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COOKERY

CRAFT

AS PRACTICED IN 1894 BY THE WOMEN OF THE SOUTH CHURCH, ST. JOHNSBURY, VT.

EDITED BY

MRS. C. H. MERRILL.

○ ○ ○

"IT is the concretion of a good deal of thought, emotion, and toil of brain and hand," said Kenyon. . . . . "I kindled a great fire within my mind, and threw in the material—as Aaron threw the gold into the furnace—and in the midmost heat up rose THIS, *as you see it."*

—MARBLE FAUN.

○ ○ ○

PRESS OF
C. M. Stone & Company,
ST. JOHNSBURY, VT.
1894.

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"'*Not that a new book is wanted,' said The Disagreeable Man; 'there are too many as it is, and not people enough to dust them.'*"

—SHIPS THAT PASS IN THE NIGHT.

"*Some things being always in use get no dust nor spidet webs,*" *observed The Agreeable Woman.*

—HOUSES THAT HAVE GOOD THINGS.

○

"*In ever new elaboration and addition* THIS *is the combined work of all thinkers—how changed from shape to shape by each thinker's contribution, till it got to full final shape, no man will now ever know.*"

—CARLYLE.

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PREFACE.

The compilers of this little volume having been thoroughly indoctrinated in the inspiration of the Scriptures do not doubt the wisdom of Solomon who has told us that "there is no new thing under the sun." But we are all willing to concede that some things are less old than other things. We believe that the concocting of an appetizing dish has been dear to the heart of woman and the stomach of man since the time when Adam so unhesitatingly partook of the something new offered him by our mother Eve. Familiar objects often gain a new interest in our eyes by a mere re-adjustment of position; and the deft-handed cook will, with the same ingredients differently proportioned, tickle our palates with that variety which is the very spice of life.

And so, although gastronomic science can by no means be considered to be in its infancy, it may yet be believed to be lingering in the region of middle life, and while anything pertaining to an increase of comfort in our daily living is of almost universal interest, we feel that we may hazard our very modest venture without an accompanying apology.

As we turn the subsequent pages and look at the familiar names we shall undoubtedly be reminded of many pleasant hours when we have enjoyed each other's hospitality; perhaps

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more particularly of the times when we have enlarged our borders and spread our feast under the friendly roof of the old South Church and given a true and hearty welcome to the friends who gathered around our hearthstone.

We have endeavored, in our recipes, to give something that shall be of interest to each one who shall turn to these pages, hoping for a little new light on an old subject. An exchange of ideas will surely please our elder housekeepers and if, to them, some minute directions may seem needless, perhaps they will kindly think of our younger cooks who may come to our pages for real instruction; and also look back to the time when they themselves would have been but little benefitted by the old-time problematic recipe:

"Sage and bread, mix just enough
Salt and pepper *quantum suff.*"

And if any perplexed housekeeper shall gain from *Cookery Craft* any new inspiration or fresh courage that shall assist her in providing a tempting menu for those whom she delights to serve, the aim of this little book will have been realized, as to share our good things with our friends, and lend a helping hand to each other has ever been the motto of the

LADIES OF THE SOUTH CHURCH.

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THE Woman's Home Missionary Society of the South Church, issuing "COOKERY CRAFT," wish specially to thank Miss MARTHA E. ROSS for her illustrations, Professor S. H. BRACKETT for his picture of the Church, and Mrs. C. B. PUTNEY and Dr. EDWARD T. FAIRBANKS for their careful and efficient selections of quotations.

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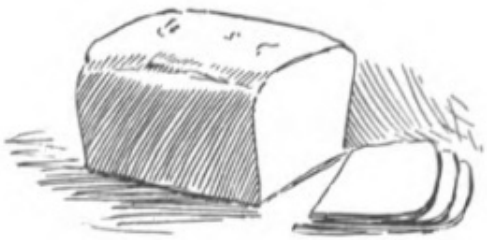
Bread, Breakfast and Tea Cakes.

MRS. HENRY G. ELY.



HOP YEAST.

"My nature is subdued to what it works in."
—*Shakespeare* (*Sonnet.*)

3 potatoes.
8 or 10 hops.
1 quart boiling water.
1 tablespoonful salt.
⅔ cup sugar.

Put hops and salt into a bowl and pour over them the boiling water. Peel and grate the potatoes, strain the liquid over them and add sugar. Set on the stove a few minutes to thicken. When milk warm stir in 1 coffee cup of good yeast, cover and put in a warm place to rise. MRS. ABIJAH SMITH.

HOP YEAST No. 2.

4 medium sized potatoes.
½ cup flour.
1 tablespoonful salt.
1 tablespoonful hops.
½ cup sugar.
1 quart water.
1 cup home-made yeast or ½ yeast cake in 1 cup water.

Peel the potatoes and let them stand in cold water one hour. Boil, then drain and mash them fine and sift in the salt, sugar

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and flour. Mix all together thoroughly. Put the hops into a saucepan with a quart of cold water, set on stove and bring to a boil and strain the liquid while boiling hot upon the potatoes, mixing well until smooth. Leave it to cool and then add yeast. Cover closely and let rise until next day.

WHITE BREAD No. 1.

"Truth crushed to earth shall rise again."—*Bryant.*

"But a batch o' bread that hain't riz once, ain't goin' to rise ag'in
An' it's just money throw'd away to put the emptins in."
—*James Russell Lowell.*

1 quart milk.
¼ cup lard.
¼ cup butter.
2 tablespoonfuls sugar.
1 teaspoonful salt.
½ cake yeast dissolved in a little water.

Mix all this together, sift in one quart of Pillsbury's flour, stir well and let stand over night. In the morning add ½ teaspoonful soda dissolved in a little hot water and flour enough to make a thick batter. Let it rise again and then chop it, the longer the better. Knead well with as little flour as possible; make into loaves. Let it rise a little and bake in a slow oven.

MRS. A. H. MCLEOD.

WHITE BREAD No. 2.

1 quart new milk.
2 cakes compressed yeast.
1 teaspoonful salt.
1 tablespoonful sugar.

Scald the milk in the morning and let it stand until lukewarm. Dissolve the yeast in ¼ cup warm water and stir into the milk, sugar and salt. Add the flour (Washburn's Gold Medal) gradually, beating well all the time. When you have beaten in sufficient flour, take it upon the bread board and knead until it is smooth and elastic. Return to the bowl, cover and place it in the cool oven to rise. When it has doubled its size, take it upon the board again, shape it into loaves, return to the cool oven to rise again. When sufficiently

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raised, bake in as hot an oven as you can without burning, from one-half to three-quarters of an hour according to size of loaf.

MRS. GEO. M. HOWE.

Married, at Black Lake, L. I., February 7, 1828,
James Anderson to Miss Ann Bread.
"He'll be contented with Ann Bread,
And won't have any but-her."

WHITE BREAD No. 3.

1 quart milk.
¾ cake compressed yeast.
¼ cup butter and lard mixed.
1 scant teaspoonful salt.
1 tablespoonful sugar.

Warm the milk in cold weather, add the melted shortening. Dissolve yeast in a little warm water and add with salt and sugar. Use good bread flour and stir in gradually all that can be mixed in with spoon, the stiffer the dough the better. Let stand in warm place over night. In the morning stir down and let rise again. When very light take out enough for a loaf upon board, knead and chop with chopping knife perhaps ten minutes, using as little flour as possible, cut in halves and mold each little loaf a minute or two longer. Place these two loaves in one tin with a little melted butter rubbed between, proceed in the same way with remainder of dough. This quantity should make three small loaves. When well risen bake one hour in an oven quite hot at first.

A suggestion coming from a number of sources has been acted upon and found to be valuable, viz., the use of the knife, entirely, instead of spoon, in stirring or cutting in the flour at night and cutting down in morning, also cutting and chopping the dough on the board, using the hands only to place the dough in tins. This insures fine-grained and moist bread.

ROYAL BAKING POWDER BREAD.

1 quart flour.
3 teaspoonfuls baking powder.
A pinch of salt.
New milk.

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Sift the baking powder into the flour, add salt and enough milk to mould lightly. Bake in hot oven. Very nice made in the same way with Franklin flour with the addition of two tablespoonfuls sugar. MRS. WM. MATTHEWS.

GRAHAM BREAD.

2 cups graham flour.
2 cups sour milk.
⅔ cup dark molasses.
⅓ cup cream.
1 teaspoonful salt.
Scant teaspoonful soda.

Makes a brick loaf tin 9 in. by 4 by 3. Oven should be hot at first, kept moderate so that the bread can bake slowly for at least an hour. MRS. REBECCA P. FAIRBANKS.

RAISED GRAHAM BREAD.

1 pint new milk.
1 pint flour (scant).
1 pint graham (sifted).
½ cake yeast, dissolved in 1 cup warm milk.
⅓ cup molasses.
1 tablespoonful sugar.
1 tablespoonful melted butter.
½ teaspoonful salt.
½ teaspoonful soda.

Stir together at night the milk, flour, graham and yeast. Let stand in warm place to rise. In the morning add the molasses, sugar, butter, salt, and soda dissolved in a little hot water. Add enough more sifted graham meal to make a thick batter. Pour into one large or two small tins and bake one hour. CAROLINE D. ELY.

Delicious bread can be made from this rule by adding in the morning equal parts of rye and graham, stirring a little stiffer than when using the graham alone.

BROWN BREAD.

1 cup sour milk.
1 cup molasses.
1 tablespoonful melted lard.
A pinch of salt.
1 teaspoonful soda in ½ cup boiling water.
Equal parts of rye and Indian meal.

Make a little thicker than griddle cakes. Steam four hours. Set in moderate oven ten minutes.

MRS. W. D. FLINT.

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BROWN BREAD No. 2.

2 cups sour milk.
1 cup Indian meal.
2 cups rye meal.
⅔ cup of molasses.
1 full teaspoonful soda.
A pinch of salt.

Steam at least three hours.

MRS. Z. A. RICHARDSON.

RAISED BROWN BREAD.

2 cups Indian meal.
1 cup graham meal.
1 cup rye meal.
1 cup molasses.
1 tablespoonful flour.
1 even teaspoonful soda.
1 even teaspoonful salt.
2½ cups lukewarm milk.
1 cup hop yeast or ½ yeast cake in one cup of milk.

Sift the rye and graham, sift the salt with Indian meal, add the soda and the flour, first sifting the soda twice with the flour. Mix all together, then stir in the molasses. Add the milk gradually. Last of all add yeast and stir thoroughly five or six minutes. Do not have the water in steamer boiling until the bread has been in twenty-five minutes, but lukewarm, then boil hard for four hours and a half. Grease the tin well, also cover.

MRS. HENRY FAIRBANKS.

"I leave you the bread: Eight thousand loaves:
You can do what you please with it."—*Cyrus Hamlin.*

RAISED BISCUIT.

1 pint sweet milk.
1 cup yeast.
½ cup butter.
1 teaspoonful salt.

Mix thoroughly and stir in flour enough to make a stiff batter and let rise over night. In the morning mold and put in bowl to rise again. Dip the closed hand in flour and plunge in dough to the bottom of bowl; when this is risen even over the top mold again. Cut off pieces of proper size and mold into biscuit, place close together in tin and bake quickly.

Buns can be made same as biscuit by adding 1 cup sugar and ¼ cup currants at night. Just before putting into the

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oven, brush over with water, and when taken out of oven, with sweetened milk. MRS. L. C. HARLOW.

The great struggle of life is first for bread; then butter on the bread; and last sugar on the butter. —*Good Housekeeping*.

FRENCH ROLLS.

1 pint milk. 1 small cup yeast or ½ yeast cake.

Flour to make a stiff batter. Let rise over night. In the morning add 1 egg, 1 tablespoonful butter and flour to make it stiff enough to knead. Let it rise, then knead again to make it fine and white. Roll out, cut with round cutter, brush with milk and fold over; put them in a pan and cover very close. Set in a warm place until they are very light; bake quickly and you will have delicious rolls.

S. A. MATHER.

PARKER HOUSE ROLLS.

2 quarts flour.
1 pint milk.
½ cup yeast.
2 tablespoonfuls lard.
2 tablespoonfuls sugar.

Rub the lard into the flour, then put in all the other ingredients and do not stir. Let stand until morning; mix and knead, then stand until noon, mix and knead again and cut into shape and stand in tins until tea time. Bake in a hot oven. MRS. REBECCA P. FAIRBANKS.

RAISED WHITE ROLLS.

1 pint new milk.
½ cake compressed yeast.
½ teaspoonful salt.
1 teaspoonful sugar.
½ cup butter and lard mixed.

When wanted for tea, start in the morning, dissolving yeast in a little warm water, melting butter and lard and adding, with sugar and salt, to the milk, which should be warmed in cold weather. Stir in as much flour as can be well mixed in with spoon and set in a warm place to rise. When light, take out upon board and mold and chop with chopping knife at

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least ten minutes, then replace in bowl to rise again. When light, repeat this process of molding and chopping; cut off pieces of the dough the size of a large egg and mold under the hand into a long narrow roll and lay in dripping pan. Have a dish of melted butter and lard, equal parts, into which dip each roll on the side next to its neighbor. Use care to fill the pan just full. Brush over the top with melted butter. Let rise until very light and bake in hot oven. These rolls are equally good when taken from bread dough in the morning (made according to rule No. 3), adding ¼ cup of butter and lard mixed. Warm the shortening a little and chop and mold it into dough.

MRS. HENRY G. ELY.

CREAM TARTAR BISCUIT.

1 quart flour.
4 heaping teaspoonfuls Royal baking powder.
1 teaspoonful sugar.
½ cup butter, or butter and lard.
A scant teaspoonful salt.
1 scant pint of sweet milk.

Sift baking powder through flour, rub in the shortening with sugar and salt. Mix with the milk as soft as can be handled, roll out and cut with biscuit cutter, lay close together in dripping pan and bake in a very hot oven about twenty minutes.

EGG BISCUIT.

Make the dough as for cream tartar biscuit only richer, and the last thing add the whites of 2 or 3 eggs beaten stiff. Light as feathers.

S. A. MATHER.

MUFFINS No. 1.

