THE ROSE CROSS AID COOK BOOK

Containing instructions in the art of cooking and the correct combination of foods. Taught by the Rose Cross Aid School while in session at "Beverly Hall."



By CLARA WITT

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Authorized by
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INTRODUCTORY

During the many sessions of the *Rose Cross Aid* held at *"Beverly Hall,"* its headquarters, requests have been made repeatedly that an authorized *Cook Book* be issued; a book, the contents of which would be in harmony with the teachings of the *Aid*. The time has now arrived for the publication of such a book.

Because of the wide experience along this branch of the work, and her general fitness and training, Mrs. A. W. Witt was chosen editor and compiler, and the book now before the reader is the result of her efforts.

The present volume does not treat exhaustively the subject under consideration. It would be impossible to cover the entire subject at one time or in one edition. All that the *Rose Cross Aid* can expect to accomplish is to place before the public a general outline and idea, and a working knowledge of the principles of cookery and the value of different foods and their combinations. If the instructions contained herein are followed, good and satisfactory results will be obtained. A study of the contents will suggest other combinations in harmony with food chemistry, relieving one from any fear of sameness in the menus.

As the demand increases, *The Rose Cross Aid* will issue other books along the line of *Dietetics* and *Higher Race Development* and subjects of like nature. Two of these, *Rose Cross Aid Dietetics*, and the volume *Higher Race Development* will be ready by the end of the present year.

The Rose Cross Aid

The Rose Cross Order, (the modern title of the representatives of the Ancient Fraternity, Rosicrucae), again takes up a department of its work little known outside the time, and the area, of war. This fraternity has ever made its appearance in periods of national and international disaster, *in the work of reconstruction.* According to the ancient rules and privileges of its established precedent, that of seeking avenues of service to mankind, it accepts the present opportunity.

The history of the Order unfolds a record of ministry in times of devastation and need. For many hundreds of years the Rosicrucians have served the peoples in warring nations. During the Middle Ages, in France and Germany particularly, this Order worked on the battle fields and in villages, ministering to both the temporal and spiritual needs of the stricken people.

During the Civil War, this Order formed a Rose Cross Aid Society for educational work in the South, its activities covering various lines in the work of reconstruction. This society now places itself before the people as an active, trained, competent organization in the service of the public.

Different ages require different services and methods. Since America has entered the war, the Rose Cross Aid had decided to devote its time to two lines of work especially: First, that which may be called *Higher Race Development,* which includes child betterment, eugenics, sex hygiene, and kindred subjects. Second, *Dietetics,* food economy in relation to health, strength and vital power.

These two subjects are of vast importance to a nation at war—and afterwards. The conservation of healthy manhood and womanhood, and the consequent well-born children, is of as much consequence to a race as the conservation of food is to the winning of this war.

The purposes of the Rose Cross Aid in the department of *Higher Race Development* are far reaching. Outlined briefly they include: The prevention and treatment of diseases of the sex nature; the elimination of sex perversions and degeneracy; prenatal influences; the preservation of sex purity in the young; the instruction of both parents and children in the laws and uses of sex. These five general divisions furnish immense opportunity for reconstruction work of infinite value to the race.

The Rose Cross Aid takes up the subject of *Dietetics* in detail. It teaches an economy in expenditure of money, at the same time adding to the food value, thru the arts of combination and substitution. The individual who follows the instructions gains in bodily health and vigor at a reduction of cost. This applied to the nation results in the saving of millions. Another result accomplished at this time is the conservation of certain food stuffs required by the government for the support of the Allies.

The Rose Cross Aid has established *Bureaus,* conducted by competent men and women, who are at the command of all in need of assistance and instructions. Both teachers and lecturers are provided to carry on the work in any town or city. In cities where local chapters of the Aid are established, instructors, at request, will enter the homes of the rich and poor alike, and demonstrate in person the principles of household economy taught by the Rose Cross Aid.

Men and women, young or old, rich or poor, educated or ignorant, black or white, no matter in what state or condition, may appeal to us on any of these subjects and receive instructions, advise and assistance. All such appeals are treated as sacredly confidential and attended to in detail. Any one in trouble may apply to a chapter, or bureau, or may send their plea to us direct.

There never was a time when the information and instruction that the Rose Cross Aid can give was more needed than the

present. Mothers may write for instructions in matters of sex; for information that will benefit her children, or the coming child. She may consult us about herself, her relations with her husband, her family, and society. The Rose Cross Aid will teach the expectant mother what to do for herself, how to bring forth a normal, healthy child, how to pass thru the ordeal of childbirth. She may place her problems before the Aid and receive the instructions she desires.

Fathers may bring their own, or the perplexities of their families to the society and be sure of finding a solution. Young men and women, ignorant of the demands of their natures may write for help and information.

Those who are ill may state their case fully, knowing that the Rose Cross Aid is at their disposal ready to assist them in all ways possible.

No expense is attached to any information or assistance given by the Rose Cross Aid. Stamps should be enclosed to cover cost of postage.

The only returns asked by the Rose Cross Aid is that the instructions be honestly and faithfully carried out to the minutest detail.

Instructions are freely given in sex hygiene, or along any lines stated in the department under Higher Race Culture. The Rose Cross Aid places the use of its knowledge and experience and training at the disposal of all those afflicted with bodily ills.

The Rose Cross Aid is non-sectarian. It does not solicit funds, but accepts free-will offerings and contributions which are devoted to its work of reconstruction.

R. SWINBURNE CLYMER.

"Beverly Hall," August 15, 1917.

FOREWORD

A writer on dietetics has said, "If it can be said that the home is the cradle of the Nation, it can be said more truthfully that the pantry is the cradle of the home." A knowledge of foods, their compositions, value and combinations, from the standpoint of health and economics, is most essential and basic. A true knowledge of foods, cooking and dietetics means not only health, efficiency, more power, happiness and civilization, but it also means conservation of foods, conservation of manhood and man-power, and a greater brain efficiency. The cry of today is for efficiency. Everywhere, in the office, in the shop, on the farm, in the home, in times of war, in times of peace, efficiency is the watch-word. In its last analysis, food efficiency means the greatest amount of energy obtained from sensibly and rationally prepared foods, economically and scientifically considered.

An army fights on its stomach; a nation lives on its stomach, or it goes down to oblivion because of crimes committed against its stomach. Treat your stomach as your best friend, not your enemy. Then you will enjoy health, possess greater capacity for work, bid a fond good-by to doctors, and the possibility of always being a patron of the prescription counter of the drug store.

The average American's menu is an impossible combination of poison-producing substances, put together without a thought of the pocket-book, bodily needs, or health. In our present crisis, the crying need of the Nation is for a rational knowledge of food conservation. But while we seek conservation and economy of food, we must not forget the conservation of man-

hood. While we desire to eliminate waste of food, it is also important to eliminate waste of manhood. We must not lower physical and mental vitality and consequent efficiency in seeking too earnestly to conserve food. We seek economy, not parsimony. The foods selected must give us power, health and energy.

The seat of health and happiness is the stomach. Most diseases begin in the stomach. Then why not give the stomach those foods, in proper combinations, which agree with it? Why use the stomach as a garbage receptacle, throwing into it, with carelessness and indifference anything we take a fancy to?

We are struck with horror if a catastrophe overtakes or destroys the lives of hundreds of people. Yet hundreds of thousands die yearly from malnutrition, and multitudes more stand at the brink of death and we say nothing.

A certain food authority makes the startling statement that in the United States, four hundred thousand children have organic disease; one million have tuberculosis in some form; one million have spinal curvature; one million have defective hearing; four million suffer from mal-nutrition; six million have enlarged tonsils, adenoids or other glandular trouble, ten million have defective teeth; fifteen million need attention for physical defects; all because of improper feeding. Think of future generations under these conditions. No wonder our country is having trouble in raising an army. No wonder a large percentage of our boys are found physically deficient; below standard for army service. When our country is straining every ounce of energy and resource, is it not time to consider these startling truths? When the flower of our manhood shall bleed and die on foreign battlefields, shall we not endeavor to save those remaining? Shall we not aid in bringing about a healthy, strong, efficient people, rather than have a nation of anaemics, deficients and cripples?

In offering this book the Rose Cross Aid desires to contribute its services to the public by dispersing the atmosphere of

ignorance in the matter of foods, diet and health. Its aim is to bring the people to a realization of their responsibility in this vital subject.

The conservation of health is a matter of proper choice and combination of foods. Health must not be left to chance, ignorance or carelessness.

After many years of careful study and observation gained from thousands of individual cases, The Rose Cross Aid is able to offer this cook book to the public. It is different from other books, for it meets the problems now confronting our Nation; problems of health, economics, conservation of both foods and human energy, efficient manhood and womanhood. Every menu has been carefully planned with an eye to economy and energy-producing comibnations, and every one following them will be benefitted.

SOME HINTS ON DIETETICS

"An ounce of prevention is worth a pound of cure." Much of the illness mankind is heir to is caused by the foods we eat. It may be due to impure foods, the wrong combination, or overeating. Forethought in food selection and combination is necessary if we desire health and strength. We work for other things, why not for health? Health is the basis of success, wealth, strength and happiness. The question of foods has become a most vital one and health demands that we give it consideration.

Do not overeat. It is better to leave the table a little hungry. In that way you derive more benefit from your food. Overeating causes indigestion, sluggishness and congestion. Eat only when really hungry. Differentiate between hunger, desire, and appetite. Appetite and desire are false alarms, and when surrendered to, cause most of our ills. Real hunger causes a copious flow of saliva in the mouth, aiding mastication, and a copious flow of digestive juices in the stomach aiding digestion. Don't bolt down your food. Chew it well. Your teeth were meant for use not ornament. Do not drink cold water with your food. If you masticate well, mixing the food with saliva, you will not feel the need of water to wash it down. Drinking water at meals is a harmful habit; it interferes with digestion.

Encourage happy thoughts when you eat. Forget the hustle and relax when you partake of your meal. Aids to good digestion are: music, laughter, happy thoughts and pleasant surroundings. Aids to indigestion are: anger, jealousy, worry, haste, fear and all emotional states during meal time. When in this condition or frame of mind the food is apt to turn to poison

and indigestion is the consequence. Medical men have proven that when women nurse their infants the condition of the mother reacts upon the child causing illness.

Don't think you can eat everything and anything, and that the mind will overcome all. Why put into the stomach what is harmful and then use the power of your mind to clean house? "An ounce of prevention is worth a pound of cure."

Most of the diseases come from congestion and fermentation. Congestion is caused by overeating, impure foods, wrong combinations, and indigestion. This results in fermentation, and the effects of fermentation absorbed into the blood poisons the entire system.

The body is the most perfect piece of machinery. Therefore, give it the careful attention it deserves. The body is just as necessary to our existence here as the mind and the soul. Disease is the direct result of the *defiance to the natural laws of health, diet, body, mind, and soul.* Old age and death are the results of cell destruction and cell aging and the accumulation of the waste material, or the products of oxidation in the body, not properly eliminated. Through right living, and right thoughts, it is posible to build health cells faster than they can be destroyed through wear and tear. In this way, understanding that the body has the power to continually remake itself, we can create cells of health and youth instead of old age.

The vital fluids and tissues, the nervous system, every part of the human organism depend upon the foods we eat. Therefore, the elements of nutrition must be provided for in right proportions in order to properly sustain us. Most people take into their stomachs all kinds of food without the slightest regard to the after effect. With them the important consideration is, "It tastes good," and, "I desire it."

Eat only when hungry. Eat a light breakfast if breakfast you must eat. Drink hot water and lemon upon arising in the morning. If the mouth is full of mucus, the stomach is even

more so. Wash out the mouth and whole alimentary tracts with hot water and lemon or a little salt.

If there is nerve depletion and auto-intoxication, drink barley water. Soak a cup full of barley (the whole grain) over night with a cup of water. Drink this water (uncooked) in the morning. It contains the natural salts. A little fruit, such as, grapefruit, pineapple, orange, baked apple, prunes or peaches, is a good substitute for breakfast in the morning. The fruit is rich in fruit acids and mineral salts, which cleanse the system and tone up the various organs and glands.

Milk in the morning should be avoided, especially right after arising. It is detrimental to the system. After one has had hot water and fruit, allow an hour or two before partaking of milk. It is best to eliminate meat and fried potatoes from one's dietery in the morning. Heavy breakfasts make one sluggish and adds to congestion and impaired bodily functions. This in turn, undermines efficiency. Two meals a day is sufficient. Fasting is unnecessary. Moderation and temperance is what we want.

In selecting foods, choose whole grains. Avoid denatured and demineralized foods, such as, white bread, polished rice and barley, denatured corn meal, etc. Such foods are robbed of their mineral salts which are absolutely necessary to proper bodily functioning. Natural foods will give man, when properly combined, a greater amount of strength and bodily vigor.

Meat is an unnatural stimulant. It is heating and passion-producing. With meat we take in a great amount of poison, and as it is deficient in mineral salts, it should be eaten sparingly, if at all. Other foods, fish, whole grains and dairy products, will give man more than meat possibly can, without the ill effects meat produces.

Alcoholic drinks go hand in hand with meat. One stimulant calls for another. Where unnatural foods are eaten there is a desire for strong drink.

Babies should not be fed with solid food until two years

old. Liquid food (or milk in preparation with the various prepared foods on the market) should constitute the diet of a child for the first eighteen to twenty-four months. After the teeth appear and by the time the child has been weaned from the breast or bottle, (should not be weaned until eighteen months) broth from vegetables, fruits and soft boiled eggs should be given. In addition, baked potatoes and whole wheat bread may also be used. Do not feed the child with cake and candy, tea, coffee, spices and ice water. Colds, lack of animation, sluggishness and general lethargy in the child, and the adult as well, is caused by improper eating and improper food. Do not give school children too starchy diet. An egg a day is sufficient. Milk, honey, peas, beans, lentils, fish, corn, baked potatoes, whole wheat and corn bread, and cracked wheat cereals.

The daily average ration of an adult requires

4½ oz. proteid	18 oz. carbo-hydrates
2 oz. fat	5 pts. water

WATER

We can go without food for fifteen days or more and live, but not without water. Few people realize the energizing, life-giving magnetism there is in water. There is a right and wrong use of water. An adult should drink at least three pints of water a day, the other two pints to be included in the food. Water is a cleanser and an eliminator. Without water the chemical processes of the body would be impossible. There is ceaseless accumulation of impurities and wastage in the body which is carried off from the body by water. Most people drink water when they eat. This is an injurious habit, as it interferes with proper digestion. When the food is properly masticated in the mouth, there is mixed with it sufficient saliva to carry it into the stomach, and there should be no need of gulping water to wash the food down. But worse than drinking water with food is the habit of drinking iced-water with meals.

Upon arising in the morning drink a cup of hot water with a little lemon juice or a little salt. If one has too much acid in the system, salt is best. Drinking hot water before meals cleanses the stomach and prepares it for the reception of food. Drink plenty of cold water between meals and at least three-quarters of an hour after meals.

COFFEE AND TEA

Coffee and tea are stimulants, not foods. On this account they can be dispensed with. In tea is found an element known as tanin, an astringent, which interferes with digestion. In coffee Caffein is found, a drug, which not only impaires the nervous system but also constipates. A good substitute for tea and coffee is malted whole-grained barley. Roast whole-grained barley, grind, boil in hot water, using a tea-spoonful of the barley to a cup of hot water. This may be served with cream and sugar like tea and coffee. Whole-grained barley is not only a drink but also a food without the deleterious effects of stimulants.

FRUITS

Fruits should never be eaten with a full meal. The vegetable and fruit juices do not mix. Fruits turn to water, and if taken with other foods, interferes with the digestion of these foods. Fruits and cream form a poor combination. Cream curdles when combined with fruit acids. Fruit, whole wheat bread and nuts form a good combination and a meal in itself. Fruits should be eaten in the morning for breakfast and between meals. Why take into the system aspirine when in lemons, oranges, grapefruits and pineapple we have the oxalic and citric acids and the alkaline mineral elements required for the proper functionings of the organs? Apples are rich in organic iron and iron is necessary for the blood. Fruits in the raw state are best. Cooking fruits separates the mineral elements from the organic salts, and the mineral elements thus become free and can-

not be digested. Lemon juice is a good antiseptic. Fruit juices are good at all times.

DRIED FRUITS

Figs, raisins, and dates are best uncooked. These are splendid nerve foods. Prunes, figs, raisins, and dates should be fed to children. They contain a large amount of natural sugar and are to be preferred to the sugar obtained in candies. Dried fruits act as a tonic to the system and increases and tones the peristaltic movements of the alimentary tract, thereby freeing the system of impurities and waste materials.

NUTS

Nuts are best eaten uncooked. Nuts contain plenty of fat and nerve food. Nuts and milk can be eaten together, but are unnecessary with a meal. When nuts are eaten with milk and vegetables the system takes in too much fat.

MILK AND CREAM

COMPOSITION

Proteid 3.4%	Mineral Matter .7%
Fat 4	Water 87

Lactose 4.9% (Milk Sugar)

Boston Chemist

Milk is a complete food and contains all the elements in proper proportion to keep the body in splendid health. Milk is best when raw. When combining with tomatoes, the milk should be heated first to prevent curdling. Milk, honey and whole wheat bread make an ideal meal. Milk should *not* be taken in the morning. All products of milk are good. Cottage cheese is splendid for nerve food. Ice cream, milk and whole wheat bread makes a fine meal.

FATS

Fats are found in practically all of the proteid foods, in grains, butter, and in oils. Cream and butter are of prime importance as foods as they are rich in fat. Olive oil, peanut butter, crisco and vegetable oils are rich in fats. Olive oil with lemon juice or pure cider vinegar is good on all salads. The acid cuts the fat.

SALTS

Salts are to be found in all natural foods. These salts are of the utmost importance to the body. Unless the system can get enough through the foods, there is impairment of the bodily functions. The vegetables, fruits and whole grains contain these salts, such as iron, silicon, flourine, potassium, chlorine, calcium (lime), and sodium. However, when we remove the outer coats of cereals, fruits and vegetables, we remove the salts, which are so essential to the economy of the body.

SUGAR

Sugar is found in nearly all foods. Too much sugar is unhealthy. Candy, made from pure ingredients, between meals and once in a while is alright. But without doubt, we feed children too much sugar in candies and cakes, to the detriment of their health. Too much sugar is a thief in the system, for sugar combines with the calcium in the blood depriving the teeth, bones and muscle of the elements which gives them their greatest strength.

GRAINS

Whole grain barley, unpolished rice, cracked corn and wheat are best foods and may be served with cream or milk. They are best eaten at noon or thereafter during the rest of the day, and not in the morning.

FISH

All sea food and shell fish are rich in phosphates and are excellent nerve foods. Eggs are classed in this group as they, too, are rich in phosphates and sulphates, Eggs are best when raw or slightly boiled.

SPICES

Do not use all kinds of spices. Pure Coleman's mustard for salad dressing can be used. Cinnamon occasionally, and red pepper at all times in preference of black or white, is best for the system. Red pepper or cayene is the powdered pod of capsicum and acts as a natural stimulant of the body; white and black pepper irritate the stomach.

VINEGAR

Pure cider vinegar is necessary to the system. Do not mix or use, at the same time, vinegar and milk, unless both are cooked.

BREAD

Bread made from whole wheat, graham and corn meal is the best. The whole grain is composed of all the elements, protieds, fats, carbo-hydrates and mineral salts, in their proper proportions. Removing any portion of these grains robs them of the elements nature intended for man's use. The organs must have these properties or suffer the consequences in impaired health and efficiency.

BEVERAGES

Teas, coffees and alcoholic drinks should be eliminated from the diet. The tanin in tea, the caffeine in coffee and the alcohol are injurious to the system.

ROASTED BARLEY COFFEE

Use one heaping teaspoon of coffee (ground) to each cup needed, and one for the pot. Put on in cold water and boil steadily for five minutes, then reduce the heat to prevent boiling, and allow to settle about three minutes before serving. Save raw egg shells and put a shell or two into the coffee while cooking.

MILK

Milk is best in its raw state. Boiled milk has a tendency to clog the system. Raw milk should not be taken at the same time with fruit, vinegar or similar acids as they curdle the milk.

COMPOSITION

Proteid 3.4%	Mineral matter .7%
Fat 4%	Water 87%

Lactose .9% (milk sugar)

All products of milk are healthy. The casein found in the cheese or clabber is an important element.

BUTTERMILK

Buttermilk is the liquid remaining from cream or milk from which butter has been churned. It is an excellent food.

SOUR MILK

Let the milk stand in a covered glass jar in a warm place until it coagulates, but does not completely separate into curds and whey. Turn out into a bowl put on ice and when cool, serve.

KUMISS (koo'miss)

Take a quart bottle of fresh milk. Dissolve a cake of Fleishman's yeast and pour into the milk. Let stand 24 hours. Take another quart of fresh milk and add a tablespoonful of the first liquor and pour into the second bottle. (Throw away the rest, it is too strong). Let stand 24 hours as before. Then

take a third bottle with a tablespoonful out of the second bottle. Let stand 24 hours. (Throw away the second bottle). After the third bottle has stood 24 hours it is ready to use. Keep in a cool place and take a teaspoonful to a cup of milk each day.

SOUR CREAM

Take a pint of sweet cream and let stand 24 hours in a warm place, then chill on the ice. It is then ready to eat.

GOAT'S MILK

Goat's milk is far richer than cow's milk and products made from it are nutritious.

SUMMER DRINK

Prepare sour cream. Beat three eggs with dover egg beater. Beat lightly the cream, mix together. Whip a quart of clabber that has been chilled, add to the above mixture. Whip all three and serve. This is a food as well as a drink.

BARLEY WATER—I

Take one cup of whole grain barley and wash it clean. Pour over two cups of cold water. Let stand over night and next morning drink this water. Do not pour it off and throw away. The water contains the natural salts.

BARLEY WATER—II

Use Robinson's patent barley. Dissolve a teaspoonful in a glass of cold water. Drink early in the morning.

OATMEAL WATER

One small cup of rolled oats to one quart of cold water; keep covered in cool place. Stir each time before using. For people working in the hot sun this drink is especially recommended.

COCOA

1½ tablespoons prepared cocoa
2 tablespoons sugar
2 cups boiling water
2 cups milk

Scald the milk. Mix cocoa and sugar, dilute with one-half cup of boiling water to make smooth paste, add remaining water, and boil one minute; turn into scalded milk and beat two minutes, using Dover egg beater, when froth will form, preventing scum, which is unsightly.

CHOCOLATE

In 1½ squares of Baker's chocolate
¼ cup of sugar
Few grains salt
1 cup boiling water
3 cup of milk

Scald the milk. Melt the chocolate in small sauce pan placed over hot water, add sugar, salt and gradually boiling water; when smooth, place on range and boil one minute; add to scalded milk, beat with egg beater, and serve. Whipped cream or toasted marshmellows can be added if desired.

FRUIT BEVERAGES

LEMONADE

¼ cup of sugar
Juice of two lemons
1 quart of water

Strain the juice of the lemons and stir the sugar in until dissolved then add water and set in ice box to cool. It is healthier than putting the ice into the water.

GRAPE LEMONADE

1 pint of grape juice
Juice of two lemons
1 tablespoon sugar
1 quart of water

Strain the juice of the lemons and stir the sugar in until dissolved then add the grape juice, mixing well, last the water. Set in ice box to cool.

FRUIT PUNCH

¼ cup of sugar 1 can grated pineapple 6 lemons
6 oranges 1 pint grape juice 3 quarts water

Strain the juice of the lemons and oranges to free it from pulp and seeds, add the sugar, stirring until dissolved, then add pineapple and grape juice. Last the water, then set in cool place.

ORANGEADE

To every tumbler of water add the strained juice of one orange.

GRAPE JUICE

After picking the stems from Concord grapes put into a kettle, allowing one quart of water to eight quarts of grapes. Cook slowly until grapes are soft and mushy, then strain through a jelly bag. Add one cup of sugar to five cups of juice; heat to boiling point, boil two minutes, then fill bottle, cork, and when cold, seal with melted paraffin. Old vinegar bottles or bottles with patent stoppers are good to use, or sterilized mason jars, sealed.

PLUM JUICE

Follow directions for grape juice, only adding more water and cooking plums a little longer.

FRUIT WATER

Take a tablespoon of plum juice, or strawberry, raspberry, blackberry, huckleberry, cherry and stir into a cold glass of water.

The juice is made as follows: Fill a mason jar with the fruit but do not mash it. Pour over enough sugar to fill the empty spaces in the jar. Let stand until juice rises to the top and pulp to the bottom. This can keep for years without spoiling. Best fixed in summer to be used in winter.

ORANGE LEMONADE

Juice of two lemons and two oranges, two tablespoons of sugar to three pints of water. Mix as before and serve well chilled.

PEACH COCKTAIL

12 peaches 3 lemons 2 oranges
¼ cup sugar 3 pints of water

Peel and stone the peaches, cut very fine and run through a sieve; add sugar, lemon and orange juice strained and water. Serve very cold in tall glasses.

BREAD AND BREAD MAKING

Bread made from whole wheat, graham, rye and corn meal is the best. White flour should be entirely eliminated from the dietery. White flour has been robbed of its mineral constituents in the milling process. The valuable gluten and mineral salts go into the bran, shorts and middlings and are fed to the cattle. They are rich in protieds, fats and carbrohydrates. Man seldom eats the entire wheat, preferring to clogg his system with the starchy flour that has been robbed of the important elements of nutrition.

The outer hull of the wheat, broken up into fine bran particles, found in the whole wheat flour, acts as a stimulant to the peristaltic movements of the bowels. The rough particles act as a scavenger forcing the contents in the digestive tract onward. It also separates the starchy particles allowing the digestive juices to penetrate more rapidly and digest the starchy and protein mass. For this reason the whole grain flour and the cereals that have not been denatured are the best and natural laxatives for the system. White flour, polished rice, pearl barley, denatured corn meal, ought to be abolished.

WHOLE WHEAT CAKE—WITH YEAST CAKE

2 cups of scalded milk
¼ cup sugar or
1-3 cup molasses
1 teaspoon salt
1 yeast cake dissolved in
¼ cup luke warm water
4 2-3 cups of whole wheat flour

Add the sugar and salt to the milk; cool, and when luke warm add dissolved yeast cake and flour; add about a tablespoon of crisco; beat well, knead and set in a warm place to rise. Let rise to twice its size, knead again, the second time after it has risen to twice its size place in well greased pans and let rise to twice its size in pan and bake one hour.

YEAST BREAD—II

1 quart of warm potato water
2 heaping tablespoons of sugar
1 heaping tablespoon crisco
1 level tablespoon of salt
½ cake compressed yeast
2½ quarts whole wheat flour

Dissolve yeast, sugar and salt in water. Add crisco to the flour. Make into a dough, and after greasing the dough on top, put aside and let stand for five hours. Then knead the dough and let stand again from one-half to one hour, according to the temperature. Now fold the dough into loaves without kneading, and let them stand one hour before baking. It will take one hour for these loaves to bake. This amount will make four loaves.

