot.

Truffles: A species of fungi, similar to mushrooms, growing in clusters some inches below the surface of the ground. Used in seasoning and for garnish.

CULINARY BLUNDERS WE ALL MAKE.

The best recipe is not proof against careless handling. If you failed with new recipes, be sure you have given the printed directions a square deal before you condemn them. Inaccurate measurements are often at fault. If the recipe said "all measurements level," do not think that a heaping cup will do just as well, as the level one you are expected to use. The difference will show when you take from the oven a crumbly cake, instead of a light puffy one. Too much flour—it was not the fault of the recipe. Too much fat makes an oily cake with hard crust; too much liquid will make it fall; too much soda is unpleasant to the taste. **Do not fail to measure accurately!**

Never slam the oven doors,
Cakes will fall to rise no more!

KEEP YOUR HEAD.

Fat.—Throw on flour, baking powder or sand.

Lamp.—Toss out of doors, or cover with rug, throw on salt, baking powder or sand.

Chimney.—Burn Sulphur of salt in fireplace. Pour coal or sand down chimney.

Closet.—Beat out with wet broom.

Bed.—Push mattress on floor—beat with wet broom.

Curtains.—Do not pull down, remove nearby objects. Use broom or rug to smother burning pieces as they fall.

DON'TS.

- Don't pour water on burning fat.
- Don't throw sugar on fire.
- Don't fill lamps after dark or when lighted.
- Don't use Gasoline in the house.
- Don't start a fire with kerosene.
- Don't keep matches within children's reach.

S O U P S.

CREAM OF CELERY SOUP:—Three bunches of celery, one pint of water and stock, one tablespoonful of butter, one cup of milk, oneteaspoonful of flour wet with milk, pepper and salt. Scrape celery and cut in one inch lengths. Cook 15 minutes in water, drain, add stalk and stew gently until celery is soft; rub through colundar into soup, season and return to fire, let boil hard, add cup of milk thickened with flour and butter.

Mrs. M. D. Shugart.

CREAM OF ASPARAGUS SOUP.—Boil one large bunch of Asparagus in one quart of water till tender, (cut off tips and set aside) rub this through coarse strainer, add to water in which it was boiled, put one quart of milk to boil, melt one heaping tablespoonful of butter and add to it a heaping tablespoonful of flour—when well mixed—pour on it gradually the hot milk, add all to the soup, season well with pepper and salt, let boil up, add tips and serve with croutons.

Mrs. F. P. L.

POTATO SOUP:—Two cups of milk, one sliced onion, $\frac{1}{2}$ cup of hot mashed potatoes, one Tb butter, one Tb flour, one-half teaspoonful salt, a few grains of pepper and celery salt. Scald milk, add slowly to potato, melt butter, add flour and seasoning, stir till well mixed, add to hot mixture slowly and serve with a sprinkling of parsley.

Mrs. K. K. Cavalier.

MILK BEAN SOUP.—One pint soup beans, three pints of milk. Wash and sort beans, put in enough salted water to cover, boil until tender, drain, add to heated

milk, season with pepper and salt, boil up well and serve.
Mrs. C. J. Cavalier.

GREEN PEA SOUP:—After shelling the peas, wash and boil the pods in a gallon of water, till they become very light in color, strain and add to the water, beef or mutton bones (if you have them) boil well, add the sheeled peas—45 minutes before your meal; when peas are cooked, add salt, pepper and a little chopped parsley, a generous slice of butter and a heaping Tb of flour, moistened with cream or rich milk. Boil well and serve.
Mrs. G. N. Lynch.

CURRIE BOUILLON.—Use left-overs of bones (cracked) pieces of porter-house steak, roast beef &c. for stock, to which add one cup of cubed potatoes, two large onions, season with salt, pepper, paprika, dried celery (crushed) a cooking spoonful of chili-sauce, one teaspoonful of sugar, one-half of currie powder. Mash part of potatoes to give consistency to the Bouillon. Mrs. Ranson.

CREAM OF TOMATO BISQUE:—Put into a sauce pan one quart of canned tomatoes, (fresh ones can be used) and one small onion. Cook 20-minutes; rub through a sieve and return to the fire to keep hot. Meanwhile boil a quart of milk in a double boiler, thicken with two table-spoons of butter and flour rubbed together, and stir constantly till smooth and creamy. Season the strained tomatoes with one teaspoon of sugar, salt and pepper to taste. When ready to serve add a teaspoon of soda to the tomatoes and then the thickened milk, stir quickly and serve at once with croutons.

Miss E. B. Lynch.

OYSTER SOUP.—Boil one gallon of Oysters until well plumped, taking off the scum as it rises, (if oysters have little juice one-half gallon of water can be added when put to cook.) Take out the oysters when well plumped, and add to the liquor one pound of butter, salt, pepper (black or red) and one-half gallon of milk, then add the well beaten yolks of eight eggs, with two table-spoonsful of flour. Stir eggs and flour in after the butter is melted.

Boil till the flour is cooked, pour over the Oysters and serve.
Mrs. F. P. L.

TOMATO SOUP.—Three quarts of soup stock, one quart of canned tomatoes, one onion, one teaspoon of celery seed, one tablespoon of sugar, six cloves (whole), piece of cinnamon 2-inches long, one tablespoon of cornstarch, salt and pepper. Boil all ingredients together—except salt, pepper and cornstarch—one hour. Then strain, and add salt and pepper to taste, and thicken with cornstarch, previously dissolved to the consistency of cream in a little cold water, and stir thoroughly. Serve very hot with little crackers.

Mrs. Blanche A. Wheatley.

CHICKEN SOUP:—One good size fat chicken, preferably old. Put in soup pot, cover with water, to which add two teaspoons of salt and one teaspoon of pepper, and one large onion (minced.) Boil till meat can be pulled from bones. Remove meat and bones and let the liquor simmer till 20-minutes before serving, bring to a brisk boil, and drop in the noodles. To make noodles, break one egg in small vessel, and into it stir all the flour you can, so as to make a very stiff dough, put this on the pastry board and roll as thin as possible—thin as a sheet of paper, let this stand and dry out (if you have time) before cutting into straw-like strips. The meat can be creamed or used for salad.

Mrs. Lynch.

PEA PUREE.—Heat one can of peas, press through potato ricer. To this add very gradually one quart of sweet, fresh milk, season with salt, pepper, a little onion juice or craped onion. Bind with butter and flour which have been thoroughly blended. Puree should be of the consistency of cream. Serve hot with dainty crackers or croutons.

Mrs. B. B. Ranson.

POTATO PUREE:—Boil potatoes, press through Ricer, beat till very light, add milk gradually and follow directions as for Pea Puree.

Mrs. B. B. Ranson.

F I S H.

BROILED SHAD.—Take a well cleaned Shad, split in half and place on Broiler, or if preferred, use large dripping pan, and cook in oven. Cook the open side first, then skin side. When cooked place on hot platter, baste well with butter and sprinkle well with pepper.

BAKED SHAD.—Select a nice plump Shad and fill with the following dressing. For a large fish take one quart of fine bread crumbs, mix in a large piece of butter, one teaspoon of salt, one-half teaspoon of pepper, one-half teaspoon of sage, fill the fish and wrap with soft cord to keep in place. Cook in moderate oven, basting with melted butter.
Mrs. F. P. L.

SAUCE FOR FISH.—Mash the yolks of three eggs, (hard boiled) with a table spoon of butter, stir in two tablespoons of flour, two tablespoons of vinegar, and a gill of hot water, chop the whites of eggs into sauce.

DRAWN BUTTER SAUCE FOR FISH.—To $\frac{1}{4}$ -pound of butter put one dessert spoon of flour, mix well, and melt slowly, add one gill of water, stir constantly until smooth, then boil till the consistency of cream, then stir in one tablespoon of Worcester sauce, or Walnut catsup and two chopped eggs.

COD-FISH A LA CREME.—One large piece of Cod, one ounce of butter, one small onion, a little minced parsley, $\frac{1}{4}$ pint of milk, heaping tablespoon of flour, cayenne pepper to taste. Break the fish in flakes, put the butter, onion and parsley in a one-half cup of water and let 5-minutes, stir in the flour, add milk, and simmer 10-minutes, add cayenne, put fish in the sauce long enough to heat, but do not let it boil. Serve on plates and garnish with parsley.

SCALLOPED OYSTERS.—One quart of Oysters, one cup of bread crumbs or crackers, two tablespoons of butter, one-half cup of cream, salt and pepper. Cover the bottom of a baking dish with crumbs, moisten with cream, dot with pieces of butter, season with pepper and salt, add the Oysters with a little of their liquor, and cover

with crumbs seasoned and buttered. Cover and cook 15-minutes, remove cover and brown.

Mrs. M. D. Shugart.

OYSTER SAUCE.—Put one pint of Oysters and a small quantity of their liquor in a sauce pan, stew them very slowly, add four ounces of butter, chopped and rolled in flour, a few bits of mace and one-half pint of sweet cream. Stir one way until well mixed. Serve with Turkey or roast chicken.

Mrs. F. P. L.

CLAM CHOWDER.—Butter a deep dish, cover it thickly with bread or cracker crumbs, sprinkle with pepper and bits of butter, also a little minced parsley, then put a thick layer of Clams, pepper and butter, layer of crumbs, and continue till dish is full, pour over all a cup of milk and a thick layer of buttered crumbs. Cover and bake in a hot oven for three-fourths of an hour. Fifty Clams will require one-half pound of crumbs and $\frac{1}{4}$ pound of butter.

$\frac{1}{4}$ **PANNED OYSTERS.**—Oysters one quart, butter ~~two~~ pounds, salt to taste, pepper to taste, onion one-half cup minced, celery one-half cup minced. Melt butter in skillet, add oysters, heat until edges curl, add pepper and salt, serve on toasted bread and garnish with finely chopped celery and onion.

Mrs. K. K. Cavalier.

SALMON WIGGLE.—Salmon, one can; white sauce, three cups; peas, one can; crackers. Add salmon and peas to white sauce and pour over toasted crackers.

BOXED SALMON.—Line a pan with boiled rice, place in middle two cups of minced salmon which has been highly seasoned with onion, lemon juice, pepper and salt and bound with white sauce, cover with rice, tie oiled paper over top of pan and steam three-quarters of an hour, remove from pan whole and garnish with parsley and hard boiled eggs. Serve with drawn butter sauce.

Mrs. K. K. Cavalier.

SALMON A LA FANCY:—Salmon, one can; white sauce, three cups; peas, one can; eggs, one; potatoes, five cups mashed. Heat Salmon in white sauce, place in bowl

in center of large patter, heap around bowl mashed potatoes, surround potatoes with hot peas, mash through fine sieve yolk of hard boiled egg and sprinkle over all. The hard white may be used in the sauce.

Mrs. K. K. Cavalier.

BROILED FRESH MACKERAL.—Soak fish in salt water 10-minutes, wipe dry and crush with melted butter, sprinkle with pepper and salt and let stand 10-minutes, lay fish on butter toaster and broil over hot coals, turning often at first.

Mrs. K. K. Cavalier.

OYSTER STEW.—Oysters, one quart; milk, one quart; salt, one-half teaspoonful; pepper to taste; onion, two slices; celery, 2 stalks; butter three tablespoons. Slowly simmer celery and onion in butter, add milk and oysters, heat quickly until edges of oysters curl.

Mrs. Elizabeth Cavalier.

SALMON LOAF.—One can Salmon, one cup fine bread crumbs, one cup rich milk, two eggs, one salt spoon of pepper, one-half teaspoon salt, juice of one-half lemon. Drain oil from salmon, remove skin and bones, and flake finely, add crumbs, beaten eggs, milk, lemon juice, salt and pepper, also a little parsley if you like. Mix well, turn into a buttered pan, and bake three quarters of an hour. Serve with white sauce.

WHITE SAUCE.—Put one tablespoon each of butter and flour in a small pan on fire. When mixed (without browning) add one-half teaspoon salt, $\frac{1}{4}$ teaspoon pepper, add gradually one cup of hot milk, stir till it thickens and simmer for 3-minutes.

Mrs. Grove Henkle.

Tuna fish may be substituted for Salmon in all these recipes.

CODFISH CROQUETTES:—One cup fish, (shredded) soaked till moderately fresh, one pint mashed potatoes, one tablespoonful butter, one egg, pinch of red pepper, two tablespoons sweet cream. Beat potatoes and seasonings till very light, add fish and beat again. Do not make into balls, but drop from spoon into deep fat and brown quickly.

Mrs. B. B. Ranson.

M E A T S.

When you bake a small thing
Have the oven hot,
But for baking large things
Cool it off a lot!

MOCK DUCK.—Two pounds of round steak, one cup of bread crumbs, one tablespoon chopped parsley, one egg, one onion chopped fine, salt, pepper. Grind the meat, add all the ingredients, mix well, then add the unbeaten egg. Mold into a loaf, put in greased baking pan, pour over it a little stock or water. Bake 2-hours, basting frequently.
Mrs. M. D. Shugart.

CHICKEN PATES.—One pint cooked chicken, one tablespoon flour and one of butter, one-half pint of milk, one teaspoon of parsley, salt and pepper. Mince the chicken, rub butter and flour together, add milk and seasoning, and cook until it thickens. Fill pate shells and put in oven till slightly brown.
Mrs. M. D. Shugart.

VEAL LOAF.—To one pound of finely chopped veal, take two eggs, eight cracgers, one tablespoon of melted butter, pepper and salt to taste. Mix veal, eggs (slightly beaten), rolled crackers, well together, moisten with cream, till it can be molded into a loaf. Bake 1-hour, basting frequently.
Miss Emma Lynch.

SWISS STEAK.—Take round steak and one-half cup of flour, put a little flour over meat and pound in with the edge of a saucer, do this to both sides of the steak until you have used all the flour. Have a frying pan piping hot and greased, put your steak in and brown quickly on both sides, then cover with water, put on a tight lid and cook slowly for one hour. Just before serving add pepper and salt.
Miss Wood.

CHICKEN A LA KING:—One chicken, one can of pimentos, 1 can mush rooms, yolks of 2 eggs, 1 cup of cream, parsley, pepper and salt, two tablespoons butter, and two of flour. Boil chicken with one onion, salt, and

a stalk of celery. Remove from bones and dice chicken; melt butter in double boiler, add flour and then broth from chicken, stir till creamy, beat yolks, add cream and add to sauce; cut mushrooms in half and cook in clear water for 20-minutes, cut pimentos fine, and then put chicken, pimento's and mushrooms in sauce, chop parsley, put with $\frac{1}{4}$ teaspoon of red pepper and salt to taste. Serve on toast or wafers. Mrs. Chas. Rau.

STEWED RABBIT.—Place rabbit in covered baking dish with two sliced carrots, 3 sliced onions and 3 or 4 stalks of celery, pepper and salt, add two cups of hot water and cook in moderate oven until rabbit is tender, drain off water and thicken, serve on toast, surrounded with the gravy to which carrots &c have been added.

Mrs. K. K. Cavalier.

YORKSHIRE DUMPLING.—One pound beef suet, 3 pints of flour, 3 teaspoons baking powder, a little salt, small roast of beef. Shred suet, removing all skin, and chop fine; mix with flour and baking powder and salt; add sufficient water to make a soft dough. Turn out on well-floured board and roll into a thick cake, with which cake line the bottom of a dripping pan. Have ready the beef, parboiled in water just sufficient to cover it. Put beef on top of dough, adding a little of the liquid in which beef was boiled. Bake in moderate oven one hour, basting every fifteen minutes with the rest of the beef liquid. Serve hot, on heated plates.

(This is an old English recipe, handed down from five generations of English grandmothers.)

Mrs. Adelaide Decker.

PORK PIE.—Parboil pork tenderloin or pork chops, with two sliced onions, pepper and salt, when tender, drain off liquor and sirup, cover bottom of dish with thick sliced potatoes, sprinkle with pepper and salt, add layer of meat and a few slices of raw onion, pepper and salt, &c, till your dish is full, pour over it the liquor and place on top a biscuit crust. Bake in moderate oven.

Mrs. Elizabeth Cavalier.

.. BEEF LOAF.—Three pounds of beef, one cup of bread crumbs, one cup of milk or cream, three eggs, one large onion grated, one stalk of celery or celery seed, 2 tablespoons of melted butter, salt and pepper to taste. Chop the beef finely, add eggs, butter, salt and pepper. Make into a loaf, put into buttered pan, with one quart of water and bake till done.

Mrs. J. W. Rider.

FRIZZLED BEEF.—To every half pound of chipped beef allow one large tablespoon of butter, a half pint of milk, and one tablespoon of flour. Melt the butter in a frying pan, add the meat, and stir over the fire for about 2-minutes or until the butter begins to brown, dredge in the flour, stir again, add the milk and a little pepper, stir until it boils and serve immediately.

Lynch.

SMOTHERED STEAK.—Sprinkle beef steak with flour, pepper and a little salt, cut this into the meat with edge of a thick saucer or plate, treat both sides of steak in the same way, using a generous quantity of flour. Brown very quickly in a hot skillet, previously greased. Spread steak with sliced potatoes, onions and tomatoes, which have been seasoned and cooked as for stewed tomatoes, cover with hot water, and a tight lid, place on back of range and let simmer 2-hours.

Mrs. Ranson.

FRIED CHICKEN.—Select young (fat) chickens, roll the pieces in flour, well seasoned with salt and pepper. Have ready a skillet, preferably iron, in which you have put a goodly portion of lard, fryings or any of the compounds, when very hot place the pieces of chicken in it, do not crowd, fry a nice brown on both sides, then pour in a cup full of hot water, cover tightly and let steam. When ready to serve, remove the chicken to platter and dredge into the hot grease flour to thicken, let brown, (not too dark) and pour in a pint of cold milk or water, stirring briskly to prevent lumping, the gravy should be the consistency of thick cream. Pile chicken on platter, pour gravy over it (if preferred can be served from a bowl), garnish with sprays of parsley. Squares of pastry baked a delicate brown in oven, are fine served around edge of platter.

Woman's Club.

CHICKEN EN CASSEROLE:—Cut up your chicken, dredge well with flour, pepper and salt, add a few slices of onion, place in casserole, pour over all water, about half enough to cover, put on lid and cook in steady oven from 1½ to 2½ hours, according to age of chicken.

Lynch.