2 tablespoonfuls butter.
2 tablespoonfuls sugar.
1 cup milk.
1 egg.
2 cups flour.
2 teaspoonfuls baking powder or 1 of soda and 2 of cream of tartar.

Beat butter and sugar together, add the beaten egg and beat again, then milk, then flour. Put in baking powder the

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last thing and give a good beating. Bake in muffin rings or gem pans, in a quick oven, about twenty minutes.

MRS. CHARLES H. MERRILL.

MUFFINS No. 2.

1 quart flour.
¼ cup butter.
¼ cup sugar.
1 egg.
¼ cup yeast or ¼ yeast cake in ¼ cup water.
1 pint sweet milk.
A pinch of salt.

Beat butter and sugar to a cream, add egg well beaten. To the quart of flour add the salt and yeast, then the sugar, butter, and egg with milk. Let it rise over night. In the morning stir down, fill the muffin tins half full, let rise until light and bake in rather quick oven. If wanted for tea set to rise in the morning. MRS. GRACE KNIGHT ROBERTSON.

MUFFINS No. 3.

2 eggs.
4 tablespoonfuls sugar.
1 cup sweet milk.
2 cups flour.
2 even teaspoonfuls baking powder.

MRS. J. H. HASTINGS.

RAISED RICE MUFFINS.

3 pints of flour.
1 pint warm milk.
2 large tablespoonfuls butter.
1 tablespoonful white sugar.
2 eggs.
1 even cupful of boiled rice.
⅔ cup yeast or ½ yeast cake dissolved in ⅔ of a cup of milk.

Cream the butter and sugar, stir in the well-beaten eggs, add 1 pint of flour, then the milk and the remainder of flour. Add the rice and yeast mixed well together. Leave to rise over night. In the morning put into well buttered muffin tins, let them rise an hour in a warm place. Bake in quick oven half an hour. FROM NEW ENGLAND COOK BOOK.

SCONES.

One quart prepared flour, with butter size of egg well

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worked in; 1 beaten egg in milk enough to make firm dough; salt and sugar to suit. Divide in two parts, each rolled out to size of tin; cut across to make four quarters, bake in quick oven.

BROWN SCONES.

White and graham flour, 1 pint each, 2 heaping teaspoonfuls baking powder. Other parts as above.

MRS. EMMA C. FAIRBANKS.

COLUMBIAN COFFEE COILS.

3 cups sweet milk.
1 cup yeast.
1 cup sugar.
½ cup butter, melted.
1 saltspoonful salt.

Stir up at night and set in warm place. In the morning stir and let rise again. Knead well, roll into long, narrow rolls, butter on inside of roll and coil up. Put into round tin, let it rise. When ready for the oven, brush over with sweet milk and sift frosting sugar over all.

CORNELIA T. FAIRBANKS.

GRAHAM GEMS No. 1.

1 cup sweet milk.
1 egg.
2 tablespoonfuls sugar.
1 tablespoonful butter.
1 cup flour.
1 cup graham meal.
2 teaspoonfuls cream tartar.
1 teaspoonful soda.
A little salt.

MRS. HARVLIN PADDOCK.

GRAHAM GEMS No. 2.

½ cup sweet cream.
1 cup sweet milk.
½ cup sugar.
½ teaspoonful salt.
½ teaspoonful soda.
½ teaspoonful cream tartar.

Mix the soda and cream tartar with graham enough to make a thin batter; have gem pans hot and bake in a quick oven.

MRS. A. H. MCLEOD.

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GRAHAM GEMS No. 3.

1¼ cups graham flour.
1½ cups wheat flour.
1 even teaspoonful soda.
1 scant teaspoonful cream tartar.
1 tablespoonful brown sugar.
1 even teaspoonful salt.
2 cups sour milk.

Sift graham, having full measure, with the sugar and salt. Sift wheat flour with cream tartar, then mix together and stir in sour milk. Stir well together. Have gem pans on top of stove hot and very well buttered; fill full and bake in hot oven. A teaspoonful or more sour cream or butter, taking the place of some of the milk, is considered by some an improvement.

PEELED WHEAT FLOUR.

Text—The finest of the wheat.
Revised version—Peeled Wheat flour.
Exposition—Delicate, nutritious.
Argument—To live well is the duty of man.
Application—Fit the text to every day life.
Inference—Extraordinary satisfaction.
Remark—This is not an advertisement.
Conclusion—Great is good living.—[*E. T. F.*

PEELED WHEAT GEMS No. 1.

1 pint peeled wheat flour.
2 teaspoonfuls baking powder.
1 cup sweet milk.
½ cup sweet cream.

Have gem pans hot and well buttered and bake in quick oven.

JOSEPHINE.

PEELED WHEAT GEMS No. 2.

1 large cup sour milk.
1 egg.
2 scant cups flour.
1 tablespoonful molasses.
1 tablespoonful sugar.
1 tablespoonful butter.

Beat the egg very light. Add sugar, molasses and butter and beat again. Dissolve soda in a little warm water and add with the flour. Have gem pans hot and fill nearly full and bake in hot oven.

Arlington wheat gems made by same rule, stirring a a trifle stiffer with Arlington wheat meal; very nice.

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GRAHAM BISCUIT.

2 cups graham flour sifted.
1 cup white flour sifted.
2 tablespoonfuls shortening.
1 tablespoonful sugar.
3 small teaspoonfuls baking powder.
1 small teaspoonful salt.

Sift baking powder into flour, rub shortening into flour, add sugar and salt, lastly the milk, roll out with as little handling as may be into thin sheets cut with biscuit cutter. Bake directly in hot oven..

SHEEPCOTE.

FRANKLIN FLOUR GEMS.

½ cup sour cream.
½ cup sour milk.
2 large spoonfuls sugar.
½ teaspoonful soda.

A very little salt and enough Franklin flour to drop from spoon in small cakes. Bake in quick oven—very nice.

MRS. WM. MATTHEWS.

RYE ROLLS.

1 egg.
1 cup flour.
1 cup rye meal.
1¼ cup sour milk.
½ cup sugar.
1 teaspoonful soda, a little salt.

MRS. F. A. TIFFT.

CORN CAKE No. 1.

2 cups corn meal.
1 cup flour.
1 cup sweet milk.
½ cup sugar.
1 egg.
1 tablespoonful melted butter.
3 teaspoonfuls baking powder.
½ teaspoonful salt.

MRS. G. E. GOODALL.

CORN CAKE No. 2.

1 cup milk.
1 cup flour.
1 cup meal (scant).
½ cup sugar.
1 egg.
2 teaspoonfuls baking powder.

Butter one-half the size of an egg, a little salt. Beat sugar, butter and egg thoroughly together.

MRS. O. E. NETTLETON,

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CORN CAKE No. 3.

½ cup brown sugar.
2 tablespoonfuls butter.
2 cups milk.
2 cups corn meal.
1 cup flour.
1 teaspoonful soda.
2 cups cream of tartar.
2 eggs.
A pinch of salt.

MAUDE E. MCLEOD.

BREAKFAST CAKE.

2 cups flour.
1 cup sugar.
1 cup milk.
½ cup Indian meal.
1 egg.
1 dessertspoonful butter.
1 teaspoonful cream of tartar.
½ teaspoonful soda.
Scant teaspoonful salt.

May be baked in shallow tins or gem pans.

MABEL F. FAIRBANKS.

SPIDER CAKE.

1⅔ cup granulated corn meal.
⅓ cup wheat flour.
2 eggs well beaten.
2 cups sweet milk.
1 cup sour milk.
1 teaspoonful salt.
1 teaspoonful soda (scant).
1 tablespoonful butter.

Mix together the meal, flour, salt, soda and butter. Add the eggs, then 1 cup of sweet milk, and the sour milk. Butter a spider with a piece of butter the size of an egg. Pour in the mixture and add, without stirring, the second cup of sweet milk and bake. LUELLA MERRILL.

CORNMEAL GEMS.

1 tablespoonful white sugar.
1 tablespoonful butter.
2 eggs.
3 teaspoonfuls of baking powder.
1½ cups Indian meal.
1½ cups flour.
½ teaspoonful salt.
2 cups milk.

Cream butter and sugar together, then add eggs thoroughly beaten, sift in the flour with baking powder, stir in part of

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the milk, then sift in the meal and salt and add the remainder of the milk, stirring all well together. Have the gem pan well buttered and very hot on top of stove. Fill nearly full and bake in hot oven.

PAN DOODLES.

Make a dough as for bread, letting it stand over night. In the morning take pieces the size of walnuts and fry in boiling lard until light brown. Serve in a hot dish and eat with butter and syrup.

F. M. SIMPSON.

POP-OVERS.

2 eggs.
2 cups flour.
2 cups milk.
1 teaspoonful butter.
A pinch of salt.

Beat well and bake in moderate oven three-fourths of an hour.

WAFFLES.

1 pint milk.
2 eggs.
1 teaspoonful cream tartar.
½ teaspoonful soda.
2 tablespoonfuls butter.

Flour enough to make a little thicker than griddle cakes. Heat waffle iron and cook quickly.

MRS. GEO. W. KYBURG.

BUCKWHEAT GRIDDLE CAKES.

1 pint buckwheat.
½ tablespoonful brown sugar.
1 pint warm water.
½ teaspoonful salt.
⅓ cake yeast in ¼ cup water.

Stir well, cover closely and let rise over night. Fry in the morning, having the griddle hot and well greased with butter.

WHEAT GRIDDLE CAKES No. 1.

1 pint sweet milk.
2 tablespoonfuls thick cream.
1 egg.
Pinch of salt.
1 teaspoonful cream tartar.
½ teaspoonful soda.

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Mix soda and cream tartar with flour enough to make a thin batter. Have the griddle hot and fry quickly with butter. MRS. A. H. MCLEOD.

WHEAT GRIDDLE CAKES No. 2.

1¼ cups flour.
½ teaspoonful salt.
½ teaspoonful soda.
1 teaspoonful cream of tartar.
1 egg.
1½ cups milk.
1 teaspoonful melted butter.

WHEAT GRIDDLE CAKES No. 3.

1½ cups sour milk.
1¼ cups flour.
½ teaspoonful salt.
1 egg.
⅜ teaspoonful soda.
½ teaspoonful cream tartar (scant).

A great variety of griddle cakes can be made with these batters by using corn, graham, or other meals.

WHEAT GRIDDLE CAKES No. 4.

1 pint sour milk.
1 pint flour.
2 eggs.
1 teaspoonful soda.
½ teaspoonful salt.

Mix flour and sour milk together at night. In the morning add the eggs well beaten, with the salt and soda dissolved in a little hot water. S. E. R.

A suggestion comes that the addition of the white of an egg, beaten stiff, to any griddle cake batter, just before frying is a great improvement. The batter should be a trifle richer than when made without the egg.

STRAWBERRY SHORT CAKE.

1 pint flour.
2 heaping teaspoonfuls of baking powder.
½ cup butter.
A little salt.
1 teaspoonful sugar.

Sift baking powder through flour, rub in the butter, stir in

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enough sweet milk (about ½ pint) to mix in the flour. Take out upon board, divide in halves, roll out round about one-half inch thick, lay in round tin, spread thinly with melted butter and lay the second one on top and bake in hot oven about twenty minutes, Separate when done, spread both well with butter and heap on the berries, which have been mashed with plenty of sugar, on one, and lay the other on top and serve immediately.

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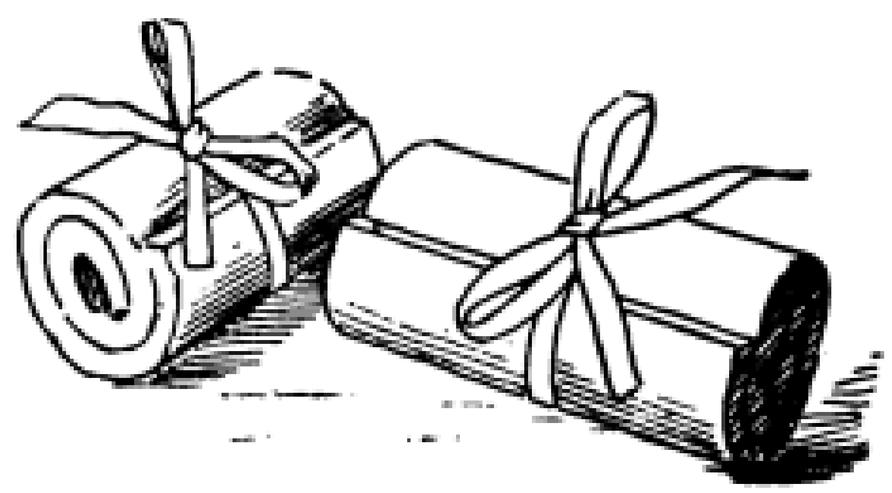
SANDWICHES.

MISS ISABEL PADDOCK.



HAM DRESSING FOR SANDWICHES.

For a pint of vinegar take yolks of 6 eggs thoroughly beaten, 1 dessertspoonful mustard (or 2, if one likes it strong,) and a little pepper. Stir all together and set over fire. Boil till it thickens. The ham should be chopped very fine, leaving in, if you choose, a little of the fat, as no oil or butter is used in the dressing. Let it be cold before using.

MRS. FRENCH.

SARDINE SANDWICHES.

One box sardines drained and boned. Rub to a paste. Yolks of 3 hard boiled eggs, mashed smooth and seasoned with ¼ teaspoonful salt, a bit of pepper, and 2 teaspoonfuls lemon juice. Add sardines and mix thoroughly. Spread on thin slices of bread and cut in inch-wide strips.

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SALAD SANDWICHES.

Chop lobster or chicken very fine and mix with mayonnaise dressing. Place a portion between two fresh lettuce leaves, and again between two slices of bread.

LETTUCE SANDWICHES.

Spread slices of soft bread with butter. Cut each in two and between the halves put crisp leaves of lettuce, allowing the leaves to show beyond the edges of the bread. These must be served immediately while lettuce is crisp. Many like a little dressing on the lettuce, either of sugar and vinegar or a regular salad dressing. L. B. M.

"With two seeming bodies but one heart."
—*Midsummer Night's Dream.*

FILLING FOR SANDWICHES.