ENTIRE WHOLE WHEAT MADE WITH YEAST FOAM

Soak a cake of yeast foam in a cup of luke warm water. Boil a large potato and see that a cup of water remains on the potato when it is tender. Pour off this water, mash the potato, then mix the two. Let cool until luke warm; add the dissolved yeast, one teaspoonful of salt and one of sugar. Place in a jar. Do not cover. Let stand over night. Next morning boil another potato, mash and let cool and add to the yeast in jar. Heat one

quart of milk or one quart of warm water. If milk is used let cool off a little first. Add two teaspoons of sugar, two of salt, and mix half of the yeast to this. If more of the liquid is desired to make a larger quantity of bread then add more warm water. Add enough flour to this to make a sponge. It should not run but be a stiff batter. Mix well. Set in a warm place to rise. It should rise to twice its size. Take about four cups of flour and add two tablespoons of crisco. Rub the crisco into the flour, gradually add this flour into the sponge, kneading it all the time. Knead the dough well. It should not be too hard nor too soft. Some grades of entire wheat flour differ so one must use their own judgment. Set the dough in a pan to rise in a warm place. When it has risen to twice its size, knead again, and raise once more. After the second rising to twice its size, it is then ready to knead and mold for the bread pans. Place in well greased pans. Let rise until half an inch from top of pan. Grease the top of bread before baking and bake in moderate oven one hour.

The yeast foam can be kept indefinitely if one is careful. It is cheaper and far better than yeast cake and always on hand. After using some of the liquid yeast for the bread save some in the jar. Each time you cook potatoes put some luke warm potato water (about cup full) a little salt and sugar into the jar. If you bake twice a week and cook a potato you will be renewing it. The longer it stands the better it is. It can be kept three or four months. In summer keep in ice box, in the winter in a cool place. Bread made with yeast foam comes out flaky and never falls to pieces.

WHOLE WHEAT AND RYE

Prepare as for whole wheat with yeast foam or yeast cake but use one-third rye to two-thirds whole wheat.

HOT ROLLS

When the dough is ready to be molded in bread pans break

off a part of it. Grease your hand with crisco, take off a large tablespoon of dough, work each piece into shape and place them, not too close together, on a greased pie tin. Let rise same length of time as bread and in thirty minutes they are baked. They can be dampened and placed in the oven when desired hot at another meal.

WHOLE WHEAT CINNAMON ROLLS

Follow directions in the receipt for hot rolls. Instead of breaking off the small pieces of dough roll the whole dough on the bread board, but not too thin. Grease with crisco and a small part of butter. Sprinkle with cinnamon and sugar. Smooth the sugar with a knife so it does not remain in one place. Break small pieces of butter and scatter over this. Roll the same as preparing dough for noodles. Cut in pieces about two inches apart. Place in well greased pan, let rise, and bake an hour.

COCOANUT ROLLS

Prepare same as for cinnamon rolls only sprinkle cocoanut (grated) together with the cinnamon. Less sugar as the cocoanut is sweet.

RAISIN ROLLS

Prepare same as for cinnamon rolls only sprinkle raisins over it before rolling the dough.

RAISIN BREAD

Prepare same as whole wheat bread. Before molding bread in the pans knead in seedless raisins.

NUT BREAD

Prepare same as for raisin bread. Have the nuts finely chopped and sprinkle on dough before molding in pans. Knead gently.

BREAD STICKS

When bread dough is ready to be placed into the pans, reserve some of it, roll into sticks about three-fourth of an inch thick and four inches long. Drop them in strong salt boiling water; boil two minutes, lift out on pans, and bake immediately in hot oven until golden brown.

BAGELS

Prepare sponge with two eggs beaten in and let dough rise as before until ready for bread pans. Break off large pieces of the dough and roll with palm of the hands until about three-fourth of an inch thick and six inches long. Form a circle and pinch ends together leaving center hollow. Drop in boiling salted water. Have oven hot. Get a clean board (top of flour barrel) and lift the bagels from the hot water carefully onto the board and bake in hot oven until golden brown.

WHOLE WHEAT COFFEE CAKE

When mixing sponge for the bread reserve a part, add two well beaten eggs, a cup of luke warm milk, one-third of a cup of sugar, and one teaspoon of salt. Add about two cups of flour and let this sponge rise the same as for bread. When ready to add more flour for the second setting do not knead with the hand but with a wooden spoon. Dough should be stiff but not as firm as for bread. Place in square cake pans smoothing it evenly with a spoon. Let rise in pans one hour and when ready for the oven take a teaspoonful of cinnamon, four of sugar and mix together. Rub a tablespoon of butter into two of flour add to the cinnamon and sugar and sprinkle over the cake. Bake in moderate oven three-fourth of an hour.

MUFFINS

WHOLE WHEAT OR GRAHAM MUFFINS—I

1½ cups of flour
1 teaspoon salt
2 tablespoons sugar
2 heaping teaspoons baking powder
1 cup of milk
1 egg
1 tablespoon melted butter

Mix and sift the dry ingredients; add milk gradually, egg well beaten, and melted butter; bake in hot oven 15 minutes to 25 in buttered muffin pans.

WHOLE WHEAT OR GRAHAM MUFFINS—II

1½ cups of flour
1 teaspoon salt
2 tablespoons sugar
2 heaping teaspoons baking powder
1 cup of sour milk
1 egg
1 tablespoon melted butter
⅛ teaspoon soda

Mix as before.

RICE MUFFINS

2 cups of flour
1 cup of milk
¾ cup hot cooked rice
1 egg
5 teaspoons baking powder
2 tablespoons melted butter
2 tablespoons sugar
½ teaspoon salt

Mix and sift flour, sugar, salt, and baking powder; add one-half milk, egg well beaten, the remainder of the milk mixed with the rice, and beat thoroughly; then add butter. Bake in buttered gem pans for 20 minutes.

OATMEAL MUFFINS

1 cup cooked oatmeal
½ teaspoon salt
1¼ cups of flour
½ cup of milk
2 tablespoons sugar
1 egg
4 teaspoons baking powder
2 tablespoons melted butter

Mix and bake the same as rice muffins.

CORN MEAL MUFFINS

In making corn meal muffins use the yellow coarse meal, not the denatured.

1½ cups of corn meal
2 tablespoons of sugar
1½ cups of sweet milk
1 teaspoon salt
2 heaping teaspoons baking powder
1 egg
1 tablespoon of melted butter

Mix the same as other muffins. If sour milk is used then use same receipt as for the whole wheat muffins.

BRAN MUFFINS

2 cups of bran
1 cup sour milk
2 tablespoons sugar
1 teaspoon salt
1 cup whole wheat flour
Pinch of soda
2 tablespoons melted butter
1 egg

Mix and bake the same as other muffins.

The prepared whole wheat and buckwheat flour make good muffins. Egg and milk are the only two ingredients necessary to add to the flour. The buckwheat flour contains the baking powder.

CORN BREAD

Prepare as for corn meal muffins. Use shallow pan for baking instead of gem pans.

SPOON CORN BREAD

1 quart sweet milk
1 teaspoon salt
2 eggs
2 tablespoons butter
1 cup corn meal

Heat one pint of the milk to boiling point and stir into it the corn meal and salt. Cook five minutes. Beat in the butter and one-half of a cup of cold milk and the eggs, then gradually beat in the rest of the milk. Turn into a well buttered pan and bake half an hour in a rather hot oven. Be sure that the eggs are well beaten first.

CEREALS

RALSTON FOOD

Heat one pint of water and when it boils add a good pinch of salt and stir in gradually three level tablespoons of the food.

All uncooked cereals such as grape nuts, Uncle Sam's breakfast food, flaked wheat, flaked rice, puffed rice, corn flakes and shredded wheat biscuits can be served with sugar and cream.

BOILED RICE

1 cup rice 1 tablespoon salt 2 quarts boiling water

Wash rice thoroughly; add slowly to boiling, salted water, so as not to check boiling of the water. Boil thirty minutes, or until soft, which may be determined by testing kernels. It is best to soak the rice before cooking. Do not drain the water from the rice but boil down. The strength lies in the water of any food that is cooked.

STEAMED RICE

Use same quantity as for boiled rice only cook it in a double boiler for two hours.

RICE IN TOMATO SAUCE

Use the recipe for boiled rice. In a separate pan cook the following: Brown an onion, cut up fine in a tablespoon of olive oil; add a cup of boiling water and a cup of tomatoes; a half teaspoon salt and a good shake of red pepper, a little chopped parsley. Cook slowly for about three-fourth of an hour then strain over the rice and serve. Grated cheese may be added if desired.

RICE CROQUETTES

Boil the rice and when cold and firm add one egg, salt and pepper. Form in cone shapes, dip in egg then corn meal and fry in crisco.

RICE PUDDING

Boil the rice. Add two well beaten eggs, a cup of milk, a dash of cinnamon, one-fourth cup of sugar, mix well and bake.

RICE FLUFF

Boil one cup of rice. Put a layer in a baking dish, grate cheese over it, sprinkle cracker crumbs, add small pieces of butter, then another layer and pour over all a pint of milk and bake.

ITALIAN RICE

Put a layer of boiled rice into a baking dish, sprinkle with chopped onion, cover with sliced tomatoes; then add another layer of the rice and so on until the dish is filled. Cover the top with grated Parmesan cheese. Pour one cup of boiling water over this and bake about half an hour.

RICE AND MUSHROOMS

In a buttered baking dish put one cup of boiled rice, slice thin two onions, a little parsley chopped fine, one quart of tomatoes and one cup of mushrooms cut into dice; mix well and season with red pepper and salt. Put a little olive oil over the top, pour on one pint of water and bake slowly about two hours. Baste occasionally and add hot water if necessary.

RICE BAKED WITH TOMATOES

Put a cup of boiled rice into a buttered dish. Add a pint of tomatoes. Cut a few slices of stale bread in small cubes and add to the rice. Season with pepper, salt and a tablespoon of olive oil. Sprinkle top with bread crumbs and bake one hour.

RICE FRITTERS

Boil one cup of rice until all of the water has been absorbed, add two well beaten eggs, a teaspoon butter, grated onion, one

tablespoon of flour and one-half cup of milk. Stir all together and season with pepper and salt. Drop large spoonfuls on a well greased griddle, fry crisp and brown on both sides. (Good meat substitute).

CORN MEAL PANCAKES

1 cup corn meal
¾ cup milk
2 teaspoons baking powder
½ teaspoon salt
1 egg
2 tablespoons sugar
2 tablespoons melted butter

Mix the dry ingredients then stir in well beaten egg and milk. Should be a light batter. Fry in hot crisco. A tablespoon at a time and drop on a well greased griddle. Serve with pure maple syrup.

CORN MEAL MUSH

1 quart boiling water 1 teaspoon salt 4 tablespoons corn meal

Use double boiler. Boil the water; then put in salt, pour slowly from the hand the corn meal, stirring until lumps are removed. Boil this half an hour. Serve with cream or tomato sauce.

FRIED CORN MEAL MUSH

Make the corn meal mush the day before you need it. It should be put into bread tin and left to harden into mold over night. Cut in slices half an inch thick, dip in beaten egg and corn meal and fry. Serve with syrup. A potato substitute.

GROUND WHOLE WHEAT

Ground whole wheat and cracked wheat can be used as cereals. To a pint of boiling water add salt and pour in gradually three heaping tablespoons of the ground or cracked whole wheat. Stir briskly and cook in a double boiler for an hour. Serve with

cream. This is better than cream of wheat because it contains the bran.

BARLEY PORRIDGE

Soak a cup of whole grain barley over night. Wash thoroughly before soaking. *Do not pour off* the water. Cook in same water in a double boiler. When tender, beat the white of an egg stiff, fold into the barley and serve with cream.

BUTTERED BARLEY

Prepare the same as for porridge. When cooked pour over it a tablespoon of melted butter. Can be served in place of potatoes; or cream can be added to it.

BROWN BARLEY

Prepare barley as before. Grate a few slices of stale bread and brown in two tablespoons of butter. Pour barley into this mixing well and serve.

BRAN PANCAKES

1 cup of bran	1 egg
¾ cup milk	½ teaspoon salt
1 teaspoon baking powder	2 teaspoons suger

Mix dry ingredients together, add well beaten egg and gradually stir in the milk. Drop spoonful in well greased griddle and fry until brown on both sides.

TOASTED BRAN

Take a cup of bran place in bread pan in moderate oven until crisp and warm clear through. Shake the pan occasionally. Serve this as a cereal with sugar and cream.

SPAGHETTI

The Italian spaghetti is the best to use. It is firmer and

less sticky. When cooking spaghetti always have the water boiling hot and salted before adding the spaghetti. Stir and cook for about three-fourth of an hour. 15 minutes if the American kind. Drain and pour cold water over to remove the starchy substances.

A good way to cook spaghetti or macaroni, is to have the water boiling hot placing the spaghetti in a flour sieve or a colander that will fit into the pan of hot water. In this way there is no waste, for none of it will stick to the pan. The water boils over the spaghetti in the sieve.

SPAGHETTI IN TOMATO SAUCE

Boil the spaghetti. Brown an onion in olive oil, then add a sprig of parsley, a small piece of garlic, a pint of water, a pint of tomatoes. Let cook for three-fourth of an hour then add a little thickening. A tablespoon of flour in a little water. Cook five minutes more. Season highly with red pepper and one-fourth teaspoon salt. Strain through a fine sieve over the spaghetti.

ITALIAN SPAGHETTI

Boil the spaghetti. Use the Italian tomato paste. Heat in the can then open and pour over the spaghetti. Grate Parmesan cheese over the top, bake for a half hour.

FRIED SPAGHETTI

Boil the spaghetti and after all the water has been carefully drained take one tablespoon crisco and one of butter in frying pan and fry the spaghetti until golden brown. Should come out of pan whole. Turn over and cut like pie.

SPAGHETTI IN CREAM SAUCE

Boil the spaghetti in double boiler. Make a thick cream sauce, grate in cream cheese, season with red pepper and salt,

pour over spaghetti and cook one hour. Then add a lump of butter about the size of a walnut.

SPAGHETTI SOUFFLE

Boil the spaghetti. Put in caserole. Beat two eggs light, add a cup of sweet milk, tablespoon melted butter, pepper and salt, stir into spaghetti. Sprinkle cracker crumbs over the top and bake one hour.

SPAGHETTI AND OKRA

Break spaghetti in pieces but do not parboil. Have the water boiling hot, drop in spaghetti then cut up about six small okras, a small onion, a large fresh tomato or a cup of can tomatoes, a sprig of parsley and pepper and salt. Cook for one hour, stirring occasionally. Serve as a vegetable.

MACARONI IN TOMATO SAUCE

Prepare same as spaghetti in tomato sauce.

BAKED MACARONI AND CHEESE

Boil the macaroni. Put a thin layer in a baking dish, grate cheese over this, sprinkle cracker crumbs on it and add a few lumps of butter, pepper and salt. Another two layers and pour over a cup of milk Sprinkle top with cheese. Melt a little butter and brown cracker crumbs in it and pour over the top. Bake one hour.

CREAMED TOMATO MACARONI

Boil and drain macaroni. Make a thick cream sauce. Take a pint of canned tomatoes run through a colander to remove all pulp. Heat it and gradually pour it into cream sauce. Mix well. Pour over macaroni and bake half an hour.

BAKED MACARONI WITH TOMATOES AND CHEESE

Boil and drain macaroni. Put in baking dish. Prepare

tomato sauce as for the macaroni in tomato sauce, pour over macaroni. Grate a half cup of cheese and mix into the macaroni. Sprinkle cracker crumbs over the top and bake one hour.

EGGS

Having boiled the water first, drop in the eggs carefully, cover the pan and remove from fire. Let them stand in the water five minutes or longer, according to whether they are desired soft, medium or hard. If left in the water long enough, the yolk will become solid, but still tender and easily digested. Fifteen minutes are required for a hard boiled egg. In using hard boiled eggs for making other dishes place in cold water immediately to prevent discoloration of the yolks. If eggs are boiled they become tough and hard to digest.

POACHED EGGS

Have ready a shallow pan two-third full of boiling water, salted, allowing one-half teaspoon of salt to one quart of water. Put two or three buttered muffin rings into the water. Break each egg separately into a cup, and carefully slip into muffin ring. The water should cover the eggs. Remove carefully with a skimmer. The butter prevents the eggs from sticking to the tin. Poached eggs are good served on buttered toast.

SCRAMBLED EGGS

5 eggs ½teaspoon salt ½ cup of milk
2 tablespoons butter Shake red pepper

Beat eggs slightly with a silver fork; add salt and pepper, and milk. Heat the pan, put in the butter and when melted turn in the mixture. Cook until of creamy consistency, continually scraping from bottom of pan. Garnish with parsley.

PLAIN OMELET

5 eggs 5 tablespoons hot water ½ teaspoon salt

1 tablespoon butter Shake red pepper

Separate the yolks from the whites. Beat yolks until light and lemon colored; add salt, pepper and hot water. Beat whites until stiff and dry. Gradually fold whites into the mixture. Heat the pan and when the butter is melted turn in mixture and spread evenly. When well puffed and delicately brown underneath, place pan on center grate in oven to finish browning on top. Fold, and turn on hot platter and serve.

SCRAMBLED EGGS WITH TOMATOES

Take a cupful of tomatoes, add a half teaspoonful of salt, two shakes of red pepper, and a teaspoonful of chopped parsley minced onion in a tablespoon of butter in the frying pan and turn in the eggs. When they begin to grow firm put in the tomato. In the summer time use two fresh tomatoes stewed down to a cupful, instead of the canned.

BIRDS' NESTS

Separate the yolks and whites of six eggs. Beat the whites until they are stiff, then add a half teaspoon of salt. Divide the whites, putting them into six individual baking dishes. Make a little hole or nest in each, and slip one yolk carefully from the cup into the place. Sprinkle a little salt and pepper over them, drop a bit of butter on top, put the dishes into a pan and set in the oven until the egg-whites are browned a little.

OMELETTE WITH MUSHROOMS

Slice half a can of mushrooms into thin pieces. Make a cup of very rich white sauce, using cream instead of milk, and cook the mushrooms in it for one minute. Make the omelette as before, and spread with the sauce when ready to turn.

OMELETTE WITH MUSHROOMS AND OLIVES

Prepared the same as the mushrooms and omelette, only

add twelve ripe olives, cut into small pieces, and spread the omelette with the whole when ready to turn.

PLAIN FRIED EGGS

Have the pan hot and well greased. Open the eggs one at a time in a separate dish, being careful not to separate them. Slip them into the hot grease and as soon as the whites curl up and brown take them out of the pan with a pancake turner. Garnish with parsley.

VEGETABLE OMELETTE

Follow directions for plain omelette using cooked vegetables such as spinach, asparagus or sliced tomatoes turned into the yolks before the whites have been folded in.

FISH OMELETTES

Follow direction for vegetable omelette. Such fish as canned tuna, salmon, sardines, smoked white fish, shrimp, crab, clam or any left over cooked, or fried fish, cut in small pieces.

POACHED EGGS WITH TOMATO SAUCE

Cook one quart of tomatoes with a medium sized onion and a sprig of parsley, then press through a sieve; season with butter or olive oil. Thicken with a tablespoon of flour. Pour over butter toast, and top with poached eggs.

EGGS AND CREAM CHEESE

Heat together one tablespoon of butter and two tablespoons of grated cheese; when well blended, add three eggs that have been well beaten and seasoned with salt and pepper; constantly stir until eggs are set, but not too hard. Serve on toast.

SOUPS

Soups are nutritious and healthful and are easily prepared

without meat. Butter or olive oil should be used for the seasoning.

BARLEY AND MILK SOUP

Prepare the boiled barley and when tender add a pint of milk and a tablespoon of butter, salt and pepper.

RICE AND MILK SOUP

Prepare same as barley and milk.

RICE AND SALMON

Prepare rice and milk soup, adding a can of salmon chopped fine.

DRIED GREEN PEA SOUP

1 cup of dried green split peas
1 cup tomatoes
1 large onion
1 tablespoon olive oil
1 large potato
1 carrot
1 turnip
Few sprigs parsley

Cut the onion up fine and brown in olive oil. Add a quart of water, the potato, carrot and turnip cut in cubes. Cook until tender. Wash the peas in cold water throwing away those that float. Soak them overnight, and in the morning pour off the water, cover them with a quart of boiling water and cook an hour and a half. Press the vegetable stock through a fine sieve then add the cooked peas. Season with pepper and salt.

BROWNED GREEN PEA SOUP

Soak as before a half pound of whole dried green peas. Cook until tender, (mushy). See that a quart of liquid remains in the pot. Cut an onion real fine and brown in two tablespoons of olive oil, stir in two tablespoons of flour and thin with boiling water. Stir while cooking and then pour into peas. Mix well, cook five minutes more, and serve.

BARLEY AND BEAN SOUP

½ cup of barley
1 cup tomatoes
2 tablespoons olive oil
Some leak and parsley
Pepper and salt to taste
2 cups of navy beans
1 onion
1 carrot
Half stalk of celery
Or a half cup dried celery leaves

Brown the onion in the oil. Add six pints of water. Cut in cubes the carrot and chop fine celery, leak and parsley, add tomatoes and barley. The barley should be washed clean and soaked the night before. Wash the beans and soak them over night, next morning drain, pour on a quart of boiling water and boil until tender. When beans are tender mix with vegetable stock and cook together another half hour that they may be well blended.

PLAIN BEAN SOUP

Soak one pound navy beans over night. Cook as before. Brown an onion in a table spoon of olive oil, turn into the beans, mix well, add pepper and salt and serve.

TOMATO AND BEAN SOUP

Prepare same as above recipe, only adding a pint of tomatoes when beans are tender. Pour in browned onion and let cook another half hour.

BEAN PUREE

Prepare as before. When beans are tender and mushy run through a fine sieve and serve with croutons.

LIMA BEAN SOUP

Follow directions for puree of beans, using lima beans. Add a pint of milk and a lump of butter. Kidney or chili beans may be used in any one of these recipes.

LENTIL SOUP

Soak one pint of lentils over night. Make soup stock as before. When lentils are tender add to the stock.

PUREE OF PEAS

Soak one pint of yellow split peas over night. Cook with one quart of boiling water, one small onion, and a little celery. Let simmer gently for two hours, then rub through a colander. Reheat and add two tablespoons of olive oil, salt and pepper.

OKRA AND BEAN SOUP

Soak any kind of beans over night and cook as usual. Cook separately tomatoes and okra and an onion browned in tablespoon olive oil. When stock is thoroughly cooked run through sieve and add the beans.

BARLEY AND CLAM BROTH

Cook a cup of barley that has been soaked the night before. Add a pint of clam broth, pint of milk and a tablespoon of butter, pepper and salt. If using canned clams, use the liquor. If fresh clams, then the water after they have been steamed. The clams may be served as steamed clams, or if canned clams are used they may be fried.

CLAM AND CORN CHOWDER

1 can of clams or a dozen fresh	1 can corn
1 quart milk	1 onion
Few sprigs parsley	¼ cup chopped celery
Pepper and salt to taste	1 tablespoon butter

Cut the clams in small cubes and heat. Prepare a cream sauce with the milk and butter, adding a tablespoon of flour. Pour this over the clams then add corn, onion, parsley and celery. Add rest of the milk, place on asbestos pad and let simmer for an hour on very low fire.

CLAM CHOWDER—I

1 carrot
1 cup tomatoes
Sprig parsley
1 onion
1-3 cup rice or barley
1 turnip
1 potato
½ cup chopped celery
1 can clams or 1 doz. fresh
2 tablespoons olive oil

Brown onion in olive oil, add a quart of water and all ingredients except clams. When tender add the clams after cutting them in small cubes. Pepper and salt.

CLAM CHOWDER—II

1 can clams or 1 doz.
1 small cup tomatoes
1 onion
6 medium potatoes
Parsley and leak
2 tablespoons olive oil

Brown onion in olive oil add a quart of water, cut potatoes in small cubes. Cook tomatoes and parsley and leaks together then add clams.

OYSTER STEW

1 quart oysters
4 cups scalded milk
1 tablespoon butter
½ teaspoon salt
Shake red pepper

Place oysters in colander and drain the liquor. Drop oysters in scalded milk until they curl. The liquor can be added if one desires more of an oyster taste to the soup. Add butter and seasoning.

CREAM OF CLAMS

1 dozen clams
1 tablespoon flour
3 shakes red pepper
1 quart milk
1 tablespoon butter
½ teaspoon salt

Chop the clams, drain off the juice, and add as much water; cook till the scum rises. Skim this off. Drop in the clams and

cook three minutes. Heat the milk and thicken as usual; put in the clams and juice, cook for one minute and strain.

CLAM AND TOMATO BISQUE

1 dozen clams
1½ cups cold water
1 tablespoon butter
½ onion
½ teaspoon salt
2 cups of milk
1 cup strained stewed tomatoes
⅛ teaspoon soda
2 tablespoons flour
Few shakes red pepper

Make a cream sauce of the flour, butter and milk. Cook clams in the water. To the stewed tomatoes add the soda, gradually the cream sauce and the clams cut up in small pieces.

CREAM OF TOMATO SOUP

½ can tomatoes
2 teaspoons sugar
¼ teaspoon soda
1 quart milk
1 slice onion
4 tablespoons flour
1 teaspoon salt
1-3 cup butter
Few shakes red pepper

Scald the milk with the onion, remove the onion and thicken the milk with flour diluted with cold water until thin enough to pour, being careful that the mixture is free from lumps. Cook twenty minutes, stirring constantly at first. Cook tomatoes with sugar about fifteen minutes, add soda, then rub through a sieve. Combine the mixtures, add butter and seasoning.

FARINA BISQUE

½ can tomatoes
2 teaspoons sugar
¼ teaspoon soda
1 quart milk
Few shakes red pepper
1 slice onion
4 tablespoons farina or cream wheat
1 teaspoon salt
1-3 cup butter
1 pint water

Scald the milk with the onion, boil the water and gradually stir in the farina. Cook about fifteen minutes on slow fire then

add scalded milk. Cook tomatoes with sugar about fifteen minutes, add soda, then rub through a sieve. Combine the mixtures, then add butter and seasoning.

VEGETABLE SOUP

1 carrot
1 turnip or rudebager
½ stalk celery
1 large potato
1 cup tomatoes
1 tablespoon salt
2 quarts water
3 tablespoons olive oil
Few sprigs parsley
1 medium sized onion
½ cup of barley, rice or lentils
¼ teaspoon red pepper

Wash and scrape the carrot, turnip and potato and cut in small cubes. Add to this the tomatoes, celery and parsley. Brown the onion in the olive oil, add water and rest of the ingredients. If lentils are used, cook them separate; when tender add to the soup. Barley or rice may be cooked with the soup as soon as it comes to a boil. Vegetable soup should always have a grain cooked with it.

FISH SOUP

Prepare same as for vegetable soup, leaving out the grain. Such fish as canned tuna, salmon, fish cakes or halibut are good. Cut into it when soup is done. Let cook for another half hour with the fish. Always use a boneless fish.

GRITZ SOUP

Prepare a vegetable soup. When cooked run through the colander to get the clear broth. Boil a quart of water, add a teaspoon of salt. Pour into the boiling water a half a cup of farina and stir constantly until it thickens and free from lumps. Grease a platter with butter, spread the thickened farina on the platter. See that it is firm and smooth. Let cool then cut with a knife into cubes. Serve six cubes as one portion and pour over the broth.

VERMICELLI SOUP

Cook a vegetable soup without the grain and when soup is done add a cup of vermicelli. It comes in packages like macaroni. The imported it the best. Let cook three-fourth of an hour longer.

VERMICELLI AND RICE

Cook a vegetable soup with rice and prepare the rest as in above recipe.

VERMICELLI AND BEAN SOUP

Cook a vegetable soup and strain. This to be used as the stock. Separately cook a cup of navy beans that have been soaked over night. When beans are mushy add to the stock. Then add one-half cup of the vermicelli and let boil for three-fourth of an hour longer.