CAMELON OF BEEF:—Two pounds of beef, 2 sprays of parsley, 2 teaspoons of pepper, 2 tablespoons melted butter, 1 egg, 2 teaspoons onion juice. Remove all gristle from meat and chop, add all the ingredients, mix well, and pour into a loaf or roll, pressing firmly together. Wrap the roll in a piece of greased paper, place on rack in a dripping pan, and bake in moderate oven, allowing 15 minutes for heating and 15-minutes to each pound. Baste frequently with butter and hot water. Serve with Tomato or brown sauce.

Miss Gordon.

ROLLED STEAK, STUFFED AND BRAISED:—One pound of beef, one cup of bread crumbs, 1 teaspoon onion (scraped), 1 teaspoon parsley, ½ teaspoon salt, ¼ teaspoon pepper, 4 tablespoons butter, hot water. Clean the meat off bone and gristle, make stuffing of above ingredients, spread on steak and roll like a jelly cake. Tie or fasten with skewers. Fry out some fat, in which brown several slices of onion, put in the rolled meat and sear. Then make a brown gravy, pour over meat, and cover kettle or pan. Cook in oven 45 to 60 minutes. Serve hot with vegetables.

Miss Gordon.

CHARTEUSE OF BEEF:—Four or five potatoes, 1 cup chopped beef, 1 cup brown sauce, ½ teaspoon onion juice, ½ teaspoon salt, 1-8 teaspoon pepper. Boil potatoes and mash, add enough milk to make a very soft mixture. Grease a baking dish or mold and coat it with bread crumbs. Then spread the potato mixture over this, making a layer 3-4 inch thick. Do this carefully to prevent scraping off the crumbs. In the mold thus lined, put mixture of meat, sauce, and seasoning, which has been heated. Spread a layer of potatoes over this, putting around the edge first, then spread toward the center. Bake in

a quick oven until brown. Turn from the mold onto a platter and serve at once.

Mrs. Gordon, Jefferson School.

SUPERIOR SAUSAGE:—To 100-pounds of fresh pork, mixed lean and fat—ground—put $\frac{1}{4}$ pound sage, 6 ounces black pepper, 3 ounces red pepper, 1 3-4 pounds of salt, mix in 50 pound lots.

The sausage meat can be cut and weighed, and put on a table, each layer being sprinkled with above seasoning, in this way the sausage is ready to be put away at once.

PORK PUDDING:—Take the bony pieces of sausage meat, melts, kidneys, one or two livers and hearts, some of the ears, and if you wish the head pieces (not jowls) cover with water and boil till done, take out the meat, and as soon as it is cool enough to handle, pick from the bones and grind, using raw onions to flavor, also salt and pepper, return to kettle and cook well, stirring constantly to prevent burning, pack in crocks, pour lard over and it will keep for months.

SCRAPPLE:—To the water in which the above was cooked, strained (to get rid of small pieces of bone) add to each one-half gallon a good handful of ground pudding meat, salt pepper and sage to season, bring to the boiling point, and dreg into it a cup at a time of corn meal and buckwheat flour, until very thick, cook steadily for about 15-minutes, stirring hard, dip into shallow pans or dishes. When cold slice and fry like mush.

STEAK AND TOMATOES:—One flank steak or two pounds of round steak, 3 onions, about 1-pint of stewed tomatoes. Place the steak in a pan, if it is round steak, put in a piece of suet or drippings, slice the onions over it then cover with the tomatoes (to which a little sugar has been added), salt and pepper to taste, bake $1\frac{1}{2}$ hours in a moderate oven, thicken the gravy after the steak is dished. Sweet potatoes or carrots previously boiled may be placed in the pan, around the steak.

Mrs. F. L. Marsden.

S A L A D S.

BUTTERFLY SALAD:—Dates, Lettuce, Pineapple, Red Beets, Candied Cherries. Place crisp lettuce leaf on a plate. Cut a round slice of canned Pineapple in half and arrange on lettuce leaf with the two curved sides together to form butterfly wings. Make the body of a date pinched in shape. For the long feelers use thin strips of boiled beets. Cut candied cherries in rings to dot the wings. Serve with salad dressing.

Mrs. Wheatley.

SUMMER SALAD:—One cup diced cucumbers, one cup cut celery, one cup diced radishes, $\frac{1}{4}$ cup grated onion, one dozen medium sized lettuce leaves, one cup dressing. Peel cucumbers and cut into $\frac{1}{2}$ inch cubes. Wash and scrape celery and cut quite fine. Wash brush, and cut radishes into cubes without peeling. Shred lettuce leaves finely. Grate onion. Blend all vegetables with a good dressing and serve on lettuce leaves.

Mrs. W. E. Dittmyer.

COOKED SALAD DRESSING:—Yolks of 4 eggs, beaten till thick. Teaspoon ground mustard, $\frac{1}{2}$ teaspoon each of black and red pepper, 1 tablespoon flour. Stir these together till smooth, add $\frac{1}{2}$ cup of oil, melted butter, or ham fat, then $\frac{1}{4}$ cup of vinegar, and $\frac{1}{2}$ cup of rich milk or cream. Cook over water, until thick as custard, stirring often. When cool add 2 teaspoons salt, and thin with $\frac{1}{2}$ pint of cream, sweet or sour.

Miss Emma Lynch.

FRUIT SALAD:—Remove Grape fruit from the rinds and cut in small pieces, quarter marsh mallows, and halve malage grapes, remove the seeds. Mix well and serve in grape fruit shells. Garnish with English Walnuts, and cream dressing, or any good salad dressing.

Mrs. M. D. Shugart.

CHICKEN SALAD:—The white meat of a cold boiled or roasted chicken, 3-4 of the same bulk of celery (chopped), 2 hard boiled eggs, 1 raw egg well beaten, 1 teaspoon salt, 1 teaspoon pepper, 1 teaspoon of mustard, 3

teaspoon of salad oil, $\frac{1}{2}$ teacup of vinegar. Mince the meat well, removing every scrap of fat, gristle and skin; cut the celery into bits $\frac{1}{2}$ inch long or less, mix them, and set aside in a cool place, while you prepare the dressing. Rub the yolks of cooked eggs to a fine powder, add salt, pepper and mustard, then the oil, rubbing hard and putting in a few drops at a time, let this stand while you whip the raw egg to a froth. Beat this into the dressing, and pour in the vinegar, spoonful by spoonful, whipping the dressing well as you do it. Sprinkle a little dry salt over the meat and celery, and toss it lightly with silver fork, pour the dressing over it, tossing it until all is saturated with the dressing. Place in salad bowl and garnish with rings of hard boiled egg whites or celery tops. If preferred cooked salad dressing can be used but do not fail to season highly. Mrs. Lynch.

POTATO SALAD:—Ten medium sized potatoes, boiled in salt water and 3 hard boiled eggs, when cold dice. Put a small piece of butter in a sauce pan, when melted have ready mixed 2 well beaten eggs, 1 tablespoon of sugar and $\frac{1}{2}$ cup of vinegar, stir into the melted butter and boil, add 1 teaspoon of celery seed and cool, add one onion chopped fine and pour over potato and eggs. Serve on lettuce leaves. Mrs. T. E. Baumgardner.

*Add
Onion
& salt*
JELLIED CABBAGE SALAD:—Soak one heaping T. Geletine in $\frac{1}{4}$ cup of cold water, and dissolve in 1 cup boiling water. Add $\frac{1}{4}$ cup of sugar, $\frac{1}{4}$ cup of vinegar, strain, cool and when nearly stiff add $1\frac{1}{2}$ cups of finely shredded cabbage, 1 cup of finely cut celery, $\frac{1}{2}$ cup of cubed cucumber, 2 cans of pimento's cut fine. Turn into a mold and let harden. Miss Gordon,

Domestic Science Teacher Jefferson School,
Washington, D. C.

MAYONNAISE WITH OLIVE OIL:—Beat the yolks of 2 eggs, add very slowly, drop by drop, the oil then a little faster, as it begins to thicken. When about $\frac{1}{2}$ cup of oil has been used, add a few drops of lemon juice, and so on, alternating oil and lemon juice until the desired quantity has been made. One pint of oil can be beaten

into two yolks, if a large quantity is desired, thin with lemon juice. Season to taste with mustard, salt and pepper. The eggs and oil must be very cold, both before and during the making. In summer mix over a bowl of ice. If it curdles whilst making from being too warm, of from pouring the oil too fast, beat the yolk of another egg, and add to the mixture very slowly, as at first beating constantly. If desired for sandwich filling, beat the yolks of 1 or 2 eggs, according to quantity of mayonnaise and mix.

Mrs. C. A. Hughes.

TOMATO JELLY:—One tablespoon genatine, $\frac{1}{4}$ cup of water, $\frac{1}{4}$ teaspoon salt, 1 cup stewed and strained tomatoes (other seasoning if desired). Soak gelatin in cold water till softened, add tomato and seasoning. Pour into small molds and chill thoroughly. When ready to serve, turn out on lettuce leaves. Garnish capers, olives, hard-cooked eggs, or pickle, or baked beans or meats may be added for luncheon. Serve with mayonnaise dressing.

Mrs. Lynch.

SKILLFUL SEASONING:—The onion is the homeliest, but most valuable seasonings. Not chopped in hunks, but scraped, so the soft juicy pulp will leave its trace without being apparent. Then take parsley which usually appears only as a decoration, but which when minced very fine, harmonizes with fish, meats, many egg dishes, certain salads, and soups, it may be used either fresh or dried. There are catsups and chili sauce, so much betted in the dish than out of it. Horse-radish which in soups and certain salads, adds a zest, always pleasing. Mustard is an addition to cream sauce. Celery leaves fresh or dry, which make your oyster chowder or your Bouillion fit for an epicure. There are certain seasonings which lift up certain foods, but one must be careful not to under season, nor yet to over season, but strive to obtain a delicious blend, which will bring out the flavor of the chief ingredient of the dish. Catchup, chili sauce and horse radish, all lend themselves particularly well to fish and meat dishes. Pickles, ripe and green Olives, chow-chow, nutmeg, and the like should be used specially with fish, and fat meats. They may often be

added with advantage to vegetable, nut and cheese salads. Cinnamon, both in stick form and ground, harmonizes well with chocolate fruit dishes, either alone or blended with other spices. Whole and powdered cloves may be used the same way. Nutmeg is now to be had ground as well as whole, and is a nice addition to cakes and sauces, especially apple sauce. Vanilla and Lemon are far too well known to need further notice, but Lemon juice is far preferable to the extract. Adapted.

COMPOSITION AND DIETETIC VALUE OF VEGETABLES.

A generous supply of vegetables and fruit in the dietary is a necessity.

Vegetables and fruit furnish iron in larger proportions in comparison with their food value than do most animal foods.

Vary the kind of vegetables and fruit often, as the ash constituents change with each variety and all are needed.

Potatoes contain calcium and phosphorus, a relatively high percentage of iron and a very high percentage of potassium.

The custom of serving potatoes with meat is founded on physiological or healthful reasons.

Potassium yields base-forming qualities that neutralize the acids formed from meat. One medium-sized potato will neutralize the acids of two average slices of roast beef.

Rice is a substitute for the starch in potatoes but does not neutralize acid; on the contrary it is acid-forming.

When substituting rice for potatoes, add also either celery, cabbage, milk, beans, apples or prunes, all of which contain potassium.

COOKERY OF VEGETABLES.

(1) Let wilted vegetables soak for some hours in cold water before setting them to cook.

(2) Let dried vegetables soak in cold water several hours or over-night before cooking.

(3) All vegetables are set to cook in boiling water.

(4) Green, succulent vegetables, largely water and ash constituents, should be cooked in a small quantity of

simmering water which should be used with them or in some other dish.

(5) Parsnips, salsify, turnips, as well as legumes are best cooked without salt. Most table salt contains appreciable amounts of a lime salt (calcium) and if it is added to the water in which vegetables are cooked, the effect is the same as though hard water has been used.

(6) The outside of potatoes cooked in rapidly boiling water is softened and washed away while the center remains hard. Potatoes cooked in simmering water are water-soaked and soggy. To cook to perfection, use salted water and keep just at the boiling point until done.

(7) Cook rice and macaroni in rapidly-boiling, salted water that the grains or pieces be kept moving and distinct, one from another.

(8) Strong-flavored vegetables, as onions and cabbage, are made more delicate in flavor by cooking in a large quantity of water in an open saucepan.

(9) Salt added to water in which green vegetables are cooked tends to set the color. Acid darkens the green color of the plant, the chlorophyll, while alkali brightens it. As all plant juices are faintly acid, when very soft water is used in cooking vegetables, the color is much improved by adding a trace of soda to the cooking water ($\frac{1}{8}$ level teaspoon to 2 quarts of water.)

(10) When the tough structure of dried beans and lentils is to be made tender, use soft water or add a level teaspoon of bicarbonate of soda to each two quarts of water.

(11) In general, cook all vegetables, save those containing much cellulose, (woody fibre) in salted water.

V E G E T A B L E S.

MOCK OYSTERS:—Grate the corn off of 6 ears, beat six eggs (separately) very light, add pepper and salt to taste, beat in corn till very stiff. Fry in hot fat like oysters. Lynch.

STUFFED PEPPERS:—Select sweet Peppers, cut off the stem end and remove the seed. Throw the peppers in boiling water for 1-minute. For every 4 peppers, mix well $\frac{1}{2}$ cup of cooked chicken or veal (chopped fine), $\frac{1}{2}$ cup of bread crumbs, 1 tablespoon chopped parsley, 2 tablespoons of butter, salt and pepper to taste. Carefully fill the peppers, stand on ends in baking dish, add a little stock or water and bake 20 minutes in quick oven. Mrs. Shugart.

CORN PUDDING:—Five ears of corn, 2 eggs, slightly beaten; 1 teaspoon salt, 2 teaspoons of sugar, 1 tablespoon of butter, 1 pint of milk. Cut corn from cob, put through chopper, mix the other ingredients and add corn. Pour into buttered baking dish, set dish in pan of hot water, and bake 30 or 40 minutes in moderate oven.

Mrs. R. L. Loman.

MACARONI:—One cup of Macaronni, 1 cup grated cheese, $1\frac{1}{2}$ cups of cream sauce, $\frac{3}{4}$ cup of bread crumbs. Wash and drain the Macaronni, break in small pieces and drop in salted boiling water, and cook till tender. Rinse in cold water, and put in baking dish with layers of grated cheese and white sauce, and cover with buttered crumbs.

WHITE SAUCE:—One-half pint of milk, 3 tablespoons of butter, 3 tablespoons flour, salt, pepper and paprika. Melt butter, stir in flour, add milk slowly, mix till smooth and cook till creamy.

BUTTERED CRUMBS:—Melt a small quantity of butter and stir the crumbs till all are covered with butter. Miss Wood.

PUFFED POTATOES:—Scrub with stiff brush 6 or 8 good sized potatoes, bake in hot oven, when well done, cut off the top long ways, scrape out the potato, mash, season with butter, pepper and salt, add paprika if you wish, then fill the potato skins, rounding the top, place small piece of butter on each, return to oven long enough to heat thoroughly and brown.

CREAMED TURNIPS:—Peel about six medium size Turnips and cut in slices, put on to boil in clear water. When soft enough to mash, drain off water, let steam 2-minutes on top of stove, beat until smooth, add 1 tablespoon of flour, smoothed in $\frac{1}{2}$ cup of good cream, pepper and salt, return to stove long enough to cook flour.

CANDIED SWEET POTATOES:—Boil and slice potatoes sufficient for your family, put a tablespoon of butter in a frying pan, when hot put in your slices of potatoes, sprinkle with brown sugar, and cook till nicely browned. The raw potato can be used, in which case cover with cold water, add butter and sugar, turn carefully as they brown.

CREAMED CARROTS:—Three cups of diced carrots, 1 cup of white or cream sauce. Wash, scrape and drop carrots into cold water, cut into half-inch cubes, and cook (or steam) in boiling salt water till tender (one or two hours.) Drain and add white or cream sauce.

Mrs. Dittmyer.

CREAM SAUCE:—Put $\frac{1}{2}$ pint milk (sweet) in a saucepan to heat, mix $1\frac{1}{2}$ tablespoons of flour with small quantity of cold milk or cream, when smooth add slowly, stirring rigidly. Cook till it is creamy. Salt and pepper to taste.

SWISS CHARD:—Treat the same as Spinach. It is even more tender than spinach, and will continue to grow, after leaves are cut. This is a green overlooked in the average garden.

Mrs. Dittmyer.

BAKED LIMA BEANS:—Lima beans, bacon, butter, salt, pepper and sugar. Soak one quart of lima beans

over night. Cook till nearly done in unsalted water. Having a baking pan with the bottom lined with strips of fat bacon. Pour into pan the beans, and add teaspoonful of salt, three pinches of pepper, teaspoonful of sugar and teaspoonful of butter. Stir together, with sufficient of the liquid the beans were boiled in to finish the baking of them. Cover top with slices of bacon, and bake one hour.

Mrs. B. A. Wheatley.

SALTED BEANS:—String $1\frac{1}{2}$ bushels of young string beans, cut them slanting into thin slices and mix them with salt, allowing 1 pint of salt for each bushel. Put a bag of unbleached muslin in a clean water-tight butter tub, fill the beans in the bag, close and tie with a string, put a board over the beans and a heavy stone on top, pour in sufficient salted water (strong enough to float an egg) to cover the bag and set the tub in a cool place. These beans will keep all winter in perfect condition, providing they are kept covered with brine.

Miss Lula Kreps.

COLD SLAW:—Put 1 quart of finely cut cabbage into a bowl. Put 2 tablespoons of vinegar in a sauce pan to boil. Beat 1 or 2 eggs very light, add to them $\frac{1}{2}$ cup of sour cream and an ounce of butter. Stir this into the vinegar and cook until boiling hot, and slightly thickened, add salt and pepper, pour over the cabbage, mix, dish and stand aside till cool. If liked $\frac{1}{2}$ teaspoon of mustard can be used.

Mrs. F. P. Lynch.

STUFFED PEPPERS:—Remove stem and seed from six medium size peppers (green). Fill peppers half full ground raw beef, salted slightly. Then fill to the top with uncooked rice. Pour over peppers one can of tomatoes that have been cooked and seasoned with pepper, salt and butter. Peppers must be well covered with tomatoes. Bake in oven $1\frac{1}{2}$ hours.

Mrs. Ranson.

VEGETABLES EN CASSEROLE:—Six medium size potatoes, sliced thin, 1 tablespoon of salt, 1 small turnip, 2 carrots, 2 onions, all diced, 1-8 teaspoon pepper, 1-8

teaspoon allspice, 4 cups brown stock, 1 cup tomatoes, $\frac{1}{2}$ cup rice, 1 cup cubed celery. Mix ingredients, cover with stock, and cook in slow oven 3-hours.