Chop cold boiled chicken very fine, (ham or tongue may be used instead,) and to every 4 teacupfuls add 1 teaspoonful salt and ⅓ teaspoonful pepper. Mash yolks of 5 hard boiled eggs, add 2 tablespoonfuls melted butter, beating well, and gradually beat in ½ cup cream or milk. When smooth, stir in the chopped meat.

ROLL SANDWICHES.

Finger rolls split open lengthwise, hollowed out, and filled with the preceding mixture, may be placed together and tied with narrow ribbon.

CHEESE SANDWICHES.

White or brown bread cut very thin and buttered, or toasted crackers, may be sprinkled with grated cheese before placing together.

FRUIT SANDWICHES.

Strawberries cut in thin slices and sprinkled with powdered sugar are placed between thin slices of bread and butter, or fruit jam may be used. Salted crackers spread with orange marmalade are also delicious.

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EGG SANDWICHES.

Already given under eggs.

Finely minced meat should be used as a filling for sandwiches, rather than that cut in clumsy slices. The bread should be buttered on the loaf somewhat scantily, and then sliced with a sharp knife, the crusts being trimmed off. For picnics, wrap separately in paraffine paper. For teas, cut in triangles, fancy shapes, or finger lengths, and serve on a napkin. Very soft, spongy bread may be cut thin, rolled, and tied with ribbon.

SUGGESTIONS.

See "Original Letters of Edward Montague, First Lord Sandwich, wherein diverse matters between the crowns of England and Spain from 1603 to 1678 are set in a clear light." Also, Original Layers of Ham set in divers position between Territorial Limits by John Montague, Fourth Earl of Sandwich, about 1746.

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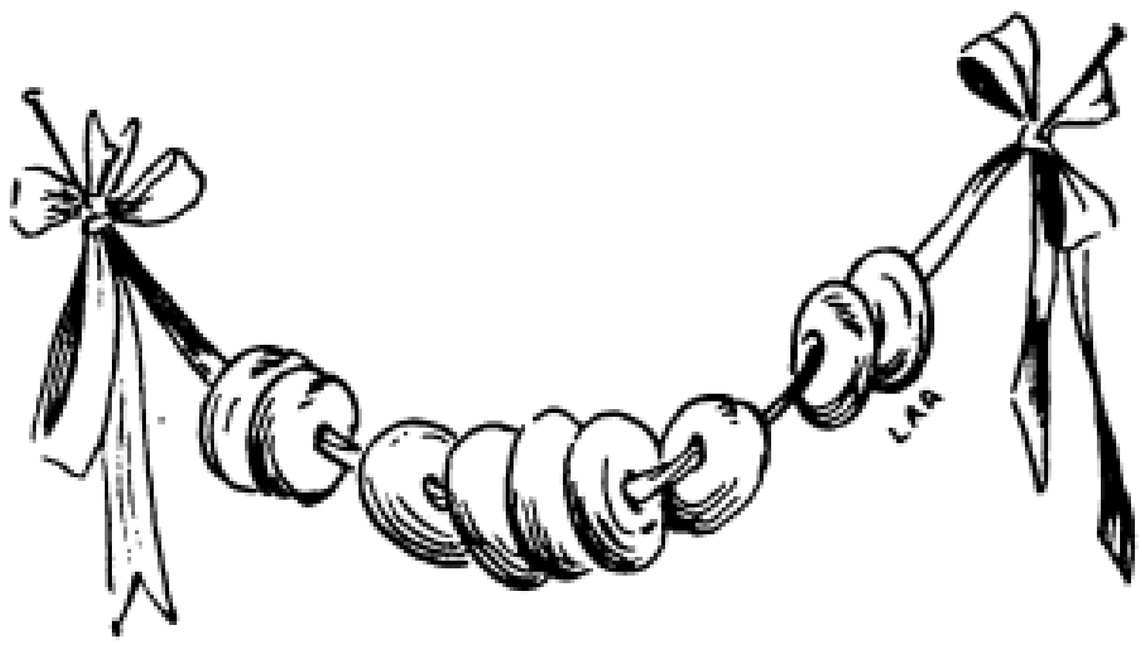
DOUGHNUTS AND FRIED CAKES,

(i. e., Rings and Things.)

MRS. H. C. BOND.



RAISED DOUGHNUTS No. 1.

"Here already there lurk suggestions of a waiting for something to turn up."—*Lit. Digest.*

1 pint milk.
1 tablespoonful of melted butter.
A little salt.
1 cup sugar.
1 whole yeast cake.
Flour.

Scald the milk, then cool until it is lukewarm and sponge with flour enough for a thick batter. Mold once in the morning, then let rise again. When raised, turn out on the board and pat down, cut in squares and fry. MRS. FRANK PAINE.

RAISED DOUGHNUTS No. 2.

1 quart flour.
2 tablespoonfuls sugar.
2 tablespoonfuls lard.
¼ of a yeast cake.
Salt.
Sweet milk enough to knead.

Put all together and mold. Let rise over night. In the

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morning mold again and let rise till very light; then very carefully turn out on the molding board and roll out about one inch thick and twist. I think them nicer to let stand about fifteen minutes before putting into fry. Have the lard very hot and *never* turn them over but once and not then till they are nearly done.

MRS. E. N. STEVENS.

RAISED DOUGHNUTS No. 3.

To 1 quart of sponge add 2 well-beaten eggs, ½ cup of sugar and 1 generous teaspoonful of butter. Chop all thoroughly together and work until light and smooth, adding as little flour as possible. Cut into cakes the size of a walnut and place them some distance apart on a baking sheet so they will not touch in rising. Cover well with a soft cloth and let them rise till very light. When ready slip a knife under them, lift very carefully into the boiling fat and fry quickly. Drain them in a wire basket or on a cloth. This rule makes about three dozen cakes.

MRS. ALBERT PADDOCK.

PLAIN DOUGHNUTS.

1 egg.
2 cups thick sour milk.
1 teaspoonful soda.
1 teaspoonful salt.
4 tablespoonfuls sugar.
4 tablespoonfuls cottolene.
Flour enough to mold lightly and roll out.

Do not melt the cottolene, but cream the sugar and cottolene together, beat in the egg, add the milk with the soda dissolved in it, then the flour. Let rise ten minutes before frying.

MRS. W. A. GRAHAM.

DOUGHNUTS No. 1.

2 eggs.
½ teaspoonful salt.
⅔ teaspoonful soda.
Flour to roll.
1 cup sugar.
½ cup thick sour cream.
½ cup sour milk.

M.

"Who knows to what unnamable subtleties of law all these —— owe their shape."—*The Hero as Divinity.*

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DOUGHNUTS No. 2.

2 cups sour milk.
1 cup sugar.
1 rounding teaspoonful soda.
Flour to roll.
½ cup cream.
1 egg.
Salt.

MRS. JAMES MOORE.

DOUGHNUTS NO. 3.

1 pint sweet milk.
4 eggs.
2 heaping teaspoonfuls cream tartar.
1 teaspoonful soda.
1 cup sugar.
½ cup butter.
6 cups flour.
A little nutmeg and salt.

Drop from spoon into hot lard and fry quickly.

MRS. ALVORD.

CREAM DOUGHNUTS.

1 cup sour milk.
⅔ cup sugar.
1 egg.
2 tablespoonfuls cream.
1 teaspoonful salt.
½ teaspoonful soda.

E. M. EMERSON.

JOLLY BOYS.

Sift thoroughly 2½ tablespoonfuls of yellow corn meal, 2 heaping tablespoonfuls of flour, 1 tablespoonful of sugar, 1 saltspoonful salt, 1 teaspoonful baking powder. Beat 1 egg and add to the dry mixture with enough milk to make a drop batter, stir in quickly ½ teaspoonful melted butter, beat well and drop by spoonfuls into smoking hot lard. MRS. N. M.

CRULLERS NO. 1.

3 eggs.
3 tablespoonfuls butter.
Little soda and cinnamon.
4 tablespoonfuls sugar.
4 tablespoonfuls sweet milk.
Flour to make it stiff.

Mix hard, roll thin, fry in hot lard. MRS. N. M.

CRULLERS NO. 2.

3 eggs.
A little soda and salt.
3 large tablespoonfuls sugar.

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Mix hard, roll thin and fry in hot lard. Very good.

MRS. N. M.

CRULLERS NO. 3.

1 tablespoonful butter.
1 egg.
A pinch of soda in 1 teaspoonful water.
1 heaped tablespoonful sugar.
A little nutmeg and salt.
Flour.

Roll thin, cut into fancy shapes with a cruller cutter, fry quickly.

MISS HAWES.

OLD FASHIONED FRIED TURNOVERS.

1 pint sour milk.
1 teaspoonful soda.
Pinch of salt.
1 tablespoonful cream.
1 egg.
Flour.

Roll out as soft as possible, cut out the dough about the size of a saucer, fill with apple, pinch the edges firmly not to let the apple out. Fry in hot lard.

MRS. PROCTOR.

FRIED PIES.

Make a dough same as for doughnuts, only not quite as short, roll thin and cut around the size of a small pie plate. Have the lard quite hot and fry quickly, turning often to keep the shape. Put each crust on a separate plate that any surplus fat may drain off. Mash and sweeten cider apple sauce, and spice with nutmeg and cinnamon, and spread between and upon these crusts.

MRS. A. D. NELSON.

These pies do not require "The Great Pie Belt" to hold them together.

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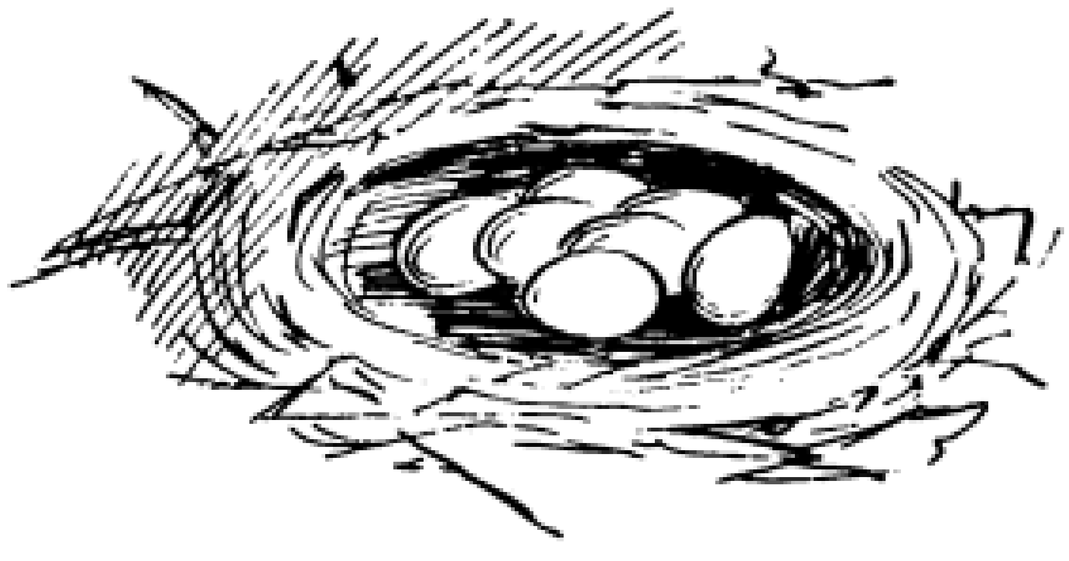
EGGS.

MRS. Z. A. RICHARDSON.



OMELET.

Beat 3 eggs, add 3 tablespoonfuls sweet milk and a little salt. Pour into a hot frying pan well buttered. When partly done double in the pan. Can be made in two parts if you wish.

MRS. W. J. WHITE.

HAM OMELET.

Four eggs, whites beaten to a stiff broth, the yolks and 4 tablespoonfuls of sweet milk beaten together. Add pepper, salt and a little pinch of baking soda to the yolks, pour both together and put the spoon through a few times. Pour into a hot, buttered pan, sprinkle a layer of ham chopped fine, put in the oven until the egg is set, then cut apart and put one on top of the other. Serve hot.

MRS. HENRY FAIRBANKS.

FRENCH OMELET.

6 eggs.
1 tablespoonful melted butter.
Salt and pepper to taste.
1 cup boiling milk.
1 cup bread crumbs.

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This is sufficient for two cakes. Fry them in suet drippings and when nearly done turn them, each one together in the shape of a half moon. MRS. WILLIS D. FLINT.

"This fellow does not stand upon points."—*Midsummer Night's Dream.*

NETTIE'S OMELET.

3 eggs beaten separately. 3 tablespoonfuls milk.
Salt and pepper to taste.

Beat the yolks, add milk, salt and pepper, lastly the whites beaten to a stiff froth. Have the frying pan as hot as possible without scorching, put in a good sized tablespoonful of butter, then pour in the omelet, to which should be added a pinch of soda. As soon as the whites seem firm, cut through the middle and fold over. Shake the pan to free the omelet, slide upon a hot platter and serve at once. L. B. MERRILL.

STEAMED EGGS.

Place cups, each containing 1 teaspoonful of butter, a little salt and pepper, in a steamer. When the butter is melted break an egg into each cup, steam three minutes.

MRS. CRAWFORD RANNEY.

BAKED EGGS No. 1.

Butter a shallow baking dish, cover bottom and sides with very fine bread crumbs, break in as many eggs as will stay in place on bottom of dish and not run together; put on top, bits of butter, a little salt and pepper, cover all with fine bread crumbs. Bake in hot oven ten minutes.

BAKED EGGS No. 2.

6 little egg cups. 6 eggs.
Bits of butter. Bread crumbs, fine.

Butter cups, line with bread crumbs, break in the eggs, put on bits of butter, and salt and pepper to taste, cover with bread crumbs. Bake in hot oven. Both are much liked by all that have eaten them. JULIA A. TAPLIN.

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BAKED EGGS No. 3.

Break 8 eggs in a buttered dish, add a little pepper, a little salt, small bits of butter and 3 tablespoonfuls of sweet cream. Bake twenty minutes in a hot oven. Serve at once.

MRS. HENRY FAIRBANKS.

EGGS AND HAM BAKED.