CREAM OF CELERY

1 stalk celery
1 onion
Sprig parsley
½ teaspoon salt
1 quart milk
1 carrot
1 quart water
Few shakes red pepper
1 tablespoon butter

Cut the celery in small cubes, clean and scrape the carrot then grate it and mix with celery. Grate the onion, add the water, pepper and salt. Cook for one hour then add milk and butter. Do not let milk boil. As soon as soup is hot remove and serve.

CELERY AND RICE SOUP

½ cup of rice
2 tablespoons butter
Salt and pepper
1 stalk celery
1 quart milk
1 quart water

Cook the rice in the water and when boiling add the celery cut up in small cubes, also the leaves. When tender add the milk, butter and seasoning. Do not let milk boil in any of the creamed soups. It curdles, does not look as well. Milk is not good after it has boiled.

CREAM OF POTATO SOUP

6 potatoes
Few sprigs parsley
Small can salmon
¼ teaspoon red pepper
1 quart water
1 quart milk
1 carrot
2 tablespoons butter
½ teaspoon salt
1 onion

Cut potatoes in small cubes, clean and scrape carrot and cut in small cubes, add parsley and cook until tender. Mince the onion and brown lightly in the butter and pour into the soup, adding the milk.

CREAM OF SPINACH

1 pint of cooked spinach
1 tablespoon butter
Few shakes red pepper
1 quart milk
1 tablespoon flour
½ teaspoon salt

Heat the spinach, and press through the sieve. Thicken the milk and add the seasoning. Mix with the spinach and serve with croutons.

CREAM OF CORN

1 pint of fresh grated corn or 1 can
1 pint hot milk
1 tablespoon butter
½ teaspoon salt
1 pint water
1 tablespoon flour
1 thin slice onion
3 shakes red pepper

Cook the corn with the water; make the white sauce with the milk; strain the corn and water through the sieve, pressing well, and add the milk.

CREAM OF GREEN PEA

Use a pint of peas, or a can. Mix as for cream of corn, using the same amount of everything. In the winter time a good soup can be made of dried green peas, soaking them over night, and using them as you would the fresh. Serve with croutons.

CREAM OF ASPARAGUS

1½ dozen stalks asparagus
2 tablespoons flour
2 cups of milk
1 quart water
2 tablespoons butter
Pepper and salt

Cut the tough ends of the asparagus into small pieces and cook slowly in a quart of water about an hour. Make a cream sauce of the flour, butter and milk. Add to this the strained asparagus water, and the tips and tender parts of the asparagus, which have been cut fine and cooked separately for a short time. Add seasoning and serve.

BEET AND TOMATO

6 large beets
1 onion
1 tablespoon butter
1 can tomatoes
Half stalk celery
Pepper and salt

Boil the beets in the jackets until tender. Peel and grate, chop celery fine, add tomatoes and onion and boil on slow fire for two hours. Season and serve.

RUSSIAN BEET SOUP

6 large beets
5 pints water
½ pint sour cream
2 eggs
Juice two lemons
Pepper and salt

This is a favorite soup with the Russian people, especially in the summer time. It is cool and nutritious. Cook the beets without peeling until tender, grate and cook in cold water for

one-half hour. Take the strained juice of two lemons and add to the soup. Remove from fire and cool. Beat two eggs with a dover egg beater, gradually pour in the beet soup after it is thoroughly cooled, stirring constantly. Then pour in the sour cream.

CHAVE BORCHED

½ peck sour grass or spinach
Juice two lemons
1 cucumber
½ pint sour cream
5 pints water
2 eggs
4 green onions
Salt and pepper

In the foreign quarters in the large cities one may purchase sour grass. Where that is impossible use the fresh spinach. Wash the spinach or grass clean, cook half an hour in boiling water, add the juice of the lemons, salt and pepper. Let cool. Beat the eggs in dover egg beater, gradually pour in soup. Add the sour cream. Cut the cucumbers and onions (greens also), into small cubes and add to the soup. Put in ice box and serve cold.

CABBAGE SOUP

½ head cabbage
1 onion
2 tablespoons olive oil
1 cup tomatoes
Few sprigs parsley
Pepper and salt

Chop the cabbage and cook in boiling water. When tender add tomatoes and parsley. Brown the onion in the oil and add to the soup. Season and cook another half hour.

OATMEAL SOUP

1 cup oatmeal
1 potato
1 onion
2 quarts water
1 pint tomatoes
Half stalk celery
2 tablespoons olive oil
Pepper and salt

Boil the water, then add the oatmeal, onion and celery, cut in small cubes. When this has cooked for half an hour, add tomatoes and potato cut in small cubes, olive oil and seasoning. Cook on small fire for an hour.

SQUASH SOUP

1 small squash
1 cup tomatoes
2 tablespoons olive oil
2 quarts of water
½ cup barley
1 onion
½ teaspoon salt
Half stalk celery

Peel and cut in small cubes the squash and cook together with tomatoes, barley, celery and onion. After it has cooked for an hour add oil and seasoning. Cook for another hour.

EGG PLANT SOUP

Prepare same as for squash soup.

CARROT AND PEA SOUP

1 dozen small carrots
1 onion
1 pint milk
2 quarts water
1 can peas or qt. fresh peas
Few sprigs parsley
1 tablespoon butter
Pepper and salt

Scrape and cut the carrots in small cubes and cook with onion and parsley. When tender add peas. If using fresh peas shell and put in with carrots ten minutes before carrots are cooked. Add butter and milk.

RICE AND EGG

½ cup rice
1 onion
1 quart water
½ teaspoon salt
2 eggs
1 quart milk
1 tablespoon butter
Few shakes red pepper

Cook rice in boiling salted water and when tender add the

milk. Beat the eggs with dover egg beater adding the pepper and a pinch of salt to them, gradually. Stir briskly into the hot soup then add the butter. Do not heat after milk and eggs have been added.

CROUTONS FOR SOUP

Toast the bread. Rub onion on both sides and cut in cubes. Heat two tablespoons of olive oil or butter in frying pan and brown the cubes until all the oil has been absorbed. Crackers may be fixed the same way.

A FEW COMBINATION LEFTOVER SOUPS

The housewife should practice economy. Not a particle of food should be thrown away. In the summer time keep all left-overs in the ice box. In cold weather in a cool place.

I.—Left over spaghetti, dish tomatoes, egg plant, halibut. Brown an onion in a little olive oil, add spaghetti, egg plant cut in small pieces and halibut cut up. Wash one-third cup of rice and add to mixture. Cook two hours on low fire. Season with pepper and salt.

II.—Left over spinach, fish balls, potatoes, celery. Soak a little barley. If without left-over tomatoes use a cup full of canned. Brown onion as before, add spinach, fish balls, potato and celery cut up in cubes. Cook well for a few hours. Run through a sieve and serve with croutons.

III.—Leftover asparagus, macaroni, squash, tomatoes. Prepare as for No. 1 only adding farina in place of rice. This makes a change.

IV.—Cabbage, beans, tomatoes, potatoes. Prepare as for No. 1 only adding a little barley.

V.—Baked fish in tomato sauce, rice, green beans, carrots. Brown the onion in olive oil, add the ingredients and cook for two hours. Run through a colander or fine sieve on account of fish bones and serve with croutons.

These few recipes give a general idea of how to combine, and what to do, with leftovers. Soups are very good made from leftovers and all waste is eliminated. Cooked vegetables can stand three days and not spoil, if they are kept in a cool place.

FISH

In buying fish see that it is strictly fresh. Have them scaled and cleaned at the market. Soak them in cold water whether fresh water or salt water fish, then salt and put in ice box until ready for use.

LAKE TROUT FRIED

Lake trout are large fish. Split the fish through the center, making two halves. Then slice. Wash and dry in a clean cloth, dip in yellow corn meal and fry in hot grease. Season with pepper and salt while frying.

BOILED LAKE TROUT WITH HOLLANDAISE SAUCE

Wash fish and cut in large pieces, being careful not to tear them. To have them firm, use a sharp knife. Place the fish in stew pan. Peel an onion, slice it, and chop up a little parsley. Cook with a little water for one hour. Make the hollandaise sauce. Take fish out of pan and place on platter and pour over the sauce.

LAKE TROUT WITH DRESSING

Wash fish thoroughly and leave whole. Place in large baking pan. An aluminum is the best or a good grey granite. These prevent the fish from sticking. Grind the following: 4 slices of stale bread, ½ stalk celery, few sprigs parsley, 1 onion, 1 cup of tomatoes. Mix in a bowl, break in a raw egg, plenty of red pepper and half teaspoon salt. Knead well and use as stuffing for the fish. Slice onions in the pan, pour over fish two

tablespoons olive oil, two tablespoons tomato juice, two cups of water and bake one hour. Occasionally baste. If the fish absorbs most of the liquid add more water. There should be sufficient liquid to form a gravy.

LAKE TROUT IN CREAM SAUCE

Prepare same as for Hollandaise sauce only use plain cream sauce instead of the other.

BAKED LAKE TROUT WITH ONIONS

Split open one side of the fish, slice onions and fill the fish. Pour in a few tablespoons of olive oil, slice onions over the fish, add sufficient water to keep fish from getting dry. Baste occasionally and bake one hour in medium oven.

BAKED LAKE TROUT IN TOMATO SAUCE

Clean the fish and bake whole. Season with pepper and salt. After one hour's baking prepare a tomato sauce as given in directions for sauces, and pour over the fish.

BAKED TROUT WITH MUSHROOMS

Bake fish plain. Clean and wash one quart of fresh mushrooms, cut in two, put into a stew pan with a little salt and stew gently for half an hour. Make a tomato sauce. Add the mushrooms and tomato sauce to the fish and bake for another half an hour.

BAKED TROUT IN MUSHROOM SAUCE

Bake fish plain and when finished put on platter and pour over the mushroom sauce as given in sauce recipes.

RED SNAPPER AND BLACK BASS

Prepared in the same way as lake trout.

BUTTER FISH

These are small fish and best fried or baked with onions. Follow recipe for lake trout with onions.

BROILED FISH

Wash the fish and dry with clean cloth. Use for broiling, blue fish, lake trout, black bass. Place on broiler and brown on both sides. Careful not to scorch. After being thoroughly broiled place on platter, garnish with parsley, cut a lemon in quarters place around the fish. Put tablespoon of butter in cup and set in hot water to melt. Pour this drawn butter over the fish and season with pepper and salt.

CRAPPI, FLOWNDER, SUN FISH, CAT FISH AND SMELTS

These fish are best fried. Crappi and sun fish are also good prepared as the lake trout, with mushrooms.

WHITE FISH BOILED WITH POTATOES

Wash the fish and cut in large pieces. Use aluminum kettle to prevent fish from sticking, or place a porcelain plate right side down in the bottom and put fish over this. Put in a cut up onion, and small, peeled potatoes, left whole. Cook for one hour. Beat two eggs with a cup of milk. Put a lump of butter, pepper and salt in the fish. Stir gradually into the fish sauce the eggs and milk, but not over the fire as the egg will curdle. The fish can be eaten separately and the sauce served as a broth.

WHITE FISH

White fish may be fried, broiled, creamed or prepared with Hollandaise sauce.

FILLED FISH, RUSSIAN STYLE

Buffalo, carp, pike or black bass may be used for this dish. Clean the fish thoroughly. Cut in large pieces. Be careful not to tear the skin on the back. Split the forepart and with a sharp paring knife slowly separate the skin from the meat of the fish up to the back bone. Remove the meat, leaving just the skin and bone. After all the meat has been removed, use the food chopper and grind the fish meat with a large onion and a few slices of stale bread that have been soaked in cold water and the water drained off. A small piece of boneless fish, such as halibut, or white fish, may be added and ground up with the other ingredients. After grinding, place in mixing bowl and work in two raw eggs. Season highly with red pepper and salt. Replace the mixture in the skin from which the fish meat has been removed, making it appear like the original fish. Have the hands moistened in cold water in order to smooth the skin back in place to prevent filling from coming out. Put in aluminum pot or pot with porcelain plate. Handle each piece carefully. Wash an onion but do not remove the peeling. (The peeling adds to the color of the fish and sauce.) Cut the onion in slices and cover the fish with cold water. Let boil for two to three hours, being careful not to let it boil dry. Do not remove from pot until cold. Place on a platter and serve. Garnish with parsley. This fish is usually served cold, but may be served hot if desired. The sauce from the fish when placed in ice box jells and may be placed in molds before chilling and served that way.

TUNA FISH

Tuna fish is an excellent substitute for meat. It is sometimes called the "chicken" of the fish family. Tuna is served in many ways. It may be neatly placed on a platter with lemon sliced around it and olive oil poured over the top.

CREAMED TUNA ON TOAST

Prepare a slice of toast for each member of the family. Arrange toast on platter. Make a rich cream sauce. Open can of tuna shred it and pour into the cream sauce. Mix well, pour over toast and serve.

BAKED TUNA AND CELERY

Cut in small pieces a stalk of celery and cook until tender. Drain water off but do not throw it away. Save and use for soup. Make a thick cream sauce. Open a can of tuna into caserole and mix celery, cream sauce and an onion sliced thin, season with pepper and salt. Brown two tablespoons of butter. Roll six crackers and brown the cracker crumbs with the butter and cover the top of the mixture with it and bake for one hour.

BAKED TUNA AND TOMATO

1 can tuna
1 onion
2 tablespoons olive oil
1 tablespoon butter
1 pt. tomatoes
½ stalk celery
6 crackers
Pepper and salt

Mix tuna, celery cut in small cubes, tomatoes and sliced onion, olive oil and pepper and salt in baking dish. Brown the crackers in the butter as before and sprinkle over top and bake one hour in medium oven.

TUNA A LA HAMBURG

1 can tuna (large)
1 egg
2 slices bread
½ stalk celery
1 onion
2 tablespoons olive oil

Chop celery, onion and tuna in chopping bowl. Soak the bread and squeeze water out. Knead the bread and raw eggs, pepper and salt into the fish. Last the oil. Form into small balls. Have skillet hot with plenty of grease. Dip the balls into corn meal and fry until brown all over.

CANNED SALMON

Salmon is good served the same as tuna. Every recipe applies to salmon, too.

SALMON LOAF

1 large can salmon
3 slices stale bread
2 hard boiled eggs
1 onion
½ stalk celery
1 egg
½ cup tomatoes
Pepper and salt

Chop the salmon, onion, celery and bread that has been soaked and water drained off. Break in the egg, pepper and salt. Knead good. Form into a loaf in a well greased bread pan. Bury the shelled hard boiled eggs in the loaf. Reshape and pour over the tomatoes, pepper and salt and an onion sliced thin and one tea cup of water. Bake one hour. Baste occasionally. This can be served hot or cold. Do not carve until on table. The egg in the center of each slice makes a pretty dish.

SALMON CROQUETTES

Prepare the same as for salmon loaf. Instead of forming into a loaf make into cone shapes. Dip in yellow corn meal and fry in hot grease. Brown all over. Serve with cream or Hollandaise sauce.

FILLET OF FISH

Use for this either fresh salmon or halibut cut in even slices about one-half inch thick. Make a dressing given for lake trout. Take a heaping tablespoon of the dressing and spread on a slice of the fish. Cover with another slice, and so on. Place layers side by side in a large square or oblong pan. See that plenty of water remains on the fish while baking to prevent sticking or becoming too dry. Add a few sliced onions, two tablespoons of olive oil and a few tablespoons of tomato juice to the fish while

baking. Bake one hour. Remove carefully onto the platter without separating. Sauce can be served separately.

FRIED SALMON OR HALIBUT

Both of these are prepared in same way

Wash the fish and dry with clean cloth. Have it sliced about one-half inch and if slices are large cut in half or thirds and they will be easier to handle. Beat an egg light and creamy, have ready some yellow corn meal. Half brown an onion in some crisco then dip fish into egg then meal and fry on good fire. Do not turn until one side is brown. Shake the skillet occasionally to prevent the fish from sticking when ready to turn, from falling apart. Brown on both sides and serve.

FRIED WITH TOMATO SAUCE

Fry as before. Place on platter. Brown a tablespoon of flour in the skillet, add a little water to thin it, a large cup of tomatoes and pepper and salt. Cook five minutes. Chop a little parsley and sprinkle over fish. Pour over the tomato sauce strained.

ROAST

Take a three or four pound piece of halibut or salmon, wash it clean and dry with a cloth. First brown an onion in some olive oil and then the fish on all sides. Pour over a pint of water, pepper and salt. Place in baking pan and bake in oven for two hours. Serve with a cream tomato sauce.

POT ROAST

Prepare a three of four pound piece of salmon or halibut as above. Do not put in oven. Add a half cup of tomatoes, few sprigs parsley and half cup celery, cut fine and a tiny piece of garlic. Add just enough water to keep from burning or sticking. Baste occasionally. Keep lid on tight so the steam pene-

trates through the fish. Put peeled, whole potatoes, in with the fish. Cook on slow fire for 1½ hours.

CREAMED

Cut the halibut or salmon in one inch cubes and boil for half an hour in salted water. Drain off the water. Make a rich cream, or Hollandaise sauce and pour over fish. The fish may be left in a large piece if desired.

A LA CASEROLE

Boil the fish as for cream fish. Make the Hollaindaise sauce. Place fish in caserole and pour sauce over. Chop parsley and fold into the fish. Brown some cracker crumbs in butter, sprinkle over top and bake one hour.

BROILED

Wash and dry. Pound on both sides a few times. Place on broiler and broil like other fish. Serve same way.

BAKED WITH TOMATO

Prepared the same as tuna and tomato. Cut the fish in small pieces first.

SHRIMP

If using fresh shrimp, boil twenty minutes in boiling water and shell.

CREAMED

Make a rich cream, or Hollandaise sauce, and if using canned shrimp, open and pour into the sauce. If fresh, then broil as directed. This is good served on toast.

CREAM TOMATO SHRIMP ON TOAST

Prepare as above. In another stew pan boil a pint of tomatoes, add a tablespoon olive oil, pepper and salt. Gradually stir this into the creamed shrimp. The cream sauce should be a

little thicker than usual because the tomatoes have a tendency to thin it. Serve on toast.

CREAMED CODFISH

Pour boiling water over a package of prepared codfish in the colander and drain it. Heat a frying pan, and while you are waiting, beat the yolk of an egg. Squeeze the water from the fish. Put one tablespoon of butter in a hot pan, and when it bubbles put in two tablespoons of flour, and stir and rub until smooth. Pour in slowly a pint of hot milk, and mix well, rubbing in the flour and butter until there is not a single lump. Then stir in the fish with a little pepper, and when it boils put in the egg. Stir it all up once and it is done. Put in a hot covered dish, or on slices of buttered toast.

FISH BALLS

1 can prepared codfish (small) 2 cups mashed potatoes
½ cup hot milk 1 egg

Mix the fish flakes and mashed potatoes, milk, egg and pepper together. Form into balls. Turn out on floured board or dip in corn meal and fry in deep grease.

When using prepared fish that has not been flaked put in colander and pour a quart of boiling water through it, stirring it as you do so. Let it drain, then soak in cold water for a few hours to extract some of the salt.

SALT MACKEREL

Put the mackerel into a large pan of cold water with the skin up, and soak it an afternoon and night, changing the water several times. In the morning place it in a pan on the fire with enough water to cover it. Drop in a slice of onion, minced fine, a teaspoonful of vinegar, and a sprig of parsley. Simmer twenty minutes—that is, let it just bubble slowly. Make a cup of cream sauce. Take up the fish and pour off all the water; place it on a hot platter and pour the sauce over it.

SALT MACKEREL FRIED

Soak as before. Cut in large pieces. Dip in egg then corn meal. Have an onion slice thin in a hot frying pan. Use half butter and crisco to fry mackerel.

BAKED PICKEREL

Carefully clean and wipe the fish. Place a porcelain plate in the bottom of the pan, to prevent from sticking. Lay it in a circle on its belly, head and tail touching, tied. Baste often with warm water. Make a rich cream sauce with a grated onion in. When done place fish on platter. Chop a few sprigs of parsley, sprinkle on fish and pour sauce over it.

BAKED STUFFED PICKEREL

Prepare the same as for lake trout.

TO BROIL A SHAD

Split and wash the shad, dry with clean cloth. Season with salt and pepper. Have the broiler hot. Grease the gridiron well, and have it hot. Lay the shad upon it, flesh side down; broil for about 15 minutes, or more, according to thickness. Place on platter, garnish with watercress, lemon and pour over a couple of tablespoons of melted butter.

BAKED SHAD

Shad baked and stuffed is good when prepared the same as lake trout.

BOILED SHAD ROE

Drop into boiling water, cook gently for twenty minutes; take from fire and drain. Butter a shallow pan, lay the drained roe upon it. Salt and pepper it, spread soft butter over the surface, then sprinkle with cracker crumbs and bake one-half hour.

FRIED EELS

Clean the eels well, cut them in two inch pieces, wash again and dry with cloth; roll in corn meal and fry in deep crisco or salad oil. Pepper and salt while in the pan.

STEAMED SHEEPSHEAD

Select a medium sized fish, clean it thoroughly, sprinkle with salt; wrap it in a cloth and place in a steamer and steam one hour. Lay it whole upon the dish. Pour over few tablespoons melted butter, garnish with lemon and parsley.

CODFISH STEAK

The fresh codfish can be bought the same as halibut. Have it sliced and fry as any other fish.

SHELL FISH

CRAB

If fresh crabs prepare as follows: Put the crabs into a kettle of boiling water, throw in a handful of salt. Boil from twenty minutes to half an hour. Take them from the water when done and pick out all the meat; be careful not to break the shell. When fresh cannot be obtained a good grade of canned crab can be used. If shells are not broken they may be used as individual dishes, filled with any kind of mixture and baked.

ESCALLOPED CRABS

1 pint crab meat
2 tablespoons butter
1 cup milk
2 eggs
1 cup cracker crumbs
1 tablespoon flour

Place crab meat in baking dish. Make a cream sauce of the milk, flour and butter. Beat the eggs well and fold into the crab meat and add cream sauce. Fold in half of the cracker crumbs and sprinkle the rest over the top. Bake one hour.

CRAB WITH HOLLANDAISE SAUCE

Prepare a Hollandaise sauce. Cut into small pieces a can of crabs. Stir into hot sauce. Have ready slices of buttered toast, a slice for each individual, pour over the toast and serve immediately.

CRAB CROQUETTES

1 pint of crab meat
½ cup cracker crumbs
½ cup milk
2 eggs

Chop crab meat, add cracker crumbs, milk and eggs. Mix well, season with pepper and salt. Form into cone shape, dip in corn meal and fry.

BOILED LOBSTER

Put a handful of salt into a large kettle of boiling water. When the water boils hard, put in the lobster, having first brushed it, and tied the claws together with small piece of twine. Keep it boiling from 20 minutes to half an hour in proportion to size. If boiled too long the meat will be hard and stringy. When done take out, lay it on claws to drain, and wipe it dry. The head of the lobster and what is called the lady fingers are not to be eaten. Lobsters should be alive when dropped into the boiling water. After being cooked and cooled, split open the body and tail, and crack the claws, to extract the meat. The sand pouch found near the throat should be removed. Care should be exercised that none of the feathery, tough, gill-like particles found under the body get mixed with the meat. They are indigestible. Serve on a platter with drawn butter and lemon.

SCALLOPED LOBSTER

Same as scalloped crab.

LOBSTER CROQUETTES

Same as crab croquettes.

LOBSTER WITH HOLLANDAISE SAUCE

Same as crab with Hollandaise sauce. Where fresh lobsters are not obtainable canned will do.

OYSTERS

Oysters must be fresh and fat to be good. They are in season from September to May. The small ones sold by the quart, are good for fritters and stews. The large selects for frying.

FRIED OYSTERS

Take large oysters from liquor and dry them in a thickly folded tea cloth. Heat crisco in a deep frying pan. Season the oysters with pepper and salt, then dip each one into egg and cracker crumbs rolled fine, until it will take up no more. Place them in hot grease and fry a delicate brown, turning them on both sides by sliding a broad-bladed knife under them. Serve them crisp and hot, garnished with parsley and lemon.

BROILED OYSTERS

Dry a quart of oysters in a cloth, dip each in melted butter, well peppered and salted; then in beaten egg, then in cracker crumbs. Broil from three to five minutes. Pour over each a little melted butter and serve with lemon.

STEAMED OYSTERS

Wash and drain a quart of oysters; put them in a shallow pan and place in a steamer over boiling water; cover and steam until they are plump, with the edges curled, but no longer. Serve with drawn butter sauce.

STEAMED OYSTERS IN SHELL

Wash and place them in an air-tight vessel, laying them with the upper shell downward, so that the liquor will not run

when they open. Place this vessel over a pot of boiling water and steam. Steam rapidly until the shells open, about 15 to 20 minutes. Serve at once while hot with drawn butter sauce. The liquor may be served separate in a cup as broth.

OYSTER FRITTERS

1 dozen oysters
1 cup milk
½ teaspoon baking powder
2 eggs
¾ cup flour
Salt and pepper

Mix dry ingredients together, drain juice from oysters and mix with milk and gradually beat into the flour. Beat the eggs and cut the oysters in fine pieces. Mix all together and fry spoonsful in hot crisco.

SCALLOPED OYSTERS

1½ cups cracker crumbs
1 egg
1 tablespoon butter
1 quart oysters
1 cup milk
Pepper and salt

Butter an earthen baking dish; put a layer of the cracker crumbs on the bottom; wet this with some of the oyster liquor; next have a layer of oysters; sprinkle with salt and pepper, and lay small bits of butter upon them; then another layer of cracker crumbs and oyster juice; then oysters, pepper, salt and butter, and so on, until the dish is full; the top layer to be cracker crumbs. Beat the egg in the milk and turn over all. Cover the dish and bake for one hour. When baked through, uncover and set on upper shelf in oven to brown.

CREAMED OYSTERS

1 pint oysters
1 large cup cream sauce

Make a cream sauce and keep it hot. Drain off the oyster juice and wash the oysters by holding them under the cold water faucet. Strain the juice, return the oysters to it, put them on the fire and let them just simmer till the edges of the oysters curl.

Drain them from the juice again and drop them in the sauce, adding a little more salt (celery salt if you have it), and a few grains of red pepper. Serve the oysters on squares of buttered toast, or put them in a large dish with sifted bread crumbs over the top and tiny bits of butter, and brown in the oven.

PANNED OYSTERS

Take the oysters from their juice, strain it, wash the oysters, and put them back in it. Put them in a sauce pan with a little salt—about half a teaspoonful to a pint of oysters—and a little pepper, lump of butter. Let them simmer till the edges curl, just as before. Serve on squares of hot buttered toast.

OYSTERS AND MACARONI

1 pint oysters
¾ cup macaroni
¼ cup butter
Salt and pepper
flour
½ cup buttered crumbs

Break macaroni in one inch pieces and cook in boiling salted water until soft; drain, and rinse with cold water. Put a layer in the bottom of a baking dish, cover with oysters, sprinkle with salt and pepper, dredge with flour, and dot over with half of the butter, repeat, and cover with buttered crumbs, or cracker crumbs. Bake twenty minutes in hot oven.

STEAMED CLAMS

Follow directions for steamed oysters. Where fresh clams are unobtainable use good quality canned clams. Open the can and drain off liquor. Place clams in dish over pot of boiling water then serve with drawn butter sauce. Clams may be prepared after any oyster recipe.