Miss Gordon, Domestic Science Teacher,
Jefferson School, Washington, D. C.

PEAS IN SHREDDED WHEAT BISCUIT:—Carefully and with a thin sharp knife separate Shredded Wheat Biscuit in half—top from the bottom—place in a pan, set in oven to brown, splint side up. Have ready creamed peas, seasoned with a little onion juice, and a dash of red pepper, place half a biscuit on bread and butter plates and put over each a portion of the creamed peas.

Mrs. Ranson.

BAKED EGGPLANT:—Cut egg-plant in half, scoop out pulp close to skin, or shells, force pulp through meat chopper and drain, there should be $2\frac{1}{2}$ cups full. Put in a sauce pan, add one and a half cups of ham stock (any kind will do) bring to boiling point and let boil 20-minutes. Add three-fourths of a cup of coarse dried bread crumbs, $\frac{1}{4}$ cup of melted butter, 1 teaspoon of lemon juice, $\frac{1}{2}$ teaspoon of salt and one egg slightly beaten. Fill shells, sprinkle with buttered crumbs, pepper well and bake.

Miss Farmer's Recipe.

POTATOES A LA SOUFLEE:—Select medium, uniformed size potatoes, bake until just done, remove from oven, with a sharp knife cut potatoes lengthwise, scoop out inside, being careful not to break the shells. Beat lightly and season as for mashed potatoes, adding the whites of 2 eggs well beaten. Refill the skins, piling up lightly and brown in hot oven. A little well beaten whites of egg placed on top adds to taste and appearance.

Mrs. Ranson.

BELGIAN POTATOES:—Wash, peel and cut into pieces as for French fried potatoes. Place in greased pan. Season with pepper and salt. Bake in medium hot oven until puffed, mealy and brown. Serve at once.

Miss Gordon.

RICE TIMBALES:—One-half cup of uncooked rice, 1 cup of tomato sauce. Pick over and wash the rice. Sift slowly into rapidly boiling water, cook for 20-minutes. In the meantime prepare the sauce, using tomato instead of milk. Drain rice and mix well with the sauce. Cook well until the rice is well done, and the sauce is absorbed. Place in individual molds, and let stand in 10-minutes. Don't forget the salt and pepper in sauce. Turn out and serve with meat.

Miss Gordon.

BAKED BEANS:—Soak one quart of beans over night, in the morning parboil until the skin will crack when blown on, put into the bean pot with $\frac{1}{2}$ pound of salt pork, 2 tablespoons molasses, 1 teaspoon salt, 1 teaspoon mustard, 1 teaspoon soda, add sufficient water to cover well. Bake in good hot oven 3-hours. The beans should be quite dry when served.

Woman's Club.

EGGS AND CHEESE.

SHIRRED EGGS:—Six eggs, 1 cup of bread crumbs, 3 tablespoons of butter, salt and pepper. Mix crumbs, and butter, cover the bottom of dish, slip eggs onto crumbs carefully, add pepper and salt and rest of crumbs. Bake until whites of eggs are set.

Mrs. K. K. Cavalier.

SCRAMBLED EGGS:—Four eggs, break into a bowl and beat until well mixed, add 2 tablespoons of cream, pepper and salt, and after stirring well turn into a frying pan with heaping tablespoon of butter, hot enough to sizzle. Stir lightly and serve.

Miss E. B. Lynch.

WHITE MONKEY:—One pint of new milk, put in double boiler. When warm stir in 1 tablespoon flour, mixed with 2 tablespoons cold water, as milk gets hotter, add slowly so as to dissolve it, 2 ounces of cheese, chopped fine, add 1 ounce of butter, 1 teaspoon salt, a dash of cayenne, and one well beaten egg, which must be mixed

with 2 tablespoons of cold milk. Let mixture simmer 5-minutes, then serve on toast well browned and buttered.

E. B. Lynch.

SCOTCH WOODCOCK:—Make a cream sauce of $1\frac{1}{2}$ tablespoons of butter, 1 cup of thin cream, $1\frac{1}{2}$ tablespoons flour, salt and pepper. Have ready 5 hard-boiled eggs, chopped fine, add these to the sauce, season with $\frac{1}{2}$ tablespoon of Worcestershire sauce, and serve on toast.

Lynch.

CHEESE CROQUETTES:—Three tablespoons of butter, 1-3 cup flour, 2-3 cup milk, yolks of 2 eggs, 1 cup American cheese, cut in blocks, $\frac{1}{2}$ cup grated Parmesan cheese, $\frac{1}{4}$ teaspoon salt, paprika. Add sauce to beaten egg yolks, and when well mixed add cheese. Turn into a dish to cool. Shape into balls, cylinders or cones. Egg and crumb and cook in hot fat, serve with green vegetable salad.

Miss Gordon.

WELSH RAREBIT:—One-half pound of cheese, one tablespoon butter, salt, red pepper, mustard and Worcestershire sauce to taste. Cut cheese as fine as possible, melt butter in a pan set in hot water. Stir in the cheese very slowly, a little at a time, when cheese is all added, stirring constantly, pour in a little cream, until of the desired consistency. Too much will curdle, if too thin cook a little longer, but it must be stirred constantly from start to finish, when thick enough, add seasoning as desired. Pour over crackers and serve at once.

STUFFED EGGS:—Boil 5 eggs 20-minutes, when cold cut in two lengthwise and remove the yolks, mash the yolks fine and add to them a cup of bread crumbs, moistened in cream, place the hollow whites in a baking dish and fill with the mixture which must be well seasoned with salt and pepper. Use what remains to place around eggs in dish. Bake until a light brown.

Mrs. Annie Daily.

AMOUNT OF FOOD FOR SERVING FIFTY PEOPLE:—One 20-pound turkey, (4 large chickens for salad,

5 bunches of celery or one small head of cabbage, $\frac{1}{4}$ of a pound of melted butter, $\frac{1}{2}$ pound almonds, $\frac{1}{2}$ pound of English Walnuts, 3 pints dressing, 3 heads lettuce for serving salad), 3 loaves sandwich bread, 6 pints of flour for rolls, 2 pounds crackers, 3 pints Olives, 1 pound coffee, 1 quart cream for coffee, $2\frac{1}{2}$ gallons ice cream, one large 12-egg white cake cut in blocks, or two baked in layers, 2 pounds shelled almonds (salted), 2 pounds mints.

Club.

P I C K L E.

CUCUMBER PICKLE:—One gallon vinegar, 1 cup of brown sugar, 1 cup ground mustard, cup of salt. Stick cucumbers with fork after washing them.

Miss Ethel Henkle.

STUFFING FOR 20 MANGOES:—One-half pound of horse radish and $\frac{1}{2}$ pound garlic bulbs, ground fine, $\frac{1}{2}$ pound each of black and white mustard seed, $\frac{1}{4}$ pound nutmeg, 2 pounds brown sugar, $\frac{1}{4}$ pound each of mace, and celery seed, 2 ounces of ginger, all beaten fine. Put into a gallon jar, cover well with vinegar, tie the jar securely till ready to stuff the mangoes.

PEPPERS FOR SALADS:—Cut your peppers into thin rings (after removing all seed), pack in jar. Fill within an inch of the top with vinegar, and then pour in one inch of salad oil and seal. Mrs. K. K. Cavalier.

PEPPER RELISH:—Wipe dry 6 red and 6 green peppers, cut in halves, seed and stem. Add 6 onions and feed all through a meat chopper. Put the result in a sauce pan, and cover with boiling water and let stand 5-minutes. Drain, add 1 cup of sugar, 2 tablespoons of salt and $1\frac{1}{2}$ cups of vinegar. Bring to a boiling point and let simmer 20-minutes. Store in glass jars. This makes about 1 gallon. It will be bitter if less sugar is used.

E. B. Lynch.

CHILI SAUCE:—One half bushel ripe tomatoes, 12

large onions, 8 large sweet red peppers, 20 tablespoons of white sugar, 2 tablespoons salt, 4 tablespoons celery seed, 4 tablespoons of white mustard seed, 4 tablespoons of black mustard seed. Skin the tomatoes, cut out the seed and chop fine. Seed the peppers and chop with the onions, mix all together, drain off the juice, then add salt, sugar and spices, mix well, cover with good cider vinegar and boil 2-hours in a porcelain kettle. Put in air-tight jars.

Mrs. Sue Henkle.

PEPPER SAUCE:—Two large heads of cabbage, 8 onions, 12 large peppers, 4 little hot peppers, chop fine, salt and drain over night, in the morning mix 1 ounce of celery seed, 1 cup grated horse radish and add to above ingredients. Pour over this 2 quarts of vinegar, add 1/2 pounds of sugar, 1 ounce of mustard seed, 1 ounce of tumeric. Allow this to come to a boil, then seal in glass jars.

Mrs. Claude Wentzell.

SLICED GREEN TOMATO PICKLE:—Cut into slices 12 onions and 1 peck of green tomatoes, sprinkle with salt and drain over night. Mix 1 ounce of dry mustard, 2 ounces of mustard seed, 1 ounce of celery seed, 1 ounce ground ginger, 1 ounce tumeric, and 6 small red peppers. Boil 3 quarts of vinegar with 2 pounds of brown sugar, and the above spices. When hot add onions and tomatoes, cook till tender, add celery seed after it has been lifted from stove.

Mrs. Claude Wentzell.

MUSTARD PICKLE:—One quart of small cucumbers, 1 quart of large cucumbers (sliced), 1 quart green tomatoes, 1 quart small onions, 1 large cauliflower, 4 green peppers cut fine. Make brine of 4 quarts of water and 1 quart of salt, pour over the vegetables and let stand 24 hours, then heat to a scald, turn into a colandar and drain. Mix 1 cup of flour, 6 tablespoons of mustard, 1 tablespoon of tumeric, with enough vinegar to make a smooth paste, add 1 cup of sugar, 2 quarts of vinegar, put the vegetables into this and cook until tender, stirring constantly.

Mrs. T. Grove Henkle.

B R E A D.

MUFFINS:—Two cups of milk, 3 cups of flour (sifted), 2 eggs, 1 tablespoon of butter (melted), 2 teaspoons of baking powder, scant teaspoon of salt. Bake in moderate oven.
Mrs. M. D. Shugart.

POTATO PUFFS.—One cup of mashed potatoes, 1 cup of sweet milk, 1 egg, flour enough to make a soft dough, 2 level teaspoons of Baking Powder, $\frac{1}{2}$ teaspoon salt. Mold into small balls about the size of a walnut, roll with a spatula and spoon, in flour, and fry in very hot fat.
Mrs. M. D. S.

FRENCH TOAST:—Beat together 1 egg, 1 cup of skim milk (or whole) and salt to taste. Place a small quantity of butter, bacon-fat or other suitable fat in a broad bottomed frying pan. Dip slices of stale bread in this mixture and fry until a golden brown. Serve hot with or without sirup. Extension Dept. Lesson.

CHEESE STRAWS:—Two ounces of flour, 3 ounces of grated cheese, yolk of 1 egg, 1 tablespoon cold water, dash of red pepper and a little salt. Mix flour, cheese, pepper and salt. Beat the egg and water together and add to the mixture, knead well, roll thin, cut in strips and bake 10-minutes.
Miss Mollie McFaden.

RISEN BISCUIT:—One quart of milk, 3-4 cup of butter and lard, 3-4 cup of yeast (or 1 yeast cake), 2 tablespoons white sugar, 1 teaspoon salt, flour to make a soft dough. Mix over night, melting the butter or lard. In the morning roll into a sheet 3-4 of an inch thick, cut into round cakes, set closely in pan, let them rise 20-minutes and bake 20-minutes.
Lynch.

SODA OR BAKING POWDER BISCUITS:—One quart of flour, 2 heaping tablespoons lard, 2 cups of sweet milk (new if you can get it), 1 teaspoon soda and 2 teaspoons of cream, tartur or 2 teaspoons of Baking Powder, 1 saltspoon of salt. Rud your soda, cream tartur or baking powder into the flour, then the salt, next the lard,

which must be well rubbed through the prepared flour, lastly pour in the milk, mash out rapidly kneading with as few strokes as possible, as handling injures the dough, which should be very soft. If the flour stiffens it too much add more milk. Roll out lightly, cut into small cakes and bake in quick oven.

SALLY LUNN:—One quart of flour, 4 eggs, $\frac{1}{2}$ cup of melted butter, 1 cup warm milk, 1 cup warm water, 2 heaping teaspoons Baking Powder, 1 teaspoon salt. Beat the eggs to a stiff froth, add milk, water, butter and salt, stir baking powder well in flour, mix all together, beat well and pour into a buttered cake mould. Bake steadily three-quarters of an hour, or until a straw comes out clean. Eat while hot.

SPOON CORN BREAD:—Two cups corn meal, 1 pint milk, 1 egg, beaten separately, 1 teaspoon salt, 2 teaspoons baking powder. Mrs. Stotler.

CORN CAKES:—Two cups corn meal, 1 pint of milk (sweet), 1 egg and tablespoon of melted lard or butter, beat well and thin with water. Fry on hot griddle. Mrs. F. P. Lynch.

CORN MEAL MUSH:—Put 7 cups of water in an iron pot or a double boiler if you have one, when this boils put in $2\frac{1}{2}$ cups of cornmeal and 2 teaspoons salt, well mixed to a smooth batter with cold water, pour this into the boiling water, stirring all the time, when well mixed by 3 or 4 minutes stirring remove to back of stove and let cook slowly till needed. Serve with cream or milk as a cereal or slice cold, roll in flour and soutee in hot fat.

WAFFLES:—One pint of milk, 3 eggs, well beaten, 1 tablespoon of butter, 1 teaspoon salt, 2 heaping teaspoons baking powder, a heaping pint of flour or enough to make a good batter. Grease irons with Crisco to avoid smoke. E. B. Lynch.

PARKER HOUSE ROLLS:—One cake yeast, 1 pint milk, scalded and cooled; 2 tablespoons sugar, 4 tablespoons lard (melted), 3 pints flour, 1 teaspoon salt. Dis-

solve yeast and sugar in luke-warm milk, add lard and $1\frac{1}{2}$ pints of flour, beat until smooth, cover and let rise until light, then add remainder of flour and the salt. Knead well, place in greased bowl and let rise in warm place till double in bulk. Roll out $\frac{1}{4}$ inch thick, cut with large biscuit cutter, brush over with butter, fold, let rise until light. Bake in hot oven.

Miss Carrie Schilling.

BREAD:—Milk, 3 quarts, scalded; 2 yeast cakes, six level teaspoons sugar, 3 level teaspoons salt, $4\frac{1}{2}$ quarts of sifted flour. Knead well, put in a warm place to rise quickly. Bake in hot oven.

Mrs. K. K. Cavalier.

BRAN BREAD:—One cup of butter, milk or clabber, 1 cup of walnuts, 1 cup of flour, 2 cups bran, 1 teaspoon soda, $\frac{1}{2}$ teaspoon salt, 1 tablespoon melted butter. Beat eggs, add butter, milk, nuts, flour, bran, soda, salt and butter. Mix and bake in loaf pan 40 minutes in a moderate oven.

Battle Creek Sanitarium, Mich.,
through Mrs. W. E. Dittmeyer.

HOT CROSS BUNS:—One egg, 1 cup butter, 1-3 cup sugar, 3-4 cup sifted flour, $\frac{1}{4}$ teaspoon salt, 1 tablespoon sugar, 1 cake Fleischman's yeast, $\frac{1}{4}$ cup raisins or currants, 1 cup milk, scalded and cooled. Dissolve yeast and 1 tablespoon sugar in lukewarm milk, add butter and sugar creamed, egg well beaten, raisins or currants which have been floured, rest of flour or enough to make a moderately soft dough, let rise, make into round buns, cut cross with sharp knife, while hot fill cross with frosting.

Miss Marion Hepworth,
Home Economics Specialist,
Morgantown, West Va.

*1 cup
mashed
potato*
POTATO PUFFS:—Two eggs, $\frac{1}{2}$ cup shortening, 2 tablespoons sugar, 1 teaspoon salt, 1 yeast cake dissolved in tepid water. Let rise from 10:30 a. m. to 2 p. m. Add flour to make stiff dough. Let rise till 5 o'clock. Roll out in a sheet, spread thinly with softened butter, cut out with biscuit cutter, let rise $\frac{1}{2}$ hour. Bake in quick oven.

Mrs. Ranson.

SOUTHERN TEA BISCUIT:—Begin at one o'clock for six o'clock supper. Into 1 quart of sifted flour rub 1 tablespoon of lard, 1 tablespoon of butter, 1 teaspoon sugar, 1 teaspoon salt. Dissolve 1 yeast cake in a little warm water, add this to 1 cup of sweet milk and mix well with aforesaid ingredients. Cover and set in a warm place to rise. When light turn out on bread board, roll to the thickness of $\frac{1}{2}$ inch, cut into round biscuit, put two together with softened butter spread between. Let rise 1 hour and bake in moderate oven.

Mrs. Ranson.

BOSTON BROWN BREAD:—One cup Rye flour, 1 cup of Indian meal, $\frac{1}{2}$ cup of Graham meal, $\frac{1}{2}$ cup of molasses, $\frac{1}{2}$ teaspoon salt, big pinch of ginger, 2 cups of sour milk (sweet will do), 1 teaspoon soda. Steam 3 hours.

Mrs. B. Taylor,
West Medford, Mass.

C A K E.

“If you would make a good cake,
Let patience fill a measure full,
Deal muscle with unsparing hand
And strew through all, full
Many a grain of common sense.”

In too hot an oven put a pan of water. This will cool the oven, or at least it ought too.

*Whites
of 5
eggs.*
WHITE CAKE (WOMAN'S CLUB):—One cup butter, 2 cups sugar, 1 cup sweet milk, 3 cups flour, 2 teaspoons bitter almond extract, 2 tablespoons baking powder. Beat butter and sugar till creamy, add milk, then the well beaten whites of eggs, then the flour to the last half cup of which add the baking powder, then the bitter almond. Ice with Woman's Club icing.

WOMAN'S CLUB. WHITE. CAKE. MADE. WITH CREAM:—Follow the above recipe, only use 2 cups of cream instead of milk and butter.

WOMAN'S CLUB ICING:—Boil two cups of granulated sugar in $\frac{1}{2}$ cup of water till it spins a thread, pour over the well beaten whites of 2 eggs, and beat till stiff enough to spread.