Take some very fine minced ham, mixed to a paste, with a little boiling water, let it cool, line small egg cups with ham, break an egg into each cup, cover with bread crumbs. Bake ten minutes.

JOSEPHINE.

EGG TOAST.

6 eggs.
6 slices of bread.
Pie plate of meal.

Toast and butter bread. Break eggs, put whites into a bowl, keep yolks in shells, stand each shell in plate of meal. Beat the whites to a stiff froth, spread on each slice of buttered toast and drop a yolk into the middle of whites, putting toast upon a platter. Put into hot oven until yolks are cooked. Very good.

JULIA A. TAPLIN.

EGG SANDWICHES.

Boil 3 eggs one-half hour, mash and season well with salt, butter and a little pepper. Spread 12 slices of bread, cut very thin, with butter, then spread with the egg and fold.

MRS. G. M. HOWE.

"The matter of egg, lobster, man and mutton, as Mr. Huxley explained, is the same, and by subtle influences may be transubstantiated into each other, and this is the Physical Basis of Life."—*Wainwright.*

FRIED EGGS.

Place in a frying pan on a hot range 3 tablespoonfuls of butter or pork fat, heat well, then carefully break in 1 egg, taking care not to break the yolk. Cook one-quarter of a minute, then turn and cook one-quarter of a minute on the other side.

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POACHED EGGS.

One pint boiling water in a spider, break eggs carefully one by one into the water, let boil until the whites set, lay on dish and put over a little butter, salt and pepper. Eggs should be quite fresh to poach nicely.

SCRAMBLED EGGS No. 1.

Butter the size of a walnut in the frying pan. When hot put in 6 eggs, which should be previously broken in a dish, season and stir until cooked as much as desired. Some prefer to use a little milk or cream with the eggs.

SCRAMBLED EGGS No. 2.

Beat 6 eggs, season with a little pepper and salt. Put a tablespoonful of butter in the frying pan, when it is hot pour in the eggs, stir until it thickens. Eat hot.

SOFT BOILED EGGS.

Put fresh eggs in a dish of boiling water and set on the back of range where it will not boil. Let stand ten or fifteen minutes. They will be soft but beautifully done.

SPANISH EGGS.

Add to 2 quarts boiling water a tablespoonful of salt, and in it cook until soft one cup of rice. Drain through a colander and add a tablespoonful of butter, spread lightly on hot platter, and on it place dropped eggs. MRS. P. D. BLODGETT.

DEVILED EGGS.

Seasoning for 2 eggs.
1 teaspoonful vinegar.
⅛ teaspoonful mustard.
⅛ teaspoonful salt.
1 teaspoonful melted butter.
⅛ teaspoonful sugar.
A pinch of pepper.

After the eggs have been boiled until the yolks are mealy, cool them, and removing the shells, cut in two. Mash the yolks until smooth and add the seasoning. Fill the whites with the seasoned yolks and serve when quite cold.

ELLEN C. PUTNEY.

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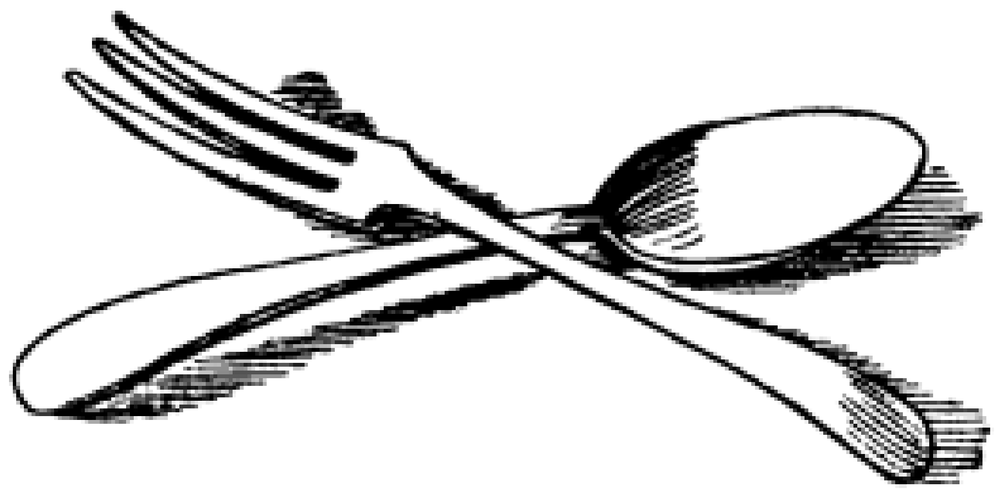
SALADS.

MRS. HARVLIN PADDOCK.



MAYONNAISE DRESSING.

2 teaspoonfuls dry mustard.	½ cup salad oil.
1 teaspoonful water.	½ cup strong vinegar.
1 teaspoonful salt.	Yolks of 2 eggs.

Mix salt and yolks of eggs with wooden spoon, add prepared mustard, mix till smooth with Dover egg beater, add oil, a few drops at a time, beat till thick, then add vinegar till of proper consistency.

MRS. M.

"To make a salad dressing four persons are wanted: A spendthrift for oil, a miser for vinegar, a counselor for salt, and a madman to stir up."—*Spanish Proverb.*

FRENCH DRESSING.

3 tablespoonfuls oil.	1 saltspoonful salt.
1 tablespoonful vinegar.	½ saltspoonful pepper.

Place salt and pepper in a cup, and 1 tablespoonful of the oil, mix thoroughly, then add the remainder of oil and vinegar slowly.

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SALAD DRESSING No. 1.

Yolks of 3 eggs well beaten.
¼ saltspoonful cayenne.
2 tablespoonfuls melted butter.
2 scant tablespoonfuls sugar.
1 teaspoonful dry mustard.
2 teaspoonfuls salt.
1 cup cream.
½ cup hot vinegar.

Cook in steamer until like soft custard, then add whites of 3 eggs beaten light. MRS. ORRIS PADDOCK HASTINGS.

SALAD DRESSING No. 2.

1 tablespoonful sugar.
1 tablespoonful mustard.
1 small tablespoonful salt.
1 cup best vinegar.
1 egg.
A bit of cayenne.

Put mustard, sugar, salt, pepper and vinegar into earthen kettle, setting in boiling water, stir as it heats. When well cooked add the egg, well beaten, and stir all together. When cold, set away in glass jar until wanted. To prepare for table take 2 tablespoonfuls cream, well beaten, 4 tablespoonfuls boiled dressing, beat all together, add chopped celery or lettuce, mix with any chopped meat, garnish with nasturtium blossoms and leaves. MISS TAPLIN.

CREAM SALAD DRESSING.

3 tablespoonfuls vinegar.
1 tablespoonful cream.
2 eggs.
1 teaspoonful salt.
¼ teaspoonful mustard.

Beat eggs, add sugar, salt, mustard, lastly vinegar and cream. Cook in a double boiler until as thick as rich cream.

MRS. HENRY FAIRBANKS.

REMOULADE DRESSING.

3 hard boiled eggs.
1 raw yolk of egg.
½ teaspoonful made mustard. Salt and cayenne to taste.
1 tablespoonful vinegar.
3 tablespoonfuls olive oil.

Remove egg shells, set aside whites to be used as a garnish. Mash yolks perfectly smooth, add mustard, seasonings, one-half the vinegar and mix thoroughly, add oil drop by drop, beating thoroughly all the while, then the yolk of the raw egg,

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and when this is well beaten in, add remainder of vinegar. The quantities of oil and vinegar may be slightly increased according to taste.

MRS. JONATHAN ROSS.

CHICKEN SALAD.

1 cold boiled chicken, white meat only.
An equal quantity crisp celery.
1 teaspoonful salt.
2 teaspoonfuls white sugar.
½ teaspoonful pepper.
½ teaspoonful made mustard.
2 hard boiled eggs.
1 raw egg.
½ teacupful vinegar.
3 teaspoonfuls salad oil, (or 2 of sweet cream or 1 of butter.)

Cut meat and celery in small squares, mix together, sprinkle a little salt over and set in a cool place while dressing is prepared. Rub yolks to a fine powder. Add salt, pepper and sugar, then the oil, a few drops at a time. Add mustard and let stand while you whip to a froth the raw egg. Add to the dressing, beating briskly all the while. Lastly add vinegar little by little. Mix lightly with a wooden spoon and turn into a salad bowl. Garnish with rings of the whites of hard boiled eggs, and parsley, or bleached celery tops. If in haste Durkee's dressing may be substituted.

MRS. HENRY FAIRBANKS.

> "It is not now a question of sentiment but one of digestion: Can we take in so much foreign material and so many sorts and retain our integrity."—*The Immigration Problem.*

VEAL SALAD.

Boil 3 pounds of veal until tender. Chop and add one-half the same amount, celery in season, (or cabbage and celery salt), chopped fine. When cold, pour over it the following dressing:

3 eggs beaten up.
⅓ teaspoonful red pepper.
1 cup sweet or sour cream.
1 tablespoonful sugar.
Boil till thick like custard.
½ cup vinegar.
1 tablespoonful French mustard.
1 tablespoonful salad oil or butter.
1 scant tablespoonful salt.

MRS. ALICE SMITH JOHNSON.

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FISH SALAD.

One quart of any kind of cold, cooked fish (halibut, haddock or cod is nice), flaked and freed from bones and skin. Mash yolks of 3 hard boiled eggs, and 6 or 8 sardines (bones and skin removed) to a smooth paste. Mix this paste with boiled or mayonnaise dressing. Arrange fish on lettuce leaves and pour over it the dressing. Garnish with slices of lemon.

MABEL FAIRBANKS.

SALMON SALAD.

One can salmon, 1 large cupful cold boiled potato cut into dice. Drain salmon and remove bones and skin. Mix with potato. Add dressing just before serving. Garnish with parsley.

MRS. MERRILL.

LOBSTER SALAD.

Two medium sized fresh lobsters, 3 stalks celery. Shred the meat of lobster, add chopped celery, and just before serving, the dressing. A cream dressing is desirable. Garnish with lettuce or celery leaves.

EGG SALAD.

Boil 6 eggs, remove shells, separate the yolks without breaking, cut whites into thin strips, or chop fine, and mix with an equal quantity of minced chicken, ham or salmon, and a tablespoonful of fine sprigs of parsley. Arrange this mixture on a bed of lettuce and garnish with yolks. Serve with French, mayonnaise or remoulade dressing.

MRS. JONATHAN ROSS.

POTATO SALAD.

6 eggs well beaten.
1 tablespoonful mixed mustard.
1 tablespoonful sugar.
Butter, size of an egg.
1 teaspoonful salt.
½ teaspoonful pepper.
1 coffee cup vinegar.

Make a custard of these, afterward add a cup of sweet

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cream and a bit of cayenne, add salt after custard is well cooked. Ten potatoes boiled, when cold cut into dice, add dressing just before serving. A very little onion gives a fine flavor. J. H.

CABBAGE SALAD.

Three-fourths cup of sour vinegar, butter size of an egg. When melted add a large teaspoonful of mustard mixed with a little vinegar, 3 tablespoonfuls of sugar, a dash of cayenne pepper, 2 beaten eggs. Cook until it thickens, stirring all the while. Have cabbage chopped fine, season with salt and pepper. Add a cup of whipped cream to the custard. Mix all together. MRS. W. T. HORTON.

TOMATO SALAD.

Take large, ripe tomatoes, pare and scoop out a little on upper side. Fill cavity with chopped celery. Pour over all any nice salad dressing. These placed on fresh lettuce leaves make a very attractive dish for tea. M. W.

ASPARAGUS SALAD.

Select tender stalks of asparagus, boil, set away to cool, then cut into inch pieces. Just before serving, pour over it salad dressing No. 2. Garnish with parsley. M. L. P.

BEET SALAD.

Chop cold boiled beets. Place a layer in dish, then spread a thin layer of any good salad dressing (No. 1. is excellent), having first pulverized the yolk of 1 hard boiled egg and added to the dressing. Repeat until dish is filled, then garnish with the white of egg cut in rings.

GENERAL DIRECTIONS.

To have a salad perfect, certain things should be noted. The meat or fish should not be moist; the celery or lettuce

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should be crisp, and no pressure should be used in putting together; the dressing should be added just before serving, the mixing to be done with a silver fork as lightly as possible.

SPECIFIC DIRECTION.

"One should ordinarily stop eating the same when he experiences a hurry of ideas, or indistinctness of the senses."—*Lumpkin.*

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SOUPS.

MRS. HENRY FRENCH.

> "Modern research teaches that bones may be reduced to food, as in Papin's Digester, and common sawdust by chemical process made nutritious."—*Bridgewater Treatises, ii, 139.*

In preparing soups a few general rules are needed. When buying meat for soups, lean, juicy, fresh killed meat should be chosen. But an economical cook will save the liquor in which meat has been boiled and the trimmings of undressed meat and game. The bones from roast beef and lamb will also make good stock for soups. Great care should be taken to skim the soup just before it begins to boil.

It is desirable to prepare the soup the day before it is wanted, that the fat may be removed when cold, when it should be carefully strained before using.

> "Jess, having three whole plates and two cracked ones, insisted on dinner being taken genteelly, i. e., broth and beef on separate plates."—*Window in Thrums.*

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TOMATO SOUP.

To 3 pints of soup stock, seasoned with salt and pepper, add ½ can tomatoes; when hot, strain and add a round tablespoonful of flour made very smooth in cold water. One good cook adds a generous tablespoonful of sugar, this may be as one likes.

TOMATO BISQUE.

One quart can tomatoes, 3 pints of milk. Heat milk in double boiler, when hot add 1 tablespoonful of flour wet in a little cold milk. Add butter size of an egg, salt and pepper. Cook tomatoes and after straining add ¼ teaspoonful soda, put all together and serve immediately.

FRENCH SOUP.

To 1 gallon beef stock, free from fat, add 1 head of celery, 4 sprigs of parsley, 1 cup of stewed tomato, 1 medium sized onion cut fine, 1 small carrot cut into dice, 1 tablespoonful of rice, salt and pepper to taste. Boil steadily for one hour, remove celery and parsley before serving, add boiling water to preserve same quantity till done.