SARDINES IN TOMATO SAUCE

Make a tomato sauce. Open a can of good oil sardines and place in tomato sauce. Let simmer a few minutes and serve.

HERRING

Fresh herring may be fried as any fish.

HERRING IN SALT BRINE—FRIED

Soak the herring for a few hours. Wash and dry. Dip in egg then corn meal and fry with onions.

PICKLED

6 herring
1 cup vinegar
3 onions
1 tablespoon sugar

Soak herring over night. Skin them and cut in thirds. Milk herring are the best. Remove the milks or roes. Boil the vinegar and sugar together and cool. Take the milks, wash thoroughly and chop in chopping bowl, adding thin sliced onion, then the cold vinegar, next the herring. Mix all together well and set in crock. Cover and in a few days it is read to use.

FISH AND VEGETABLE SAUCES
CREAM SAUCE

Place a lump of butter size of an egg in a sauce pan. When hot add a tablespoon flour that has been thinned with a cup of milk, stirring constantly. Season with red pepper and salt. Pour this over the fish or vegetables.

SHRIMP SAUCE

Melt one-third of a cup of butter. Mix three tablespoons of flour with one cup of milk and one of water, and add to the butter, then pepper and salt. Beat into this mixture with a Dover egg beater the yolk of an egg, then add half a can of dry shrimp cut in small pieces, almost shredded.

BROWN SAUCE

Brown an onion, in two tablespoons of olive oil or butter.

Also brown a heaping tablespoon of flour and add water gradually to thin it. If the sauce is to be made for baked fish, or boiled, add the natural fish gravy instead of plain water. This applies to the vegetables also.

BROWN SAUCE WITH MUSHROOMS

To the brown sauce add a fourth of a can of mushrooms, drained, rinsed and cut in small pieces. This is a delicious sauce over omelette, fish or vegetables.

TOMATO SAUCE

Brown an onion in two tablespoons olive oil. Brown a tablespoon of flour and add gradually, stirring all the time, a cup of water then a pint of tomatoes. Cut in a few dices of celery, and a sprig of parsley. Season with pepper and salt. Cook one-half hour and strain.

TOMATO CREAM SAUCE

Prepare the regular tomato sauce and add to it a pinch of baking soda. Heat a cup of milk separately, add a tablespoon of flour and a lump of butter. Practically making a cream sauce of the latter. Mix it slowly into the tomatoes. Serve immediately.

CELERY SAUCE

Make a cream sauce and in a separate vessel cook a few stalks of celery until tender. Use little water. Make the cream sauce rather thick and gradually stir in celery and water.

DRAWN BUTTER SAUCE

Use a porcelain or aluminum pan. Take one-half pound fresh butter and mix with it one tablespoon flour. When it is thoroughly mixed, put it into the sauce pan, and add to it a half

tea cupful of hot water. Cover the sauce pan (double boiler preferred and set in another pan of boiling water. Shake it around continually (always moving it the same way) until it is entirely melted and begins to simmer. Then allow it to boil up.

BREAD SAUCE

One cup of stale bread crumbs, one onion, two tablespoons butter, pepper and salt. Cut the onion fine, and boil in milk until quite soft. Strain the milk on to the stale bread crumbs, and let stand an hour. Put the bread and milk into the sauce pan with the boiled onion, pepper and salt. Allow it to boil. Stir in a little chopped parsley.

NASTURTIUM SAUCE

Chop the nasturtium stems fine and add them to a half pint of drawn butter. Let simmer a few minutes and serve.

ONION SAUCE

Peel and cut three small young onions, cook in small quantity of water until tender, and chop fine. Add cream sauce, season with pepper and salt, let come to boil and serve.

MINT SAUCE

Take one cup of fresh mint leaves and chop very fine and place in gravy boat with two tablespoons white sugar. Mix and let it stand a few minutes, then pour over it six tablespoons pure cider vinegar. The sauce should be made some time before it is used, that the flavor of the mint may be well extracted.

HOLLANDAISE SAUCE

Make a cream sauce. Take from the fire, add gradually the yolk of one egg, well beaten, one tablespoon olive oil, salt and teaspoon sugar, and the juice of half a lemon. Beat well together and serve at once.

TO MAKE MUSTARD

Boil the vinegar; take four spoons of mustard, half a teaspoon sugar, half spoonful salt, a tablespoon melted butter, mix.

FRENCH MUSTARD

Three tablespoons of mustard, one tablespoon sugar, well worked together. Beat in an egg until it is smooth; add one cup of vinegar, a little at a time, working it smooth; then set on the stove and cook three or four minutes, stirring all the time. When cool, add one tablespoon of the best olive oil, taking care to get it all thoroughly worked in and smooth. This serves well with fish.

VEGETABLES

Leafy and juicy vegetables are most valuable to the system for the mineral salts they contain. They contain salts of iron, sodium, lime, magnesium and potassium, which act as elminators of the poisonous acids and alkaloids. They are blood, nerve and bone builders. Richest in the mineral elements are the cabbage, spinach, lettuce, watercress, savoy cabbage, brussel sprouts, leek, celery and parsley. Next to these come the tomatoes, cucumbers, radishes, onions, asparagus and cauliflower.

Watermelons, muskmelons, cantaloupes, pumpkins, squashes, and other members of the melon family are refreshing summer foods and rich in organic salts.

Most vegetables can be eaten raw as well as cooked. Young carrots and turnips, cabbage, onions, tomatoes. But one need not go to extremes and claim that all of the organic mineral combinations in vegetables are rendered inorganic by cooking. Cookign does not change it chemically.

Never drain the water when cooking vegetables, because it contains the mineral elements. When cooking vegetables that require a good deal of water, save the water and use it for soups.

Most people after boiling cabbage, carrots, spinach, asparagus, beets, etc., drain it and pour the best part into the sink. This is wrong because what remains is free from the mineral salts.

Summer vegetables should be cooked as soon after gathering as possible. If they must be kept, spread on bottom of cool, dry, well ventilated cellar, or wrap in paper and place in ice-box. Lettuce in summer may best be kept by sprinkling with water, wrapped in clean tea towel, and placed on ice. In winter place lettuce in dish pan of cold water cover with paper and keep in cool place. See that the water covers the lettuce to prevent freezing. Change the water each day. Lettuce can be kept a week in this way. Carrots, turnips, rudabags and parsnips, are well kept in cold water. They remain crisp and firm.

In using canned vegetables, fruit or fish, always open and immediately remove from tin, lest the acid therein act on the tin to produce poisonous compounds. It is best to let the canned goods stand one hour in a dish to become reoxygenated.

In using onions for cooking care should be taken not to waste them. A large onion will do two or three times for flavoring. Never cut from the top or the root of the onion, always the sides, for when the root remains the onion does not rot. Wrap in a clean paper and keep in a cool place. An onion can be kept a week this way.

Celery leaves should always be saved. When placing celery on the table remove the leaves, wash and dry. Keep in a box in a dry place and whenever soup is cooked season with celery leaves. A wise housekeeper will always have a supply on hand. Parsley can also be dried and kept the same as celery.

Vegetables of all kinds should be thoroughly picked over throwing out all decayed or unripe parts, then well washed in several waters. Most vegetables when peeled, are better laid in cold water before cooking. When partly cooked a little salt should be thrown into the water in which they are boiled. They

should be cooked steadily after they are put on, not allowed to stop boiling, or simmering, until they are thoroughly done.

BOILED ASPARAGUS

When using the fresh asparagus cut off the lower parts of the stalks as far down as they will snap, untie the bunches, wash, remove the scales, and retie. Cook in boiling water fifteen minutes, or until soft, leaving tips out of the water the first ten minutes. (Do not throw any of the tough parts away; save them for soup; they form a good seasoning and no waste need be encountered). Drain, remove the string, and spread with soft butter.

ASPARAGUS FRENCH OMELETTE

Boil the asparagus until tender, then place in a baking dish and season. Beat the yolks of five eggs very light, add two tablespoons full of sweet cream, two of butter, season to taste, then the whipped whites of the eggs. Pour this over the asparagus and place inside the oven till the eggs are set.

ASPARAGUS WITH BREAD CRUMBS

Boil the asparagus as before. Arrange on platter. Grate several slices of stale bread. Brown two tablespoons of butter, throw in the crumbs and brown all over. Spread this over asparagus and serve.

ASPARAGUS WITH DRAWN BUTTER

Boil the asparagus. Serve on individual plates a slice of toast. Arrange six stalks of asparagus on each slice. Pour over them the drawn butter sauce.

ASPARAGUS IN CREAM SAUCE

Boil the asparagus. Arrange on platter or may be served

on buttered toast on individual plates. Pour over them a rich cream sauce.

ASPARAGUS WITH SOUR CREAM

Boil the asparagus. Make rich cream sauce. Fold into the sauce one cup of sour cream. Pour over asparagus served on toast.

ASPARAGUS AND GREEN PEAS

Cut the tender parts of the asparagus in one inch cubes Take one quart of fresh green peas, shell and cook with asparagus. Season with pepper and salt and use brown, or cream, sauce with it.

ASPARAGUS AND CARROTS

Cut young carrots in thin slices and cook one-half hour in water enough to cover. Add an equal amount of asparagus cut in inch long pieces. When tender add a brown sauce.

ASPARAGUS IN HOLLANDAISE SAUCE

Steam the asparagus in a sauce pan over a kettle of hot water. When tender place on platter and pour over the sauce.

ESCALLOPED ASPARAGUS

Boil the asparagus in slightly salted water. Into a well buttered baking dish put a layer of asparagus then a layer of bread crumbs, another layer of asparagus and bread crumbs, and so on until the dish is full. Top layer bread crumbs and dashes of butter. Pour over this two eggs beaten well with one pint of milk. Bake about three-fourth of an hour.

STRING BEANS

Break off the end that grew to the vine, drawing off at the

same time the string upon the edge; repeat the same process from the other end. Cut them with a sharp knife into pieces half an inch long, and boil them in just enough water to cover them. They usually require 1½ hour's boiling, but this depends upon their age and freshness. If they are tough at the end of the required time cook until absolutely tender. Never add seasoning until the beans are tender. The seasoning has a tendency to toughen them while in the boiling process.

STRING BEANS IN TOMATOES

Cook the string beans until almost tender, add a pint of tomatoes (to a quart of beans), a small onion and a heaping tablespoon of olive oil. Season with salt and pepper. Cook for another three-fourth of an hour. Then serve.

STRING BEAN HASH

Cook the beans until tender, boil down until almost dry. In a frying pan slice an onion very thin, some sweet potatoes in thin slices or Irish potatoes, add the beans and three tablespoons of olive oil. Brown for about five minutes then add a pint of water and bake an hour in the oven. If the water is absorbed before the potatoes are baked add more. Season with pepper and salt.

STRING BEAN SUCCOTASH

Cook beans until tender, and when fresh corn is in season cut the corn off the cob raw, into the pot of beans. Serve with shrimp sauce.

CREAMED STRING BEANS

Cook young and tender string beans and add to them a rich cream sauce.

STRING BEANS IN BROWN SAUCE

Boil the beans until tender. Make a brown sauce and pour over the beans and let cook another half hour. A half lemon or two tablespoons of vinegar improves them.

STRING BEANS AND POTATOES

Boil the beans until tender. Select small, even sized potatoes. Scrape and wash and place whole in with the beans. Boil until potatoes are tender, then add the brown sauce with the juice of half a lemon.

STRING BEAN FRICASSEE

Cook one quart of beans until tender, add four large potatoes cut in cubes, one small can of salmon, a half cup of celery cut fine, a few sprigs of parsley, a tiny kernel of garlic grated in. Make a brown sauce and pour over this after the potatoes are tender. Boil an egg hard, mash fine in a dish, take some of the gravy and mix it into the egg; pour back into the pot, cook another five minutes and serve. This is a complete meal and good to prepare on housekeeper's busy day.

STRING BEANS AND CHEESE

Boil the beans until tender. Make a tomato sauce, grate in some American cheese and stir briskly that the cheese may not become stringy. Pour this over the beans and set in oven for fifteen minutes.

WAX BEANS

Wax beans can be prepared the same as string beans.

LIMA BEANS

Dried or fresh lima beans are prepared in same way. It is best to wash beans thoroughly and soak over night in cold water.

It then requires less time for cooking. Pour that water off and pour on boiling water and cook until tender.

CREAMED LIMA BEANS

Cook lima beans until tender then add a rich cream sauce.

SUCCOTASH

Take a pint of fresh shelled lima beans, put them in a pot with cold water, rather more than will cover them. Scrape the kernels from a dozen ears of corn; put the cobs in with the beans, boiling until beans are tender. Remove the cobs with a fork and put in the scraped corn; boil again 15 minutes, then season with salt and pepper to taste, a piece of butter the size of an egg, and half cup of cream. Remove immediately from fire and serve.

LIMA BEANS BAKED

Cook lima beans until tender. Brown an onion in one-fourth cup olive oil, season highly with pepper, add salt, pour beans in this hot oil, mix well and bake in oven, stirring occasionally. Bake one hour in medium oven.

BEAN ROAST

Soak half pound of navy beans over night. Next day cook until tender (same as lima beans). Put in baking dish. Take a cup of peanut butter and add sufficient water to make a thin paste (run easy from a spoon). Stir this into the hot beans. Cut an onion in fine pieces and add, together with pepper and salt. Mix the mixture good. Add a pint of water and bake until mixture thickens and browns. Usually takes two hours. This is an excellent meat substitute.

BARLEY AND BEANS

Soak half cup whole grain barley over night, also half

pound navy beans (in separate vessels). Next morning cook both separately until tender. Mix together. Add a tablespoon of butter and an onion cut fine, pepper and salt. Mix well and bake until brown. Also a meat substitute.

NAVY BEANS AND ONIONS

Boil half pound of beans. When tender take two heaping tablespoons of olive oil in a frying pan and when hot fry two onions cut in thin slices, golden brown. Pour into the beans and season highly with pepper, add salt to taste.

NAVY BEANS AND TOMATOES

Cook the beans until tender. Add a pint of tomatoes and an onion browned in two tablespoons of olive oil. Cook another half hour and season with pepper and salt.

BAKED BEANS

Soak one pound navy beans over night and next day boil until tender. Place in earthen jar or caserole. Add the following to the beans: 1 onion cut up fine, 1 cup of tomatoes, ½ cup olive oil, ½ cup molasses, pepper and salt. Mix thoroughly. Bake about four hours. Stir it occasionally. They should be baked almost dry, when ready to serve.

VEGETARIAN CHILI

Soak a pound of chili beans or kidney beans over night. Cook until tender. Add an onion browned in two tablespoons of olive oil, one cup of tomatoes and a small can of salmon. Season highly with red pepper, add salt and cook for another hour, this should not be dry but rather loose and served in sauce dishes. Mexican beans can be used if preferred.

KIDNEY BEANS

Soak these over night and cook until tender. Add a brown sauce and serve.

LENTILS

Lentils are a fine substiute for meat. They are an excellent food. Wash them clean and drain the water off several times before soaking. Next day pour off all those that float on top. Pour scalding water on when ready to cook. They are good cooked plain with a brown sauce.

LENTIL CROQUETTES

Run a half pound of cooked lentils through a vegetable grinder, one Spanish onion, one-half stalk celery. Mix thoroughly with one raw egg, cracker or bread crumbs and half cup sweet milk. Season with pepper and salt. Shape into cones and fry in butter or crisco.

BAKED LENTILS

Cook a pound of lentils until tender. Brown two onions in half cup olive oil. Pour this into lentils, season with pepper and salt and mix well. Bake for two hours in medium oven. A separate shrimp or tomato sauce served in gravy boat should be served with this dish.

BOILED BEETS

Wash, and cook whole in boiling water until soft; time required being from one to four hours. Drain, put in cold water that skins may be removed easily. Cut in slices and place large lumps of butter on them with pepper and salt and serve.

STUFFED BEETS

Boil six medium sized beets and skin them, but leave them whole. Heat a can of French peas and turn off the juice, season them with salt and pepper. Cut off the stem end of each beet so that it will stand steadily, and scoop a round place in the other end; sprinkle each beet with salt and pepper, and put a tiny bit

of butter down in this little well, then fill it high with all the peas it will hold. The parts of the beets that have been removed can be served another time with butter.

BEETS AND ONIONS

Boil the beets until tender and cut in thin slices. Slice young onions thin and brown in olive oil; add juice of half a lemon a dash of sugar, pepper and salt. Heat slowly for five minutes and serve as hot vegetable.

BEETS IN CREAM SAUCE

Select small sugar beets. Boil in jacket, remove skins but leave whole. Make a rich cream sauce. Let beets simmer in sauce a few minutes and serve.

PICKLED BEETS

Slice the cold boiled beets. Pour over a little vinegar diluted with the same amount of water, a dash of sugar, salt and pepper and an onion cut in thin slices.

BEETS AU GRATIN

Take six medium sized beets and boil as before. Slice when cold. Take a baking dish and line the bottom with bread crumbs, alternate with sliced beets and onion and bread crumbs. Heat two cups of milk with two tablespoons melted butter, pour over beets. Have top layer of bread crumbs and bake in hot oven until nicely browned.

BRUSSEL SPROUTS

Brussel sprouts belong to the cabbage family. Pick over, remove all wilted leaves, soak in cold water fifteen minutes. Cook in boiling salted water for about 20 minutes.

SPROUTS IN DRAWN BUTTER SAUCE

Boil the sprouts and when tender make a drawn butter sauce and pour over the sprouts.

SPROUTS IN CREAM SAUCE

Boil the sprouts and when tender pour over a rich cream sauce.

SPROUTS IN BROWN SAUCE

Boil the sprouts until tender, make a brown sauce and pour over them.

SPROUTS AND ONIONS

Boil the sprouts until tender. Chop in mixing bowl. Brown two onions in two tablespoons olive oil, add sprouts, pepper and salt. Stir up well and fry for fifteen minutes until all grease is absorbed.

CABBAGE

There are four kinds of cabbage on the market—drumhead, sugar loaf, savoy and purple. The savoy is best for boiling and will boil in twenty minutes. Drumhead requires an hour to boil. The drumhead and purple are good for cold slaw. Always select the heavy cabbages. Great care is required to clean a cabbage for boiling, as it frequently harbors insects. Add considerable salt to the water when boiling. Do not let a cabbage boil too long—by long boiling it becomes watery.

CABBAGE BOILED DINNER

Wash the cabbage and slice. Boil in salted water just enough to cover. When tender peel some potatoes and cut in quarters, an onion sliced thin, and a small can of salmon. Mix this into the pot of cabbage. Add pepper and salt and a tea cup full of tomatoes. Cook until potatoes are tender. Make a

brown sauce and add to the mixture. Set in oven to brown about fifteen minutes. This is a complete meal.

BOILED CABBAGE

Take off outside leaves, cut in quarters and remove tough stalk. (The tough stalk can be saved for soup.) Soak in cold water and cook in uncovered vessel in boiling, salted water. When tender add drawn butter sauce.

ESCALLOPED CABBAGE

Boil the cabbage. Cut in pieces, place a layer in baking dish with a layer of bread crumbs. Prepare a loose cream sauce. Pour half over the first layer, place another layer, cream sauce and last bread crumbs. Bake one hour.

GERMAN CABBAGE

Cook red cabbage until tender, make a brown sauce but add a little vinegar and a dash of sugar. Cook fifteen minutes more.

CABBAGE IN TOMATO SAUCE

Make plain boiled cabbage, when tender add a pint of tomatoes, an onion, sprig of parsley, pepper and salt. Cook this for another half hour and place in oven fifteen minutes to brown.

STUFFED CABBAGE

Take the large outside leaves of the cabbage, wash them thoroughly. Take a cup of cooked rice, one cup of corn, one of chopped or stewed tomatoes, one cup of celery, one small onion, one raw egg, pepper and salt to taste. Mix all together and fill a little in each leaf. Fold the leaf carefully and tie with a clean string. Place same in an oblong baking dish, half cover with water, a little tomatoes, small onion cut in slices, two tablespoons olive oil and pepper and salt in water to form gravy. Bake in oven until cabbage is brown and tender.

STEAMED CABBAGE

Take a sound, solid cabbage, and with a large sharp knife shave it very fine. Put it in a sauce pan, pour in half a teacupful of water or just enough to keep it from burning; cover it very tightly, so as to confine the steam; watch it closely, add a little water now and then, until it begins to be tender; then put into it a large tablespoonful of butter; salt and pepper and a third of a cup of vinegar.

FRIED CABBAGE

Place in a frying pan a few tablespoons of olive oil or butter and heat until boiling hot. Take cold boiled cabbage chopped fine, put into the hot butter and fry a light brown, add a little vinegar. Onions can be fried with it if desired.

RED CABBAGE AND MUSHROOMS

Shred one head of red cabbage, steam until tender. Clean thoroughly, one quart of mushrooms; cook separately in a very little water. Make a brown sauce and pour over mushrooms. Place the cabbage on a heated platter. Pour over this the mushrooms.

FRENCH CABBAGE OMELETTE

Chop cold boiled white cabbage, stir in tablespoon melted butter, salt, pepper and two tablespoons cream; heat, and then add two well beaten eggs. Turn the mixture into a buttered frying pan, stirring until it is very hot and becomes a delicate brown on the under side. Place a hot dish over the pan, which must be reversed when turned out to serve.

SOUR CROUT (SAUER KRAUT)

This can be made at home and be kept all winter. It can be made in a large barrel, one that has contained wine or vinegar, or a large ten gallon earthen jug. Slice very white and firm

cabbages in fine shreds. At the bottom of the barrel place a layer of coarse salt, and alternately layers of cabbage and salt, being careful to have one of salt on the top. As each layer of cabbage is added it must be pressed down by a large and heavy pestle, and fresh layers added as soon as the juice floats to the surface. Some put carroway seeds in to flavor it. To ten gallons of kraut one pint of pure cider vinegar can be poured over. When the barrel is full it must be put in a dry cellar and covered with a cloth. Stretch the cover of the barrel until tight, and on this place heavy weights. At the end of a few days it will begin to ferment, during which time the top layer of foamy substance must be drawn off, all the fermented liquor as well, until the liquor is clear. This should be done every day. Renew the cloth and wash the cover, put the weights back, and let stand for a month. By that time the sauer kraut will be ready for use. Care must be taken to let the least possible air enter the barrel, and to have the cover perfectly clean. Each time the barrel has to be opened it must be properly closed again. These precautions must not be neglected.

When buying sauer kraut be sure that it is fresh and pure.

SAUER KRAUT AND TOMATOES

Brown an onion in some olive oil and add a quart of kraut and pint of tomatoes, season with red pepper. Cook one hour.

KRAUT AND ONION

Take a pint of kraut and cut into it in fine pieces a Spanish onion, pour over two heaping tablespoons of olive oil or two tablespoons of melted butter. Do not cook, just use the raw kraut.

SALMON AND KRAUT

Take one quart of kraut and cut into it a small onion and

one small can of salmon, one tablespoon of olive oil and cook for about three-fourth of an hour.

COLD SLAW

Select a small heavy cabbage, take off outside leaves and cut in quarters. With a sharp knife slice each quarter very thin. Soak in cold water and keep in cool place until very crisp, drain and dry between towels. Mix with cream salad dressing.

HOT SLAW

Prepare cabbage as for cold slaw and mix the following for the dressing: Yolks of two eggs slightly beaten, ¼ cup cold water, 1 tablespoon butter, ¼ cup hot vinegar, ½ teaspoon salt, stir over hot water until thickened and pour over cabbage. If one egg is used add a little flour to thicken it.

CAULIFLOWER

Cauliflower belongs to the same family as cabbage and sprouts. In selecting cauliflowers, choose those with white heads and fresh green leaves. Remove all spots. In cooking, remove the leaves, cut off stalk, and soak for thirty minutes (head down) in cold water to cover. This freshens it and if there are any insects on same they will soon come off in the water. When cleaned and washed drop them into boiling, salted water. Boil till tender. Do not use too much water in cooking. Boil it down so as not to waste the broth.

CREAMED CAULIFLOWER

Boil the cauliflower and when tender make a thick cream sauce, pour over the cauliflower and immediately serve.

FRIED CALIFLOWER

Boil the cauliflower till half done. Mix two tablespoons of flour with two yolks of eggs, then add water enough to make a rather thin paste; add salt and pepper, the two whites are beaten

till stiff and then mixed with the yolks, flour and water. Dip each branch of the cauliflower into the mixture, and fry them in hot crisco. When done take them off carefully so as not to break and drain the grease.

CAULIFLOWER AU GRATIN

2 small cauliflowers
3 heaping tablespoons grated cheese
½ cup water
½ cup milk
1 heaping tablespoon flour
Few drops lemon juice
Salt and red pepper
1 heaping tablespoon butter

Allow the cauliflowers to soak for an hour in salt and water; drain well, and cut off the stems quite close; put them head downward into a pan of boiling water, add one teaspoonful of salt and half a teaspoon of sugar to each quart. Allow these to boil until tender—twelve to twenty minutes—drain, and set in a dish with the flower uppermost. Make a cream sauce then add half of the grated cheese; pour this over the cauliflowers, and sprinkle over the top the remainder of the cheese. Put in hot oven for two or three minutes to brown slightly.

CAULIFLOWER A LA HOLLANDAISE

Boil as before and when tender remove carefully from pan on to the serving dish. Make a Hollandaise sauce and pour over the cauliflower and garnish with parsley.

CAULIFLOWER IN TOMATO SAUCE

Boil the cauliflower as before and when nearly tender add a cup of tomatoes and an onion, season with pepper and salt and two tablespoons olive oil.

CREAMED CAULIFLOWER AND TUNA

Boil the cauliflower as before and when tender add a can of tuna and a small onion. Make a thick cream sauce, pour over this and garnish with parsley.

ESCALLOPED CAULIFLOWER

Boil cauliflower as before. Grease a baking dish with butter. Place a layer of cauliflower, cover with bread crumbs, dot with butter and grate a thick layer of mild cheese over it; repeat until all ingredients are used. Have top layer of bread crumbs, cover with milk seasoned with salt and pepper, and bake in moderate oven one hour.

CAULIFLOWER SWEET AND SOUR

Boil the cauliflower until tender. Make a brown sauce and to it add a few grains of sugar and juice of one lemon. Pour over the cauliflower and serve.

CAULIFLOWER IN DRAWN BUTTER SAUCE

Boil the cauliflower. Drain off the water (use it for soup stock). Place on serving dish and pour over drawn butter sauce.

CARROTS

Carrots should be washed and scraped as the best part is near the skin. Cut in small slices and boil in salt water until tender.

CARROTS MASHED

Scrape and wash them; cook them tender in boiling water salted slightly. Mash them. Work in a good piece of butter and season with pepper and salt. Heap on a vegetable dish and serve hot.

CARROTS IN BROWN SAUCE

Scrape and clean the carrots, cut in thin slices and boil in salt water until tender. Make a brown sauce by using water from carrots, pour over carrots and cook five more minutes before serving.

CARROTS AND PEAS

Cook young carrots until tender, shell two quarts new peas and cook with carrots. Scrape six small potatoes cut in half and cook together with carrots and peas. Try and boil down. Make a cream or brown sauce for this. Can peas or dried green peas can be used, if fresh cannot be obtained.

CARROTS RUSSIAN STYLE

This is a good winter dish. Boil the carrots until tender, then add about six large potatoes, boil together with carrots. When tender drain the water and make a brown sauce. Mash the carrots and potatoes, pour brown sauce over this and mix well into the carrots. Place in well greased baking dish and bake for one hour.