POUND CAKE:—One pound sugar, 1 pound flour, 3-4 pound of butter, 9 eggs, 2 teaspoons baking powder, 1 large teaspoon of vanilla. Cream butter and sugar well; beat yolks and whites separately, sift baking powder in last of flour, add flavoring. Bake in a mold.

Mrs. Lynch.

LEMON CAKE:—One pound of sugar, $\frac{1}{2}$ pound of butter, 5 eggs, $\frac{1}{2}$ pint of milk, 1 pound flour, 2 level teaspoons of baking powder.

Icing for above. Juice and grated rind of two lemons, stiffened with pulverized sugar till it will spread well.

Mrs. M. E. Reek.

ICE CREAM CAKE:—Two cups sugar, 1 cup butter, 1 cup milk, $3\frac{1}{4}$ cups flour, whites of 4 eggs, 2 teaspoons baking powder, 1 teaspoon vanilla.

Icing.—Boil 4 cups of granulated sugar, and $\frac{1}{2}$ pint of water together till it spins a thread, pour over the well beaten whites of 4 eggs, (which have been beaten very stiff), add 1 teaspoon cream tarter, beat constantly until stiff enough to spread.

Mrs. Wanda Young.

ANGEL CAKE:—Whites of 11 eggs, $1\frac{1}{2}$ cups of granulated sugar, sifted 4 times, 1 cup flour, 1 teaspoon cream tarter, 1 teaspoon vanilla. Bake 40 to 50 minutes.

Mrs. C. J. Cavalier.

GOLD CAKE:—Yolks of 11 eggs, 1 cup of sugar, $\frac{1}{4}$ teaspoon soda, $\frac{1}{2}$ teaspoon cream tarter, $\frac{1}{2}$ cup cold water, $1\frac{1}{2}$ cups flour sifted 4 times.

Mrs. C. J. Cavalier.

ROLL JELLY CAKE:—One cup flour, 1 cup sugar, 3 eggs, whites and yolks beaten separately; 1 teaspoon of baking powder, 4 tablespoons of cold water. Flavor to taste.

Mrs. Reek.

WHITE FRUIT CAKE:—One pound white sugar, $\frac{1}{2}$ pound butter, 1 pound flour, $\frac{1}{2}$ pound of almonds, $\frac{1}{2}$ pound of citron, $\frac{1}{2}$ pound English walnuts, 1 grated cocoanut, whites of 6 eggs, 5 cents worth of rose-water, 1 glass of brandy, 1 glass of cocoanut milk, 2 teaspoons of Royal Baking Powder.

Mrs. Henry Dutrow.

MOLASSES SPICE BREAD:—Three cups New Orleans molasses, 1 cup brown sugar, 1 cup butter and lard mixed, 1 cup milk, 6 cups flour, 2 eggs, 1 teaspoon soda, 1 teaspoon each of cinnamon, ginger and allspice, $\frac{1}{2}$ teaspoon cloves. Modus Operandi. Mix molasses, sugar shortening together, and beat until smooth, dissolve soda in milk add to the mixture, then the well beaten eggs. Sift flour and spices together, adding them last, and beat the dough until light and creamy. Pour into dripping pans, previously greased and floured and bake one hour in moderate oven. Let cool in pans and cut in squares to serve.

Mrs. Blanche A. Wheatley.

HOT MILK SPONGE CAKE:—Four eggs, 2 cups sugar, beat together, 20 minutes, then add 2 cups flour, 2 teaspoons baking powder (mixed in flour), lastly 1 cup of boiling milk.

Mrs. J. E. Fossett.

ORANGE CAKE:—Beat (separately) till light five eggs, add 2 cups of sugar, $\frac{1}{2}$ cup of water, the juice and rind (grated) of 1 orange, 2 cupsful of flour. Beat thoroughly and bake in layers.

Filling For Orange Cake:—Grate the rind of 1 orange, add juice of same, and let stand 20 minutes, strain, add the beaten yolks of one egg and sufficient confectioners sugar to make thick enough to spread between and over the layers.

Miss Emma Lynch.

ORANGE FILLING NO. 2:—One tablespoon cream, 1 tablespoon butter, juice and grated rind of one orange, beat in sufficient sugar to thicken.

Mrs. Ranson.

POTATO CARMEL CAKE:—Two-thirds cup of butter, 2 cups granulated sugar, 2 cups of flour, 1 cup mashed potatoes (hot), $\frac{1}{2}$ cup sweet milk, 4 eggs, 2 teaspoons

baking powder, 1 cupful of grated chocolate (2 squares), 1 cupful of English Walnuts, teaspoon each of cloves, cinnamon, nutmeg, cream, butter and sugar, add beaten yolks of eggs, then milk, potatoes, spices and chocolate. Sift baking powder into the flour, beat egg whites stiff. Stir sifted flour into the butter and beat in the whites, adding nuts the last thing. Bake in large loaf pan.

Lynch.

CREOLE CAKE, (PART ONE):—Work one-half cup of butter (scant) until creamy, and add one cup of brown sugar gradually, while beating constantly, then add yolks of three eggs beaten until thick and lemon colored. Mix and sift 2 cups of flour with one teaspoon of soda, and add alternately with one-half cup of sweet milk to first mixture.

PART TWO:—Melt four and one-half squares of chocolate (unsweetened) in small sauce pan over boiling water, add alternately one cup of brown sugar and $\frac{1}{2}$ cup of milk, when mixture is smooth, remove from range and cool. Combine parts one and two, beat vigorously, turn into two cake tins and bake in moderate oven. Put together with Quality Frosting, and spread with two squares of melted, unsweetened chocolate.

QUALITY FROSTING:—Put one and one-half cups of fine granulated sugar and $1\frac{1}{4}$ cups of brown sugar in a sauce pan, and add $\frac{1}{2}$ cup of boiling water. Place on range and bring to the boiling point, let boil with as little stirring as possible, until the syrup will spin a thread. Pour gradually, while beating constantly, on the whites of 3 eggs beaten until stiff (but not dry) and beat until cool. Set sauce pan containing mixture over boiling water on range and cook till mixture becomes slightly granular around sides of pan. Remove from pan of boiling water and beat until mixture will hold its shape. Flavor with vanilla.

Miss Emma Lynch.

CRY BABIES:—One cup sugar, 1 cup butter or lard, 1 cup of black molasses, 1 egg, 2 tablespoons ginger, 1 cup of boiling water poured over 1 tablespoon soda, 5

cups flour. Drop in a greased pan far enough apart not to run together. Mrs. K. Myers.

ROCKS:—One and one-half cups of brown sugar, 2 or 3 eggs, 1 cup of butter, 2 teaspoons of cinnamon, 3 cups of flour, 1 teaspoon soda, dissolved in $\frac{1}{2}$ cup of cold (strong) coffee, 1 cup raisins, chopped; 1 pound nuts. Bake in muffin pans. Mrs. Frank Walker.

LACE CAKES:—Two and one-half cups of oatmeal, 1 even teaspoon baking powder, 1 cup of sugar, salt spoon of salt, mix dry; 2 eggs beaten together, 4 tablespoons melted butter, mix and drop on buttered tins. Bake in moderate oven. Miss E. B. Lynch.

COLONIAL SPONGE CAKE:—Six eggs, $1\frac{1}{2}$ cups of sugar, 8 tablespoons hot water, juice of one lemon, $1\frac{1}{2}$ cups flour, 1 teaspoon baking powder, separate eggs, beat the yolks very light, add sugar, then hot water, beat again, putting in lemon juice, add flour and baking powder, and lastly fold in the well beaten whites of eggs. Bake in moderate oven. Miss Carrie Schilling.

UNCOOKED FRUIT CAKE:—Three-fourths of a lb. of nuts, $1\frac{1}{2}$ pounds seeded raisins, $\frac{1}{2}$ pound currants, 3-4 pound dates, $\frac{1}{2}$ pound figs, $\frac{1}{2}$ pound candied cherries, one-half pound crystallized pine apple, $\frac{1}{4}$ pound citron (cut fine), 1 cup grape juice, 1 cup thick blackberry juice, 4 tablespoons olive oil or melted butter, 3-4 cup of Karo or other light syrup, 1 teaspoon each cinnamon, cloves and nutmeg, 1-4 teaspoon ginger, 2 cups of oatmeal, $1\frac{1}{2}$ cups wheat biscuit, put through a meat chopper; chop all fruit with knife or scissors. Combine the fruit juices, put in the stick cinnamon, whole cloves, grated nutmeg and root ginger if you have it. Let it simmer till well flavored with the spices. Strain and return to the fire, and when boiling pour over the ground cereals. Cover closely and let stand over night. Next day add the syrup or Karo and oil, slowly, using the hands to work it in, then the chopped fruit and nuts. When well mixed pack in large cake pan, lined with oiled paper. Leave in pan as long as you can spare it, then wrap in

cloth dipped in grape juice. Do not cut for a month.
Ladies Home Journal.

BLACK FRUIT CAKE:—One-half pound of butter, $1\frac{1}{2}$ pounds light brown sugar, 18 eggs, 2 nutmegs, grated; tablespoon each of cloves and cinnamon; large glass of grape juice; 7 to 8 pounds of fruit; $1\frac{1}{2}$ pounds of flour, 3 pounds currants, 5 of raisins, $1\frac{1}{2}$ of citron is a good proportion. This recipe is ancient. Mrs. Lynch.

DOUGHNUTS:—Six cups of flour, 2 cups sugar, four tablespoons of baking powder, 1 teaspoon salt, butter the size of a walnut. Mix thoroughly, add 4 eggs well beaten and 2 small cups of milk, flavor with nutmeg. Roll, cut in rings and fry in hot fat.

Mrs. T. E. Baumgardner.

DOUGHNUTS—Digestable and Inexpensive:—Two eggs, 1 cup granulated sugar, 1 cup hot mashed potatoes, butter the size of a walnut, $3\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup sweet milk, 2 rounding teaspoons of baking powder, $\frac{1}{2}$ grated nutmeg, or $\frac{1}{2}$ teaspoon powdered nutmeg. As flour raises in absorption a little more or less may be needed. It is better to fry Doughnuts in compound instead of straight lard.

Mrs. B. B. Ranson.

GINGER COOKIES:—One cup melted lard, 1 cup granulated sugar, 1 cup dark molasses, 1 egg, beaten; 1 rounding tablespoon of ginger, 1 level teaspoon cinnamon; $\frac{1}{2}$ teaspoon ground cloves; 1 dessert spoon (rounded) of soda, dissolved in a tablespoon of vinegar; 1 level teaspoon salt; flour enough to make a soft dough. Set in a cool place till the following day, roll thin and bake in quick oven. Mix in order given.

Mrs. B. B. Ranson.

GINGER CRACKERS:—One pint of black molasses; 1 cup of lard; 1 cup of sugar; $\frac{1}{2}$ pint of water; 1 tablespoon of vinegar; 2 heaping teaspoons of ginger; 2 heaping teaspoons of cinnamon; pinch of salt; $1\frac{1}{2}$ teaspoons of soda scalded; flour to thicken. Roll out very thin, then sprinkle with sugar and cinnamon. Cut out and bake in hot oven.

Miss Emma Dutrow.

GINGER SNAPS:—One pound lard; 1 quart baking molasses, 1 teaspoon salt, 1 teaspoon soda, 5 tablespoons ginger, 2 tablespoons cinnamon, 3 cups sugar; flour to make stiff dough. Roll thin and bake in quick oven.

Mrs. J. E. Fossett.

GINGER COOKIES:—One cup New Orleans molasses, 1 cup brown sugar, 1 cup lard, 4 tablespoons of boiling water with 1 even teaspoon soda dissolved in it. Beat all this well, add 1 heaping tablespoon of ground ginger; 1 heaping teaspoon cinnamon; $\frac{1}{2}$ teaspoon cloves; 3 pints flour. Stir all together, chill thoroughly. Roll thin and bake in a hot oven.

Mrs. T. E. Baumgardner.

COOKIES:—One cup sugar, 1 egg, $\frac{1}{2}$ cup shortening (mixed); $\frac{1}{4}$ cup milk, 1 teaspoon cream or tarter; $\frac{1}{2}$ teaspoon soda; flour to make a soft dough. Mix and let stand over night, roll thin, cut in rounds and bake. Cinnamon, nutmeg or vanilla to taste.

Mrs. K. Cavalier.

ROCKS:—One cup butter, 1 cup sugar, $2\frac{1}{2}$ cups of flour, 1 cup raisins, 1 cup of nuts (English walnuts best) $\frac{1}{2}$ cup currants; $1\frac{1}{2}$ teaspoon of boiling water with 1 level teaspoon of soda in it; 1 level teaspoon cinnamon; $\frac{1}{2}$ teaspoon cloves; 3 eggs, beaten separately. Chop walnuts, cut raisins and mix with hand; cream sugar and eggs and put everything together before flour; add from 2 to 3 cups of oat meal to thicken sufficiently not to fall. Drop $\frac{1}{2}$ teaspoon 2-inches apart. Grease pan first time, afterwards rub out with brown paper.

Mrs. C. A. Hughes.

SPONGE CAKE:—Ten eggs, 1 pound sugar, $\frac{1}{2}$ pound flour, vanilla, lemon juice, or pulverized almonds to flavor. Beat the yolks of eggs till very light, add the sugar and flavoring, then the stiffly beaten whites of eggs, beat from 10 to 20 minutes, and fold in the flour. Bake in loaf, layer, or flat pan if wanted for Jelly-roll, if the latter, turn out on a cloth dampened with cold water, spread with jelly and roll, in this way your cake will not break.

Lynch.

CABINET CAKE:—Foundation for many cakes, according to dressing used and always found good. One pound sugar, $\frac{1}{2}$ pound butter, 1 pound flour, 6 eggs, 2 teaspoons baking powder, 1 cup sweet milk. Cream butter and sugar well, add well beaten yolks, stir thoroughly and add the milk, then alternate the flour with the stiffly beaten whites of eggs, add desired flavoring, beat hard and pour in well greased and floured pans. This can be varied by the addition of nuts, raisins, currants, or sliced citron. Makes a large loaf or 3 thick layers. Use any of the icings in our book.

Woman's Club.

ROUGH JUMBLES:—One-half pound sugar, $\frac{1}{2}$ pound butter, 6 eggs, 1 gill milk, 1 teaspoon soda and 2 of cream an tartur (baking powder can be used if more convenient); flour to make a stiff dough. Put granulated sugar on a board and roll a small portion in the sugar until the size of your little finger, form with rings or S's and bake in moderate oven.

Club.

FINE JUMBLES:—One pound sugar, 1 pound butter, 1 pound flour, the whites of 2 eggs. Beat all together and drop in small quantities on greased pans. Bake in moderate oven. *1/2 nutmeg*

Club.

CHOCOLATE LAYER CAKE:—Two eggs, 2 cups powdered sugar, 1 cup milk, $\frac{1}{2}$ teaspoon salt, 1 square of melted chocolate, 1 teaspoon vanilla, 2 cups flour, 2 teaspoons baking powder. Beat the eggs well, add sugar and beat again, until thick, put in vanilla, then the flour (into which the salt and baking powder have been sifted) alternately with the milk. Lastly put in the chocolate which has been put over boiling water to melt. Bake in 3 layers and put together with white frosting.

Mrs. Annie Daily.

CHOCOLATE CAKE:—Two eggs, $\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, 1 teaspoon baking powder, 1 teaspoon vanilla. Mix butter and sugar, add yolks of eggs (beaten) then milk and vanilla, alternate the whites of eggs and the flour into which the baking powder has been well mixed. Bake in layer pan and

*Flour
1/2 cup*

spread between and on top the following icing. Two ounces chocolate and 4 tablespoons cold water, cooked till it thickens, remove from stove and stir in pulverized sugar till stiff enough not to run.

Mrs. George Lynch.

LADY BALTIMORE CAKE:—One cup butter, 1 cup milk, 2 cups sugar, whites of 6 eggs, $3\frac{1}{2}$ cups of flour, 2 tablespoons baking powder. Add sugar gradually, then milk and flavoring, next put in flour into which the baking powder has been sifted, lastly the stiffly beaten whites of eggs, folded in lightly. Bake in 3 layers in quite hot oven. *2 eas. Rose water.*

FILLING:—Dissolve 3 cups of granulated sugar in 1 cup boiling water, cook till it threads, then pour over the stiffly beaten whites of 3 eggs, stirring constantly. To this add 1 cup chopped pecans and 5 figs cut in strips. Ice between layers, also top and sides.

Genuine Lady Baltimore.

GINGERBREAD:—One-half cup sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sour milk, 1 teaspoon soda, 2 cups flour, 1 teaspoon ginger, 1 egg well beaten added last.

Mrs. Taylor.

DROP CAKES:—One egg, $\frac{1}{2}$ cup sugar, 1-3 cup shortening, $\frac{1}{2}$ cup molasses, 1 teaspoon soda dissolved in $\frac{1}{2}$ cup water; 1-2 teaspoon cinnamon; about 3 cups of flour. Drop from spoon, put a raisin on top of each.

ROCKS:—One cup of butter, 1 cup of sugar, $2\frac{1}{4}$ cups of flour, 1 cup of raisins, 1 cup of nuts (English walnuts best); $\frac{1}{2}$ cup of currants, $1\frac{1}{2}$ teaspoons of boiling water with 1 level teaspoon of soda in it, 1 level teaspoon of cinnamon, one-half teaspoon of cloves, 3 eggs beaten separately. Chop nuts, cut raisins and mix with hand. Cream sugar and eggs and put everything together before flour is added. Drop one-half teaspoonful two inches apart. Grease pan first time and rub out afterwards.

Miss Baughman, Teacher Domestic Science,
Harpers Ferry High School.

ICINGS.

White of one egg, not beaten; 2 tablespoons rich cream, vanilla or lemon flavoring, pulverized sugar of necessary consistency. Mrs. Ranson.

BUTTER ICING:—One level tablespoon butter, one tablespoon rich cream, juice and grated rind of 1 orange; thicken with pulverized sugar. Beat well. Mrs. Ranson.

QUICK ICING:—Put 1 pound of pulverized or confectioner's sugar in a small bowl, pour over it a small quantity of boiling water and stir well, flavor as wanted, this can be set aside if too much is made and the water added when needed. This makes a nice chocolate icing by putting the melted chocolate in the sugar before adding water. Lynch.

CARAMEL FILLING:—Three cups of brown sugar, 1 cup of white sugar and 2-3 cup of fresh milk. Put on stove and boil till it hardens in cold water, then remove from fire and beat into it $\frac{1}{4}$ pound of fresh butter, flavor with vanilla, when of right consistency spread between layers. Mrs. C. A. Hughes.