POTATO SOUP.

Six medium sized potatoes, 2 tablespoonfuls of butter, 3 pints of milk, 1 tablespoonful chopped parsley, 2 teaspoonfuls of salt, ⅔ teaspoonful white pepper, 1 onion if you please. Pare potatoes and boil until tender, pour off the water, mash them and add the other ingredients and boil a few minutes. If you use parsley put it in the tureen and pour the soup on it through a colander. If you use an onion put it in the milk, removing it before you serve.

"Much loved of all-commanding—Jove."

CHICKEN AND CORN SOUP.

Add 1 pint of tender green corn to 1 quart of chicken broth. Boil twenty minutes, add 1 cup of cream or milk, butter, salt and pepper.

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GREEN CORN CHOWDER.

Two slices of salt pork, fried brown, 2 small onions, 6 potatoes, sliced. Cover with water and cook until soft. Cut the corn from 8 ears and cook fifteen minutes with 1 quart of milk. Salt and pepper to taste. Add crackers if you like.

MRS. G. H. TAPLIN.

OYSTER SOUP.

One quart oysters, 1½ pints of milk, ½ pint of hot water. Salt and cayenne pepper to taste. Put milk and hot water in double boiler, let it come to a scald, then add oysters and cook till the edges begin to curl, thicken with a tablespoonful of flour wet with a little cold milk. Cook long enough to cook the flour. Have tureen hot. In the bottom of it put pepper, salt and butter. Pour soup over this. This prevents curdling.

E. W. R.

> "They made a most superior mess of broth, a thing which poesy but seldom mentions. But the best dish e'er was cooked since Homer's Achilles ordered dinner for new comers."

GREEN PEA SOUP.

Cook together for fifteen minutes a quart of delicate stock, can of green peas and a very small onion. Remove the onion and rub remainder through a sieve. Return to the fire, add a cup of milk or cream, a tablespoonful of butter rubbed into a teaspoonful of flour, and pepper and salt to taste. Boil two or or three minutes and it is ready to serve.

BLACK BEAN SOUP.

One pint of black beans, soaked over night, in the morning drain off the water, put on to boil in 3 quarts of stock. Boil for four hours, adding water as it boils away, add salt and pepper to taste. When the beans are thoroughly done strain the soup. Slice 1 lemon and 2 hard boiled eggs very thin into the tureen and pour the soup over them. Serve with crackers or squares of toasted bread.

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SPLIT PEA SOUP.

One cup split peas, soaked over night, in the morning put on to boil in 1 quart of water, adding as it boils away to keep quantity the same. Any meat can be added to season it. When ready to serve, strain and season to taste, add a tablespoonful of flour.

BEAN PORRIDGE.

Six or 8 pounds of beef from the shank; at least 6 quarts of cold water. Before it boils skim carefully, add water as it boils away. This should boil at least six hours. Remove the meat and skim off the fat. Season with salt and pepper. Add to this a quart of beans previously parboiled, boil until the beans are thoroughly done; then add a thickening of a pint of corn meal wet in cold water. It should then boil an hour.

MRS. E. E. BAKER.

BEAN SOUP.

To 3 cupfuls of cold baked beans add 3 pints of water, 2 slices of onion, and 2 stalks of celery. Simmer thirty minutes and rub through a sieve, add 1½ cupfuls stewed and strained tomatoes, ½ tablespoonful chili sauce. Salt and pepper to taste. Bind together with a tablespoonful each of melted butter and flour, adding it slowly to the soup. Served with croutons.

MABEL FAIRBANKS.

"If you boil dry beans they will swell."—*English Reader.*

CREAM OF CELERY SOUP.

1 quart chicken or veal broth.
1 quart milk.
1 teaspoonful salt.
½ cupful rice.
1 head of celery.
A pinch of white pepper.

Cook the rice very soft in a double boiler with half the milk and the salt. Grate the celery into the remainder of the milk, and let it warm slowly. When the rice is sufficiently cooked, put through a fine sieve, and mix with the celery. Then add the well-heated stock and pepper. Stir gently over a hot fire a few moments before serving.

MRS. HENRY FAIRBANKS.

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FISH AND OYSTERS.

MRS. DENNIS E. MAY.

FISH CHOWDER No. 1.

5 pounds cod, haddock or bass.
A 2-inch cube of salt pork.
1 tablespoonful of salt.
1 tablespoonful of butter.
6 crackers.
6 potatoes.
2 small onions.
½ teaspoonful white pepper.
1 quart milk.

Wipe the fish (having removed bones), and cut in pieces about two inches square. Break the bones and head, cover with cold water and boil. Pare and slice potatoes, using enough to have the same quantity by measurement as you had of fish;

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soak in cold water; cut the pork in small pieces and fry; cut the onions in thin slices and fry in the pork fat; pour fat into the kettle, leaving out the onions and scraps of pork; add potato, barely covering with boiling water. Boil ten minutes, then add the water in which the bones were boiled; add salt and pepper, when boiling add fish and simmer ten minutes; add butter, hot milk and crackers, and, if you like, a little flour made smooth in milk.

MRS. HENRY FRENCH.

"Adam and Eve lived in Paradise—they rarely ate fish but a great deal of hotchpotch and radishes."
—*Sign of The Three Radishes—Holland.*

FISH CHOWDER No. 2.

1 pint codfish (diamond wedge). 4 large potatoes.
4 medium sized onions. 2 or 3 slices salt pork.
1½ pints milk. 6 crackers.

Shred fish in the morning, put in cold water and freshen well. Slice potatoes thin, also the onions, and cover with cold water. One hour before dinner lay the pork in the bottom of an agate or porcelain lined kettle and fry a golden brown, cutting in small squares while frying; turn off the fat, leaving pork in kettle. Add a layer of the sliced potato, one of fish and one of onion, sprinkle with salt and pepper and dredge with flour. Just cover with boiling water and simmer slowly until potatoes and onion are done, about three-quarters of an hour. Just before serving, add the milk and bring to a boil. Have the crackers split and buttered and laid in the tureen. Turn the chowder over them and serve immediately.

MRS. HENRY G. ELY.

BOILED FISH.

Have the fish thoroughly cleaned and scaled, then wash carefully and wipe dry, dredge with flour, wrap in a clean cloth and sew or tie firmly. Put into kettle with cold water enough to well cover it and add a tablespoonful of salt. Let

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come to a boil and then keep it boiling till done, allowing fifteen minutes to every pound of fish (codfish does not require as much time). Open the cloth on a sieve or strainer, and roll the fish carefully out. Let drain a minute and then turn upon the platter for the table. Serve with egg or white sauce.

MRS. MERRILL.

BAKED FISH.

Take a fresh cod or cusk, scale and wash thoroughly in salted water, wipe dry with a cloth. If the fish is to be served whole do not remove the head or tail; stuff the fish and sew it up. Rub with pepper, salt and flour, place in dripping pan with thin slices of salt pork under it, also on top of it. Bake till brown, baste often. Do not put water in the pan. Serve with Hollandaise sauce.

STUFFING FOR BAKED FISH.

1 cup bread crumbs.
1 saltspoonful of salt.
1 saltspoonful pepper.
1 saltspoonful chopped onion.
1 saltspoonful chopped pickles.
¼ cup butter.
Moisten with water.

> "The gulosity of Gastaldy at the table of the Cardinal Belloy caused his death. Let this be a warning to Priests, whether Protestant, Papish or Presbyterian, as to helping guests three times to the belly part of a fish."—*Timbs.*

BAKED HALIBUT.

Get a square piece of halibut, put in a shallow baking pan, half cover with milk, baste often while baking. Serve with drawn butter and hard boiled eggs sliced.

MRS. FRENCH.

BAKED HALIBUT STEAK.

Have the fish cut into inch slices, wash in salt and water, dry on a cloth. Cut some thin slices of salt pork, wash and dry them, then place the pork in the pan and fry till crisp on one side. Take some flour on a plate, add pepper and salt,

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then rub the fish thoroughly on both sides with this mixture. Take the pork from the pan and lay the fish in the hot pork fat; place the slices of pork on top of the fish and set in hot oven until crisp. Swordfish is nice cooked in same way. Serve with drawn butter sauce.

FILLET OF HALIBUT.

3 pounds halibut.
3 hard boiled eggs.
Juice of 1 lemon.
2 onions.
2 tablespoonfuls butter.
Salt and pepper.

Free the fish from skin and bone. Cut in slices one-half inch thick, cut these in strips three inches long and two wide. Sprinkle with lemon juice, salt and pepper. Lay a thin slice of onion on each strip and let stand one-half hour. Melt the butter and put strips into it. Roll up and pin with wooden skewers, dip in butter once more, place in a tin pan, dredge with flour and bake twenty minutes. Remove skewers and pour around it white sauce No. 2.

MRS. FRENCH.

3rd Fish—"Master, I marvel how the fishes live in the sea."

1st Fish—"Why, as men do a-land; the great ones eat up the little ones."—*Pericles.*

BAKED TROUT.

Wash, wipe dry and rub salt in the inside of the fish. Lay in a dripping pan upon wooden fish sticks, with a little water in the bottom of the pan. Bake twenty minutes in a quick oven. Turn over very carefully and bake fifteen minutes longer. Put it on a hot platter and serve with cream sauce.

MRS. HENRY FAIRBANKS.

FRIED TROUT.

Clean, wash and wipe carefully. Rub a little salt into each fish, roll in fine cornmeal. Have ready a hot frying pan in which small squares of salt pork are partly fried. Add a little butter. Put in the fish and fry quickly to a delicate brown, turning only once. Lay each fish for an instant on a

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hot napkin to absorb the grease, and serve on a platter well heated, and garnished with parsley or celery tops. Great care should be taken not to handle the fish roughly.

MRS. HENRY FAIRBANKS.

FISH A LA CREME.

4 to 6 lbs. fish.
1 cup cracker crumbs moistened with
⅓ cup melted butter.
1 to 1½ pints white sauce No. 1.

Clean fish, cook in boiling salted water with 1 tablespoonful vinegar till flesh separates from bones easily. . Drain, and when cool remove skin and bones, pick apart in flakes, sprinkle with salt and pepper. Put a layer of fish on platter, cover with sauce, another layer of fish, then sauce. Moisten the cracker crumbs with the melted butter, spread over the top and bake until crumbs are brown. Garnish with parsley. A fish weighing 3½ pounds is sufficient for eight people. Cod or halibut may be used in the same way. MRS. FRENCH.

FISH BALLS No. 1.

1 cup raw salt fish.
1 tablespoonful butter.
¼ saltspoonful pepper.
1 pint raw potatoes.
1 egg well beaten.
More salt if needed.

Wash fish and pick in half-inch pieces; pare potatoes and cut in quarters. Put together in a stew pan and cover with boiling water. Boil twenty-five minutes or till done, drain off all the water, beat fish and potato until very light, add butter, pepper, salt and beaten egg, mold into balls and fry in smoking hot lard one minute. Drain on paper. MRS. F.

"At breakfast fish balls I consumed."—*Hunt.*
"In fish balls the phosphites are supplied."—*Taylor.*
"There is no thinking without phosphorus."
—*Büchner.*

"But this is an assumption."—*Chambers.*
"Bread is the staff of life."—*Swift.*
"A piece of bread, sir, if you please."—*Jones.*
"We don't give bread with one fish ball."—*Jenkins.*

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FISH BALLS No. 2.

Make ready a pint of cold salt fish nicely shredded and chopped fine, also nearly a quart of fresh boiled potatoes, mashed with a cupful of broken butter and 2 even teaspoonfuls of made mustard, and ½ teaspoonful of salt thoroughly mixed in. Beat an egg light and stir it in with 1 or 2 tablespoonfuls of cream or sweet milk. Now add the chopped fish, beating till it is thoroughly mixed. Take a heaping tablespoonful at a time and roll it on a floured board; make it as round as possible and dredge well; go on till all is made up. Drop them, a few at a time, into deep, boiling hot lard, turn them over and over till they are evenly crisped and browned. Take out with a skimmer and drain. Keep in hot place till time to serve.

MRS. MERRILL.

CLAMS WITH CREAM.

Chop 50 small clams, not too fine, and season with pepper and salt. Put into a stew-pan butter the size of an egg, when it bubbles sprinkle in a teaspoonful of flour and cook a few minutes, stir into it gradually the clam liquor, then the clams. Stew two or three minutes, then add a cup of boiling cream, and serve immediately.

MRS. W. T. HORTON.

SCALLOPED OYSTERS No. 1.

For a family of five or six take a pint of oysters, add a gill of water, heat in a sauce pan and skim well. Butter a medium sized nappy, place a layer of oysters in the bottom of the dish, dredge with salt and pepper, cover with a layer of fine bread or cracker crumbs, cover this with bits of butter. Alternate with the oysters and cracker crumbs, leaving a layer of crumbs on top. Strain the liquor off the oysters to take out any bits of shell that may be in it, and pour over the dish. Add enough water to make sufficiently moist and bake until a nice brown.

MRS. MARY A. BRACKETT.

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SCALLOPED OYSTERS No. 2.

1 pint oysters. 1 cup cream or rich milk.
1 pint bread or cracker crumbs. ½ cup butter.

Heat the oyster liquor with the butter and milk. Butter a shallow dish, put in a layer of crumbs, then a layer of oysters and season with salt and pepper, then put in other layers of crumbs, oysters and seasoning, with a thick layer of crumbs on top. Moisten each layer of bread crumbs with the liquid, reserving the larger part for the top layer of crumbs. Lay a few pieces of butter on top. Bake in a hot oven twenty minutes or till brown on top. MRS. HENRY ROSS.

LITTLE PIGS IN BLANKETS.

Take as many large oysters as are wished and dry them with a towel. Have some fat bacon cut in very thin slices, cover each oyster with them and pin on with wooden toothpicks. Broil or roast them until the bacon is crisp and brown. Do not remove toothpicks. Serve hot.

MRS. NETTIE MAGOON.

"Within these folds we may confidently look to find the intellectual powers of man."—*Duke of Argyle.*

OYSTERS EN COQUILLE.