CARROT FRITTERS

To two cupsful of mashed carrots add two well beaten eggs and two tablespoons of flour. Mix this thoroughly. Add a little salt and pepper. Make small patties, dip in corn meal and fry in hot crisco.

FRIED CARROTS

Cut the carrots in quarters lengthwise. Make a batter of two tablespoons of flour and two well beaten eggs, one-half cup milk, pepper and salt to taste. Dip the carrots in this and fry in butter or crisco.

CELERY

Celery is often sent to the table without dressing. Scrape the outside stalks, cut off the green tops and the roots; lay it in cold water until time to serve, then change the water and let stand three or four minutes; split the stalks with a sharp knife, being careful not to break them and serve on celery dish. Celery can

also be washed and scraped and placed in a clean cloth, wrapped and put on ice to remain crisp and firm.

CREAMED CELERY ON TOAST

Wash and scrape the celery and cut in cubes. Boil in salted water until tender. Make a thick cream sauce, pour over the celery. Make toast one-half inch thick and place on platter and pour over creamed celery. If served as side dish, cut the toast in strips placing a few strips to a plate and pour over three tablespoons of the celery. The celery used for cooking is the large celery often called the German celery. The dwarf is best served as a relish.

ESCALLOPED CELERY

Wash, scrape and cut into cubes a few stalks of celery. Boil until tender. Line a baking dish with a layer of celery and alternate with bread crumbs until dish is full. Have top layer bread crumbs. Beat an egg well and add a cup of milk, salt and pepper to taste. Pour over mixture and bake one hour in moderate oven.

CELERY-CABBAGE

This is a new vegetable but can be obtained in most places. It is produced by the crossing of celery and cabbage. It may be cooked and served the same as any recipe for cabbage.

GREEN CORN BOILED

Remove the husks and pick out the silk. Cook in boiling water from ten to twenty minutes. Drain off the water and serve hot. If corn is not entirely fresh add a tablespoonful of sugar to the water, but no salt, boil twenty minutes fast, and serve.

CORN PUDDING

Scrape twelve ears of tender green corn (uncooked), add

yolks and whites of four eggs beaten separately, one teaspoon sugar, one teaspoon flour mixed with a tablespoon of butter, salt and pepper and one pint of milk. Bake for about three-fourth of an hour.

STEWED GREEN CORN

Take one dozen ears of sweet corn, very tender. Cut off the kernels, using a very sharp knife, from the top of the cob down, then scrape the cob. Put the corn in a sauce-pan over the fire, with just enough water to cook without burning, boil about twenty minutes, then add a teacupful of milk, one tablespoonful butter, season with pepper and salt. Let simmer ten minutes longer, serve hot in vegetable dish.

SUCCOTASH

See recipe for lima bean succotash. In the winter time when green corn, or fresh lima beans, are not in season, a can of corn may be used to half a pound of dried lima beans. Soak the lima beans and boil until tender, add the corn and a tablespoon of butter, one-half cup milk and pepper and salt to taste.

CORN OYSTERS

This is a good substitute for meat. Grate raw corn from cob, to one cup pulp add one egg, one-fourth cup flour or corn meal and season with salt and pepper. Mix well and fry in hot crisco. Make same size as large oyster.

CORN IN TOMATO SAUCE

Cut the corn from the cob, make a tomato sauce, strain and pour over the corn.

LEFT OVER GREEN CORN

Green corn left over may be utilized as follows: Cut the

corn from the cob, put into a bowl with a cup of milk to every cup of corn, half cup of flour, one egg, pinch of salt, one teaspoon butter. Mix well into thick batter, and fry in small cakes in hot grease.

FRIED CORN

Cut the corn off the cob, taking care not to break off any of the husk with it, and to have the grains as separate as possible. Fry in a little butter, just enough to keep it from sticking to the pan; stir it often. When nicely browned add salt and pepper.

CORN ROAST

Take a can of corn and empty it in baking dish with an onion that has been minced, that is, cut very fine. Take one cup of peanut butter, dissolve it until it runs, in some warm water, add to the corn, and one tablespoon olive oil, salt and pepper. Mix well and bake until mixture thickens. This is meat substitute.

CORN FRITTERS

1 can of corn
1 cup corn meal
1 heaping teaspoon baking powder
2 teaspoons salt
Pepper to taste
1 egg, ½ cup milk

Mix dry ingredients first, then stir in beaten yolk and milk, last of all the white of the egg beaten stiff and folded in. Fry in hot pan of crisco, drop by spoonsful in deep fat. Carefully drain all the grease when taken from pan. It is well to place in a pie tin for a few moments before serving and put into the oven. This will dry the cakes if they are too moist.

ESCALLOPED CORN

Grease bottom and sides of baking dish; put in a layer of cracker or bread crumbs, then a layer of corn cut from the cob; sprinkle with salt and pepper and dot with butter; alternate with

crackers and corn until dish is filled, having top layer of crumbs. Beat an egg and mix with one cup of milk, pour over the corn. Cover and bake for one hour. Remove corn and let brown. Canned corn may be used when green corn is out of season.

BAKED CORN WITH TOMATOES

Fill a buttered baking dish with alternate layers of corn, tomatoes and onions. First layer bread crumbs, then corn cut from cob, then tomatoes peeled and sliced and an onion sliced thin. Repeat until dish is full. Grate cheese over top, season with pepper and salt. Pour over a cup of water and bake one hour.

CUCUMBERS

Cucumbers are best raw and served with salad dressing. Always peel, slice and salt them. Let stand in ice box until ready for use, at least an hour before using them. Drain off salt a half hour before dinner place in fresh water to renew crispness. Drain and add dressing.

FRIED CUCUMBERS

Cut in quarters after paring and dip in egg then cracker crumbs or coarse corn meal. Fry in deep grease.

CREAMED CUCUMBERS

Peel and cut into slices (lengthwise) some fine cucumbers. Boil them until soft, salt to taste, and serve with a cream sauce.

CUCUMBER A LA HOLLANDAISE

Cut cucumber in thin slices and boil until tender. Drain. Make Hollandaise sauce and pour over cucumber. Serve on toast.

FRIED EGG PLANT

Take fresh egg plants, cut them in slices a quarter of an

inch thick, soak them for a half an hour in cold water, with a teaspoonful of salt. Pare them before frying. Do not remove from water until you are ready to cook them, as the air will turn them black. Dry with a clean cloth, dip in beaten egg and corn meal and fry in deep hot crisco. Some fry onions with them. This may be served as a substitute for steak and onions.

STUFFED EGG PLANT

Cook egg plant in boiling water fifteen minutes. Drain water. Cut a slice from top, remove all pulp with a spoon, being careful not to tear the skin. Mix pulp with a cup of stale bread crumbs, 1 egg, 1 small onion (cut up fine), ½ can salmon, 2 tablespoons olive oil, ½ cup chopped celery, ½ cup tomatoes, salt and pepper. Refill egg plant, cover with bread crumbs, and bake half an hour in hot oven.

ESCALLOPED EGG PLANT

Peel an egg plant and cut in small cubes. Cook in small quantity of boiling water until soft, then drain. Place a layer of bread crumbs in well greased baking dish alternate with a layer of egg plant and sliced onion. Top layer bread crumbs. Make a rich cream sauce pour over this and bake one hour in medium oven.

EGG PLANT OYSTERS

Take an egg plant, peel it and cook until tender. Pound it into a paste and run it through a sieve, add half the amount of bread or cracker crumbs, salt, and a heaping tablespoon of butter, one egg. Mix well and form into oyster shape. Dip in egg and corn meal and fry until brown and crisp on all sides. Place on platter and garnish with parsley and sliced lemon.

DANDELION

Wash thoroughly. Remove roots and flowers, rinse in sev-

eral waters to remove all dirt and sand. Otherwise they will taste gritty. Make a sauce of the following: Melt a tablespoon of butter, beat well two eggs into a cup of milk, one tablespoon of flour, salt and a little pepper. Cook this in double boiler until mixture thickens. Add half cup of sour cream or juice of one lemon. Put the raw dandelion into this sauce and mix well. Let stand back of stove a few minutes, then serve.

LETTUCE

Lettuce should be separated by removing leaves from stalk. To keep fresh place in pan of water and keep in cool place. When ready to use dry leaves with clean cloth, cut in shreds, and dressing of some kind poured over. Lettuce is used as an appetizing stimulating food and always eaten raw.

STEWED MUSHROOMS

Wipe them with a wet cloth until clean and white; put them in a stew pan with a little water, and let them stew gently for a quarter of an hour. Add salt to taste. Work in a little flour and butter to make the liquor as thick as cream, and let it boil for five minutes. When ready to be dished up stir in two tablespoons of cream or the yolk of an egg; stir it for one minute over the fire, but do not let it boil, serve.

FRIED MUSHROOMS

Clean the large, flat variety of mushrooms, remove the stems, dry with cloth, dip in beaten egg, then cracker crumbs and fry until brown on both sides. Tastes somewhat like oyster.

MUSHROOMS ON TOAST

Clean the mushrooms. Best to use white flannel dipped in salt and rub them. Melt two heaping tablespoons of butter, salt and pepper to taste, one cup of milk. Boil mushrooms in this,

thicken with flour and a little cream. Pour over buttered toast.

BOILED ONIONS

Peel the onions, cut off the ends, wash, cover with cold water and let simmer gently until tender. Add butter, pepper and salt.

BAKED ONIONS

The large Spanish onion is best for this purpose. Wash them clean, but do not peel. Put into a sauce-pan, with slightly salted water; boil an hour, replacing the water with more boiling hot as the water evaporates. Turn off the water, and lay the onions on a cloth to dry them well; take off peeling. Dip in egg, then corn meal place, in a shallow baking dish with a few table spoons of melted butter and bake in oven until brown all over. Season with pepper and salt.

CREAMED ONIONS

Steam medium sized onions until tender. Make a thick cream sauce and pour over them and serve.

FRIED SPANISH ONION

Peel and cut in thick slices. Dip in well beaten egg, then corn meal, season with pepper and salt and fry in deep grease. Brown on both sides.

ESCALLOPED ONIONS

Take eight or ten young onions, of good size, slice them and boil them until tender. Lay them in a well buttered baking dish. Alternate with bread crumbs, pepper and salt, top layer crumbs; add a cup of milk and bake for half an hour.

GREEN ONIONS

Green onions are used as a relish. Cut the top off, also most of the greens. Wash and place plain on dish and serve.

OKRA

This grows in the shape of pods, and is of a gelatinous character, much used for soup, but it may be boiled and used as a vegetable. Put the long and tender pods of okra in salted boiling water and boil fifteen minutes. Remove the stems, serve with butter, pepper and salt and vinegar if preferred.

OKRA AND TOMATOES

Boil the okra and add to it four fresh tomatoes and a small onion, pepper and salt, two tablespoons olive oil. Boil fifteen minutes and serve.

PARSNIPS

Wash and scrape the parsnips, cut in small cubes, cook in boiling water until tender, which will be from two to three hours, according to the size of them. Drawn butter, cream or brown sauce can be poured over them.

MASHED PARSNIPS

See mashed carrots. Prepare same way.

PARSNIP FRITTERS

Cook parsnips until tender without peeling. Remove the skin and mash; add one egg, salt and pepper. Roll into flat, round cakes, dip in beaten egg, corn meal and fry until brown all over.

FRIED PARSNIPS

Boil until very tender. Remove the skins and cut in quarters lengthwise. Dip in beaten egg and corn meal and fry in deep crisco.

FRESH GREEN PEAS

Shell the peas and wash in cold water. Put in boiling water just enough to cover them well, and keep them from burning;

boil from twenty minutes to half an hour, when the liquor should be nearly boiled off. Season with pepper, salt and butter.

PEAS IN CREAM SAUCE

Boil the peas until tender. Make a cream sauce and pour over the peas and serve.

DRIED GREEN PEAS

Always soak them over night, wash, remove those that float and cook in boiling water until tender. A brown sauce is best served with these. Place in a hot oven fifteen minutes.

CAN PEAS

Canned peas may be used in the winter. They may be creamed; (but remove the liquor and use it for soup). Make a cream sauce and stir peas into it.

CAN PEAS IN OLIVE OIL

Open the peas, remove part of the liquor leaving enough to heat the peas. Brown an onion in two tablespoons of olive oil and stir this into the peas. Pepper and salt and serve.

CAN PEAS AND TOMATOES

Open a can of peas, pour in half can of tomatoes. Make a brown sauce and cook together with peas for three-fourth hour on medium fire.

PUMPKIN

Pumpkins should be peeled and cut in slices and boiled until tender. Can be served the same as all recipes for parsnips.

SPINACH

Remove the roots, carefully pick over (discarding wilted leaves) and wash in several waters to be free from all sand. When young and tender put in stew pan to heat gradually, and

boil 25 minutes with very little water. Old spinach is best cooked in boiling salted water, allowing two quarts of water to one peck of spinach. If washed thoroughly the water need not be drained but may be used in making part of the sauce or used for soup. Add lump of butter, pepper and salt, and a little vinegar.

SPINACH IN BROWN SAUCE

Boil the spinach. Use the water for making the sauce and add two tablespoons of vinegar. Let boil ten more minutes and serve.

CREAMED SPINACH

Boil spinach until tender. Remove from water. Chop fine make a cream sauce and pour over spinach. Squeeze in juice of half a lemon and serve immediately.

SPINACH AND EGGS

Boil the spinach. Make a drawn butter sauce. Place on serving dish. Make a poached egg for each member of the family and carefully lay on top of spinach. Sprinkle with pepper and salt and serve with lemon cut in quarters.

SQUASH

Summer squash, in the market during the summer months, should be young, tender and thin skinned. The common varieties are the white, round and the yellow crook-neck. In selecting winter squash see that it is heavy in proportion to its size.

BOILED SUMMER SQUASH

Wash the squash, peel, cut in quarters, then in small cubes, and boil until tender. Add butter, pepper and salt.

SQUASH IN CREAM SAUCE

Boil the squash as before. Make a cream sauce and pour over it and serve.

FRIED SQUASH

Follow recipe for fried egg plant.

SQUASH CAKES

Pare and grate half a summer squash, add cracker crumbs and two eggs, salt and pepper. Mix well and fry spoonsful at a time.

ESCALLOPED SQUASH

Peel the squash and cut in thin strips; put a layer in a buttered baking dish, sprinkle with salt and pepper and dots of butter; repeat until the dish is filled, then cover with sweet milk; sprinkle with cracker crumbs and bake in a moderate oven.

BOILED WINTER SQUASH

This is much finer than the summer squash. In a dry, warm place it can be kept all winter. The color is a very bright yellow. Pare it, take out the seeds, cut it in pieces, and stew it slowly until quite soft, in a very little water. Afterwards drain, squeeze and press it well; then mash it with a very little pepper and salt. The pieces will boil in from 20 to 40 minutes.

BAKED WINTER SQUASH

Cut open the squash, take out the seeds, and without paring, cut it up into large pieces; place the piece in a shallow baking pan. and bake one hour in a moderately hot oven. When done, peel and mash like mashed potatoes, or serve the pieces hot on a dish, to be eaten warm with butter like sweet potatoes. It retains its sweetness baked this way better than when boiled.

BAKED SQUASHES

Boil the squash, pare and cut into pieces, mash through a colander, removing all seeds and tough parts. Beat two eggs

very light, add three tablespoons of milk or cream, one tablespoon melted butter, one teaspoon sugar, and a little salt, lastly stirring in the squash. Beat well together, put into a buttered baking dish, cover with bread crumbs, dot with butter, and bake in a quick oven about half an hour.

Pumpkins may be prepared in the same manner.

STEWED SALSIFY OR OYSTER PLANT

Wash the roots and scrape off their skins, throwing them, as you do so, into cold water, for exposure to the air causes them to turn dark immediately. Then cut crosswise into little thin slices; thrown into fresh water, enough to cover; add a little salt and stew in a covered vessel until tender, about one hour. Pour off some of the water and add lump of butter, pepper and salt and a little flour thinned with milk or sweet cream. Boil up and serve hot.

FRIED SALSIFY

Stew the salsify as before, then mash it very fine. Beat up an egg, add a teacupful of milk, a little flour, butter and pepper and salt. Make into small patties and roll in corn meal and fry in deep, hot crisco.

ESCALLOPED SALSIFY

Peel and cook salsify; put into a buttered baking dish first a layer of salsify then bread crumbs, then another layer of each until the dish is filled. Make a cream sauce and beat in two eggs, pour over salsify and bake one hour.

TURNIPS

These are best during fall and winter. They become pithy towards spring. The Ruta-baga, a large yellow turnip, is one of the best varieties. Prepare turnips and rutabagas the same as parsnips. All the parsnip recipes apply to turnips also.

STEWED TOMATOES

Pour boiling water over sound ripe tomatoes; let them remain for a few minutes; then peel off the skins and cut in quarters. Cook in granite or aluminum sauce pan with a little water to prevent burning. Add pepper, salt and lump of butter also a little onion juice grated in. Cook twenty minutes from the time they reach the boiling point.

CAN TOMATOES STEWED

Remove the contents of a can of tomatoes into a sauce pan. Add a lump of butter or olive oil, pepper and salt and grated onion, a few grains sugar.

SCALLOPED TOMATOES—FRESH

Butter the sides and bottom of baking dish. Put a layer of bread crumbs in the bottom; on them put a layer of sliced tomatoes; sprinkle with salt, pepper and dot with butter and a few grains of sugar. Then repeat layer of crumbs and tomatoes, having top layer of slices of tomatoes, with bits of butter on each. Baked covered until well cooked through; remove cover and brown quickly.

SCALLOPED TOMATOES—CANNED

Remove contents from one can of tomatoes and drain. Season with salt, pepper, a dash of sugar, and few drops of onion juice. Cover the bottom of a buttered baking dish with cracker or bread crumbs, cover with tomatoes, sprinkle top with buttered crumbs. Bake in hot oven until crumbs are brown.

STUFFED BAKED TOMATOES

Select fresh, ripe and sound tomatoes. Cut a thin slice from the blossom end, with a small spoon scoop out the pulp without breaking the rind surrounding it. Chop some cabbage, a good

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sized onion, and mix them with a small cup of boiled rice, season with pepper and salt and one tablespoon olive oil; mix with the pulp, refill the shells, place the slice back on, sprinkle with buttered cracker crumbs and place in a shallow baking dish. Put in the pan enough water to keep from burning. Drop a small lump of butter on each tomato and bake for three-fourth of an hour.

STUFFED BAKED TOMATOES—II

Cut a slice from the stems of eight tomatoes. Scoop out pulp as before; boil and mash three potatoes, into the frying pan cut an onion up fine and brown in olive oil. Mix this with potato. Take any left over fish, either halibut, salmon or baked fish, cut in small pieces and mix with pulp and potatoes, season with pepper and salt and refill the shells. Place slice back on and sprinkle with buttered cracker crumbs. Bake as before.

FRIED TOMATOES

Cut firm, large, ripe tomatoes into thick slices, a quarter of an inch thick. Season with salt and pepper, roll in beaten egg and cracker crumbs and fry in hot crisco until brown on both sides.

BROILED TOMATOES

Prepare same as for fried tomatoes only cut them half an inch thick, place on well greased gridiron and broil until brown on both sides. Garnish with parsley. Dot with butter and serve sliced lemon with it.

SCRAMBLED TOMATOES

Remove the skins from six large tomatoes; cut them up in a sauce pan; add a teaspoon of butter, pepper, salt and one-half cup chopped celery, a little onion juice. When done beat three eggs, and just before serving turn them into the sauce pan with

the tomatoes, and stir rapidly, one way, allowing them to be done thoroughly.

BAKED POTATOES

Select potatoes of uniform size. Wash, dry, grease with crisco, and bake in a fairly hot oven until they are soft to the touch. Break the skin of each a little to allow the moisture to escape.

BOILED POTATOES

Select potatoes of uniform size. Wash, pare, cook in boiling salted water until soft, which is easily determined by piercing with a skewer. Drain water, and serve. In boiling large potatoes, it often happens that the outside is soft, while the center is under-done. To finish cooking potatoes, without breaking apart, add one pint of cold water. This drives heat to the center, and accomplishes the cooking.

BOILED NEW POTATOES

Wash them well and scrub off the skins with a vegetable brush and put them in salted boiling water. Let them boil until tender; try them with a fork, and when done drain. Let them stand on back of stove for a few minutes, with the lid of the sauce pan partially removed. When the potatoes are thoroughly dry put them in hot vegetable dish and serve. If the potatoes are too old to have the skins rubbed off boil them in the jackets; drain, peel and serve.

MASHED POTATOES

Boil the potatoes until tender after paring them. Drain and mash with a fine potato masher. Have ready a large piece of butter, melted in half a cup of hot milk, a good pinch of salt; mix well with the mashed potatoes until they are a smooth paste,

taking care that they are not too wet. Put them into a vegetable dish, heap them up, smooth and put a small piece of butter on the top in the center. Some prefer beating with a fork until creamy. If they get cold they can be reheated by placing on asbestos on back of stove.

ESCALLOPED POTATOES

Wash, pare and cut potatoes into thin slices. Butter the bottom and sides of a baking dish, put in layer of the potatoes, sprinkle with salt and pepper and a little cracker crumbs. Repeat until dish is full. Add hot milk until it may be seen through the top layer, sprinkle cracker crumbs on top and dot with butter. Bake at least 1¼ hours.

POTATOES BAKED IN HALF SHELL

Bake the same as plain baked potatoes. Remove from oven, cut in half lengthwise, and scope out the inside, being careful not to break the shell. Mash, add lump of butter, pepper and salt, a little milk, beat in an egg. Beat well with a fork and refil the shell. Sprinkle top with grated cheese or cracker crumbs, set in oven until top is brown.

POTATOES IN TOMATO SAUCE

Wash and pare six large potatoes, slice thinly, half cover with water; slice a large onion and cook together until potatoes are tender. Place in baking dish, add one pint of tomatoes, two tablespoons olive oil, salt and pepper, bake in moderate oven one hour. Occasionally turn the mixture. When cooking tomatoes with any vegetables it is best to add them when vegetable is almost done, as the acid in tomatoes has a tendency to harden and prolong the cooking.

POTATOES AND ONIONS

Peel and slice thin six large potatoes, place in stew pan,

slice a large onion thin, pepper and salt, and two tablespoons of olive oil, enough water to cover. Boil hard for three-quarters of an hour when the potatoes should be tender and most of the water boiled down. In this case the water is not drained. The potatoes will be soft but delicious to taste.

CREAMED POTATOES

Take the new potatoes, boil them in jacket and remove the skins when tender. Make a rich cream sauce and pour over the potatoes.

NEW POTATOES IN SOUR CREAM

Prepare as for creamed potatoes. Place over asbestos, or in back of the stove where they will not boil, merely simmer, add one cup of sour cream, one tablespoon butter, pepper and salt. Let stand this way half an hour then serve.

NEW POTATOES WITH PARSLEY

Boil in the jacket and remove the skins. Cut an onion fine in a hot frying pan with one tablespoon of melted butter. Slightly brown the onion; place potatoes in vegetable dish, pour over buttered onion and sprinkle with chopped parsley.

BROWNED POTATOES

Select medium sized potatoes, whether new or old, boil until tender in jacket. Remove the skins. Place a tablespoon of butter in large frying pan and brown the potatoes on all sides, sprinkling with salt and pepper.

POTATO PUDDING

Prepare the same as mashed potatoes. Mash, beat in an egg, one tablespoon of cracker crumbs that have been browned in butter, one-half cup of milk, pepper and salt. Mix well and bake in well greased baking dish one hour.

POTATO CROQUETTES

Prepare the same as potato pudding. Instead of placing in baking dish, arrange in cone shape, dip in egg, then in cracker crumbs or stale bread crumbs, place in well greased pan and bake in hot oven one hour. Or they may be fried until brown all over.

POTATO PANCAKES

Take two very large, or four medium sized, potatoes, peel and grate. After grating run through fine sieve to remove starch and water. Add two eggs, two tablespoons whole wheat flour to which has been added half teaspoon baking powder, pepper and salt; mix well and drop like any other batter, spoonsful at a time and fry in very hot grease.

FRENCH FRIED POTATOES

Wash and peel medium sized potatoes, cut in eighths lengthwise, wash in cold water, drain and dry in clean cloth. Have skillet smoking hot and fry in deep crisco. Turn them often while frying so they brown all over. Do not have too hot a fire for they will brown on the outside and be tough underneath. Take them out one by one with a fork so they will be free from grease. Place in vegetable dish and season with salt and pepper.

GERMAN FRIED

Boil the potatoes in the jackets. When tender remove the skins and allow to cool. Slice thin and fry in deep, hot crisco. Remove from grease carefully.

POTATOES AU GRATIN

Peel and cut into cubes potatoes that have been boiled in their jackets. Put a layer of potatoes into a well buttered baking dish, sprinkle with salt, grate cheese over, and dot with bits of

butter. Add alternate layers of potatoes and cheese until the dish is nearly full. Cover the top with bread crumbs and fill the dish with milk to just cover the contents. Bake one-half hour. Remove cover and brown. If one has individual baking dishes it is best to fix au gratin potatoes in them and serve in the baking dish.

LYONNAISE POTATOES

Boil eight potatoes in their jackets, peel and cut into dice. Heat an onion chopped fine, in one tablespoon of butter, until it looks yellow. Put in the potatoes and sprinkle with salt and pepper, stir well and cook about five minutes, taking care that they are not broken. They must not brown. Serve very hot.

BAKED SWEET POTATOES

Wash and scrub them, dry with a cloth, and grease with a little crisco. Bake in hot oven until soft, the time depending upon the size. Usually frome one-half to three-fourth of an hour. They should be served as soon as taken from the oven. If allowed to stand, unless skin is ruptured for steam to escape, they become soggy. Baked in slow oven is the best. The grease prevents the skin from being tough.

SWEET POTATO CAKES

Peel the potatoes, cut in slices and boil in salt water until tender. Drain, mash, add an egg, one-half cup of milk, lump of butter. Make into small patties. Dip in beaten egg and corn meal and fry.

BOILED SWEET POTATOES

Select potatoes of uniform size, wash, scrub with brush and cook until tender. Remove the skins and serve in vegetable dish.

BROWNED SWEET POTATOES

Boil in jackets and remove skins. Have frying pan hot and

melt a tablespoon of butter in this, brown the potatoes (whole) on all sides, serve.

GLAZED SWEET POTATOES

Wash and pare six medium sized potatoes. Cook ten minutes in boiling salted water. Drain, cut in halves lengthwise, and put into a buttered pan. Make a syrup by boiling three minutes one-half cup sugar and 4 tablespoons water; add one tablespoon butter. Brush potatoes with syrup and bake fifteen minutes, basteing occasionally with remaining syrup.

Potatoes baked in the jackets are best and should be served that way most of the time. Occasionally one may prepare them according to the other recipes, but not more than twice a week. The jackets of the potatoes act as a scavenger and they contain the mineral elements needed by the system. The best part of the potato lies near the jacket and by peeling it a desirable part is removed and wasted.

SALAD DRESSING

FRENCH DRESSING

½ teaspoon salt
¼ teaspoon red pepper
2 tablespoons vinegar
4 tablespoons olive oil

Mix ingredients and stir until well blended.