A SURE ICING:—Whip the whites of 2 eggs until stiff. Set the bowl in a pan of hot water on the stove, add a cup of granulated sugar and heat until sugar dissolves. This is better than boiled icing for it never fails.

FRUIT ICING:—Two cups granulated sugar, $\frac{1}{2}$ cup of water, cooked till it spins a thread, poured over the beaten whites of 2 eggs, add $\frac{1}{4}$ pound of shredded crystallized orange peel, citron and crystallized cherries, shread them very fine and add to above icing.

NUT ICING:—One pound of brown sugar, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup butter. Put these in a sauce pan, cook until it candies around the edge, remove from fire and stir in 1 pound of English walnut kernels, which have been thoroughly crushed, add 1 teaspoon of vanilla and beat the mixture 5-minutes. Spread between and on top and

sides. Placing larger kernels on top. Do not cut for six hours. Miss E. B. Lynch.

MOCHA ICING:—Tablespoon of butter, 4 tablespoons strong coffee, 4 tablespoons cocoa, cup pulverized sugar. Melt butter, add sugar and cocoa, stir in coffee and one teaspoon vanilla. Mrs. Eva Mauzey Jones.

BEVERAGES.

GRAPE JUICE:—Pick Concord grapes from the stems. Wash and put into $\frac{1}{2}$ inch of cold water. Heat and let boil 15 minutes, pour into a jelly bag and let drain. Measure juice and allow $\frac{1}{4}$ amount of sugar. Cook juice and sugar till they reach the boiling point. Pour into hot bottles, cork and seal immediately. Less sugar may be used. Mrs. W. E. Dittmeyer.

RASPBERRY VINEGAR:—Put the berries in a stone jar and cover with good cider vinegar, cover with cheese cloth and let stand in a sunny place, stir frequently with wooden spoon or paddle, adding berries as you get them for a week, then press or strain through a double cheese cloth, add sugar, as much as 1 pound to a pint, less if you please; put on stove and bring to a boiling point, skim well, bottle and seal, add water and sliced lemon when served. Blackberry vinegar can be made the same way, but requires the full pound of sugar. Lynch.

CHOCOLATE:—For each cup of the beverage required use 1 cup of new milk, a good teaspoon of grated chocolate and a teaspoon of sugar. Scald milk in double boiler, mix sugar and chocolate until thoroughly blended, then mix into a paste with a little hot water, and stir over the fire until smooth and glossy, then stir into the hot milk and cook all well together. Strain and add a little vanilla. Put a teaspoon of whipped cream on top of each cup served. Woman's Club.

FRUIT PUNCH:—Juice of 2 dozen lemons and of 2 dozen oranges, 3 quarts of grape juice, 6 pints of water,

sweeten to taste. Any fruit juice may be added, pineapple is especially good. This will serve about 50 people.
Woman's Club.

ICE TEA:—Use fresh boiling water, scald pot, put in 1 teaspoon of tea for each cup of water, and 1 spoonful for the pot, pour the boiling water over tea, cover closely and set aside for 15 or 20 minutes. Strain, place on ice, (sweeten slightly. Serve in glasses half full of cracked ice. Add water if tea is too strong. Slice lemon and sprigs of mint add to the appearance. Club.

SWEETS.

ORANGE MARMALADE:—Five oranges, 1 lemon. Slice very thin. To each pound of fruit allow 3 pints of cold water. Set aside for 24 hours. Boil for 3-4 of an hour, leave another 24 hours. Weigh, and to each pound of fruit add 1 pound of sugar and the juice of 1 lemon. Boil 3-4 of an hour or until it thickens.

Miss E. B. Lynch.

APPLE BUTTER:—Get a new 50-pound lard can with a flat bottom. Cut and slice thin apples enough to fill it (shake down so as to settle) using 9 pounds of sugar, layer for layer of apples and sugar, cover with tight lid and let stand over night. In the morning take off a stove lid and cover with the inverted top of a lard can, set your can of apples and sugar on this, no water, and let cook 3½ hours from the time it begins boiling, you can judge by the steam coming from under lid. Do not uncover, for this lets the steam out. When the time is up add your spices—cloves, cinnamon and allspice, stir well, cover and cook 20 minutes. Remove from stove and get a man if possible to stir it furiously till smooth. This apple butter has been kept three years.

PEAR AND ORANGE MARMALADE:—One pound thinly sliced pears, 1 pound sugar and 1 orange. Put through meat chopper (all but the seed). Cook until

thick and clear. Increase quantity as desired. Put in small jars and cover closely. Miss E. B. Lynch.

ORANGE MARMALADE:—One dozen navel oranges (good ones); juice of 2 lemons. Cut oranges in quarters and slice thin. To 1 quart of fruit add 3 pints of water and let stand 24 hours. Cook until very tender. Let stand 24 hours. To 1 pint of cooked fruit add one pound of sugar. Cook until it jellies when it cools. And "do as it says!"

Mrs. W. F. Hallam,

First President of Woman's Club.

PIES AND SHORT-CAKE.

PLAIN PASTRY:—Sift two or three times, $1\frac{1}{2}$ cups of flour and $\frac{1}{4}$ teaspoon salt. With a knife or the tips of the fingers, work 1-3 cup of shortening; when evenly mixed through the flour, gradually mix to a stiff dough, using a case knife dipped in ice water, about $\frac{1}{4}$ cup of water will be needed. Work with the knife or spatula till the dough is in a compact mass, and the bowl clean, then dredge the board with flour and lift the dough onto it. Turn with the spatula till all sides are flowered a little, then pat and roll to a sheet from $\frac{1}{4}$ to $\frac{1}{2}$ inch thick, dot with small pieces of butter or other shortning, flour slightly, roll and fold, repeat this process, the last time setting in a cool place an hour or more. The secret of good pastry is keeping all ingredients and vessels used, cold. In the south it is an achievement to bake thoroughly without browning. Northerners prefer brown crust.

RAISIN PIE:—Six eggs, $\frac{1}{2}$ cup of flour, 1 pound raisins, $\frac{1}{4}$ pound butter, 1 pint sweet milk, 1 tablespoon vanilla, 3 cups sugar. Separate eggs, beat sugar and yolks together, add milk and flour, cream the butter, add butter and vanilla. Chop raisins, flour slightly and add last. Bake in good crust, when done beat the whites to a stiff froth, sweeten and spread on pies. Bake a light brown. This makes three pies.

PINEAPPLE SHORT-CAKE:—One can pineapple (shredded), 2 cups flour, 4 teaspoons baking powder, 1 tablespoon sugar, 2 egg yolks, 5 tablespoons butter, 1-3 cup of milk. Mix ingredients (except fruit) roll to $\frac{1}{2}$ inch thick, fill in pan, cut the other half to fit and bake the two layers as one, when baked, carefully lift the top layer, put on the fruit and return top to place. Serve with the following sauce.

Hot Marshmallow Sauce:—One-half pound marshmallow, $\frac{1}{2}$ cup pineapple juice, $\frac{1}{2}$ cup pulverized sugar. Melt the marshmallows in double boiler, add sugar and juice, beat together till smooth. Serve on short cake.

Mrs. Grove Henkle.

CARAMELL PIE:—One cup of butter, 1 cup of sugar, 1 cup of preserved damsons (without seed); 4 eggs, well beaten, stir all together, pour into crusts and bake.

BOSTON CREAM PIE:—For the crust, 3 eggs, beaten separately, 1 cup granulated sugar, $\frac{1}{2}$ cup of sifted flour, heaping teaspoon of baking powder, and two tablespoons of milk or water. Divide this into two medium pie tins. Bake in quick oven till straw color. When done, cool, split each with sharp knife and spread with the custard. Flavor cake same as custard. For the custard $1\frac{1}{2}$ pints milk to boil, break 2 eggs into a dish and add 1 pound sugar, $\frac{1}{2}$ cup flour, previously mixed, after heating well stir into milk, just as it begins to boil, add 1 ounce of butter and stir one way till it thickens, add flavoring to taste.

Mrs. Reek.

MINCE MEAT "SANS:":—Four pounds lean beef, 3 pounds beef suet, 4 pounds raisins, 4 pounds currants, 5 quarts chopped apples, 1 quart of currant or grape juice, 1 quart molasses, 4 tablespoons butter, 1 tablespoon salt, 1 teaspoon pepper, 2 ounces cinnamon (ground), 1 ounce cloves (ground), 1 ounce ginger (ground), 4 nutmegs (grated), 2 pounds sugar, 2 lemons (juice and grated rind). Boil beef till done; let get thoroughly cold. Then chop very fine, mincing at the same time the suet, uncooked. Add cleaned and washed raisins and currants; then the chopped apples, of cooking va-

riety. Put all in a large pan together, and add the spices, salt, pepper, sugar and lemons. Mix well. Put in porcelain kettle the currant or grape juice, molasses and butter; let come to boiling point and pour over the other ingredients, in the pan. Mix thoroughly. Pack in stone jars in cool place, and when cold pour molasses over top to the depth of an eighth of an inch. Cover tightly, though not as in canning. This will keep all winter. When using for pies if the meat is not moist enough add a little hot water. No better mince-meat made.
Mrs. Blanche A. Wheatley.

TYLER PIE:—Three cups sugar, 2 cups rich milk, $\frac{1}{2}$ cup butter, 2 large tablespoons flour, 1 teaspoon vanilla, Mix well and bake in crust as you would custard pie.
Mrs. J. Wm. Rider.

PRUNE PIE:—Select enough prunes to make desired size pie and soak them until tender. Cook and remove pits, then fill the prunes with nuts. Sweeten and thicken prune juice, and pour over prunes which have been placed in a previously baked pie crust. When done serve with whipped cream or ice cream.

Miss Marion Hepworth,
Home Economics Specialist,
West Virginia University.

BUTTER SCOTCH PIE:—Cook in double boiler two tablespoons of butter, 2 egg yolks, 3 tablespoons of flour, 3 tablespoons of water, 1 cup brown sugar, 1 cup of milk, pinch of salt, vanilla, after cooking. Have your crust baked, put in filling, make a meringue of the whites and powdered sugar, place in oven until a nice brown.
Mrs. M. J. Phillips.

PEACH DUMPLING:—Two cups water, 1 cup sugar. Put in a pudding dish 1-8 pound butter, cover tightly and bring to a boil, add one can of peaches, juice and fruit, replace the cover and bring to a boil. Make a batter of two cups of flour, pinch of salt, 2 teaspoons baking powder, milk to make a stiff batter, beat well, and drop in large spoonful on the boiling fruit, cover tightly and boil 20 minutes, serve in baking dish, with or without

cream. Fresh or canned fruit can be used. Excellent with cherries or apples.

COTTAGE CHEESE PIE:—One cup cottage cheese, 2-3 cup sugar, 2-3 cup of milk, 2 egg yolks beaten, one tablespoon melted butter, pinch of salt, $\frac{1}{4}$ teaspoon vanilla. Mix ingredients in the order given. Bake the pie in one crust, cool it slightly and cover with meringue made by beating 2 tablespoons sugar and $\frac{1}{2}$ teaspoon vanilla to the beaten whites of 2 eggs, and brown in a slow oven.
Miss Gordon.

CREAM PIE:—One cup new milk, the yolks of 4 eggs, 1 cup sugar, 1 tablespoon butter, 3 tablespoons of flour. Cook in a double boiler until thick. Flavor with vanilla or lemon juice, pour in a rich crust which has been previously baked. Make a meringue of whites of eggs and pulverized sugar, spread on pie and brown slightly.
Woman's Club.

DEEP APPLE PIE:—Butter a deep pie plate, slice apples to fill it, sprinkle with sugar. Make a batter of $1\frac{1}{2}$ cups of flour and $\frac{1}{2}$ cup corn meal and a pinch of salt, spread over top and sprinkle with sugar.
Mrs. Newcomer.

CHOCOLATE. WHIPPED. CREAM. PIE:—For. the cake part—1 egg, 1 cup sugar, 3-4 cup milk, 1 teaspoon cream-a-tartor, $\frac{1}{4}$ teaspoon soda, $1\frac{1}{2}$ cups flour, salt. Bake in pie tins. Filling:— $\frac{1}{2}$ cup granulated sugar, 4 level dessert spoons cocoa, 1 teaspoon vanilla, 1 cup of cream. Mix and let stand 1 hour, then whip and spread between and on top of cake. Mrs. Bessie Taylor.

SOUR CREAM PIE:—One cup sour cream, 1 cup chopped raisins, 1 small cup sugar, 1 egg, a little salt. Bake in two crusts—very nice.
Mrs. Taylor.

MOCK CHERRY PIE:—One-half cup seeded raisins, chopped; 1 cup cranberries, chopped; 1 cup sugar, $\frac{1}{2}$ cup boiling water, 1 tablespoon flour, a pinch of salt, $\frac{1}{2}$ teaspoon of almond flavor and 2 teaspoons of vanilla. Bake between crusts.
Mrs. Taylor.

RICH. SHORT-CAKE:—One-fourth. cup. sugar, . 1-3 cup butter, 3-4 cup milk, 1 egg, $\frac{1}{2}$ teaspoon salt, 3 teaspoons baking powder. Mix and sift dry ingredients three times. Rub in butter, add milk and egg (beaten). Bake in a round buttered pan for 15 minutes. Split cake and spread with a sweetened fruit mixture. Dress top with whole fruit and garnish with whipped cream.

Mrs. Frank Butts.

PUDDINGS—CUSTARDS.

FOOD FOR THE GODS:—Six eggs, beaten separately, 2 cups sugar, 9 tablespoons cracker crumbs, in which stir 2 teaspoons baking powder, 1 pound English walnuts, $\frac{1}{2}$ pound dates, halved. Mix well adding nuts last. Bake slowly $1\frac{1}{4}$ hours. Serve with whipped cream.

Mrs. Maude S. Walker.

RASPBERRY PUDDING:—One and one-half cups sugar, $\frac{1}{2}$ cup butter, 3 cups of flour, 1 cup milk, 2 eggs, 2 teaspoons baking powder, 1 pint raspberries (other berries can be used.) Mix sugar, butter, eggs, milk, and flour (into which the baking powder has been sifted), stir berries in lightly and bake. Serve with vanilla sauce.

Mrs. M. D. Shugart.

BAKED CUP CUSTARD:—Five tablespoons flour, 1 pint milk, 3 eggs. Mix flour smooth with some of the milk, add the yolks of eggs, one at a time, beating in each one as added, add balance of milk, lastly add stiffly beaten whites of eggs. Pour well greased pudding cups about half full of the mixture and bake in a brisk oven about $\frac{1}{2}$ hour. Serve hot with the following sauce.—One tablespoon butter, 1 cup granulated sugar, 1 tablespoon flour, 1 pint water, 1 teaspoon vanilla or other flavoring. Rub butter, sugar and flour together, add water, boil up until a thick syrup.

Mrs. C. J. Cavalier.

CHOCOLATE PUFFS:—One egg, 1 cup sugar, 1 cup milk, 3 tablespoons cocoa, 2 teaspoons baking powder,

$\frac{1}{4}$ teaspoon salt, 1 teaspoon vanilla, flour to make a stiff batter. Bake in muffin pans. Sauce for Puffs.—1 pint boiling water, $\frac{1}{2}$ cup sugar, 1 teaspoon vanilla, 1 teaspoon corn starch. Mix corn starch with a little cold water, stir into the boiling water, with sugar, butter and flavoring, let cook 5 minutes.

Mrs. Stotler.

CHOCOLATE PLUM PUDDING:—One-half box Knox sparkling Gelatine, 3-4 cup cold water, 1 cup sugar, $\frac{1}{2}$ teaspoon vanilla, 1 cup of seeded raisins (chopped), $\frac{1}{4}$ cup nuts, $\frac{1}{2}$ cup currants, $1\frac{1}{2}$ squares of chocolate, 1 pint milk and a pinch of salt. Soak Gelatine in cold water. Put milk in double boiler to heat. Melt chocolate (over steam), add to milk with sugar and salt, scald and remove from fire, add gelatine, and when it begins to set, add fruit, nuts and vanilla. Serve with plain or whipped cream.

Lynch.

DATE PUDDING:—One pound dates, 3 tablespoons flour, 1 scant cup sugar, 2 cups English Walnuts, 1 teaspoon baking powder, 2 eggs. Mix well. Add 2 eggs well beaten and steam one hour. When half done pour over a cup of cream. Pudding will absorb this. Serve with whipped cream.

Miss Kathryn Alger,
Director of Farm Women's Club,
West Virginia University.

CHOCOLATE PUDDING:—One small cake of chocolate, dissolved in cup of hot water, 1 pint milk, tablespoon corn starch, 1 egg. Beat yolks and whites separately, stir well and cook 10 minutes. Line a dish with Lady Fingers, or other sponge cake, and pour the custard over it. When cool serve with whipped cream.

Mrs. Stotler.

CODDLED APPLES:—Wash and core apples, medium sized apples preferred, place in a steamer until tender. To $\frac{1}{4}$ cup water add cinnamon drops enough to color. Remove the cinnamon drops when water is sufficiently colored and add 1 cup sugar; boil until syrup is thickened and then pour it over apples and cook for about 3 minutes. Remove and fill each cavity with chopped nuts. Serve

with whipped cream and maple syrup. A cherry placed on top adds to the attractiveness of the dish.

Miss Marion Hepworth,
Home Economics Specialist,
West Virginia University.

SWEET POTATO CUSTARD:—One cup mashed sweet potatoes, 1 teaspoon salt, 1 cup milk, 1 egg, $\frac{1}{4}$ cup sugar, 1 teaspoon ginger, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{2}$ teaspoon cinnamon. Bake as a custard, with marshmallows on top.
Miss Gordon.

LEMON MIST:—Juice and rind of 3 lemons, 3 tablespoons sugar, 10 tablespoons corn starch, 3 eggs, 3 cups boiling water. Cook corn starch in boiling water 20 minutes, add well beaten yolks of eggs, and cook 2 minutes, add sugar and lemon and fold in the stiffly beaten whites. Serve cold.
Miss Gordon.

CUSTARD SOUFFLE:—One pint milk, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup flour, 4 eggs, 1 tablespoon vanilla. Add scalded milk to butter, sugar and flour which have been creamed together. Cook 15 minutes, stirring until thick. Cool slightly and add well beaten yolks, add vanilla and fold into stiffly beaten whites. Put into buttered baking dish, set in pan of hot water and bake 50 minutes or until firm. Serve with creamy sauce.