Fill oyster or scallop shells with oysters, season with salt, butter, pepper and lemon juice; cover with sifted, buttered bread crumbs. Bake till the crumbs are brown. Place the shells on small plates and serve. W. C. B.

CREAMED OYSTERS.

1 pint oysters. 1 tablespoonful flour.
1 pint cream or rich milk. Small piece of onion and mace.

Let the cream, with mace and onion, come to a boil; mix the flour with a little cold milk and stir it into the cream. Let the oysters come to a boil in their own liquor, skim carefully, drain off all the liquor, turn the oysters into the cream, skim out the mace and onion, and serve. W. C. B.

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FRIED OYSTERS.

Select largest, finest oysters, drain and wipe carefully, roll each in cracker crumbs, then in beaten egg, then in crumbs again. Fry in equal parts of lard and butter. Mix a dash of pepper with the crumbs. M.

OYSTER SHORT CAKE.

1 quart oysters.
1 cup cream.
½ cup butter.
1 tablespoonful cornstarch.

Bake short cake according to rule in bread department. Split and fill with creamed oysters.

> "The types of created life are four: 1, Radiate * * * 2, Molluscous—oyster: all stomach, no back bone. There are such people. I have seen them at Washington."—*J. Myrick.*

EGG SAUCE.

Take 1 cupful butter, rub into it 1 tablespoonful flour, ½ teaspoonful salt and ¼ teaspoonful black pepper; then add a pint of cold water, heat it, stirring all the time; when it begins to simmer, remove it from the fire, and add 2 or 3 hard boiled eggs, sliced thin or chopped fine as you prefer.

HOLLANDAISE SAUCE.

½ cup butter.
½ lemon, juice only.
½ cup boiling water.
Yolks of 2 eggs.
1 saltspoonful salt.
¼ saltspoonful pepper.

Rub butter to a cream, add yolks, one at a time and beat well; then add lemon juice, pepper and salt. Five minutes before serving add the boiling water. Place the bowl in a saucepan of boiling water and stir briskly until it thickens.

DRAWN BUTTER SAUCE.

1 pint hot water or white stock.
2 even tablespoonfuls flour.
½ cup butter.
Pepper and salt to taste.

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CREAM SAUCE.

2 cups sweet milk.
1 cup sweet cream.
1 teaspoonful salt.
2 tablespoonfuls butter.
1 tablespoonful flour.

Heat the milk in a double boiler, except enough to wet the flour. When the milk is well heated, not boiled, add the cream, flour, butter and salt.

MRS. HENRY FAIRBANKS.

WHITE SAUCE No. 1.

1 pint cream or milk.
½ teaspoonful salt.
½ saltspoonful pepper.
1 heaping tablespoonful butter.
2 tablespoonfuls flour.

MRS. FRENCH.

WHITE SAUCE No. 2.

1 cup white stock or milk.
1 tablespoonful lemon juice.
1 tablespoonful flour.
1 tablespoonful chopped onion.
2 tablespoonfuls butter.
Salt and pepper to taste.

MRS. FRENCH.

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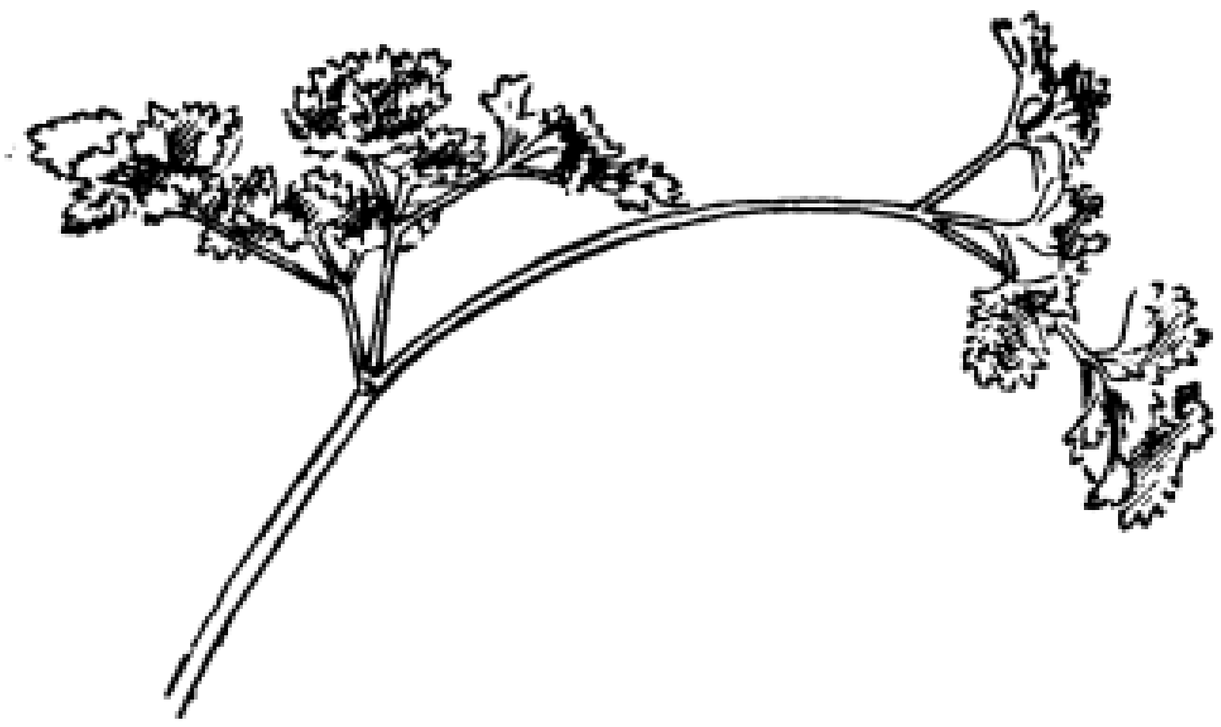
MEATS.

MRS. P. D. BLODGETT.



"If you are hungry or a dry,
Or your stomach out of orders,
There's sure relief at The Round of Beef
For both these 2 disorders."

—*Tavern Sign.*

ROAST BEEF.

Have the oven hot and allow one hour for cooking a piece weighing 8 pounds. If you wish it very rare, three-fourths of an hour. Wipe the meat, then rub into it salt and pepper and dredge with flour. Place in baking pan without water. After the meat is browned over, which should be quickly, add a pint of hot water, watch carefully, and add more water if there is danger of burning and you desire a gravy.

ROAST LEG OF MUTTON.

Wipe the meat with a cloth wrung out of cold water, then dredge with salt and pepper, and generously with flour. Place

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on a meat rack in the baking pan or steamer. Cover the bottom of the pan with flour, place in hot oven, and as soon as the flour in the pan is brown, pour in hot water enough to cover the bottom of the pan. Baste it often. Cook a 6 pound leg one and three-fourths hours. When the meat is done, pour all the fat from the gravy and add a cup of boiling water to what remains in the pan. Thicken this with a paste made of a tablespoonful of flour and a little cold water. Stir well and boil two or three minutes, season with salt and pepper, strain and serve. All the dishes must be very warm for a mutton dinner.

FRIED VEAL WITH TOMATOES.

Cut veal in thin slices, season and fry a nice brown. Have ready tomatoes which have been stewed very dry. Pass through a sieve to remove the seeds. Put in the pan in which the meat has been fried, and add butter enough to make a rich gravy. Pour hot over the veal and serve.

BOILED LEG OF LAMB.

Take fine, fresh leg of lamb, weighing about 5 pounds, soak in warm water for two hours, then wrap it in a cloth and boil it slowly for an hour and a half, or until tender. Put it to boil in hot water, and when partly done, add salt enough to season the broth. If ½ a cup of rice is boiled with the lamb, it gives the meat a nice white look.

"What is this, mutton? No sheep, sweet lamb."

BEEF BALLS.

Take round steak or any inexpensive piece of fresh beef, chop it fine, season with salt and pepper. Form this into small flat cakes. Put in the frying pan 2 tablespoonfuls of butter or drippings, fry in this a little chopped onion until it is brown, remove the onion, and fry the meat balls until brown on both sides. Nice for breakfast. MRS. W. A. TAPLIN.

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VEAL LOAF No. 1.

3½ pounds leg of veal chopped raw.
3 tablespoonfuls cream.
1 small teaspoonful pepper.
2 eggs.
8 tablespoonfuls powdered cracker.
2 scant tablespoonfuls salt.
Butter size of egg.

Stir all together, then mold into loaf. Put a little water in dish in which it is baked. Sprinkle cracker over top. Bake three hours, basting well. MRS. H. PADDOCK.

VEAL LOAF No. 2.

3 pounds of veal or fresh beef.
½ pound of salt pork chopped fine.
Add a little sage.
3 tablespoonfuls of salt.
1 dessertspoonful of pepper.
2 beaten eggs.
1 teacupful cracker crumbs.

Mix and press hard into a tin. Bake one and one-half hours. Slice when cold. The butcher will weigh and chop the meat. MRS. H. E. BELKNAP.

BROILED BEEF STEAK.

Have steak cut from three-fourths to an inch thick Cook over clear coals ten minutes, this gives it rare, then place on a warm dish, season with salt, pepper and butter. Many people prefer to dredge it with salt and flour before cooking. But it is not as good.

FRIED BEEF STEAK.

The next best thing to broiling is to heat a frying pan hot, grease the pan to prevent the steak from sticking, lay the steak in, cook quickly, and serve as broiled steak.

"I found that Friday still had a hankering after some of his accustomed meat."—*R. Crusoe.*

BEEF STEAK.

Broil and season as before directed, then place lettuce leaves on dish, steak on the lettuce, then place thin slices of lemon on steak.

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BOILED HAM No. 1.

For a 10 pound ham, wash and boil gently for three hours in just water enough to cover it, then remove the skin and put it in a large baking pan, place in moderate oven until it is a rosy brown. It gives a nice flavor to the ham if whole cloves are stuck in it before baking.

BOILED HAM No. 2.

Wash, then boil an 8 or 10 pound ham for two hours in water enough to cover. Remove the skin and bake in a blanket for an hour and a half. Then remove the blanket and serve hot or cold. To make the blanket, prepare dough as for cream tartar biscuits, only use a pint of water in place of milk, and no shortening. Roll the dough out large enough to wrap the ham in, bake in a dripping pan in a moderate oven for one and one-half hours. MRS. A. LINCOLN.

FRIED HAM.

Put a tablespoonful of drippings in a frying pan, when hot, lay slices of ham in, fry quickly eight or ten minutes. It will be brown and crisp.

BROILED HAM.

Cut the ham in thin slices, cut off the rind, then broil over clear coal ten minutes. If ham is salt or hard, let it stand in warm water a little while before cooking.

> "They claim it is as natural for a man to eat what will give him fat and phosphorus, as for a monkey to eat nuts."

ROAST PORK.

Rub the meat well with pepper, salt and flour. Put a pint of water in the pan, baste often and do not have the oven as hot as for other meats. Bake twenty minutes for each pound. It is more wholesome if cooked until tender and eaten cold.

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BEEF STEAK SMOTHERED IN ONIONS.

In cooking beef steak and onions use 6 medium-sized onions to a pound of beef. Slice the onions and place in iron spider, in which has been melted a piece of butter and a piece of lard the size of a walnut. Stir constantly while frying to prevent scorching, and fry to a deep golden brown. When done turn out into a hot dish with a cover, then put in same spider and fry quickly the steak. Serve on hot platter with lumps of butter and pour the onions over it. Season with pepper and salt.

MRS. E. A. BLODGETT.

CALF'S LIVER.

Slice the liver and place between two towels, cut salt pork into dice, sprinkle a layer of pork into frying pan, then lay in a layer of the liver, then a layer of the pork and a layer of liver until you have the desired amount, then season with salt and pepper and pour in boiling water until it comes up in sight. Cover closely, bake in moderate oven one hour. Serve on hot platter and cover with bits of butter.

MRS. GEORGE HOWE.

PRESSED BEEF.

Take a piece of corn beef and put it into boiling water and keep it boiling till tender. Remove bones. Chop lean and fat together. It does not need to be made very fine, only so that fat and lean may be thoroughly mixed. Stir in enough dry mustard to flavor it. Put the meat in a baking tin and put another tin of the same size inside the one containing the meat; put on this two or three flatirons for a weight, and let the meat stand over night; the next day it will come out in a good loaf from which nice slices can be cut.

MRS. S. W. HALL.

DRAWN BUTTER SAUCE.

Beat 1 cup of butter and 2 tablespoonfuls of flour to a cream, pour over this 1 pint of boiling water, let it come to a boiling point, but do not boil. Serve immediately.

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EGG SAUCE.

Chop two hard boiled eggs and stir into drawn butter.

CAPER SAUCE.

Into a pint of drawn butter, stir 3 teaspoonfuls of capers.

MINT SAUCE.

1 cup of fresh chopped mint, ¼ cup of brown sugar, ½ cup of vinegar. Let it stand an hour, serve cold with lamb or mutton.

SUGGESTIONS.

Meat is in season all the year. Pork in autumn and winter, veal in spring and summer, lamb in summer and fall, mutton and beef at any time. All meats require more or less trimming and cleaning, also the most watchful care while cooking. If possible never wash fresh beef, as by this means much of the juice is lost. Wring a clean cloth out of cold water and wipe the meat. In roasting meat if a little sugar is dredged over it before dredging with salt and flour, it improves the flavor and helps to keep in the juice of the meat.

Mutton, veal and pork should be thoroughly cooked to be wholesome. Boiled salt meat is nicer if it stands in the water until cool. It is well to boil corned beef the day before using. In broiling, first grease the gridiron with some of the fat, the secret of broiling is frequent turning.