BOILED DRESSING

½ tablespoon salt
1½ tablespoons sugar
½ tablespoon flour
1½ tablespoons melted butter
1 teaspoon mustard
Few grains red pepper
Yolks of two eggs
¾ cup milk
¼ cup vinegar

Mix dry ingredients together; add yolks slightly beaten, place in double boiler, stir all the time, add milk gradually, next

vinegar, drop by drop and last the butter. Cook until mixture thickens and remove immediately from fire. Strain and cool.

MAYONNAISE

Yolk of 1 egg
½ teaspoon salt
½ cup olive oil
Pinch red pepper
1 tablespoon lemon juice or vinegar

Put the yolk of the egg into a very cold bowl. It is better to put the bowl, the egg, the oil, and the beater on the ice a half hour before you need them, for then the mayonnaise comes quicker. With a Dover egg beater beat till the yolk is very light; then gradually pour in the oil a drop at a time, until the mayonnaise becomes so thick that it is difficult to turn the beater. Put in a drop or two of the lemon or vinegar, and this will thin it so that the oil may be used again. Continue until there is nearly a cup of the dressing. If more oil is needed than the rule calls for, use it, and towards the last, add two or three drops at a time. Add the pepper and salt and it is done.

BOILED DRESSING WITHOUT MILK

1 teaspoon mustard
½ tablespoon salt
1½ tablespoons sugar
½ cup olive oil
1 heaping tablespoon flour
2 eggs
¼ teaspoon pepper
½ cup vinegar
½ cup water

Mix all the dry ingredients together, add well beaten eggs, boil in double boiler; gradually stir in olive oil, and last the vinegar, slowly. When mixture thickens, strain and let cool. This dressing can be kept for a couple of weeks in a cool place without spoiling and may be added to a french dressing if desired. The water is mixed with the vinegar before the vinegar is poured in.

SALADS

DRESSED LETTUCE

Prepare lettuce as given before and serve with French dressing.

LETTUCE AND CUCUMBER SALAD

Clean the lettuce leaves and place a large leaf in a salad dish (individual), slice cucumbers over this and pour over a salad dressing.

LETTUCE AND RADISH SALAD

Same as cucumber and lettuce.

LETTUCE AND TOMATO SALAD

Same as above. Slice the tomatoes and place them on crisp lettuce leaves. Pour a boiled dressing over them.

COMBINATION SALAD—I

Take several leaves of lettuce, roll them up and slice with a sharp knife. Place in a mixing bowl, slice radishes, cucumbers in cubes, tomatoes, and a cup of peas. Mix in a cup of boiled dressing and serve on crisp lettuce leaves.

COMBINATION SALAD—II

Have on individual plates a crisp piece of lettuce, one large slice of tomato; around it thin slices of cucumbers and around the outside a few radishes left whole, rose shaped. Take a sharp paring knife and split the skin of the radish in five parts like petals. Pour mayonnaise over the whole.

COMBINATION SALAD—III

A few slices of carrots on lettuce leaf, some peas, a few

stalks of asparagus, and in the center a red sugar beet, Pour mayonnaise or boiled dressing over this.

CELERY SALAD

Wash the celery, cut in small pieces and serve on lettuce leaf with boiled dressing.

ASPARAGUS SALAD

Drain the stalks of canned asparagus, arrange on lettuce leaf, garnish with a few slices of red beets, pour over boiled dressing.

BEET SALAD

Chop one dozen tiny sugar beets, one-fourth head of cabbage, one small onion. Arrange lettuce leaves on individual plates, place beets in center, cabbage around the beets and the minced onion sparingly sprinkled on top. Serve with boiled dressing.

BEET SALAD—II

Grate one dozen tiny beets and one raw horse radish. Mix together, add a little salt, half cup vinegar and two tablespoons sugar. This is good served with fish. A heaping tablespoon on a lettuce leaf is the right proportion to each individual, as it is sharp.

STUFFED BEET SALAD

Cook beets of uniform size. When cold, skin and cut off at one end, so that they will stand. Scoop out centers carefully, fill the cavities with equal parts of chopped celery and cabbage. Sprinkle a few chopped walnuts over the top and serve on lettuce leaves with mayonnaise dressing.

CAULIFLOWER SALAD

Boil white cauliflower in salted water until tender. Let drain and when cold, divide into small branches, being careful not to break them. Arrange lettuce leaf on plates, place two small heads in center, sliced beets around it and a row of peas. Serve with mayonnaise dressing.

VEGETABLE SALAD

Equal portions of potatoes and beets, half the quantity of celery or cabbage and a few English walnuts, mixed with a French dressing, served on lettuce leaf.

TOMATO SALAD

Select small, firm tomatoes, cutting a piece from the top about an inch and one-half in diameter. With scoop-spoon take out the pulp and mix the firm parts (discarding the seeds) with chopped or finely cut cucumbers, and pecans or walnuts. Fill and cover with mayonnaise dressing.

RED CABBAGE WITH CELERY

Trim one head of red cabbage and cut into quarters. Soak in cold water for thirty minutes and slice into shreds. Cut two heads of celery into very fine slices. At serving time, mix and add one tablespoon chopped onion. Mix with French dressing and serve.

STUFFED TOMATO SALAD

Peel the tomatoes. Set in ice box until serving time, when cold scoop out all of the center and mix with a hard boiled egg, chopped parsley, cup of celery, lettuce cut in small pieces; refil. Arrange on crisp lettuce leaves and serve with boiled dressing.

CABBAGE AND NUT SALAD

Chop fine one-half head of tender white cabbage, let stand

in cold water about one hour, drain. Add half the amount of finely chopped celery, one cup of chopped nuts, one small minced onion. Mix well with a cup of boiled dressing. Place on lettuce leaf, pour over more of the dressing and place two or three ripe olives on top.

CELERY AND CHEESE SALAD

Mash one cup of cream cheese with a little sweet cream until smooth. Mix with one cup chopped celery, season with pepper and salt. Mold into little balls, roll in ground nuts, serve on lettuce leaves with mayonnaise dressing.

CORN AND TOMATO SALAD

Cut sweet corn from the cob until there is one cupful, mix with one cup of rice (left over cooked rice will do), mix with boiled cream dressing. Arrange lettuce leaves, place a slice of tomato on each leaf and spread half an inch thick the rice and corn.

NUT AND CELERY SALAD

Arrange on crisp lettuce leaves celery cut in half inch pieces and walnuts in halves. Cover with boiled dressing and serve.

COMBINATION SALAD AND SOUR CREAM

Arrange on lettuce leaves a slice of tomato, few slices of cucumbers, a few radishes sliced, a young onion minced, season with pepper and salt and pour over two tablespoons of rich sour cream. The cream must be thick. Serve immediately.

GREEN PEAS AND STRING BEAN SALAD

Arrange on lettuce leaves some left over string beans, and fresh peas or one cup of canned peas, a slice of hard boiled egg and serve with creamed boiled dressing.

NASTURTIUM SALAD

Shred equal parts of nasturtium leaves and lettuce leaves, heap over crisp lettuce leaf on individual plates. Chop a few of the nasturtium stems, arrange over the top and serve with French dressing.

OLIVE SALAD

Chop one cup of English walnuts, one Spanish onion, olives to make one cupful, and one stalk of celery. Mix with mayonnaise and serve on crisp lettuce leaves.

POTATO SALAD—I

Boil six large potatoes in jackets. When cold remove the skin, cut in small cubes. Cut one stalk of celery in small pieces, grate in an onion, mix with two cups of boiled salad dressing. Arrange on platter garnished with parsley or water cress.

POTATO SALAD—II

Boil six large potatoes in jackets. When cold remove skins and cut in small cubes. Cut in one stalk of celery, one cucumber in cubes, one-third head of crisp, solid lettuce, and one bunch of radishes. Mix well with two cups of cream salad dressing serve immediately on lettuce leaves.

SALMON SALAD

One large can of salmon cut in shreds, one minced onion, and one stalk of celery cut fine. Mix with cup of mayonnaise and arrange on lettuce leaves.

SALMON SALAD—II

One large can of salmon shredded, one minced onion. Three large potatoes boiled in the jackets, remove skins and cut in cubes, one cup of shredded cabbage. Mix with two cups of mayonnaise and arrange on lettuce leaves.

TUNA FISH SALAD

One large can of tuna, one stalk celery, one onion chopped fine. Serve with mayonnaise or boiled dressing on lettuce leaves.

SHELL FISH

Crab, lobster and shrimp are prepared the same as tuna and salmon. If in summer time cucumbers can be added to them. One winter cabbage, if celery cannot be obtained. Ripe olives are good chopped up with it. Always use the same amount of celery or cabbage as fish and a heaping cup of salad dressing to one can of the fish. Hard boiled eggs are not mentioned in any of the salads because they have no food value and are more of a luxury. Eggs are used in the dressing and that answers the purpose.

FISH SALAD

Any cold, left over fish may be used as a salad. Take same quantity of lettuce or celery, a little cabbage, cut all in small pieces and cover with mayonnaise and serve on lettuce.

FRUIT SALADS

Salad dressings are not to be used on fruits. Nor whipped cream. As stated in the introduction, fruits and cream do not mix. The cream curdles when combined with fruit. Lettuce and celery belong to the vegetable family and vegetables and fruit should not be combined at the same time. Fruits have their mineral qualities and do not harmonize, that is, when taken with some of the minerals, iron and salts in the vegetables.

PEAR SALAD

Peel six large, solid pears, cut in quarters, remove core, being careful not to cut parts of the pear away. Blanch some almonds, using five in each quarter. Squeeze the juice of three oranges and pour a little on each pear.

PINEAPPLE SALAD

Take three cups of pineapple, that is, after it has been cut into small dice, add one cup of almonds or walnuts, squeeze over this the juice of three oranges.

DELICIOUS SUMMER SALAD

Open a can of pineapple and put on the ice until ready to serve. Leave slices whole; take fresh California cherries, pit them and arrange them around the pineapple, grate a few pears and make a little mound in the center of each slice of pineapple. Sprinkle with ground nuts.

BANANA SALAD

Cut the bananas in half lengthwise, arrange on top some fresh cold strawberries, sprinkle with nuts.

GRAPE FRUIT SALAD

Remove the core from the grape fruit after it has been cut in half. Remove all the fruit. To three grape fruits, or six halves, cut up three oranges in small cubes, peel and remove seeds of a cup of grapes (malaga), refil the grape fruit, grate apple over the top and sprinkle with nuts.

CANTALOUPE SALAD

Cut in half, remove all seeds; peel three peaches and three pears, cut in small cubes fill in cantaloupe and serve immediately.

COMBINATION FRUIT SALAD

Pare four large apples and cut in small cubes; dice in one can of pineapple, but place the juice in a separate dish; cut up four large oranges, three bananas. Mix well and serve with the juice of two oranges blended with the juice of the pineapple. Salted almonds or peanuts may be served on the side of the dish with the salad.

PEACH SALAD

Pare and have large, ripe, solid peaches, remove the stones, and fill the cavities with red raspberries. Garnish with a few cherries.

A FEW SIMPLE DESERTS

SOFT CARAMEL CUSTARD

1 quart of milk
6 eggs
½ cup sugar
½ teaspoon salt

Put the milk on to boil, reserving a cupful. Beat the eggs and add the cold milk to them; stir the sugar in a small sauce pan until it becomes liquid and just begins to smoke. Stir it into the boiling milk; then add the beaten eggs and cold milk, and stir constantly until mixture begins to thicken. Set away to cool, then chill on ice and serve in glasses.

BAKED CUSTARD

Beat 5 fresh eggs
½ cup sugar
1 quart milk
Vanilla or lemon extract

Beat the eggs, whites and yolks separately, the yolks with the sugar, the whites stiff; then stir them gradually into the milk, that has been boiled and allowed to cool. Flavor with the extract and one-half teaspoon salt. Rub butter over sides and bottom of baking dish; pour in the custard, grate a little nutmeg over the top and bake in a slow oven. It is better to set the dish in a shallow pan of hot water, reaching nearly to the top, the water to be kept from boiling until the custard is baked. This usually takes three-quarters of an hour. Bake until firm, which may be determined by running a silver knife through the custard. If knife comes out clean, custard is done. During baking care must be taken that water surrounding the mould does not reach the boiling point, or custard will whey. Always bear in mind that eggs and milk cooked together must be done at a low tem-

perature. For cup custard allow four eggs to four cups of milk, for large moulded custard five to six eggs, if less eggs are used custard is liable to crack when turned on serving dish.

BOILED CUSTARD

2 cups scalded milk
Yolks 3 eggs
¼ cup sugar
⅛ teaspoon salt
½ teaspoon vanilla

Beat eggs slightly, add sugar and salt; stir constantly while adding gradually the hot milk. Cook in double boiler, continue stirring until mixture thickens and a coating is formed on the spoon, strain immediately; chill and flavor.

MOCK CREAM CUSTARD

2 even tablespoons corn starch
3 eggs
Small piece of butter
1 quart milk
½ teaspoon salt
4 tablespoons powdered sugar
Lemon or vanilla flavoring

Heat the milk to nearly boiling, and add the starch, previously dissolved in a little cold milk; then add the eggs, well beaten, with the sugar; let boil up once or twice, stirring briskly, and it is done. Flavor and set it to cool then chill. This is a good substitute for ice cream. It may be molded into individual dishes. Butter some cups and pour the hot custard into them and set in a cool place, then later on ice. When ready to serve take a silver knife and slide it around the cup to loosen the custard, turn upside down into the sherbet glass, and serve.

CHOCOLATE CUSTARD

Make same as boiled or baked custard only stir in two ounces of grated chocolate when water is nearly boiling.

MINUTE TAPIOCA

1 quart milk
3 heaping tablespoons tapioca
¼ cup sugar
Good pinch salt
2 eggs
Few drops vanilla

Heat the milk to a boiling point, then stir in the tapioca; the salt; stir until it thickens; then add the sugar with the yolks beaten in. Stir it quickly then set in double boiler for about fifteen minutes to cook. Pour into a dish and fold in the beaten whites and flavoring, set it to cool, then chill on ice. Serve with cream.

FLOATING ISLAND

1 quart milk
5 tablespoons sugar
5 eggs
1 teaspoon vanilla
⅛ teaspoon salt

Put the milk on the stove to heat in a good sized pan. Beat the whites of the eggs very stiff, and as soon as the milk scalds—that is, gets a little wrinkled on top—drop spoonsful of the egg on it in little islands; let them stand there to cook just one minute, and then with the skimmer take them off and lay them on a plate. Put the milk where it will keep hot but not boil while you beat the yolks of the eggs stiff, mixing in the sugar and beating it. Pour the milk into the bowl of egg, a little at a time, beating all the while, and then put it in the double boiler and cook till it is as thick as cream. Take it off the fire, stir in the salt and the vanilla, and set it away to cool. When it is time to serve, strain the custard into a pretty dish and slip the whites off on top, one by one.

CORN STARCH BLANC MANGE

1 quart sweet milk
½ cup sugar
Pinch of salt
4 heaping tablespoons corn starch
3 white of eggs
Flavor with vanilla extract

Heat one pint of the milk; in the other pint mix the corn starch, sugar and salt; when the milk is hot, pour in the cold milk with the corn starch and sugar thoroughly mixed in it, and stir all together until there are no lumps and it is thick; flavor; take from the stove, and add the whites of the eggs beaten to a stiff froth.

Make a custard of the yolks, using one pint of milk and one-half cup sugar. Can be served with the above or at another meal, or the yolks may be used for salad dressing.

CHOCOLATE CORN STARCH PUDDING

1 quart milk
1 tablespoon butter
2 eggs
½ cup sugar
1 square Baker's chocolate
½ teaspoon salt
2 heaping tablespoons corn starch
½ teaspoon vanilla

Heat all but half cup of the milk. Season with the salt. Dissolve corn starch in remainder of the milk and stir into the hot milk; then stir in the eggs well beaten in the sugar. Melt the chocolate over hot water and stir in with the vanilla. Stir constantly while cooking, being careful not to scorch. After it thickens let cook two minutes longer and remove. Butter some tea cups and pour mixture in to mold. Set in cool place until ready to put in the ice box. When ready to serve remove from mold and serve with cream. Shredded cocoanut can be added before mixture is taken from the fire. The same can be made without the chocolate.

BREAD PUDDING

2 cups stale bread crumbs
1 quart scalded milk
1-3 cup sugar
¼ cup melted butter
2 eggs
½ teaspoon salt
½ teaspoon vanilla
¼ teaspoon cinnamon

Soak bread crumbs in milk, set aside until cool; add sugar; butter, eggs slightly beaten, salt and flavoring; bake one hour

in buttered baking dish. Serve with cream or vanilla or lemon sauce.

LEMON SAUCE

½ cup sugar
1 cup boiling water
1 tablespoon corn starch
2 tablespoons butter
1½ tablespoons lemon juice
Few grains salt

Mix sugar and corn starch, add water gradually, stirring constantly; boil five minutes, remove from fire, add butter and lemon juice.

VANILLA SAUCE

Make same as lemon sauce only using one teaspoon vanilla instead of lemon.

PIES

GENERAL RULE

Desert is unnecessary. One can get along without it. Occasionally a small piece of pie is alright, but do not indulge in it often. Never fruit pies, only custards. The crust contains the following:

1 pint of flour
½ cup cold water
½ cup crisco
Good pinch of salt

Rub the crisco into the flour until smooth. Then add the water, a little at a time, turning the paste carefully. Do not handle too much. Put a very little flour on the pastry board and lift the crust onto it, and with a floured rolling pin lightly roll it out once each way; fold it over and roll again, and do this several times until the crust looks even, with no lumps of the crisco showing anywhere. In putting the pie in the pan, cut the piece larger than the pie for it will shrink. Sprinkle tin with flour, lay on the crust, and after it has been fitted evenly and loosely, trim the edge. Make a few dents in the crust on the bottom with a knife or fork so that the heat may escape and it will not puff up in the center.

PUMPKIN PIE

2½ cups pulp
1 tablespoon molasses
2 heaping tablespoons sugar
1 teaspoon ginger
2 cups milk
2 eggs
1 teaspoons salt
1 teaspoon cinnamon

If canned pumpkin is used, measure the necessary amount. If fresh pumpkin then cut it in small pieces and cook until tender, mash and put through colander. Mix all the ingredients together and pour into the crust and bake. This rule makes two pies.

LEMON PIE

1 lemon
2 yolks
1 heaping tablespoon corn starch
1 small cup sugar
1 lump butter
1 cup water
Few drops vanilla

Squeeze juice of lemon into the sauce pan with the sugar and the yolks of the eggs well beaten. Heat and dissolve the corn starch in a little water and gradually stir into the mixture with the rest of the water. Boil until it thickens, stir in vanilla and remove from fire. Bake crust first. Let filling cool a few minutes and pour into the crust. Beat the whites of the eggs stiff and fold over the custard and bake until the whites brown. Cool and serve.

CUSTARD PIE

2 eggs
3 tablespoons sugar
⅛ teaspoon salt
1½ cups milk
Few gratings nutmeg

Beat eggs slightly, add sugar, salt and milk. Line the plate with paste. Strain in the mixture and sprinkle with few gratings of nutmeg. Bake in quick oven at first to set the rim, decrease the heat afterwards, as egg and milk in combination need to be

cooked in low temperature.

CREAM PIE

1 pint milk
Pinch salt
½ cup sugar
2 yolks
Heaping tablespoon corn starch
½ teaspoon vanilla

Heat the milk. Mix yolks and sugar together. Put salt into the milk, then add the well beaten yolks and sugar, stir in the corn starch dissolved in a little cold milk, then add vanilla. Boil until mixture thickens, stirring constantly. Pour into crust and bake. Spread beaten whites and brown in oven.

Instead of beaten white of egg whipped cream may be served over the top.

COCOANUT CREAM

Same as cream only add shredded cocoanut before filling the crust.

CHOCOLATE CREAM

The same as cream pie, using just one egg and whipped cream served on the pie.

ICE CREAM AND ICES

ICE CREAM

1 pint of milk
6 ounces of sugar
1 pint of cream
2 eggs
1 tablespoon corn starch
1 teaspoon vanilla

Scald, but do not boil, the milk mixed with the sugar and well beaten yolks and the corn starch. Whip the whites of the two eggs into the cream. Mix the milk and cream, add flavoring, and freeze. The quantity can be increased to any amount desired, so long as the relative proportions of the different ingredients are observed.

PURE ICE CREAM

2 quarts cream 1 pound sugar 1 teaspoon vanilla

Mix together and freeze.

CHOCOLATE ICE CREAM

Make same as plain ice cream; melt two squares of chocolate in a little saucer over the tea kettle. Mix a little of the milk or cream with this, and stir it smooth, then add it to the rest. A large cup of sugar is needed instead of a small one, as the chocolate is not sweetened.

LEMON ICE

1 quart water 4 lemons

2½ cups sugar 1 orange

Boil the sugar and water for ten minutes; strain it add the juice of the lemons and orange; cool and freeze.

ORANGE ICE

1 quart water 6 oranges

2½ cups sugar 1 lemon

Prepare exactly as for lemon ice.

STRAWBERRY ICE

1 quart water 2½ cups sugar

1½ cups strawberry juice, strained

Prepare like lemon ice.

RASPBERRY ICE

1 quart water 2½ cups sugar

1½ cups raspberry juice, strained

Prepare like lemon ice.

PINEAPPLE SHERBET

2 pineapple
1 pint sugar
2 quarts water
Juice 2 lemons
Juice 2 oranges

Grate the pineapples and mix two quarts of water and sugar; and the juice of lemons and oranges; place in freezer and freeze.

BUTTER AND CHEESE

TO MAKE BUTTER

Thoroughly scald the churn, then cool it before using with a small piece of ice, well, or spring water. Pour in the thick cream; churn fast at first, then, as the butter forms, more slowly; always with perfect regularity; in warm weather pour a little cold water into the churn, should the butter form slowly; in winter if the cream is too cold, add a little warm water to bring it to the proper temperature. When the butter has "come," rinse the sides of the churn down with cold water, and take the butter up with the perforated dasher or a wooden ladle, turning it quickly just below the surface of the buttermilk to catch every stray bit; have ready some very cold water, in a deep earthen dish; into this plunge the dasher when you draw it from the churn; the butter will float off leaving the dasher free. When you have collected all the butter, gather behind a wooden butter ladle, drain off the water, squeezing and pressing the butter with the ladle; then pour on more cold water, and work the butter with the ladle to get the milk out; drain off the water, sprinkle salt over the butter; a tablespoonful to a pound; work it in a little, and set in a cool place for an hour to harden, then work and knead it until not another drop of water exudes, and the butter is perfectly smooth and close in texture and polish. It then can be made into rolls, little balls, stamped pats or any other shape desired.

When the skimmed cream is placed in the cream jar, stir it well into what is already there, so that it may all sour alike. Fresh cream should not be put in within twelve hours before churning, or the butter will not come quickly; perhaps not at all.

CRACKERS AND CHEESE

Butter some crackers, take a cream cheese and thin with a little sweet cream, spread on the crackers, sprinkle with a little red pepper and brown in the oven.

CHEESE BALLS

Mash a cream cheese with a little sweet cream and a teaspoonful of melted butter, pepper and salt; make small balls and serve on lettuce leaf. A tablespoon of mayonnaise can be served on the side of each dish.

COTTAGE CHEESE

Heat one quart of sour milk to 100 degrees Farenheit, and turn into a strainer lined with cheese cloth. Pour over one quart of hot water, and as soon as water has drained through, pour over another quart; then repeat. Gather cheese cloth around the curd to form a bag and let hang until curd is free from whey. Moisten with melted butter, add cream and a little salt.

NEUFCHATEL SALAD

Mash one neufchatel cheese and moisten with cream, shape into small balls, sprinkle with finely chopped parsley, arrange on lettuce leaves. Garnish with slices red radishes and serve with French dressing. Olives may be chopped in or used as a garnish instead of radishes.

NUT AND CHEESE SALAD

Mix one cup of chopped English walnuts with two cream

cheeses that have been mashed with cream, serve with mayonnaise on lettuce.

CHEESE OMELETTE

Make an egg omelette and fold in mashed neufchatel cheese in the yolks the same as any other omelette.

CHEESE FONDU

Melt a tablespoon of butter, and whisk it into a pint of boiled milk. Dissolve two tablespoons of flour in a little cold milk, add to the boiled milk and cool. Beat the yolks of four eggs with a heaping teaspoon of salt, a few shakes of red pepper, and a cup of grated cheese. Whip the whites of the eggs stiff, add them to the milk, pour the mixture into a deep buttered baking dish, bake twenty minutes and serve as soon as it leaves the oven. Allow for rising about four niches, that the mixture may not run over.

SCALLOPED CHEESE

This can be made with ordinary toast or zwieback. If toast take three slices, or 6 zwieback, and butter it. Grate fine one-fourth pound of cheese; lay the bread in layers in a buttered baking dish, sprinkle over it the grated cheese, salt and pepper to taste. Mix four well beaten eggs with three cups of milk; pour over the bread and cheese. Bake it in a hot oven just as any pudding.

WELSH RAREBIT

Grate three ounces of dry cheese, and mix it with the yolk of two eggs, four ounces of grated bread, and three of butter; beat the whole together with a tablespoonful of made mustard, a little salt and pepper; toast some slices of bread, cut in half, spread the thick paste upon them, and put them in the oven, let them become hot and slightly browned. Serve as hot as possible.

BOSTON RAREBIT

Grate a pound of cheese, put into a sauce pan with four tablespoons of butter; as the cheese softens, add pepper, salt and a tablespoon of made mustard; stir constantly. When well mixed add one-half cup of cream and stir until smooth then add two well beaten eggs. Stir hard at first, then remove from fire and serve on buttered toast.

SANDWICHES

In preparing bread for sandwiches, cut slice as thin as possible and remove hard crusts. If butter is used, cream the butter slightly as it is easier to spread. Spread half the slices to be used with mixture for filling, cover with remaining pieces, and cut in square, oblongs or triangles. Sandwiches prepared several hours before serving, may be kept fresh by wrapping in a napkin wrung as dry as possible out of hot water, and kept in a cool place. Paraffine paper is often used for the same purpose. Bread for sandwiches cuts better when a day old. Serve sandwiches piled on a plate covered with a doiley.

LETTUCE SANDWICHES

Put fresh, crisp lettuce leaves, washed and thoroughly dried, between thin slices of buttered bread, having a teaspoon of mayonnaise on each leaf.

EGG SANDWICH

Hard boil the egg. Slice very thin between layers of buttered bread and a small piece of lettuce, cover with salad dressing.

HOT EGG SANDWICH

Have two slices of buttered bread ready on the plate. Open the egg into the hot frying pan greased with a teaspoon of melted

butter. Fry egg and turn over until yellow does not run. Place on bread and serve hot.

EGG SALAD SANDWICH

Chop a hard boiled egg, some celery, a few walnuts and a little parsley, together. Mix in a tablespoon full of boiled dressing; spread on buttered bread, a leaf of lettuce between.

SARDINE SANDWICHES

Mash a box of oil sardines and add juice of half a lemon, and one teaspoonful of olive oil. Spread on buttered bread with lettuce leaf between.

SARDINE SANDWICH—II

Mash a box of sardines and mix with half cup sald dressing. Spread on buttered bread with lettuce leaf between.

LOBSTER SANDWICH

Remove lobster meat from shell and chop. Season with salt, pepper, lemon juice and a little olive oil. Mayonnaise can be used if desired. Spread mixture between buttered bread on crisp lettuce leaf. Canned lobster prepared same way.