CREAMY SAUCE:—Two tablespoons butter, $\frac{1}{2}$ cup powdered sugar, 2 tablespoons cream, $\frac{1}{2}$ teaspoon vanilla. Cream butter and sugar, add cream and cook over hot water until creamy. Add vanilla and serve.
Miss Gordon.

DATE PUDDING:—One cup nuts, 1 cup of dates (chopped); 2 eggs, 3-4 cup sugar, 3 tablespoons flour, 1 teaspoon baking powder. Mix sugar, flour and baking powder, stir into beaten eggs, and add nuts and dates. Bake in buttered tin 45 minutes.

Mrs. C. A. Hughes.

MAN'S FAVORITE PUDDING:—Make a soft custard of the yolks of 5 eggs, 1 quart of milk, use double boiler,

flavor with vanilla to taste. When cold pour into a dish lined with stale sponge cake or maccaroons. Beat the whites of eggs with sugar, until stiff enough to drop in spoonfuls on the custard. Put in oven long enough to brown.

PINE APPLE WHIP:—One cup shredded pine apple, $1\frac{1}{2}$ cups pine apple juice, $\frac{1}{2}$ pound marshmallows, 1-2 teaspoon Knox gelatine, 1-2 pint cream. Heat marshmallows in the oven and mix them with the pineapple juice in which the gelatine has been dissolved. When cold add $\frac{1}{2}$ pint cream whipped stiff. When the mixture begins to harden add the shredded pineapple and place in a mold. Serve cold. Mrs. C. A. Hughes.

TAPIOCA CUSTARD:—One-fourth cup Pearl or Minute Tapioca (only $1\frac{1}{2}$ tablespoons of the latter); 2 cups scalded milk, 2 eggs, 1-3 cup sugar, $\frac{1}{4}$ teaspoon salt, 1 teaspoon vanilla. Pick over Pearl Tapioca and soak one hour in cold water to cover, drain and add hot milk, and cook in double boiler until Tapioca is transparent, add $\frac{1}{2}$ the sugar to the milk and the remainder to the eggs, slightly beaten and the salt, combine by pouring hot milk mixture, slowly into egg mixture, return to boiler and cook till it thickens. Remove from stove and add egg whites stiffly beaten. Cool and flavor.

Miss Wood,

who organized our Club in 1915. She was then Domestic Science Teacher at Shepherd College, Shepherdstown.

BROWN BETTY PUDDING:—Butter a baking dish, in it place first a layer of sliced apples, cover with thin layer of bread crumbs, sprinkled with sugar and $\frac{1}{4}$ teaspoon of cloves, continue till dish is heaped, making the last layer of crumbs, thick bits of butter over the top, no water if apples are juicy. Bake 1 hour. Serve with cream.
An Old Standby.

PUMPKIN PIE:—One scant quart of stewed pumpkin, strain; 1 quart of milk, 1 cup sugar, 5 to 9 eggs as you can, beaten very light, 1 teaspoon each of ginger, mace, and cinnamon; $\frac{1}{2}$ teaspoon cloves. These are darker than ordinary pumpkin pies but have more taste to them.

Bake in open shells. Cover with meringue if you wish.
Mrs. Lynch.

The above custard is nice poured into custard cups set in pan of hot water and baked until firm. Serve ice cold.

PLUM PUDDING:—One and one-half pounds seeded raisins, 2 ounces citron (cut fine); $\frac{1}{2}$ cup almonds (cut fine); also 3 sour apples, 1 teaspoon ground cinnamon, $\frac{1}{2}$ teaspoon cloves, 1 cup of suet (cut fine); rind of one lemon grated, 1 cup molasses, $\frac{1}{2}$ cup sugar, 1 teaspoon salt, 1 heaping cup of bread crumbs; 5 eggs, 1 cup milk, flour enough to make soft dough. Mix, turn into buttered mold and steam 6 hours.

Mrs. M. D. Shugart.

UNIVERSITY PUDDING:—Soak 1 tablespoon granulated gelatine in $\frac{1}{4}$ cup cold water. Scald 1 pint milk, beat yolks of 3 eggs, add 1-3 cup sugar and a pinch of salt. Stir into milk and cook until it thickens. Add gelatine, strain into dish, set to cool, add 2-3 cup powdered maccaroons and 1 teaspoon vanilla. Stir occasionally until it begins to thicken then add the whites of eggs beaten stiff. Turn into mold and serve with whipped cream.

Miss Gordon.

MOUNTAIN DEW PUDDING:—Three crackers rolled fine, 1 pint milk, yolks of 2 eggs, 2 tablespoons sugar, a little salt. Bake $\frac{1}{2}$ hour or until done. Beat the whites of 2 eggs to a stiff froth, add 1 tablespoon or a little more of sugar, flavor with lemon, spread on the pudding and set in oven to brown.

Mrs. Bessie W. Taylor,
West Medford, Mass.

PINEAPPLE MOUSSE (MOOSE):—One can grated pine apple, 1 tablespoon gelatine dissolved in $\frac{1}{4}$ cup of cold water. Heat pine apple and juice to boiling point, with 1 cup sugar also the juice of 1 lemon. Set aside to cool. When cool add 1 cup of chopped nuts, 1 box of candied cherries (if desired), and as much whipped cream as possible, 1 pint is very nice.

Mrs. C. A. Hughes.

BUTTER SCOTCH PUDDING:—One cup brown sugar, 2 tablespoons butter, 2 cups hot milk, 2 tablespoons pulverized sugar, 1-inch thick slice stale bread, $\frac{1}{4}$ teaspoon salt, juice of 1 lemon, 1 scant teaspoon vanilla. Melt the sugar and butter and cook till dark brown but not burned. Pour over the mixture the hot milk and simmer 10 minutes. Meantime soak the bread in cold water till very soft, press all the water out of it, and crumble into tiny bits. Pour the milk, sugar and butter mixture over the bread and beat in the yolks of the eggs, salt and vanilla. Pour into a buttered baking dish and bake in a pan of water for 45 minutes. Beat the whites of eggs stiff, add the pulverized sugar and lemon juice. Beat again. Spread over the pudding and brown slightly in oven. Serve hot or cold.

Domestic Science, West Virginia Extension Dept.

ICE CREAM AND FROZEN DESERTS.

RASPBERRY AND CURRANT ICE:—Make a syrup by boiling 4 cups of water and 1 1-3 cups of sugar 20-minutes. and. cool. Mash. Raspberries. and. squeeze through double cheese cloth. Mash currants and squeeze through cheese cloth. There should be 2-3 cup of raspberry juice and 1 1-3 cups currant juice. Add juice to syrup and freeze.

Miss Farmer.

Plain Raspberry juice may be used for ice, also cherry.

LEMON FRAPPE:—Add 1 pound of sugar to 2 quarts of water, boil 3 minutes and skim. When cool add the juice of 3 large lemons and the grated rind of two, turn into a freezer, pack with salt and ice. Turn crank slowly and continuously until (about 20 minutes) the mixture looks like wet snow. Serve in lemonade glasses.

Lynch.

VANILLA ICE CREAM:—To one quart of cream allow 1 pound of sugar, 1 dessert spoon of good vanilla extract and stir well, increase this proportion as desired. Freeze as long as dasher will turn, take the dasher out

stir down well and repack carefully, set it away to ripen, several hours standing will improve it.

Strawberry and Peach Cream:—Use above quantity of cream and sugar and crush your fruit and add to sweetened cream. Freeze as above.

CHOCOLATE ICE CREAM:—Melt 2 squares of chocolate over a boiling kettle, add it to 1 quart of cream and one pound of sugar, stir well and freeze.

If you wish to economize in cream, put a quart of milk in a double boiler, whilst it is heating, moisten a heaping tablespoon of flour with cold milk, rub until smooth, and add to milk when it reaches the boiling point, boil enough to cook the flour, cool and add to your sweetened and flavored cream. This makes a more velvety mixture than corn starch or eggs. Lynch.

NESSELRODE PUDDING:—Six eggs, 1 cup sugar, 1 quart milk, 1 cupful of mixed almonds and English walnuts, $\frac{1}{2}$ pound raisins, 1 cup of juice ? Make the custard, add raisins while it is hot. Cool and when half frozen add fruit and juice (?) Lynch.

PEACH SHERBERT:—Take a quarter of a peck of soft peaches, cut fine and press through a colander, whites of 2 eggs beaten stiff, 2 pounds sugar (if too sweet add juice of lemon), add water to bring quantity up to a gallon and freeze. Mrs. Geo. Lynch.

MINT SHERBERT:—Bruise fresh mint leaves, allow them to stand about 20 minutes in the juice of 3 lemons. Boil $2\frac{1}{2}$ cups each of sugar and water, when cool add $\frac{1}{2}$ cup of orange juice, the prepared lemon juice. Strain and freeze.

MOUSSE (MOOSE):—Whip double cream until stiff and double its bulk, sweeten to taste, flavor with vanilla, lemon and any preferred flavoring. Pack in tight vessel and pack in ice and salt for some hours, over night is not too long.

CARAMEL MOUSSE:—Melt $\frac{1}{2}$ cup of sugar in a frying pan, when the sugar begins to smoke add $\frac{1}{2}$ cup of

water (hot or cold) stir and boil to the consistency of molasses, add this to a pint of whipped cream, nuts improve it. Place in tight vessel, pack in ice and salt and leave till needed, 4 or 5 hours.

CHOCOLATE SAUCE:—To be used with ice cream. Two cups sugar, 2 tablespoonsful of powdered or melted chocolate, $\frac{1}{2}$ cup of water. Cook to a thick syrup.

Mrs. C. A. Hughes.

FRENCH ICE CREAM:—One-half cup water, 3 cups sugar, 4 eggs, 4 level tablespoons flour, 2 quarts milk, 1 quart cream. Mix thoroughly 1 cup sugar and the flour, add this to the well beaten eggs. Scald two quarts of milk and add to the mixture, let boil 3 minutes. Boil together 2 cups of sugar and $\frac{1}{2}$ cup water until it gets a dark golden brown, a tablespoon of vinegar maybe added to prevent it from becoming sugar like. Pour this slowly into the custard and stir well. Add cream when ready to freeze and 1 teaspoon vanilla. Any fruit may be added. The above quantity makes 1 gallon of cream when frozen.

Mrs. Frank Butts.

C A N D Y.

“A little Taffy now and then
Is relished by the best of men.”

PULLED TAFFY:—Four cups of sugar, 2 cups of water, 1 teaspoon cream Tartar. Boil without stirring, till it snaps in water. Flavor and pull.

Mrs. Marquette.

CREAM CANDY:—Two cups granulated sugar, 2-3 cup of water, 1 teaspoon cream tartar in water. Boil till it forms a soft ball in water. Beat well, turn out on plates, work and shape, dip in melted chocolate.

Miss Ida Wentzell.

VASSAR FUDGE:—Two cups granulated sugar, $\frac{1}{2}$ cup cream or rich milk, 2 squares of unsweetened choco-

late, butter the size of an egg, vanilla to taste. Break chocolate into bits, melt all ingredients together. Let them boil hard for 4 minutes, add nuts, remove from stove and beat till thick.

SEA FOAM:—Three cups light brown sugar, 1 cup cold water, 1 tablespoon of vinegar. Bring to a boil gradually, do not stir. Boil steadily till thermometer registers 240. Beat stiff the whites of 2 eggs, and when syrup has stopped bubbling pour it on the whites and beat well. When it begins to stiffen flavor with one teaspoon vanilla, add a cup of nuts, drop on a slate to cool.

MAPLE SUGAR PRALINES:—Boil 1 pound of brown (or maple) sugar with 5 tablespoons of water, till it spins a thread, add $\frac{1}{2}$ pound of chopped nuts, mix and stir thoroughly till syrup turns cloudy, remove from fire, beat a few minutes and drop in spoonfuls on marble or slate to cool.
Miss Emma B. Lynch.

PENUCHIE:—Put 1 tablespoon of butter in a sauce pan, when melted add 2 cups of brown sugar, and 1-3 cup of rich milk or cream, bring to a boil and cook till it will form a ball in cold water (about 12 minutes) remove from fire and add a cup of chopped nuts, beat till creamy and pour in buttered tins. Cool and cut in squares.
Miss E. B. Lynch.

CANDIED ORANGE PEEL:—Carefully remove the peel from 4 thin skinned oranges, in quarters, cover with cold water and bring gradually to the boiling point, let simmer until soft. Drain and remove all the white portion by scraping with a spoon. Cut yellow portion in thin strips, using scissors. Boil 1 cupful of sugar and $\frac{1}{2}$ cupful of water, until syrup will thread when dropped from tip of spoon. Cook strips of peel in syrup 5 minutes, drain and roll in fine granulated sugar.

CHOCOLATE CANDY:—One cup sugar, $\frac{1}{2}$ cup milk, 1 square chocolate, 1 teaspoon vanilla. Cook until it will form ball in water. Set aside until cool, then beat!

This candy won 1st prize at 1919 Jefferson county Fall Festival.

BUTTER SCOTCH:—One cup of brown sugar, $\frac{1}{2}$ cup of water, 1 dessert spoon of vinegar, butter the size of an egg. Boil about 20 minutes. Flavor as desired.

Mrs. C. A. Hughes.

WALNUT CANDY:—One-half pint water, 2 ounces of butter, $\frac{1}{2}$ teaspoon lemon juice, 1 teaspoon vanilla, $1\frac{1}{2}$ pound sugar (confections preferred); stir water and sugar over the fire until dissolved, then boil until it forms a soft ball when rolled, add butter and lemon juice and boil till it hardens in cold water, add the vanilla. Have ready a deep square pan, buttered and more than half full of walnut kernels. Pour the candy over these and when cool cut in squares with sharp knife.

Mrs. C. A. Hughes.

DIVINITY FUDGE:—One pound granulated sugar (or 2 cups), 2-3 cup maple Karo, 1-3 cup water, 1 cup English Walnut meats, broken up; 2 egg whites, 1 teaspoon vanilla. Cook the molasses until it makes a hard brittle ball when dropped in cold water. When slightly cool pour slowly over the well beaten egg whites. Add nut meats when cooled. Beat until too stiff to pour and it will lift in large spoonful into buttered pans. When cold, cut into pieces. The success lies in cooking the syrup until it is hard.

Miss H. Miriam Hallam.

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Chocolate board cake

- 3/4 cup butter or sub.
- 1 cup milk
- 1 1/2 sugar
- 1/2 tsp salt
- 3 flour
- 1 vanilla
- 4 egg whites
- 4 1/2 tsp B powder

3 squares bitter chocolate

minimally sifted flour, add other dry ingredients
 sift 3 times, cream butter & add sugar, add flour &
 & milk alternately, beating thoroughly, add stiffly
 beaten egg whites. Divide batter & add melted
 chocolate to one half.

Put in 2 square pans, alternating stripes of white &
 chocolate stripes.

Drop biscuits, 1932. R. New York

- 1 cup shortening
- 1/2 sugar
- 2 Eggs
- 3/4 cup sticks same milk
- 1/2 tsp soda
- 3 cups flour
- 1 tsp salt

cream sugar & shortening, add
 beaten eggs, same milk & soda.
 Flour & salt: Drop by spoonfuls,
 bake in moderate oven.
 What milk sugar & milk, or
 add, nuts, raisins, coconut: 1/2 cup
 & or 4 heaping tsp cocoa.

Roman Punch.

Grate rind of 2 Oranges
& 4 Lemons. mix with 2 lbs
of Sugar. Add juice of 10 Lemons
& 6 Oranges, let stand over
night, Strain; Dilute with
ice water, ^{to taste} or if liked add
Grape juice, cherry juice
or Pine apple juice
Mrs. Lightner

Cucumber Catnip (uncooked)

1 doz large Cucumbers 2 Onions
2 Tablespoons grated Horse-radish
1 Teaspoon Sugar
1/2 " Cayenne Pepper
1 " Salt.
1 " white or black pepper
after grinding drain
juice of Cucumber off.

Grind
Stir altogether
Pack place
in jars or bottles
Cover with
Cold Vinegar
& Seal

1963. Mrs Louloudo's Doughnuts, E. Winter, Div E. Carolin.

Boil 3 whole & medium sized potatoes, mix
with 4 cups warm water, including potato
water. Add $\frac{1}{2}$ cups sugar, 2 cups salt & 1 yeast
cake. Stir well, cover & put in warm place
overnight. Add flour to make a fairly stiff batter.
Let rise $\frac{1}{2}$ hr., add 4 eggs beaten, $\frac{3}{4}$ lb of lard
1 lb sugar, pinch of salt & flour to make a
stiff dough. Let rise till light, knead
about double size.

Roll $\frac{1}{2}$ in thick, cut, let rise in a warm
place, when very light - fry in hot lard till
brown. Drain quickly, dip into & out of
boiling water. Drain in a bag with
pan head sugar.