"A dinner lubricates business."—*Lord Stowell.*
"Dispatch is the soul of business,"—*Lord Chesterfield.*

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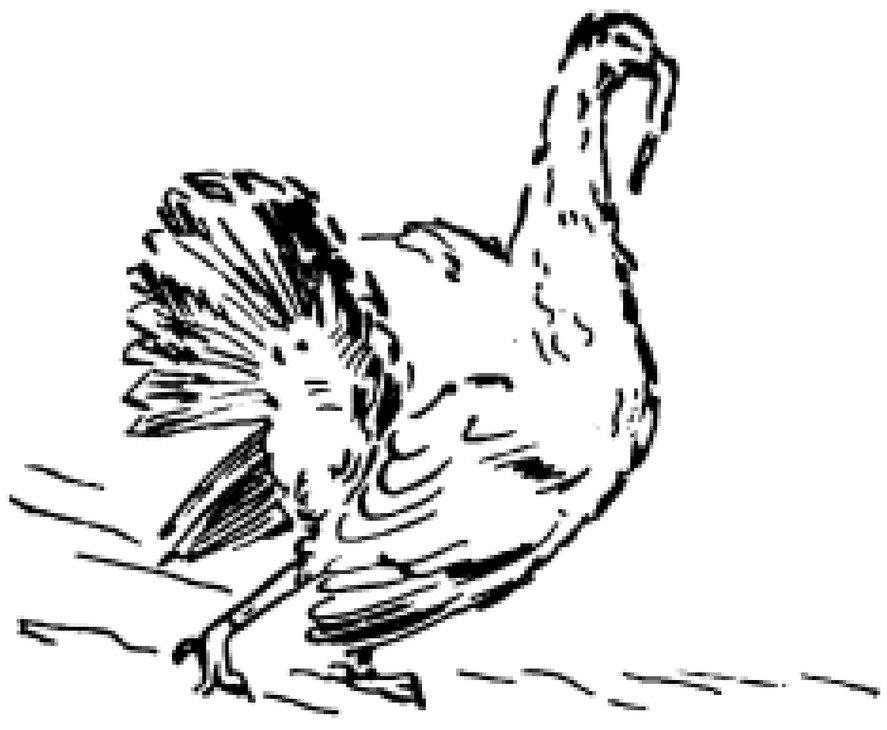
POULTRY AND GAME.

MRS. HENRY FAIRBANKS.



ROAST TURKEY.

First singe over blazing paper or alcohol, then cut off the feet and tips of the wings, and the neck as far as it is dark; then with the blade of a knife take out all the pin feathers; turn the skin of the neck back and with the thumb and forefinger draw out the crop and wind pipe. Cut a slit in the lower part of the fowl and draw out the intestines, being careful not to break the gall bag, which is found near the upper part of the breast bone and attached to the liver. Cut the oil bag from the tail. Now wash thoroughly and drain. Split gizzard and take out the inside and inner lining, wash and put on to boil in two quarts of cold water. (This is for the gravy).

Turkey of 8 pounds.
1½ pint bread crumbs.
½ pint cracker crumbs.
1 egg.
½ cup butter.
1 tablespoonful parsley.
1 teaspoonful pepper.
1 tablespoonful salt.
1 tablespoonful sage.
1 tablespoonful summer savory.

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Soak the bread and cracker crumbs in cold milk or water till soft. Add the other ingredients and mix well. Fill the breast of the turkey first, and put the remainder in the body of the bird, sewing the openings securely together. Cross and tie the legs, run a skewer through the wings, fastening to the body. Fasten the neck under the body with a skewer, tie all with a twine. Rub the turkey with salt, and lay thin slices of salt pork on the body. Place on a rack in a dripping pan or in a tin kitchen. Cover the bottom with water. Place in a hot oven and baste often with the drippings. Fifteen minutes before dishing, remove the bits of salt pork, moisten with butter and dredge lightly with flour. After the first half hour reduce the heat of the oven. Bake two hours, and fifteen minutes more if a tin kitchen is used. Serve with giblet gravy.

> "Why dost not thou take me upon thy pens, O King of the air! thou fearless and unwearied bird of wondrously swift flight! Who, more than thou, is raised above the mean fatalities of existence?"
>
> —*Michelet.*

For giblet gravy, boil the heart, gizzard and liver in 2 quarts of water two hours, then take up and chop the gizzard and heart. Mash the liver till fine and return to the liquid. When hot thicken with 1 tablespoonful of flour and season with pepper and salt. When the turkey is taken up, turn the drippings into this gravy, boil up once and send to the table.

MRS. J. W. BALCH.

ROAST CHICKEN.

To clean the chicken, singe, remove the pin feathers, oil bag, crop, entrails, and cut off legs and neck, slip the skin back from the neck, and cut the neck off close to the body, leaving skin enough to fold over on the back. Remove the wind pipe, pull the crop away from the skin on the neck and breast. Always pull the crop out from the end of the neck. Wash and wipe the inside.

To clean the giblets, slip off the thin membrane round the

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heart, cut out the veins and arteries, remove the liver, and cut off all that looks green near the gall bladder. Trim the fat and membranes from the gizzard, open it, and remove the inner lining without breaking it. Wash them and put in cold water to cook until tender. The neck and tips of the wings can be cooked with the giblets.

Dressing made as follows for a chicken weighing between 3 and 4 pounds: Take 1 pint of stale bread, break up in fine crumbs and moisten. Add 1 teaspoonful of salt, ½ teaspoonful pepper, ½ teaspoonful powdered sage, ½ teaspoonful summer savory, and ¼ cupful butter. Mix well together, and put the stuffing in at the neck; fill out the breast until plump and even, then draw the neck skin together at the end and sew it over on the back. Put the remainder of the stuffing into the body at the other opening and sew it with fine twine.

To truss the fowl, draw the thighs up close to the body, and cross the legs over the tail and tie firmly with twine. Put a long skewer through the thigh into the body and out through the opposite thigh, and another through the wings, drawing them close to the body. Wind a string from the tail to the skewer in the thigh, then up to the one in the wing, across the back to the other wing, then down to the opposite thigh, and tie firmly round the tail. If you have no skewers, the strings must be passed round the body, over thighs and wings.

> "15th March, 1669, I did walk to 'The Cocke,' at Head of Suffolke street, where a great ordinary mightily cried up and there bespoke a pullet, and we dined very handsome with a good soup and Pullet for 4s. 6d. the whole."—*Pepys.*

Before putting the chicken into the pan it should be dredged well with salt. Take soft butter in the hand, and rub thickly over the chicken, then dredge rather thickly with flour. Place on the side on the rack, and put into a hot oven for a few moments, that the flour in the bottom of the pan may

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brown. When it is browned, put in water enough to cover the pan. Baste every fifteen minutes with the gravy in the pan, and dredge with flour. When one side is browned, turn and brown the other. The last position in which the chicken should bake is on its back, that the breast may be nicely browned. The last basting is on the breast, and should be done with soft butter and dredged with flour. The water in the pan should often be removed, and always be careful not to get in too much at a time. It will take about one hour and a half to cook a chicken weighing between 3 and 4 pounds.

For gravy, take the giblets, which have been cooking, put the liver on a plate, mash fine with the back of the spoon, then chop the gizzard, heart and meat from the neck very fine, and add to the water in which they have been boiled. Then take the gravy from the pan in which the chicken was cooked, and add to the giblet gravy, thicken with flour, and season with salt and pepper.

MRS. ELLEN R. PIKE.

TO ROAST A GOOSE.

Parboil an hour to extract the oil from the skin; wipe dry and add dressing as for a turkey. When you put the water into the dripping pan, cut an onion in halves and lay one piece on each side. When the goose is basted it will not taste of the onion, but the otherwise strong taste is quite destroyed.

MRS. HENRY FRENCH.

> "This brave and beautiful bird, native of the primitive cloaca, last born of ancient world has no stain nevertheless. His grand and formidable voice announces from afar the gravity and dignified heroism of his race."—*Palemedea Kornuta.*

TO ROAST A DUCK.

Parboil, with onions and ⅓ teaspoonful of soda. Parboil a second time in clear water, then take out, stuff and roast like turkey, basting often.

MRS. ANNIE HORTON.

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TO BOIL A TURKEY.

Prepare as for roasting. Fill with whole crackers to keep the fowl in shape; rub a little salt inside to season; sew up in a cloth well dredged with flour. See that the water boils when the fowl is put in and that there is enough to cover the turkey. Try as other boiled meats, with a fork or knitting needle. This method of cooking requires a sauce. Either drawn butter or oyster sauce is nice. Boil a chicken the same way, except a shorter time.

OYSTER SAUCE.

1 pint oysters.
½ lemon.
1 teacupful milk or cream.
2 tablespoonfuls butter.
1 teaspoonful flour.
Cayenne and nutmeg if you like.

Stew the oysters in their own liquor five minutes, add the milk. When this boils, strain, return the liquor to the saucepan. Thicken with moistened flour. Add the butter, boil one minute; add lemon juice and pour out.

BROILED CHICKEN.

Split down through the breast tender spring chickens. Wash and wipe thoroughly; rub both sides in salt, dredge with flour, and put in a baking pan with a little water. When nearly cooked, remove to a buttered broiler over hot coals and brown on each side.

CHICKEN FRICASSEED.

Cut one chicken in pieces as for serving, cover with salted boiling water; let it simmer for an hour or until it is almost tender. Take out the chicken and cook the broth down to about a pint. To this add 1 pint of sweet milk, 1 well beaten egg, 1 tablespoonful flour, a little more salt, and a pinch of celery salt. Put the chicken back into the hot gravy and cook twenty minutes or half an hour. This for a white fricassee. If you wish a brown one, brown the pieces of fowl in a hot buttered frying pan, and pour the gravy over as in the first.

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TO COOK A PARTRIDGE.

Clean and wipe dry. Boil half an hour in salted water, then fry until brown in a hot pan with plenty of butter. Serve on slices of dry toast, with parsley and currant jelly for garnishing.

SNIPE, PLOVER, WOODCOCK, AND OTHER SMALL GAME.

These may be cleaned and trussed like chickens but not stuffed. Should be laid in rows on the rack in the dripping pan, sprinkled with salt and often basted with butter and water. Each bird should be served on a round of bread nicely browned and generously buttered.

Rabbits should be skinned and soaked an hour in salt water before cooking. They can be roasted, stewed, fried or fricasseed.

Squirrels are best broiled after the manner of spring chickens, having first been soaked thoroughly to draw out the blood and then wiped dry.

Some people delight in squirrel pie. The following is a good recipe:

Clean and soak the squirrels and stew in a saucepan with small bits of salt pork and water to nearly cover, until half done. Season with salt and pepper and a bit of butter, thicken the gravy and pour all into a deep buttered dish. Cover with pie crust and bake half an hour.

HOW TO EAT PEACOCK.

"Tito quoted Horace, dispersed his slice of peacock over the plate. Rucellai made a learned observation about the ancient price of peacocks' eggs but did not pretend to eat his slice. Nichols Ridolphi held a mouthful of peacock on his fork while he told a story."—*George Eliot.*

"Apicius dined on peacocks' brains and tongues of nightingales. He made way with himself, having only £1,000,000 to live on."—*Eng. Review.*

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ENTREES.

MISS LIZZIE M. ROSS.

"Let's do it after the high Roman fashion."

—*Cleopatra.*

MACARONI.

¼ pound macaroni.
½ teaspoonful salt.
⅔ cup bread crumbs.
1 cup melted butter.
1½ cups hot milk.
1 tablespoonful butter.
1 tablespoonful flour.

Break the macaroni in three inch pieces and put into 3 pints of boiling salted water. Boil twenty minutes or until soft. Drain in a colander and pour cold water through to keep it from sticking. Cut into inch pieces. Put in a shallow baking dish and cover with a white sauce made with 1½ cups of milk, 1 tablespoonful butter and 1 of flour. Add the salt. Mix the bread crumbs and melted butter and sprinkle over the top. Bake until the crumbs are brown.

MACARONI AND TOMATOES.

Boil as above and cover with tomato sauce made from 1½ cups of steamed tomatoes, 1 tablespoonful butter, 1 tablespoonful flour. Pour over the macaroni, cover with bread crumbs and brown in the oven.

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MACARONI AND CHEESE.

One-fourth pound macaroni, 1 cup grated cheese. Boil the macaroni as directed above. Butter an earthen dish. Put in a layer of macaroni, then a layer of cheese, salt, pepper and butter. Next a layer of macaroni, cheese, etc., so on until all has been used, covering the top with cheese. Pour over all enough milk to nearly reach the top of the macaroni. Bake half an hour or until a rich brown. MRS. EDWARD ROSS.

LAMB SCALLOP.

1 cup cold lamb, chopped fine. 1 cup stewed tomatoes.
1 cup fine bread crumbs.

Arrange all in layers in a buttered dish, having the crumbs at the top. Season with salt and pepper, put bits of butter on top and bake. MRS. S. W. HALL.

SCALLOPED LAMB.

Remove the fat and skin from cold roast lamb; cut the meat in small, thin slices, season it with salt and pepper. Cook ¼ pound macaroni in boiling salted water until tender; rinse thoroughly in cold water. Prepare a brown tomato sauce. Butter a baking dish and put in a layer of meat, then one of macaroni, then tomato sauce. Continue in this order till the dish is filled, having sauce on top. Cover with ⅔ cup of cracker crumbs moistened with ⅓ cup melted butter. Cook in the oven until the crumbs are brown.

> "Varieties of dishes, pleasant sauce, all that Misillus admired in Lucian; also he hath gout, dropsies, apoplexies, palsies, stone, pox, rheums, catarrhs, conditions, oppilations, and such others as therewith get in."—*Anatomy of Melancholy.*

TOMATO SAUCE.

1 pint tomatoes.
½ onion.
1 tablespoonful butter.
2 cloves.
A sprig of parsley.
1 heaping tablespoonful flour.

Cook the tomatoes, onions, cloves and parsley ten minutes

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in a double boiler, then strain. Brown the butter, then add the flour, then the tomato pulp gradually. Serve with salt and pepper.

CHEESE FONDU.

¾ cup crackers broken fine.
½ cup grated cheese.
2 eggs beaten light.
A pinch of soda.
1 cup sweet milk.
1 tablespoonful butter.
Pepper and salt to taste.

Bake in a quick oven. Very nice for supper. Put soda in the last.

MRS. G. H. TAPLIN.

RICE WITH CHEESE.