OYSTER SANDWICH

Arrange hot fried oysters on crisp lettuce leaves, allowing two oysters to each sandwich, one leaf to each sandwich. Place between buttered bread. Prepare fried clam sandwich in the same way.

CLAM AND CRACKER SANDWICH

Butter the crackers, open can of clams and place two clams between buttered soda crackers. Sprinkle red pepper on clams.

NUT AND CHEESE SANDWICHES

Butter the bread, then spread cream, or neufchtal cheese,

sprinkle some chopped walnuts or pecans, red pepper and a little salt, a leaf of lettuce.

LEFT OVER FISH SANDWICH

If any baked or fried fish is left over, slice it on buttered bread, cover with mayonnaise with a leaf of lettuce between.

SMOKED SALMON

Have the salmon sliced very thin. Put a piece of lettuce and a slice of salmon between buttered bread.

SMOKED WHITE FISH

Remove bones and prepare like smoked salmon. Lemon juice may be added.

RUSSIAN CAVIER

Cavier sandwiches are good made with rye bread or crackers. This is an expensive dish and the fish is very rich. Only spread lightly on the bread, with a few drops of lemon juice, and lettuce between.

BEAN SANDWICHES

If bean roast, or baked beans, or corn roast is left over, it can be used for sandwiches. Spread on buttered bread with ground celery, and a teaspoonful of salad dressing to each sandwich.

SHRIMP SANDWICHES

Open a can of shrimp, cut in small pieces, place on buttered bread, spread a teaspoon of mayonnaise on each sandwich, with lettuce leaf between.

TUNA OR SALMON SANDWICHES

Same as shrimp.

FISH SALAD SANDWICHES

Prepare the same as other sandwiches, using left over fish salad. Fresh salad may also be used.

NUT AND DATE SANDWICHES

Prepare between some buttered bread, some chopped nuts and dates, with lettuce leaf between.

PEANUT BUTTER SANDWICHES

Spread bread with butter and peanut butter which has been thinned with olive oil or cream, with lettuce leaf between.

FIG, CHEESE AND NUT SANDWICH

Grind a small cup of figs, small cup of nuts, small cup of raisins, and half package of dates. Then grind in a cream or neufchatel cheese. Spread lightly on buttered bread with lettuce between.

OLIVE SANDWICHES

Chop the olives fine and spread with mayonnaise, with lettuce leaf between.

CELERY SANDWICHES

Same as olives.

TOMATO SANDWICH

Select a firm tomato, slice, take out soft part and put on buttered bread, spread mayonnaise on, with lettuce between.

TOMATO AND AMERICAN CHEESE

Prepare the same as for tomato but add to it grated American cheese.

BOSTON RAREBIT SANDWICH

Have the toast hot, spread Boston rarebit over the toast, place another slice of toast over it and pour over this a rich cream sauce. Serve as a hot sandwich.

RADISH SANDWICH

Slice crisp radishes between buttered bread, season with salt and pepper, a few drops of lemon juice and few drops of olive oil.

COMBINATION SALAD SANDWICH

On each slice of bread place a lettuce leaf, one slice of tomato, several slices of cucumber, a little minced onion, a few slices of radishes. Spread with mayonnaise dressing.

CUCUMBER AND OLIVE SANDWICH

Place between buttered bread, sliced cucumber, with chopped ripe olives, and spread with mayonnaise dressing. Lettuce leaf between.

MUSHROOM SANDWICH

Cut mushrooms in small pieces, cook in butter until tender; add pepper and salt, a little lemon juice; let cool, then spread on buttered bread.

CLUB SANDWICH FOR ONE

Required for each sandwich as follows: Toast the bread, fry some mushrooms and onions in olive oil; spread lettuce on toast, remove mushrooms from oil and carefully lay on toast, (do not use onion) a spoonful of tuna fish, slice of cucumber, sprinkle with finely cut celery, spread mayonnaise over the top, then cover with another piece of toast. Garnish with parsley and olives.

HONEY SANDWICHES

Spread on buttered bread strained honey.

PIMENTO CHEESE SANDWICH

Spread on buttered bread the following: Grind up in food chopper one-fourth pound cream cheese, one medium sized sweet pimento pepper, moisten with mayonnaise, lettuce leaf between.

OLIVE AND CHEESE

Spread on buttered bread some cream cheese and chopped olives, lettuce leaf between. Spread boiled salad dressing over this.

CUCUMBER SANDWICHES

Same as tomato and radish sandwiches.

HOT CHEESE SANDWICHES

Cut bread in diamond shape; put generous pieces of American cream cheese between each sandwich; place the sandwiches in a large flat baking pan; place in oven, brown on both sides, serve hot.

BANANA SANDWICHES—I

Slice ripe bananas between buttered bread, sprinkle with chopped walnuts.

BANANA SANDWICH—II

Bake bananas in jackets. When tender, carefully remove jacket, spread banana over buttered bread when banana is thoroughly cold; spread with mayonnaise dressing, serve with lettuce. Chopped nuts may be added if desired. After banana has been baked all the acid has been extracted, therefore can be used with a dressing. But raw bananas must not be served with dressing of any kind.

FRESH FRUIT SANDWICH

Crushed fresh fruit, strawberries, red raspberries, blackberries or peaches, make delicious sandwiches. Spread mixture between buttered bread (no lettuce between) serve as soon as made.

APPLESAUCE SANDWICHES

Thick apple sauce spread on buttered bread.

FRUITS: FRESH, CANNED AND STEWED

Fruits are usually at their best when served ripe and in season. A few cannot be taken in their raw state. Others are more easily digested by cooking. The methods employed are stewing and baking. Fruits should be cooked in earthen or granite ware utensils, and silver or wooden spoons should be employed for stirring. All fruits contain one or more acids, and when exposed to air, or when brought in contact with an iron or tin surface, a poisonous compound may be formed.

HOW TO PREPARE STRAWBERRIES FOR SERVING

Pick over the berries, place in colander, pour over cold water, drain thoroughly, hull and turn into dish. Serve with very little sugar and no cream.

HOW TO PREPARE CANTALOUPES FOR SERVING

Cantaloupes should be very ripe and thoroughly chilled in ice box before serving. Wipe the melons. If small, cut in halves lengthwise; if larger cut in sections, and remove seeds and stringy portion. Serve with salt if so desired. If melons are sweet no sugar is necessary.

HOW TO PREPARE GRAPES FOR SERVING

Put bunches in colander and pour over cold water, drain,

chill, and arrange on serving dish. Imperfect or unripe grapes should be removed.

WAYS OF PREPARING ORANGES FOR SERVING

I—Wipe oranges and cut in halves crosswise. Place half on a fruit plate, having an orange, or teaspoon, at the right of the plate.

II—Peel the oranges, slice and sprinkle with a little powdered sugar.

HOW TO PREPARE GRAPE FRUIT

I—Wipe grape fruit and cut in half crosswise. With a small, sharp pointed paring knife make a cut separating pulp from skin around entire circumference; then make cuts separating pulp from tough portion, which divides fruit into sections. Remove tough portion one piece, which may be accomplished by one cutting with scissors at stem, or blossom end, close to skin. Sprinkle fruit pulp left in grape fruit skin with sugar. Let stand half an hour and serve.

II—Grape fruit is best and by far healthier when served in the following manner: Prepare as before, instead of using sugar pour a tablespoon of olive oil on and let stand half an hour before serving. The oil neutralizes the acid and a natural sweet taste is the result.

BAKED APPLES

Wipe and core sour apples. Put in baking dish and fill cavities with a little sugar, or sugar nuts, raisins and a dash of cinnamon. A few drops of lemon juice over the apples adds to their flavor. Cover bottom of baking dish with boiling water, and bake in hot oven until soft, basting often with syrup in dish. Serve hot or cold.

BAKED BANANAS

Do not peel the banana but wash clean. Grease with a little crisco same as for baked potato. Bake in moderate oven three-fourth hour. Serve as baked sweet potato or eaten with sugar and cream. When baked all the acid is extracted, rendering it harmless when combined with cream.

CANDIED BANANAS

Some prefer the bananas baked without jacket. Butter a baking dish and cover with sliced bananas. Sprinkle the least bit of sugar. Put on several large lumps of butter, or salad oil. Bake about three-fourth hour in moderate oven. Serve in place of potatoes.

QUARTERED BAKED APPLES

Peel apples thin, quarter, and remove core. Place on a shallow baking dish, cover with water, with enough sugar to slightly sweeten them, a little lemon juice and bake until apples are brown and tender.

APPLE SAUCE

Wipe, quarter, core and pare eight ripe sour apples. Make a syrup by boiling seven minutes one cup of sugar and one cup of water with thin shaving from rind or lemon. Remove lemon, add enough apples to cover bottom of sauce pan, watch carefully during cooking, and remove as soon as soft. Continue until all are cooked. Strain remaining syrup over apples.

II—Prepare apples as for above, barely cover with water. When boiling add sugar, lemon rind and cook until mushy. If apples do not cook to a pulp put through fine sieve.

CRANBERRY SAUCE

Pick over and wash three cups of cranberries. Put in a

stew pan and add 1¼ cups of sugar and one cup of boiling water. Cover and boil ten minutes. Care must be taken that they do not boil over. Skim and cool.

CRANBERRY JELLY

Pick over and wash four cups of cranberries. Put in a stew pan with one cup of boiling water, and boil 20 minutes. Rub through a sieve, add two cups of sugar, and cook five minutes. Turn into mold or glasses.

STEWED PRUNES

Wash and pick over the prunes. Put in a sauce pan and cover with cold water, soak over night; then cook until soft in same water. When nearly cooked, add sugar to sweeten. A little lemon juice may be added to flavor them.

Apricots, dried peaches, dried apples or pears are prepared in the same way. Remove skins after they have been soaked.

RAW PRUNES

This is a good breakfast dish. Wash prunes thoroughly and soak as before and next day eat them raw, serving a little of the water with them on plate.

COMPOT (Russian)

Wash and pick over in separate pans, prunes, raisins, dried peaches, dried apricots and dried apples. Soak over night as stated before. Remove skins from apricots, peaches and apples. Mix together and cook all in the same water they have been soaked in. Add a little sugar, lemon juice and a slice of orange, dash of cinnamon. Cook until tender. If water boils down too soon add more boiling water. The fruit will stew quicker with lid on.

RHUBARB SAUCE

Peel and cut in one inch pieces. Put in sauce pan, add enough water to prevent burning. Rhubarb contains such a large percentage of water that little more is needed. Cook until soft. Do not use much sugar, for it robs the blood of the lime, and the acid in the rhubarb is needed by the system. When rhubarb is served as a vegetable do not serve any cream mixtures at the same time.

CANNED FRUITS OR VEGETABLES

The economy fruit jars are best for canning vegetables. Vegetables and fish are hard to can in mason jars for they are not always air tight and it is hard to kill all the bacteria. There is a vacuum process in the economy jar and by boiling the vegetables in the jar, according to economy recipe, there is no danger of the vegetables spoiling. A recipe book comes with every dozen jars. Keep this on hand and follow directions. New lids have to be purchased each year but that is more economical than buying canned vegetables in the winter, or by canning in mason jars and running the risk of loosing them.

The process of canning fruits in mason jars is as follows:

Berries and all ripe mellow fruit require but little cooking, only long enough for the sugar to penetrate. Stew sugar over them, allow them to stand a few hours, then merely scald with the sugar; one-half to three-fourth pound is considered sufficient. The great secret of canning is to make the fruit or vegetable air tight. It must be put up boiling hot and the vessel filled to the brim.

Have the jars conveniently placed near the boiling fruit, in a tin pan of hot water on the stove, roll them in the hot water, then fill immediately with the hot, scalding fruit, fill to the top, and seal quickly with the tops, which should also be heated. Screw the tops down tighter as the fruit cools, for the glass con-

tracts, and allows the air to enter. They must be perfectly air tight. The jars to be kept in a cool, dry place.

Use glass jars for fruit always, and the fruit should be cooked in a porcelain or granite kettle. The rubber rings used to assist in keeping the air from the fruit sometimes become dry and brittle and useless. They can be restored to normal condition by letting them lie in water in which has been put a little ammonia. One part ammonia to two parts water.

The fruit may be canned in economy jars by boiling first according to the recipes described in economy booklet. The fruit is cooked and then placed boiling hot in jar, cap clamped on and no screwing necessary. This assures the fruit being air tight. If all bacteria has been killed in cooking there is no danger of lid coming off or of fruit spoiling. It is the safest way.

If the jars cannot be obtained from dealers write for booklet to the Kerr Glass Co., Chicago, Ill.

In canning peaches or pineapple make a syrup first. Sweeten according to taste of individual. Usually pint of sugar to pint of water, bring to boil. Put fruit in syrup and simmer ten to fifteen minutes, then bring to full boil and can.

MENUS

MENUS—BREAKFAST, LUNCHEON AND DINNER—FOR A WEEK IN EACH MONTH OF THE YEAR

JANUARY

SUNDAY

BREAKFAST

Sliced oranges

LUNCHEON

Salmon salad ripe olives
Peanut butter sandwiches
Cereal coffee

DINNER

Barley and Clam Broth
Creamed parsnips
Baked potatoes
Fried clams
Croutons
Celery

MONDAY

BREAKFAST

Baked apple

LUNCHEON

Rice soup (plain)
Corn meal muffins
Shrimp omelette

DINNER

Fried squash
Baked potatoes
Cabbage
Lettuce

TUESDAY

BREAKFAST

Stewed prunes

LUNCHEON

Barley porridge
Cottage cheese milk
Whole wheat muffins

DINNER

Oyster stew
Boiled sweet potatoes
Creamed carrots
Lettuce with mayonnaise

WEDNESDAY

BREAKFAST
Apple sauce

LUNCHEON
Cream tomato soup, fried mush
Cheese crackers

DINNER
Parsnip fritters
Lettuce, French dressing
Escalloped macaroni

THURSDAY

BREAKFAST
Grape fruit

LUNCHEON
Sardine sandwich
Cereal coffee
Cup custard

DINNER
Vegetable soup
Tuna salad
Baked potato
Hot rolls

FRIDAY

BREAKFAST
Canned peaches

LUNCHEON
Bran pancakes
Poached egg on toast
Cup of cocoa

DINNER
Cream celery soup
Baked halibut
Hollandaise sauce
Brown potatoes

SATURDAY

BREAKFAST
Apple sauce

LUNCHEON
Cracked wheat
Milk omelette, plain

DINNER
Bean roast
Stewed ruta-baga
Cream of spinach soup
Cold slaw

FEBRUARY

SUNDAY

BREAKFAST

Sliced oranges

LUNCHEON

Rice and salmon soup

Cheese fondu

Creamed turnips

DINNER

Baked white fish, tomato sauce

Lettuce, mayonnaise dressing

Scalloped onions

Lettuce salad

MONDAY

BREAKFAST

Raw prunes

LUNCHEON

Cream tomato and farina soup

Potato salad—Corn bread

DINNER

Clam fritters

Creamed squash

Baked potatoes

Celery salad

TUESDAY

BREAKFAST

Stewed apricots

LUNCHEON

Soft boiled eggs

Farina

Whole wheat muffins

DINNER

Vermicelli soup

Scalloped potatoes

Baked lake trout

Stewed tomatoes

WEDNESDAY

BREAKFAST

Sliced oranges

LUNCHEON

Potato salad

Stewed parsnips

DINNER

Barley and bean soup

Fish balls

Escalloped tomatoes

THURSDAY

BREAKFAST

Grape fruit

LUNCHEON

Cream tomato shrimp on toast
Carrots in brown sauce

DINNER

Creamed celery and rice soup
Macaroni and cheese
Baked sweet potatoes
Fried salmon

FRIDAY

BREAKFAST

Stewed prunes

LUNCHEON

Fried squash, celery
Stewed corn, Muffins

DINNER

Clam chowder
Plain black bass baked
Baked sweet potato
Lettuce, French dressing

SATURDAY

BREAKFAST

Baked apples

LUNCHEON

Milk, honey
Whole wheat bread and butter

DINNER

Lentil soup
Creamed cabbage
Ripe olives
Baked potatoes

MARCH

SUNDAY

BREAKFAST

Sliced pineapple

LUNCHEON

Plain barley soup
Creamed asparagus on toast

DINNER

Boiled mackerel in cream sauce
Spinach in brown sauce
Potatoes and onions
Celery and lettuce salad

MONDAY

BREAKFAST

Grape fruit

DINNER

Dried green pea soup

LUNCHEON
Fried squash, stewed corn
Baked potato
Sweet potato cakes
Sprouts in drawn butter sauce
Lettuce, French dressing

TUESDAY

BREAKFAST
Sliced pineapple and oranges
LUNCHEON
Spaghetti
Whole wheat bread and butter
Creamed cabbage

DINNER
Puree of vegetable soup
Croutons, creamed tuna on toast
Baked potatoes
Ripe olives

WEDNESDAY

BREAKFAST
Apple sauce
LUNCHEON
Corn flakes, milk
Poached egg on toast

DINNER
Cream of potato soup
Fried Bermuda onion
Creamed carrots and peas
Lettuce, boiled dressing

THURSDAY

BREAKFAST
Stewed prunes
LUNCHEON
Potato pancakes
Stewed tomatoes
Ruta-baga in brown sauce

DINNER
Barley and bean soup
Creamed tomato, shrimp on toast
Boiled cabbage
Ripe olives

FRIDAY

BREAKFAST
Grape fruit
LUNCHEON
Vegetarian chili
Spoon corn bread

DINNER
Halibut roast
Mashed potatoes
Cold slaw
Boiled parsnips

SATURDAY

BREAKFAST

Stewed peaches

LUNCHEON

Cracked wheat

Cereal coffee, muffins

DINNER

Farina bisque

Corn oysters

Lettuce and celery salad

Mashed carrots

APRIL

SUNDAY

BREAKFAST

Stewed apricots and prunes

LUNCHEON

Cottage cheese, milk

Poached eggs on toast

DINNER

Okra and bean soup

Stuffed lake trout

Dandelion

Baked potatoes

MONDAY

BREAKFAST

Sliced oranges

LUNCHEON

Bran muffins, cereal coffee

Asparagus omelette

DINNER

Cream of lima bean soup

Fried egg plant

Baked potatoes

TUESDAY

BREAKFAST

Stewed prunes

LUNCHEON

Asparagus omelette

Salmon salad

DINNER

Boiled cabbage dinner

Corn starch pudding

Olives

Corn bread

WEDNESDAY

BREAKFAST

Baked apples

DINNER

Cream of celery soup

LUNCHEON
Fried egg plant
Macaroni and cheese, lettuce
Fillet of salmon
String beans in tomato sauce
Beet salad I

THURSDAY

BREAKFAST
Sliced oranges
LUNCHEON
Puffed wheat, milk
Cheese omelette
DINNER
Gritz soup
Corn roast
Asparagus, drawn butter sauce
Cucumber and lettuce salad

FRIDAY

BREAKFAST
Stewed apricots
LUNCHEON
Steamed oatmeal, buttermilk
Peanut butter sandwich
DINNER
Vegetable puree soup
Croutons
Broiled blue fish, rhubarb
French fried potatoes

SATURDAY

BREAKFAST
Grape fruit
LUNCHEON
Corn fritters, radishes
Custard, bran muffins
DINNER
Oyster stew
Creamed peas, brown potatoes
Lettuce with mayonnaise
Hot rolls

MAY

SUNDAY

BREAKFAST
Sliced pineapple
LUNCHEON
Cold sliced salmon loaf
Creamed cauliflower, olives
DINNER
Cream of asparagus soup
Crab a la Hollandaise
New potatoes with parsley
Lettuce and cucumber salad

MONDAY

BREAKFAST	DINNER
Oranges	Vermicili soup
LUNCHEON	Creamed new potatoes
Clam fritters	String beans in brown sauce
Asparagus with bread crumbs	Lettuce, French dressing

TUESDAY

BREAKFAST	DINNER
Stewed peaches	Cream of pea soup
LUNCHEON	Spinach with egg
Oatmeal with cream	Potato croquettes
Scrambled eggs, hot rolls	Combination salad I

WEDNESDAY

BREAKFAST	DINNER
Grape fruit	Beet and tomato soup
LUNCHEON	Salmon loaf
Creamed lima beans	Baked macaroni
Fried mush, boiled cabbage	and cheese, lettuce salad

THURSDAY

BREAKFAST	DINNER
Sliced pineapple	Split pea soup
LUNCHEON	Tomato and lettuce salad
Spaghetti and okra,	Salmon salad
Fried squash	Olives
Lettuce salad	

FRIDAY

BREAKFAST	DINNER
Oranges	Cream potato soup
LUNCHEON	Fried crappies

Sliced tomatoes, hot egg
Sandwich, stewed corn
Cream green peas
Baked banana, cabbage salad

SATURDAY

BREAKFAST
Grape fruit
LUNCHEON
Italian rice

Asparagus omelette

DINNER
Clam and corn chowder
Boiled new potatoes
Sour string beans, brown sauce

Radish and cucumber salad

JUNE

SUNDAY

BREAKFAST
Strawberries
LUNCHEON
Salmon croquettes
Creamed summer squash
Lettuce with mayonnaise

DINNER
Carrot and pea soup
Baked stuffed black bass
Beet greens (prep'd as spinach)
Potatoes au gratin
Stuffed tomato salad

MONDAY

BREAKFAST
Stewed apricots
LUNCHEON
Fried mush, tapioca
Creamed cucumbers on toast

DINNER
Vegetable puree, croutons
Asparagus Hollandaise sauce
New potatoes and parsley
Whole wheat muffins

TUESDAY

BREAKFAST
Stewed prunes
LUNCHEON
Tuna a la Hamburg
Stuffed beets
Lettuce, French dressing

DINNER
Cream of celery and rice soup
New potatoes, sour cream
Creamed onions
Spinach and egg

WEDNESDAY

BREAKFAST	DINNER
Stewed peaches	Egg plant soup
LUNCHEON	Cauliflower au gratin
Baked butter fish with onions	Fish balls
Scalloped potatoes	Tomato and lettuce salad

THURSDAY

BREAKFAST	DINNER
Raspberries	Rice and egg soup
LUNCHEON	Beets au gratin
Fried tomatoes, cucumber salad	Baked Potatoes
Escalloped salsify	Combination Salad II

FRIDAY

BREAKFAST	DINNER
Cherries	Cream of asparagus soup
LUNCHEON	Baked blue fish, tomato sauce
Boiled rice with cream, hot rolls	New potatoes in cream
Celery and cheese salad	Cucumbers and Mayonnaise

SATURDAY

BREAKFAST	DINNER
Strawberries	Cream tomato soup
LUNCHEON	Escalloped egg plant
Scrambled tomatoes	String beans
Bran muffins, stewed corn	Shrimp salad

JULY

SUNDAY

BREAKFAST	DINNER
Red raspberries	Clam chowder

LUNCHEON
Ice cream
Milk, whole wheat bread
Creamed salmon
Squash cakes
Combination salad I

MONDAY

BREAKFAST
Pears
LUNCHEON
Potato salad
Oyster sandwich, cereal coffee
DINNER
Chave borched
Succotash
Combination vegetable salad
Escalloped new potatoes

TUESDAY

BREAKFAST
Raspberries
LUNCHEON
Boiled new potatoes
Shrimp omelette
Sliced cucumbers
DINNER
Vermicelli soup
Corn on cob
Creamed tuna on toast
Sliced tomatoes

WEDNESDAY

BREAKFAST
Blackberries
LUNCHEON
Fried cabbage, cucumber salad
Baked potatoes
DINNER
Carrot and pea soup
Clam fritters
Creamed onions
Lettuce mayonnaise

THURSDAY

BREAKFAST
Red raspberries
LUNCHEON
Spaghetti Italian
Cauliflower au gratin
DINNER
Cabbage soup
Creamed lima beans
Mashed carrots
Potato salad

FRIDAY

BREAKFAST

Peaches

LUNCHEON

Boiled rice, cream

Cottage cheese, milk

DINNER

Fried halibut, tomato sauce

Corn on cob

Combination salad

Scalloped onions

SATURDAY

BREAKFAST

Fresh currants

LUNCHEON

Corn bread, buttermilk

Plain omelette

DINNER

Green pea soup

Escalloped clams

Tomato salad

Boiled new potatoes

AUGUST

SUNDAY

BREAKFAST

Peaches

LUNCHEON

Poached eggs on toast

Milk, floating island

DINNER

Vegetable puree, croutons

Baked pickerel, Holl'daise sauce

Stuffed cabbage

Sliced tomatoes

MONDAY

BREAKFAST

Plums

LUNCHEON

Sardines in tomato sauce

Potato salad, muffins

DINNER

Cream tomato bisque

String beans, brown sauce

Rice croquettes

Cucumber salad

TUESDAY

BREAKFAST

Blackberries

DINNER

Cream of celery soup

LUNCHEON
Grape nuts, cream
Cottage cheese, milk
Boiled cabbage
Corn on cob
Sliced tomatoes, mayonnaise

WEDNESDAY

BREAKFAST
Cantaloupe
LUNCHEON
Creamed salmon on toast
Rice pudding
DINNER
Cream of spinach soup
Stuffed egg plant
Corn on cob
Tomato and lettuce salad

THURSDAY

BREAKFAST
Fresh apricots
LUNCHEON
Soda crackers, milk
Soft boiled eggs
DINNER
Cream of lima bean soup
Lyonnaise potatoes
Egg plant, oysters
Lettuce salad

FRIDAY

BREAKFAST
Peaches
LUNCHEON
German fried potatoes
Combination salad, corn on cob
DINNER
Cream of corn soup
Baked trout with onions
Spinach in brown sauce
Sliced tomatoes, mayonnaise

SATURDAY

BREAKFAST
Cantaloupe
LUNCHEON
Graham muffins, cottage cheese
Milk, puffed rice, cream
DINNER
Cabbage boiled dinner
Crab salad

SEPTEMBER

SUNDAY

BREAKFAST	DINNER
Cantaloupe	Baked butterfish with mushr'ms
LUNCHEON	Bean puree soup
Rice omelette, cold slaw	Creamed squash
Escalloped egg plant	Tomato salad

MONDAY

BREAKFAST	DINNER
Peaches	Vegetable soup
LUNCHEON	Lima beans
Potato croquettes, muffins	Combination salad
Fried smelts, lettuce salad	Fried tomatoes

TUESDAY

BREAKFAST	DINNER
Huckleberries	Vermicelli soup
LUNCHEON	Boiled potatoes, buttered beets
Steamed oatmeal, cereal coffee	Corn roast
Poached eggs on toast	Lettuce salad

WEDNESDAY

BREAKFAST	DINNER
Whole pears	Split pea soup
LUNCHEON	Browned potatoes
Fried oyster, sliced tomatoes	String beans
Creamed cauliflower	Lettuce with mayonnaise

THURSDAY

BREAKFAST	DINNER
Cantaloupe	Cream of corn soup

LUNCHEON
Shrimp omelette
Cottage cheese, creamed peas
Creamed brussel sprouts
Baked potatoes
Stewed parsnips

FRIDAY

BREAKFAST
Blue plums
LUNCHEON
Boiled Spanish mackerel
Hollandaise sauce, corn bread
Carrots in brown sauce
DINNER
Clam Chowder
Fresh salmon fried
Tomato sauce, creamed
Cauliflower, cucumber
Salad, baked potatoes

SATURDAY

BREAKFAST
Fresh apricots
LUNCHEON
Cracked wheat, baked custard
Milk, whole wheat muffins
DINNER
Cream tomato soup
Lima bean succotash
Squash cakes
Lettuce salad