3 medium sized potatoes
4 cups warm water
 $\frac{1}{2}$ cups sugar
2 cups salt
1 yeast cake

4 Eggs.
 $\frac{3}{4}$ lb. Lard.
1 lb sugar.
Tsp. salt.
Flour as needed

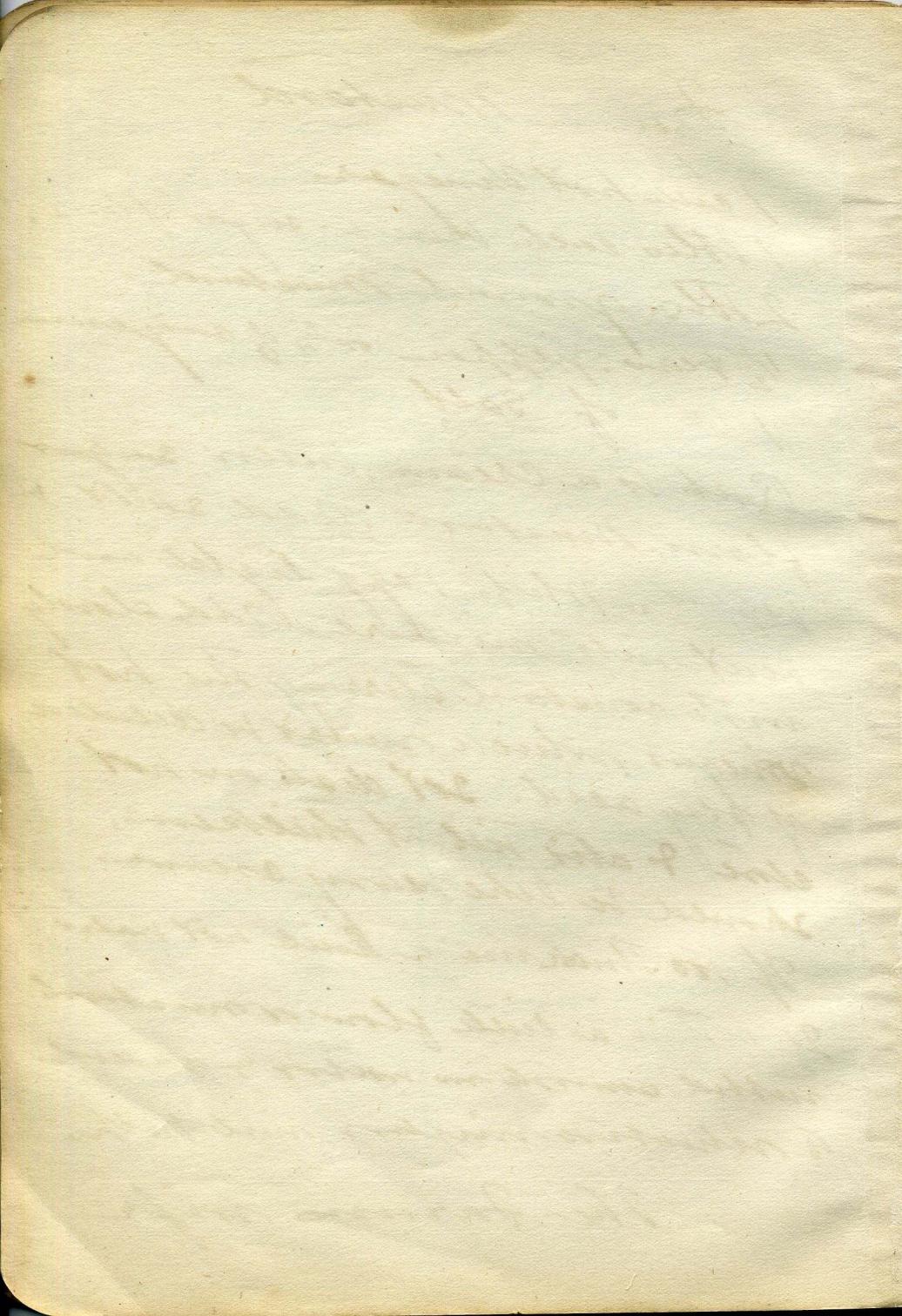
French Mustard.

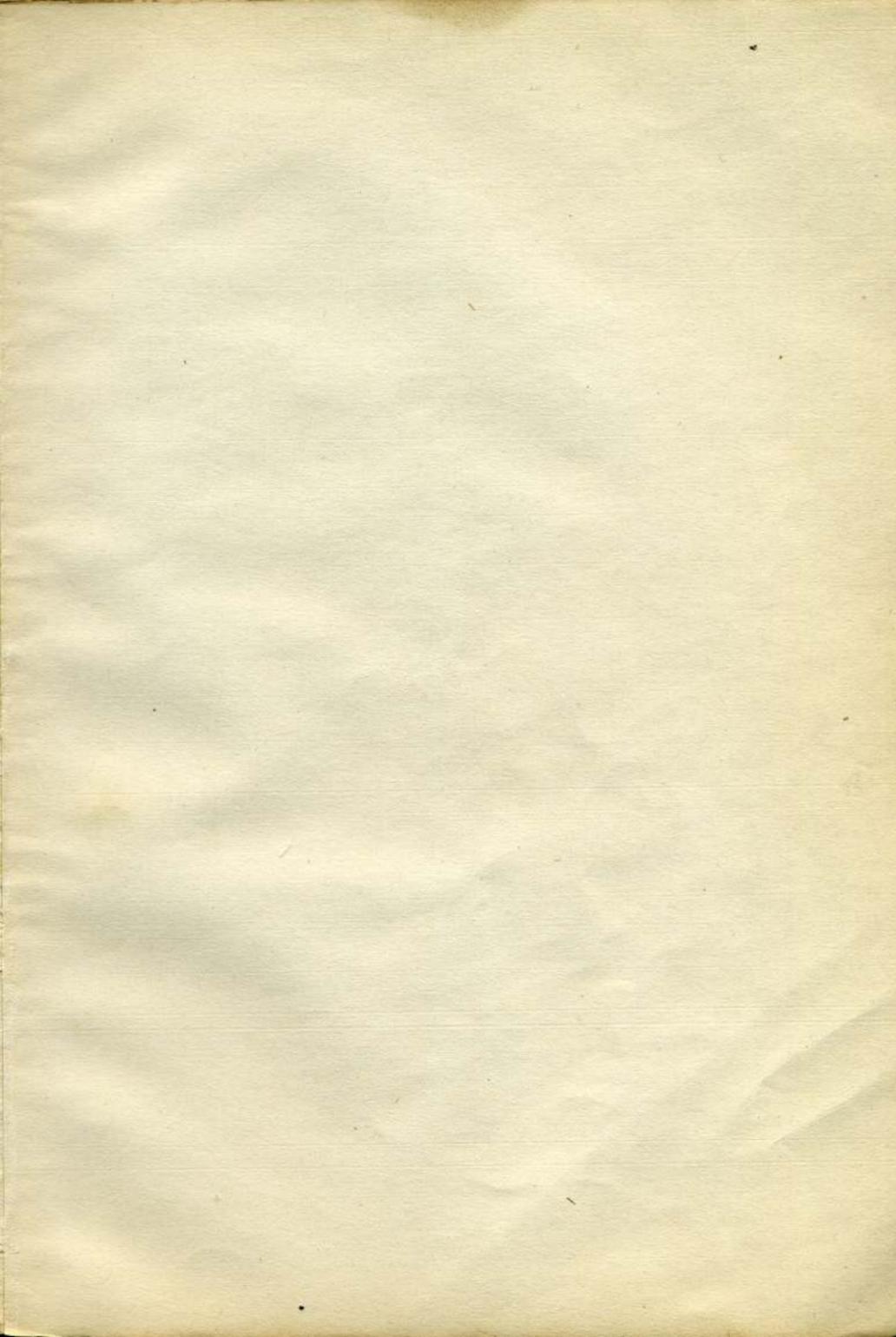
1 egg
1 cup hot Vinegar
1 tble each butter - sugar - flour.
2 Tbs. ground Mustard.
 $\frac{1}{2}$ teas. pepper or $\frac{1}{4}$ of cayenne
1 " of salt.

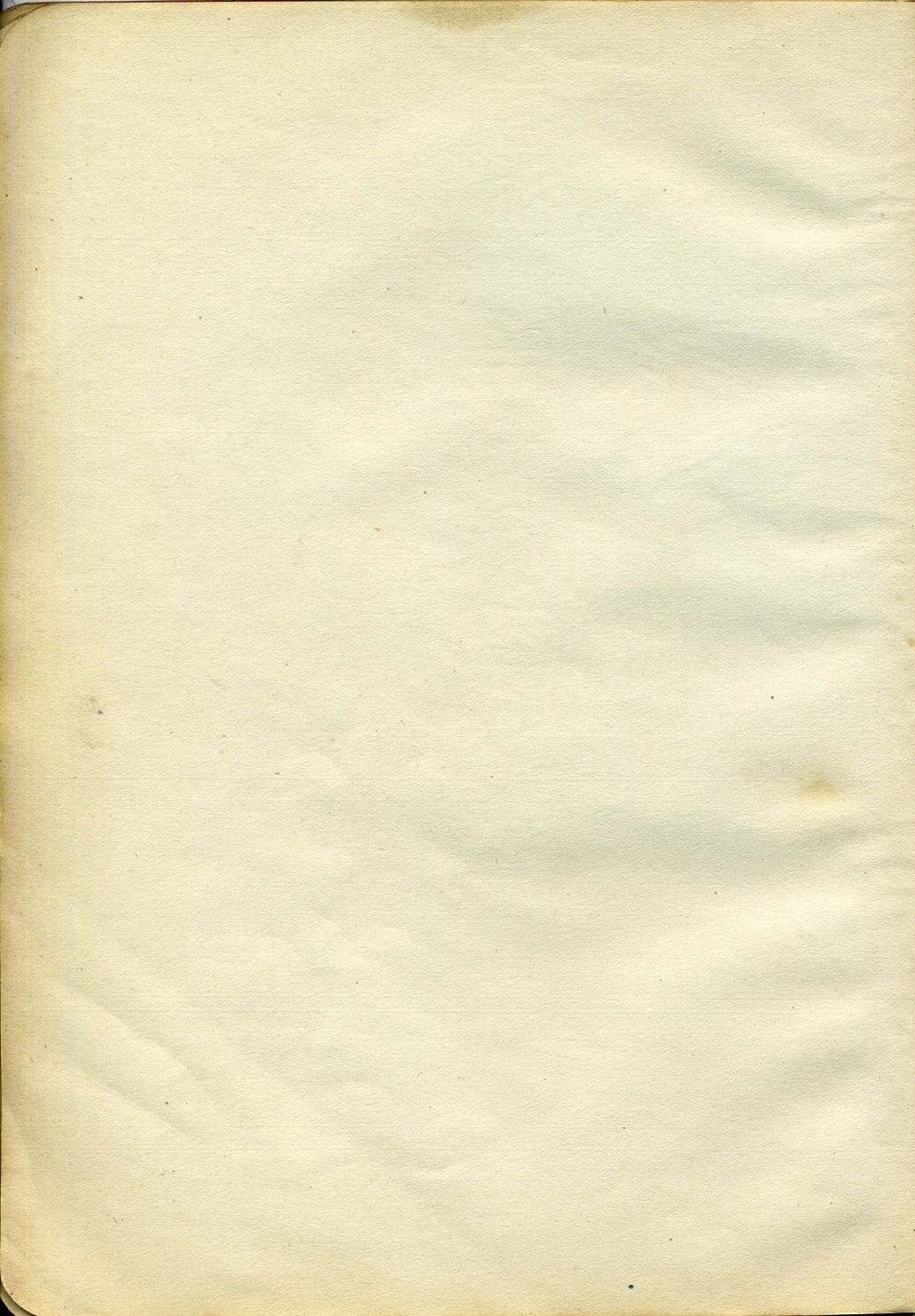
Put to a cream, butter, sugar
flour, Mustard; add salt &
pepper. Whip 1 egg light and
beat into mixture. Add slowly
with constant stirring the hot
vinegar which must be diluted
if very acid. Set dish on hot
stove & stir till it thickens.
Should be like heavy cream.

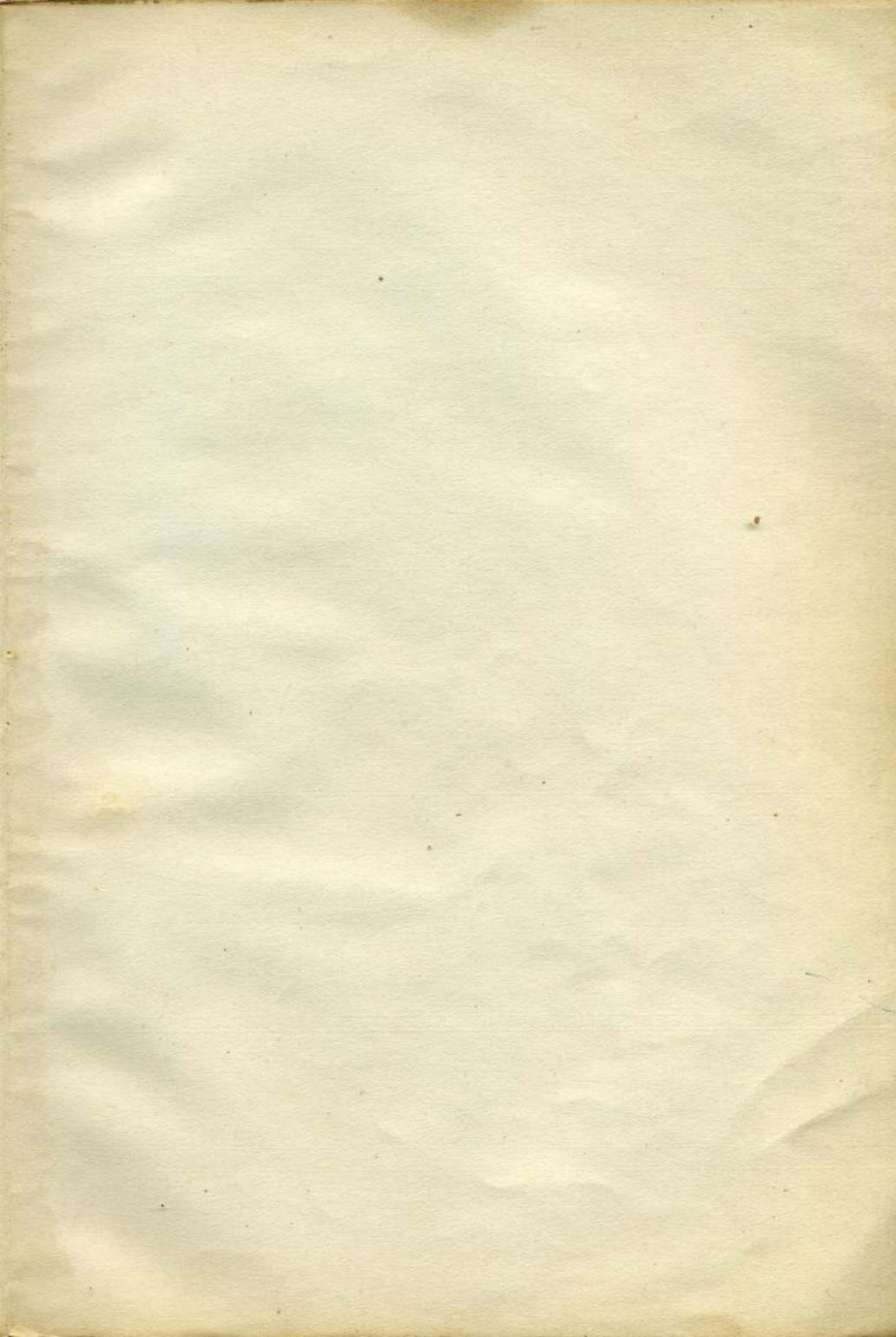
If too thick use a little hot water
If " thin a little flour or mustard
rubbed smooth in water & added
to thicken mixture will help.

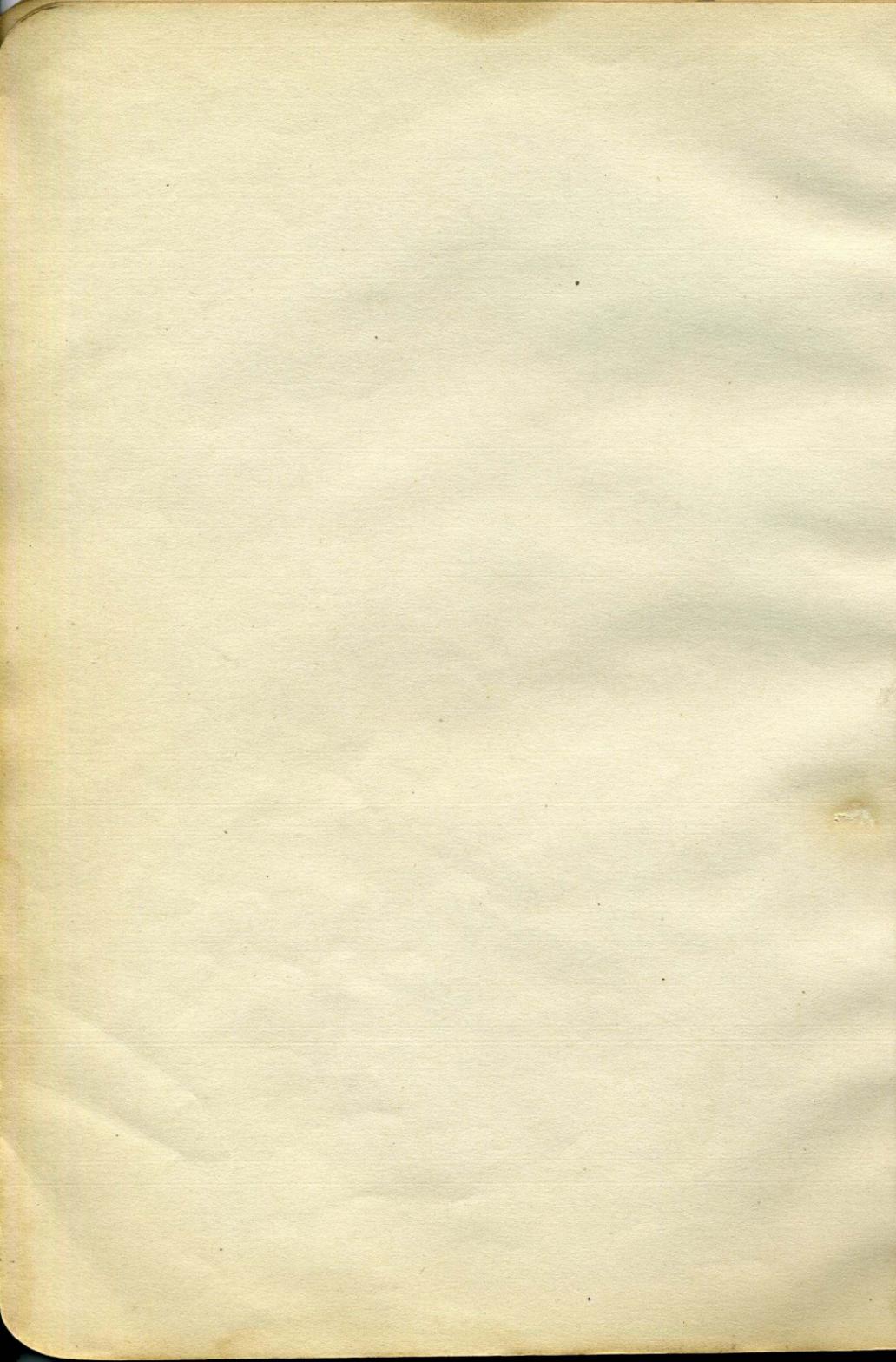
The Farmers wife

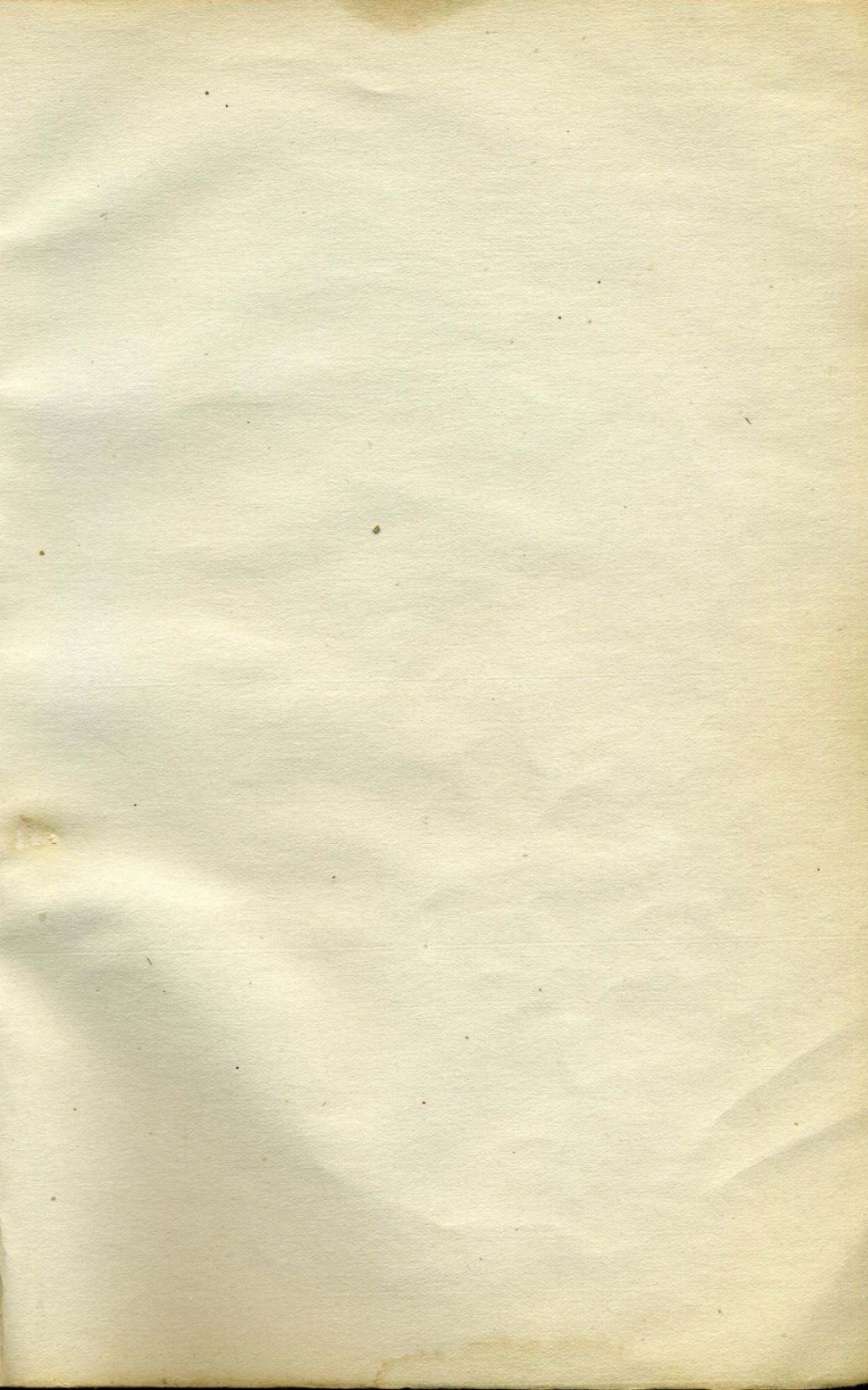


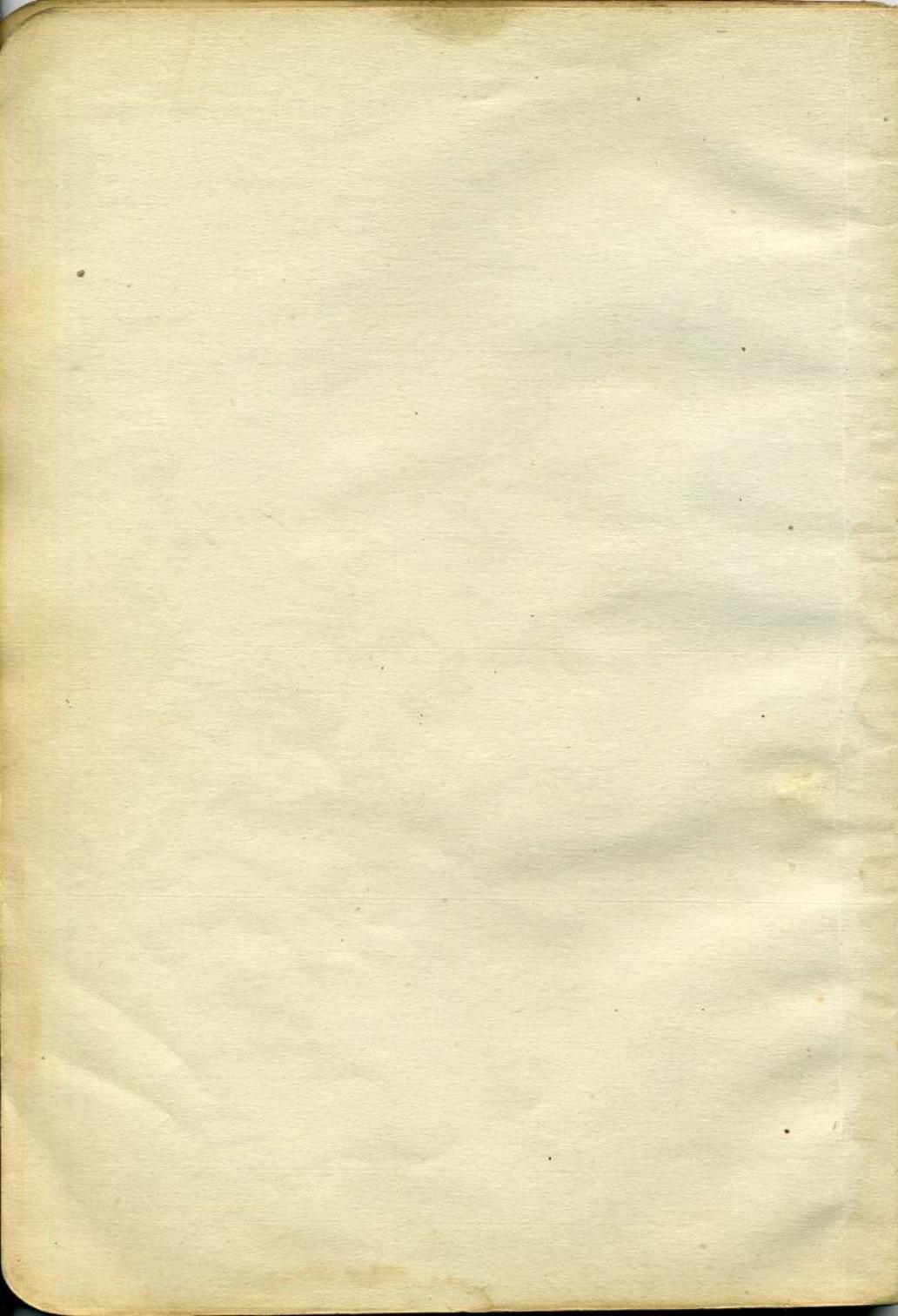


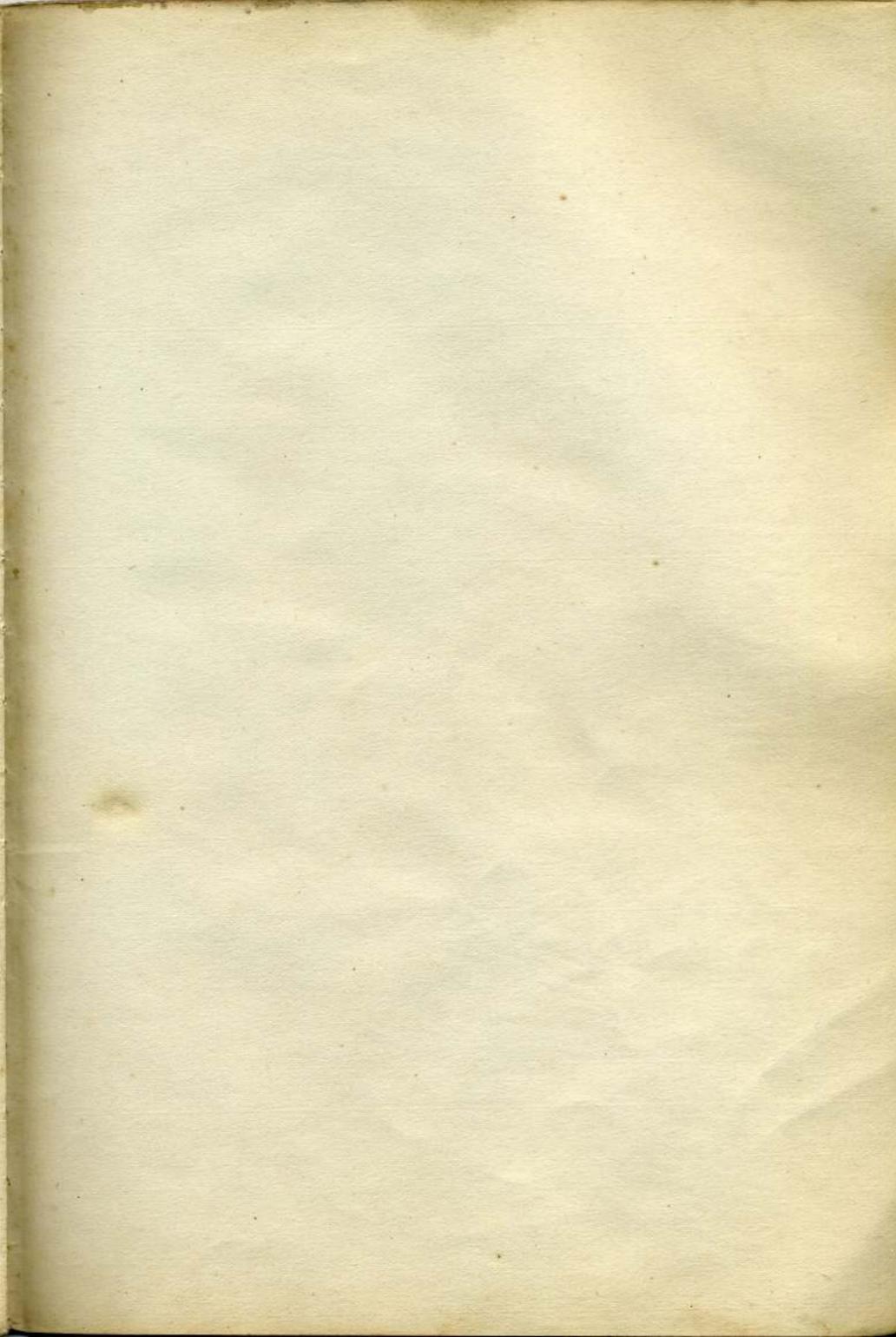


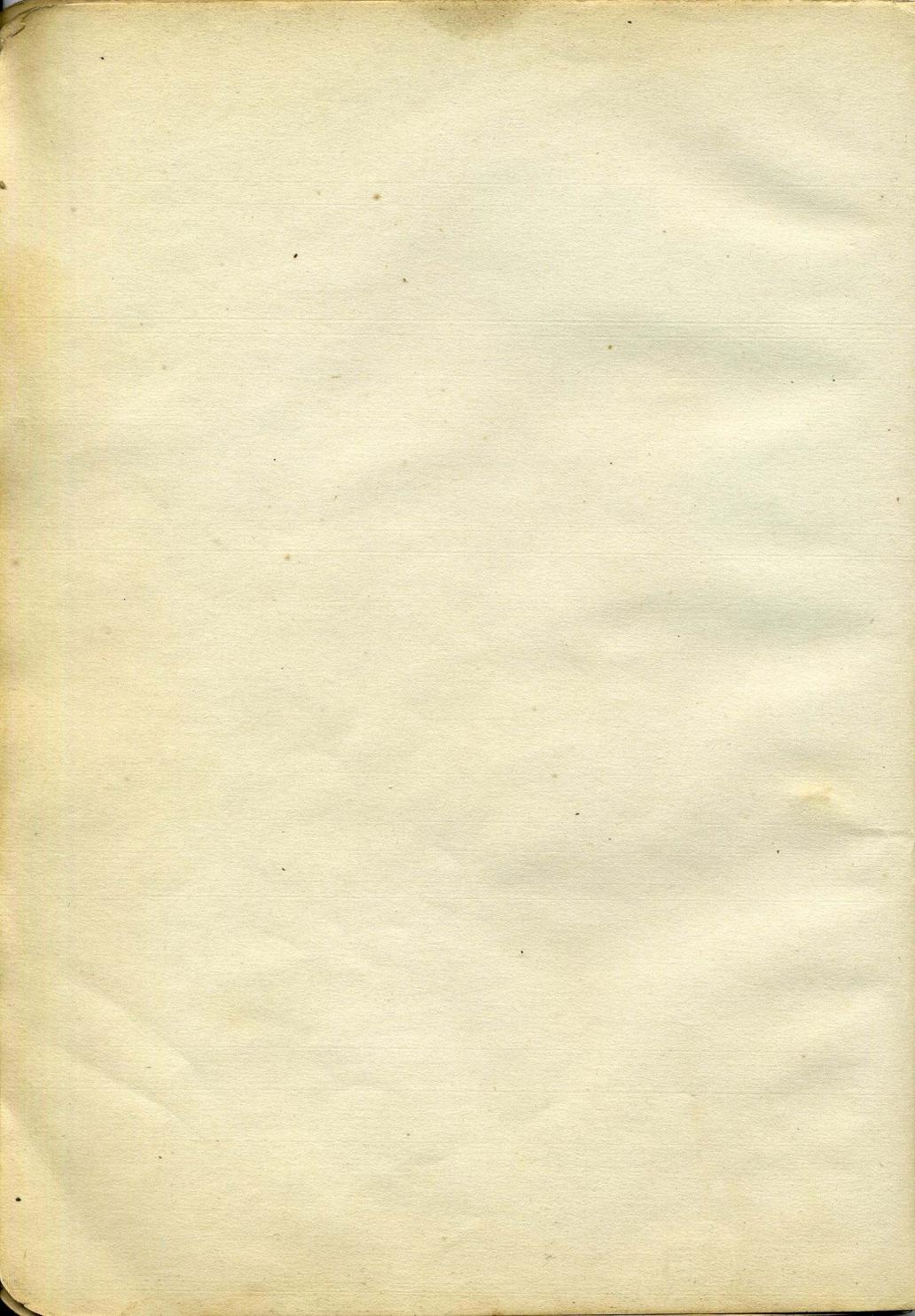


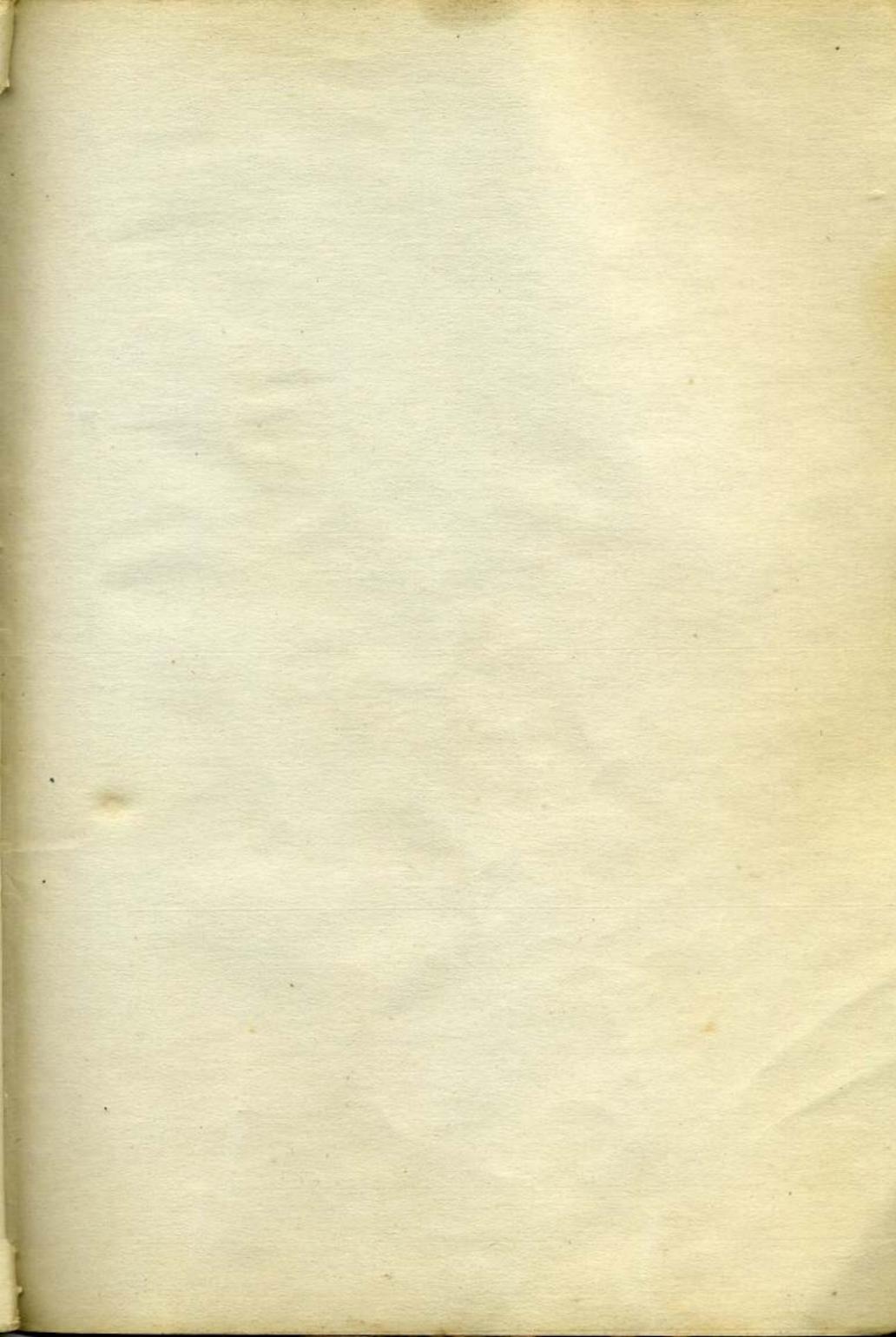












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