OCTOBER

SUNDAY

BREAKFAST
Grapes
LUNCHEON
Oyster fritters
Cold slaw
Corn bread, creamed onions
DINNER
Puree of bean soup
Broiled halibut, drawn butter
Lettuce salad
Baked potatoes
Ripe olives

MONDAY

BREAKFAST
Sliced oranges
LUNCHEON
DINNER
Cabbage soup
Mashed turnips

Rice and cream, hot chocolate
Spoon corn bread
Au gratin potatoes
Lettuce, French dressing

TUESDAY

BREAKFAST
Pears

LUNCHEON
Spaghetti
Scrambled eggs, muffins

DINNER
Rice and celery soup
Escalloped oyster
Boiled sweet potatoes
Cold slaw

WEDNESDAY

BREAKFAST
Grapes

LUNCHEON
Steamed rice
Tomato omelette, muffins

DINNER
Squash soup
Fried egg plant
Baked potatoes
Lettuce salad

THURSDAY

BREAKFAST
Grape fruit

LUNCHEON
Rice croquettes, muffins
Cottage cheese, cereal coffee

DINNER
Farina bisque
Baked lima beans with onions
Cabbage with tomatoes baked
Olives

FRIDAY

BREAKFAST
Stewed plums

LUNCHEON
Potato salad,
Fried egg plant
Carrots in brown sauce

DINNER
Cream of pea soup
Baked smelts with mushrooms
Cauliflower, drawn butter
Escalloped tomatoes

SATURDAY

BREAKFAST
Pears

DINNER
Clam chowder

LUNCHEON
Cabbage boiled dinner
Whole wheat muffins
Tuna salad
Olives
Corn meal muffins

NOVEMBER

THANKSGIVING DAY

BREAKFAST
Baked apples
LUNCHEON
Potato salad
Parsnip fritters
Pumpkin pie
Olives
DINNER
Oyster on half shell
Vegetable puree, croutons
Stuffed baked lake trout
Baked potatoes
Cranberry sauce
Baked squash

SUNDAY

BREAKFAST
Sliced oranges
LUNCHEON
Fish balls, creamed parsnips
Muffins, lettuce salad
DINNER
Cream of rice and salmon soup
Broiled bluefish
Boiled beets
Baked potatoes, celery

MONDAY

BREAKFAST
Grapes
LUNCHEON
Welsh rarebit, stewed onions
Glazed sweet potatoes
DINNER
Vermicelli soup
Cabbage in tomato sauce
Potato croquettes
Celery

TUESDAY

BREAKFAST
Stewed prunes
LUNCHEON
DINNER
Oatmeal soup
Bean roast,

Omelette with mushrooms
Cereal coffee, muffins
Celery salad
Mashed turnips

WEDNESDAY

BREAKFAST
Sliced oranges
LUNCHEON
Poached eggs on toast
Stewed tomatoes

DINNER
Bean soup
Cream tomato, shrimp on toast
Celery salad
Stewed cabbage

THURSDAY

BREAKFAST
Stewed apricots
LUNCHEON
Celery salad
Shrimp Omelette, hot rolls

DINNER
Barley and bean soup
French fried potatoes
Ruta-bagas brown sauce
Olives

FRIDAY

BREAKFAST
Baked apples
LUNCHEON
Baked custard, milk
Rice and cream, muffins

DINNER
Clam and corn chowder
Baked red snapper in tomato sauce
Lettuce salad

SATURDAY

BREAKFAST
Stewed prunes
LUNCHEON
Creamed lima beans
Stewed tomatoes, corn bread

DINNER
Cream of celery soup
Baked sweet potatoes
Sauerkraut and onion
Parsnips in drawn butter

DECEMBER

CHRISTMAS DAY

BREAKFAST	DINNER
Sliced oranges	Oyster on half shell
LUNCHEON	Lettuce salad
Cold slaw	Broiled white fish
Potato pancakes	Browned potatoes
Creamed peas	Mashed turnips

SUNDAY

BREAKFAST	DINNER
Apple sauce	Clam broth with barley
LUNCHEON	Boiled halibut, Holl'daise sauce
Cream celery on toast	Mash potato pudding
Fried clams, lettuce salad	Celery salad

MONDAY

BREAKFAST	DINNER
Grape fruit	Gritz soup
LUNCHEON	Brown potatoes
Corn meal mush fried	Cranberry sauce
Scalloped cheese, hot rolls	Fried carrots

TUESDAY

BREAKFAST	DINNER
Stewed prunes	Vegetable puree
LUNCHEON	Baked squash
Parsnip fritters	Escalloped potatoes
Rice Omelette, muffins	Cheese crackers, celery

WEDNESDAY

BREAKFAST	DINNER
Sliced pineapple	Oyster stew
LUNCHEON	Barley and beans

Rice croquettes, muffins
Bird's nests, hot chocolate
Cabbage in brown sauce
Celery salad

THURSDAY

BREAKFAST

Stewed dry peaches

LUNCHEON

Corn fritters
Celery salad, creamed turnips

DINNER

Vegetable soup
Creamed celery and tuna fish
Sliced tomatoes mayonnaise

FRIDAY

BREAKFAST

Apple sauce

LUNCHEON

Fried oysters
Baked sweet potatoes
Lettuce, French dressing

DINNER

Pea soup with croutons
White fish with potatoes
Mashed carrots
Celery salad

SATURDAY

BREAKFAST

Sliced oranges

LUNCHEON

Vegetarian chili
Corn starch pudding with cream

DINNER

Cream potato soup
Crab on toast with Hollandaise sauce
Asparagus omelette
Olives

A FEW FRUIT MENUS

1—Pineapple and oranges sliced, peanut butter sandwiches on Graham crackers, salted almonds.

2—Baked apple, honey sandwiches on whole wheat bread, walnuts.

3—Combination fruit salad, nut sandwiches.

4—Stewed prunes, hot whole wheat rolls, stuffed dates.

5—Rhubarb, stuffed baked apple, date and nut sandwiches.

6—Pear salad, peanut butter sandwiches.

7—Russian compot, Graham crackers, salted almonds.

8—Stewed peaches, whole figs, peanut butter sandwiches.

9—Grape fruit salad, nut sandwiches.

10—Strawberries, fig and nut sandwiches.

11—Apple sauce, bread and honey, salted almonds and walnuts.

12—Pineapple sherbet, banana salad.

A FEW PICNIC LUNCHES

1—Potato salad, lettuce sandwiches, ripe olives.

2—Egg salad sandwiches, radishes, cold slaw, peanut butter sandwiches.

3—Tuna salad, cheese and nut sandwiches, fresh tomatoes, olives.

4—Salmon salad, peanut butter sandwiches, cheese and olive sandwiches.

5—Combination vegetable salad, smoke salmon sandwiches, nut sandwiches, olives.

6—Tomato and American cheese sandwiches, salted peanuts, radishes, sardine sandwiches.

7—Fish salad sandwiches, potato salad, olives, honey sandwiches.

8—Fig, cheese and nut sandwich, whole tomatoes, peanut butter sandwiches.

9—Bean sandwiches, salmon salad, radishes, honey sandwiches.

10—Sardine sandwiches, pickled beets, potato salad, radishes, honey sandwiches.

11—Potato salad, custard pie, cheese and nut sandwiches, ripe olives.

12—Lemon pie, tuna salad, cheese sandwiches, olives.

In taking picnic lunches be careful and do not have too much of a mixture. Picnics are usually given in the summer time when food easily decays. Do not eat fruit with the lunches. Fruits may be eaten about an hour and a half after the lunch unless a fruit lunch is taken. Do not eat ice cream and soda pop with the mixed salad lunches. Partake of that an hour after. Eat the lunch soon after arriving at destination. Do not eat food that has remained for hours in the hot sun. Salads spoil easily and fermentation sets in. Many people become violently ill after picnic lunches because they have been careless, disregarding the laws of food combination. Only sandwiches of nuts, peanut butter and honey can be eaten after standing several hours. Others spoil rapidly.

MEASUREMENTS

Exact measurements are necessary for uniform results. Cooking is applied chemistry. When the chemical constituents vary, the results vary. To illustrate: Air consists of about one-third oxygen and two-third nitrogen, carbon and vapor, together. Remove any considerable portion of the oxygen, and the air becomes incompetent to sustain animal life. Remove all the nitrogen and carbon from air, and substitute hydrogen in proportions of about two-third hydrogen to one-third oxygen, and the new chemical compound is water. Successful "guess work" in cooking is not guess work at all, but the result of long experience through many failures. The "yellow biscuits" are the result of too much soda in the chemical compound; the "sour biscuits," the result of too little soda. In cooking, cause and effect are closely related as in the chemical laboratory. *Like causes* produce *like effect,* and *vice versa.*

TABLE

One speck (spk)

4 saltspoonsfuls (ssp.)	1 tsp.
3 tablespoonsfuls (tsp.)	1 tbsp.
4 tablespoonsfuls (tbsp.)	¼ cup or ½ gill
8 tablespoonsfuls	½ c., or 1 gill
16 tablespoonsfuls	1 c., or ½ pint
2 cupsfuls (c.)	1 pt.
2 pints (pts.)	1 qt.
4 quarts (qts.)	1 gallon (gal.)

TABLE SHOWING COMPOSITION OF VARIOUS FISH USED FOR FOOD

Articles	*Refuse*	*Protied*	*Fat*	*Mineral Matter*	*Water*
Bass (black)	54.8	9.3	.8	.5	34.6
Bluefish	55.7	8.3	.5	.5	35.
Butterfish	42.8	10.2	6.3	.6	40.1
Cod, fresh	52.5	8.	.2	.6	38.7
Cod, salt, boneless		22.2	.3	23.1	54.4
Cusk	40.3	10.1	.1	.5	49.
Eels	20.2	14.6	7.2	.8	57.2
Flounder	61.5	5.6	.3	.5	32.1
Haddock	51.	8.2	.2	.6	40.
Halibut, sections	17.7	15.1	4.4	.9	61.9
Herring	42.6	10.9	3.9	.9	41.7
Mackerel	44.6	10.	4.3	.7	40.4
Mackerel (Spanish)	34.6	13.7	6.2	1.	44.5
Perch (white)	62.5	7.2	1.5	.4	28.4
Pickerel	47.1	9.8	.2	.7	42.2
Pompano	45.5	10.2	4.3	.5	39.5
Red Snapper	46.1	10.6	.6	.7	42.
Salmon	39.2	12.4	8.1	.9	39.4
Shad	50.1	9.2	4.8	.7	35.2
	Carbrohydrates				
Shad Roe	2.6	20.9	3.8	1.5	71.2
	Refuse				
Sheepshead	66.	6.4	.2	.5	26.9
Smelts	41.9	10.	1.	1.	46.1
Trout	48.1	9.8	1.1	.6	40.4
Turbot	47.4	6.8	7.5	.7	37.3
Whitefish	53.5	10.3	3.	.7	32.5
				Carbro-hydrates	
Lobster	61.7	5.9	.7	.8 .2	30.7
Clams out of shell		10.6	1.1	2.3 5.2	80.8
Oysters, solid		6.1	1.4	.9 3.3	83.3
Crabs (soft shell)		15.8	1.5	2. .7	80.

TABLE SHOWING COMPOSITION OF VEGETABLES

Articles	*Protied*	*Fat*	*Carbo-hydrates*	*Mineral Matter*	*Water*
Artichokes	2.6	.2	16.7	1.	79.5
Asparagus	1.8	.2	3.3	1.	94.
Beans, lima, green	7.1	.7	22.	1.7	68.5
Beans, green, string	2.2	.4	9.4	.7	87.3
Beets	1.6	.1	9.6	1.1	87.6
Brussels Sprouts	4.7	1.1	4.3	1.7	88.2
Cabbage	2.1	.4	5.8	1.4	90.3
Carrots	1.1	.4	9.2	1.1	88.2
Cauliflower	1.6	.8	6.	.8	94.8
Celery	1.4	.1	3.	1.1	94.4
Corn, green, sweet	2.8	1.1	14.1	.7	81.3
Cucumbers	.8	.2	2.5	.5	96.
Egg Plant	1.2	.3	5.1	.5	92.9
Kohl-rabi	2.	.1	5.5	1.3	91.1
Lettuce	1.3	.4	3.3	1.	94.
Okra	2.	.4	9.5	.7	87.4
Onions	4.4	.8	.5	1.2	93.5
Parsnips	1.7	.6	16.1	1.7	79.9
Peas, green	4.4	.5	16.1	.9	78.1
Potatoes, sweet	1.8	.7	27.1	1.1	69.3
Potatoes, white	2.1	.1	18.	.9	78.9
Spinach	2.1	.5	3.1	1.9	92.4
Squash	1.6	.6	10.4	.9	86.5
Tomatoes	.8	.4	3.9	.5	94.4
Turnips	1.4	.2	8.7	.8	88.9

TABLE SHOWING COMPOSITION OF CEREALS

Articles	*Protied*	*Fat*	*Starch*	*Mineral Matter*	*Water*
Oatmeal	15.6	7.3	68.	1.9	7.2
Corn Meal	8.9	2.2	75.1	.9	12.9
Wheat Flour (spring)	11.8	1.1	75.	.5	11.6
Wheat Flour (winter)	10.4	1.	75.6	.5	12.5
Graham Flour	13.7	2.2	70.3	2.	11.8
Entire Wheat Flour	14.2	1.9	70.6	1.2	12.1
Barley	9.3	1.	77.6	1.3	10.8
Rye Meal	7.1	.9	78.5	.8	12.7
Rice	7.8	.4	79.4	.4	12.4
Buckwheat Flour	6.1	1.	77.2	1.4	14.3
Macaroni	11.7	1.6	72.9	3.	10.8

A FEW HELPFUL HINTS FOR THE HOUSEKEEPER

SAVE ALL STALE BREAD

Use it for toast, or it may be toasted and used as croutons in soup. Save all cracker crumbs. Roll out with the rolling pin and use for breading fish or vegetables. When using egg for breading beat it well with a tablespoon of water.

TO BLANCH ALMONDS

or any other kind of nuts. Shell the nuts and place in a shallow basin. Pour boiling water over them. Let stand a few minutes and the skins will peel off as they are gathered up. To salt the nuts, put a tablespoon of butter in a pie tin, melt it and add the blanched nuts, sprinkle with salt. Place in hot oven and let brown, being careful not to burn. Place on oil paper and let dry before serving.

WET SALT

Often in the summer the salt is damp and not easily poured out of the shaker. Put a few beans or rice in the shaker with salt.

TO CLEAN CRUETS FROM VINEGAR OR WINE

Rinse with warm soap suds and throw into the bottle some navy beans, shake until clean.

AFTER BOILING OR FRYING

if grease has been spattered on the stove, remove it briskly with a newspaper. Never use the dish rag on the stove. Have a separate cloth for that purpose.

TEA TOWELS

Keep the towels aired and dried. Do not use them until they are dirty. When partly soiled, take a clean one. They are easier to wash.

TO CLEAN GRANITE WARE

Where a mixture has been cooked, or burned on a dish, half fill with cold water, add washing soda, heat water gradually to boiling point, then empty, when dish may be easily washed. Dutch Cleanser is a good scouring powder; also Lighthouse.

BON AMI

is very satisfactory for washing mirrors and windows. Follow directions on cake. It is also good used for white canvass shoes. Wet a brush, pass over the cake of Bon Ami, then brush the shoe until all dirt is removed, take a clean cloth to get surplus suds off and dry in sun.

POTS, PANS AND DISHES

that have been used for cooking or serving fish should first be washed in cold water, to remove the odor, then in hot water.

TO REMOVE FRUIT STAINS

Pour boiling water over strained surface, having it fall from a distance of three feet. This is a much better way than dipping the stain in and out of hot water; or wring articles out of hot water and hang out of doors on a frosty night.

KEEP SINK DRAIN

clean pour down once a week washing soda and boiling water.

TO REMOVE GREASE SPOTS

Cold water and ivory soap will remove grease spots from cotton and woolen fabrics. Woolen goods and silks, and lingerie should be washed with *Lux.*

CUT GLASS

or any glass ware, should be washed in lukewarm water and soap suds. Rinse in water of same temperature to which a little

bluing has been added. Dry with a cloth free from lint, polish with tissue paper.

BREAD BOARDS

Always keep them clean, aired and dry. Air the bread box once a week and keep dry, otherwise bread will mold.

TO KEEP AN ICE CHEST

in good condition wash thoroughly once a week. Use lukewarm water in which washing soda has been dissolved. Whenever something is spilt in ice box immediately wipe it off.

MILK AND BUTTER

quickly absorb odors, and if in ice chest with other foods should be covered tightly.

TO TAKE OUT MACHINE GREASE

Cold water, a teaspoonful of ammonia, and soap, will take out machine grease when other means fail on account of colors running, etc.

A FEW REMARKS ABOUT THE TABLE

Always have the cloth clean and fresh. Have the head of the family do the serving. Stack the plates at his place. If soup is being served leave the other dishes in the kitchen, or on serving table. After removing soup plates bring in the rest of the dinner. Do not serve desert until all the other dishes are removed. Knife and spoons always to the right. Knife with sharp edge to the plate, next to the spoon, soup spoon first, then teaspoon. Salads always placed at the right. The napkins carefully folded and placed between knife and fork. If Grace is said have the head of the house repeat that it is the custom of the family to have silent prayer at the table.

FOOD CLASSES	*Predominant Chemical elements*	*Functions in vital processes*	*Foods in which the elements of the respective groups predominate*
Starches and Dextrines	Carbon Oxygen Hydrogen	Producers of Heat and energy	*Cereals*: The inner, white parts of wheat, corn, rye, oats, barley, buckwheat, rice *Vegetables*: Potatoes, roots, sweet potatoes, pumpkins, squashes *Fruits:* Bananas *Nuts:* Chestnuts
Sugars	Carbon Oxygen Hydrogen	Producers of Heat and energy	*Vegetables:* Melons, beets, sorghum *Fruits:* Bananas, dates, figs, grapes, raisins *Dairy Products:* Milk *Natural Sugars:* Honey, maple sugar *Commercial sugars:* White sugar, syrup, glucose, candy *Nuts:* Cocoanuts

Food Classes	*Predominant Chemical elements*	*Functions in vital processes*	*Foods in which the elements of the respective groups predominate*
Fats and Oils	Carbon Oxygen Hydrogen	Producers of Heat and energy	*Fruits:* Olives *Dairy Products:* Cream, butter, cheese *Nuts:* Peanuts, almonds, walnuts, cocoanuts, Brazil nuts, pecans *Commercial Fats:* Olive oil, peanut oil, peanut butter, vegetable cooking oils, yolk of egg
Albumen (White of egg) Gluten (Grains) Myosin (Lean meat)	Carbon Oxygen Hydrogen Nitrogen Phosphorous Sulphur	Producers of heat and energy; building and repair materials for cells and tissues	*Cereals:* The outer, dark parts of wheat, corn, rye, oats, barley, buckwheat, rice *Vegetables:* Peas, beans, lentils, mushrooms *Nuts:* Cocoanuts, chestnuts, peanuts, walnuts, pecans, etc. *Dairy Products:* Milk, cheese *Meats:* Muscular parts of animals, fish, fowl

FOOD CLASSES	*Predominant Chemical elements*	*Functions in vital processes*	*Foods in which the elements of the respective groups predominate*
Organic Mineral Elements	Sodium Na Ferrum (iron) Fe Calcium (lime) Ca Potassium K Magnesium MG Manganese Mn Silicon Si Chlorine Cl Flourine F	Eliminators; Blood, Bone and Nerve Builders; Antiseptics; Blood Purifiers Laxatives Cholagogues Producers of Electro-magnetic energies	Red blood of animals *Cereals:* The hulls and outer dark layers of grains and rice *Vegetables:* Lettuce, spinach, cabbage, green peppers, watercress, celery, onions, asparagus, cauliflower, tomatoes, string beans, fresh peas, parsley, cucumbers, radishes, savoy, horseradish, dandelion, beets, carrots, turnips, egg plant, oyster plant, artichokes, leek, Brussels sprouts, parsnips, pumpkins, squashes sorghum.

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Food Classes	*Predominant Chemical elements*	*Functions in vital processes*	*Foods in which the elements of the respective groups predominate*
	The last of 16 elements Idine		*Fruits:* Apples, pears, peaches, oranges, lemons, grape fruit, plums, prunes, apricots, cherries, olives *Berries:* Strawberries, huckleberries, cranberries, raspberries, gooseberries, currants *Dairy Products:* Milk, Buttermilk, skimmed milk *Nuts:* Cocoanuts

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HIGHER RACE DEVELOPMENT

Course of instructions, in book form, on the right use of sex. Like the book on Dietetics, this book on sex is the result of many years of experience, and founded on the teachings as given to the classes at "Beverly Hall."

The direct cause for its issue in book form at this time is the demand of the teachers of the Rose Cross Aid for a text book on Higher Race Development which might be used to instruct classes of the Aid throughout the country.

So necessary did some of our teachers consider this, that Rev. A. W. Witt of Kansas City, Mo., offered to contribute a sufficient amount of money to insure its publication.

CONTENTS

Introduction—A case in mind.
The Purity of Sex.
The Beginning of Sex Lies.
Sex Teachings in Public Places.
The Path of Death—Part I
The Path of Death—Part II
The Sex Purity of the Girl.
Continence—Part I
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Continence—Part III
Continence—Part IV
Environment.
The Law of Transmission—Part I
The Law of Transmission—Part II

Prenatal Influence.
Two Dangerous Periods.
Birth Control.
The Wedding Night.

Some years ago when we issued the book "Exalted Life" it was offered to the public at a special rate of $1.25, but at the present time no copy of that book can be had for less than $10.00 and it is considered cheap at that price.

The present book we consider of even greater importance than "Exalted Life," and those interested in Race Development, or those desiring to become teachers, cannot afford to miss this book.

If these instructions can be made generally known, and if the people will follow them, complete race reconstruction will be possible within two generations.

Printed on fine 80-lb. book paper, beautifully bound in cloth. Price $1.25.

A REAL COOK BOOK

THE ROSE CROSS AID COOK BOOK

By Mrs. A. W. Witt

This is the third text book in the series now issued for the Rose Cross Aid in its work of reconstruction.

The book was prepared by Mrs. A. W. Witt in accordance with the system of food preparation as followed at "Beverly Hall" both for patients who come for treatment and for the Student Body during the semi-yearly Convocations, and are in entire harmony with, and in fact form a part of the instructions given by the "School Dietetics and Food Economy."

As to the practicability of the work, the following taken from the "Kansas City Star," October 2, 1917, will be sufficient proof:

LUNCHEON AT 13 1-3 CENTS EACH

Rose Cross Aid Conducts Free Morning Classes in Cooking

The women who attend the free cooking classes conducted Monday, Tuesday and Wednesday mornings each week by the Rose Cross Aid, are taught to figure the cost for each person of each meal served.

The vegetables used in the sample menu published today were bought at the city market.

Luncheon—Rice omelette, escalloped egg plant, cold slaw, whole wheat bread and butter, cereal coffee.

Omelette—5 eggs, 5 tablespoons hot water, ½ teaspoon salt, 2 tablespoons oil or butter, shake red pepper, ½ teaspoon salt, ½ cup rice (whole grain). Separate the yolks from the whites. Beat yolks until light and lemon colored; add salt, pepper and hot water. Beat whites until stiff and dry. Cook the rice first, in a double boiler, almost dry, then beat into yolks. Gradually fold whites into the mixture. Heat pan and when butter or oil is melted turn in mixture and spread evenly. When well puffed and delicately brown underneath, place pan on center grate in oven to finish browning on top. Slip onto hot platter and serve.

Cold Slaw—Select a small head of cabbage, take off outside leaves and cut in half. With a sharp knife slice very thinly. Soak in cold water and keep in a cool place until very crisp, drain and dry between towels. Mix with cream salad dressing.

Cream Salad Dressing—½ tablespoon salt, 1½ tablespoons sugar, ½ tablespoon flour, 1½ tablespoons melted butter, ¼ cup vinegar, 1 teaspoon mustard, few grains red pepper, 1 egg, ¾

cup milk. Mix dry ingredients together; add yolks slightly beaten, place in sauce pan and stir all the time, add milk gradually next vinegar, drop by drop and last the butter, cook until mixture thickens and immediately remove from fire. Strain and cool.

Escalloped Egg Plant—Peel an egg plant and cut in small cubes; cook in small quantity of boiling water until soft, then drain. Place a layer of bread crumbs in a well greased baking dish, alternate with a layer of egg plant and sliced onion. Top layer bread crumbs. Make a rich cream sauce and pour over this and bake 1 hour in medium oven.

Cream Sauce—Place a lump of butter size of an egg in a sauce pan, when hot and all melted, add while stirring constantly, 1 tablespoon of flour that has been thinned with a cup of milk. Season with red pepper and salt. If more liquid is needed to thin the sauce add a little of the drained liquid from egg plant.

Roasted Whole Grain Barley Coffee—Grind same in coffee mill. Use a teaspoonful to a cup of water and an extra cup of water in the pot; a few egg shells. Let boil; after boiling steep for ten minutes. Serve with sugar and cream.

COST OF SERVING SIX PERSONS

	Cents
One egg plant	7½
One quart milk	10
One loaf bread	10
Butter	12
Frying oil	3
Coffee	2
Sugar	2
Mustard	1
Six eggs	24

Flour	1
Cabbage	3
Rice	4
	79½

This averages thirteen and one-third cents an individual.

The classes are held at Room 109, Gibraltar Building, at Ninth and Wyandotte streets.

The book is complete in every respect so that any meal may easily be prepared in accordance with its instructions and the laws of Health.

Printed on our regular book paper, beautifully bound in cloth. Price $1.00.

DIETETICS

At last we have it! For the past eight years, whenever a Convocation of the Rose Cross Order was held at "Beverly Hall," we were requested time and again to prepare a book on Dietetics that would be in harmony with the teachings of the Order, and which would at the same time embody the laws of diet in their relation to health, strength and greater vitality.

These requests became so insistent, and added to this were the demands for such a book by the teachers of the Rose Cross Aid in its work of reconstruction, that we were led to devote the time and energy necessary to the preparation of this book on "Dietetics," which will, we believe, meet all demands, the teachings of which are sane and rational, and of a character to meet all the requirements of that great subject, of food economy.

We state without hesitation that this book is far more

complete, in every respect, even in the treatment of diseases by diet, than most of the courses now being sold for from $15.00 to $150.00 and if these statements are not found to be true by those who get the book, it may be returned within twenty-four hours after receiving it and the money paid will be refunded.

This book is the standard, authorized text book used by all teachers of Dietetics for the Rose Cross Aid. It is also the text book used in the training of students to become teachers in our "School of Dietetics and Food Economy," and for the preparation of those taking up Dietetics as a profession.

CONTENTS

Introductory—After fifteen years of experience.
Vitamines—Fully defined.
Diet—A key to Dietetics as a Science.
Vitality—Basis of Health, Happiness and Efficiency.
Organic Cell Salts—Organic Mineral Matter.
Four Distinct Classes of Foods.
The Legumes.
Laws of Digestion.
True Foods—What they are.
Food as Medicine.
Food as Medicine—Continued.
Proper combination of foods in health and disease.

It will be readily seen that even a novice may take up this work, master its contents and be able to prepare and combine foods to meet the demands of almost any case.

The book is the result of more than ten years of experience at "Beverly Hall."

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