Wash thoroughly 1 cup rice, add it to 2½ cups boiling water, to which has been added 1 tablespoonful salt. Steam until tender. Put a layer into a buttered pudding dish, dot over with butter, sprinkle with thin shavings of cheese and a speck of cayenne; repeat until the rice is used and ¼ pound cheese. Add milk to half the depth of the contents of the dish, cover with buttered crumbs and bake until the cheese melts. Use a silver fork to stir the rice. To prepare cracker crumbs, roll but not sift them, and use ¼ cup of melted butter to 1 cup crumbs.

MRS. REBECCA P. FAIRBANKS.

TURKISH PILAF.

Boil well washed rice, 1 scant cup, for half an hour, stirring seldom, and only with a fork. Pour in 1 tablespoonful of melted and slightly scorched butter, and 1 scant cup of strained tomato juice. When it has absorbed the water so as not to be watery, it is ready to serve.

MRS. HENRY FAIRBANKS.

CHICKEN CROQUETTES.

½ pound cooked chicken or veal, chopped very fine.
½ teaspoonful salt.
1 saltspoonful white pepper.
A few grains cayenne pepper.
1 pint very thick cream sauce.
½ teaspoonful celery salt.
1 teaspoonful lemon juice.
A few drops onion juice.
1 beaten egg.

Mix sauce with chicken, spread on a plate to cool, shape

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into rolls. Roll in fine bread crumbs, then dip in beaten egg, then in bread crumbs and fry one minute in very hot fat. Drain on paper and let stand in the oven a few minutes, as the lard may not have heated the mixture through. They may be fried in the morning and placed in the oven and warmed for tea.

COOKING SCHOOL.

THICK CREAM SAUCE FOR CROQUETTES.

1 pint hot cream or milk.
2 even tablespoonfuls butter.
4 heaping tablespoonfuls flour
or 2 heaping tablespoonfuls cornstarch.
½ teaspoonful salt.
½ teaspoonful celery salt.
½ saltspoonful pepper.
A few grains of cayenne.

MRS. J. ROSS.

"Evidently dyspepsia cannot be said to depend on filling the stomach with odds and ends, as it were a second-hand junk shop."—*Nat. Review.*

CROQUETTES OF ODDS AND ENDS.

These are made of any scraps of meat that may be left over from one or more meals in such quantities that they cannot be utilized separately. For example, a leg of chicken, the lean meat of a lamb chop, bits of roast beef or veal may be used together with good effect. Chop the meat very fine, after the fat and gristle has been removed. To 1½ cups of meat, add 2 tablespoonfuls mashed potato, 3 tablespoonfuls rich drawn butter gravy, 1 teaspoonful onion juice, 1 sprig of parsley, finely chopped, salt and pepper to taste. Beat 2 eggs and add 2 tablespoonfuls of same to croquette mixture, reserving what is left to use later. Set the croquette mixture on the ice to harden, then form into little cones. Dip in the egg saved for the purpose, then roll in bread crumbs; set them in a frying basket and fry in hot lard till they are a rich, golden brown in color. Bread crumbs may be used in place of the potato, and any meat gravy in place of the drawn butter, but care must be taken that the croquettes are moist enough to be palatable and at the same time not too rich to keep their shape.

MRS. GEO. W. KYBURG.

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NELLIE'S MEAT CROQUETTES.

1 pint meat chopped very fine. ⅔ cup sweet milk.
1½ tablespoonfuls butter. 1 tablespoonful cornstarch.
A bit of salt and pepper.

Heat the milk. Rub the butter and cornstarch together. Stir into hot milk, add the meat, mix well, roll into small balls, roll in fine cracker crumbs. Beat 2 eggs, roll the balls in the beaten egg, then crumbs again. Fry in hot lard.

MISS TAPLIN.

POTATO CROQUETTES No. 1.

One pint mashed potatoes, 1 tablespoonful butter, white pepper to taste, a speck of cayenne, ½ teaspoonful salt and a little celery salt, also 1 egg. Mix all but egg and beat until very light. When slightly cool, add the well beaten egg and mix well. Shape into round balls or rolls, cover with bread crumbs, then dip in egg, then roll again in fine crumbs and fry for one minute in smoking hot lard. Serve at once or keep in hot place until wanted. This will make about fifteen croquettes.

MRS. R. P. FAIRBANKS.

POTATO CROQUETTES No. 2.

6 potatoes. 1 ounce butter.
⅓ cup sweet milk. ½ teaspoonful salt.

Boil and mash the potatoes, mix butter, milk and salt. Make into balls or rolls, roll in cracker crumbs, then in beaten egg, then crumbs again. Fry in hot lard. J. J. A. T.

"Apparent rari nantes gurgite vasto."

FISH CROQUETTES No. 1.

6 potatoes. 1 cup fish of any kind well cooked.

Mix as for potato croquettes. J. A. T.

FISH CROQUETTES No. 2.

Take 1 pint of any cold white fish, flake it very fine, remove all bones and pieces of skin; season it highly with salt, pepper, cayenne and onion juice. Let the taste decide, but

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remember that fish needs more than meat. Moisten the fish with one cup thick cream sauce. MRS. W. T. HORTON.

OYSTER CROQUETTES.

Put 1 pint of oysters on to boil in their own liquor for five minutes, then drain and chop. Put a scant cup of the liquor with the same quantity of cream in a sauce pan, rub 1 tablespoonful of butter with 2 of flour and pour into boiling broth. When slightly cooked add chopped oysters with 2 beaten eggs, ½ cup bread crumbs or enough to make mixture thick, season with salt, a dash of cayenne and mace, if that is liked, mix well and spread on a dish to cool. When firm, form into croquettes. Roll first in fine bread crumbs, then in beaten egg and then in bread crumbs again. Fry in boiling fat.

MRS. R. P. FAIRBANKS.

FRITTER BATTER. FOR OYSTERS, CLAMS OR FRUIT.

Yolks of 2 eggs well beaten.
½ cup milk or water.
1 cup flour.
1 tablespoonful olive oil, or melted butter.
1 saltspoonful salt.

Mix and add the whites of the eggs beaten stiff. If it is intended for fruit add a teaspoonful of sugar. For clams or meat add 1 tablespoonful of lemon juice or vinegar.

For oyster fritters, boil the oysters till the liquor flows freely. Drain, strain the liquor and use instead of milk in making the batter. Dip each oyster in the batter and fry brown in hot fat.

For clam fritters, drain the clams and chop the hard parts. Use the liquor to make the batter. Add the clams to the batter and fry by small tablespoonfuls in hot lard.

APPLE FRITTERS.

1 cup flour.
1 scant teaspoonful baking powder.
2 tablespoonfuls sugar.
1 saltspoonful salt.

Mix together. Beat 1 egg very light, add ⅓ cup milk. Add

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this to the first mixture, beat well. Add 1 large apple cut in small pieces. Drop by tablespoonfuls into deep fat and fry until brown. MRS. J. ROSS.

DEVILED OYSTERS.

1 pint oysters.
Yolks 2 eggs.
1 cup cream.
1 teaspoonful salt.
A few grains cayenne.
2 tablespoonfuls butter.
2 tablespoonfuls flour.
1 tablespoonful chopped parsley.

Drain the oysters and chop slightly. Melt the butter, add the flour, and pour on slowly the hot cream. Add the beaten yolks, the parsley, salt and cayenne. Cover with buttered crumbs and bake until brown. MRS. J. ROSS.

SUPREME OF CHICKEN.

Chop the choicest parts of a raw chicken very fine, having about 2 cups, add 4 well beaten eggs, one at a time, until the mixture is smooth; add 1½ cups of thick cream, ½ teaspoonful salt, and ¼ saltspoonful pepper. Decorate molds with truffles, fill with the mixture, cover with buttered papers. Set in a pan of hot water and bake thirty minutes. Serve with a sauce made of 1 cup each of white stock and milk and the yolks of 3 eggs. MISS MABEL FAIRBANKS.

CREAM CHICKEN.

Melt 1 tablespoonful butter, add 1 tablespoonful flour. Pour in slowly 1 cup hot milk or cream, add ½ teaspoonful salt, 1 saltspoonful pepper, and 1 cup chicken meat cut into dice.

POTATO BORDER FOR CREAM CHICKEN.

Wash and pare 9 medium sized potatoes, cook them in 3 pints boiling salted water until tender, drain off water, mash and season with 2 tablespoonfuls butter, 1 teaspoonful salt, 1 saltspoonful pepper, and hot milk to moisten. Arrange as a border around chicken. MRS. JULIA ROSS ALDRICH.

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CHICKEN PIE No. 1.

Take 2 quarts flour, add 4 teaspoonfuls cream tartar, 2 teaspoonfuls soda, and 2 teaspoonfuls salt; sift all together. Rub in 2 cups of lard, mix soft with sweet milk. Cover the pan with the crust except a small space on the bottom. Boil 2 chickens tender, remove the large bones, fill the pan with chicken, add salt, pepper and bits of butter. Thicken the broth, pour over the chicken, cover with crust one-half inch thick, with an opening in the center for steam to escape. Bake one and one-half hours. MRS. WILLIAM SHAW.

CHICKEN PIE NO. 2.

Joint the chicken and boil till tender in salted water. Remove the breast bone.

1 quart flour.
2 teaspoonfuls cream tartar.
1 teaspoonful soda.
3 tablespoonfuls of butter or lard.
1 teaspoonful salt.

Increase this quantity to the size of pie desired. Sift the cream tartar into the flour, rub in the butter and mix all together with sweet milk enough to roll easily. Line the pan in which you wish to bake, with the dough one-half inch thick. Fill the center with the chicken laid in, without breaking the pieces; season with salt and pepper. Pour over the chicken 1 cup of the chicken liquor; lay on pieces of butter. Roll the remainder of the dough one inch thick, spread with butter and dust with flour; roll up hard. Cut this into slices; lay one on the board and roll each way; on this place another slice and roll as before. Repeat this until the dough fits the top of the pan; slash through the center that the steam may escape and close the edges of the pie carefully. Bake in hot oven two or three hours. Take the remainder of the chicken liquor, thicken it a little with flour, season with butter, salt and pepper, if liked, serve with the pie. MRS. H. ROSS.

"They are all upper crust here."—*Haliburton.*

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CREAM CRUST FOR CHICKEN PIE.

1 quart flour.
1 teaspoonful salt.
1 rounded teaspoonful soda.
1 cup sour cream.
½ cup sour milk.

MRS. WM. CLEMENT.

PIDGEONS.

Take small pieces of round steak, make a dressing of bread crumbs, melted butter, salt and pepper. Roll the steak around a small bit of the dressing and pin with a toothpick. Make a sauce of stock, or hot water and butter; thicken with bread crumbs and flavor with tomatoes or onions. Put the pidgeons into an earthen dish, cover and bake two or three hours.

MRS. H. B.

BEEF ROLL.

1 ½ pounds round steak.
1 egg.
¼ pound salt pork.
4 or 5 slices of white bread.

Chop the bread and meat fine and season with salt, pepper and a little chopped onion. Mix with the egg well beaten and roll in a sheet of buttered foolscap paper. Bake an hour. When the juice begins to ooze out put a very little water in the pan to keep the gravy from burning. Add to the gravy a little tomato and butter, and thicken. Pour this over the meat, or serve separately, as you like. MRS. CHARLES E. PUTNEY.

STUFFED TOMATOES.

6 tomatoes.
2 tablespoonfuls butter.
½ cupful stock.
½ teaspoonful onion juice.
1 cupful bread crumbs or chopped meat.
½ tablespoonful flour.
Salt, pepper.

Cut slices from the stem end of the tomatoes. Remove the juice and pulp with a spoon, and dredge the inside with salt and pepper. Put 1 tablespoonful butter in a frying pan and when hot add the bread crumbs. Stir until they are brown, then fill the tomatoes with them. Cover the openings with fresh crumbs and bits of butter. Bake slowly half an

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hour. Fifteen minutes before the tomatoes are done make the sauce by putting ½ tablespoonful of butter in frying pan. When hot add the flour. Stir until brown and smooth; then add the stock, tomato juice and pulp. Stir until it boils up and add salt, pepper and onion juice. Simmer ten minutes, pour the sauce around the tomatoes and serve.

MISS CAROLINE C. ROSS.

SWEETBREADS.

Soak them in cold water one or two hours; remove the pipes and membranes. Cook them in boiling salted water, with 1 tablespoonful of lemon juice, twenty minutes and plunge into cold water to harden; then they may be cooked in either of the following ways:

LARDED—Lard and bake until brown, basting with brown stock. Serve with peas.

FRIED—Roll in fine bread crumbs, eggs, a second time in crumbs; fry in deep fat. Serve with tomato sauce.

SAUTE—1 sweetbread, salt, pepper, 1 tablespoonful butter, 1 tablespoonful flour. Split and cut the sweetbread into four pieces. Season with pepper and salt. Put the butter and flour into a small frying pan; when hot pour in the sweetbread, turn constantly until a light brown; they will fry in about eight minutes. Serve with cream sauce or tomato sauce.

EX COQUILLE—Cut 2 sweetbreads into tiny cubes. Make a white sauce with 2 tablespoonfuls of butter, 3 tablespoonfuls of flour, ½ teaspoonful of salt, ½ saltspoonful pepper and 1 ½ cups of hot milk. Mix the sauce with the sweetbreads and put in buttered scallop shells. Be careful not to fill them too full. Cover with buttered cracker crumbs and brown in the oven.

TOMATO SAUCE.

1 pint canned tomatoes.
4 cloves.
A small slice of onion.
1 tablespoonful butter.
1 tablespoonful flour.

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Cook the tomato, onion, cloves, ten minutes. Brown the butter in a small saucepan and add the flour, then tomatoes, a little at a time. Cook two minutes. Season with pepper and salt and rub through a strainer fine enough to keep back the seeds.

BAKED BEANS No. 1.

1 quart pea beans.
¾ cup molasses.
½ teaspoonful soda.
¾ pound pork.
½ tablespoonful salt.

Soak the beans over night in cold water, put the soda and beans into water and let them boil until they begin to crack. Drain off the water and rinse with cold water. Wash the pork in hot water and cut the rind into ½ inch strips; place in the bottom of the bean pot; put in the beans, molasses, salt and water, enough to cover them. Bake all day in a slow oven, adding more water as needed.

BAKED BEANS No. 2.

Pick over and wash 1 quart of beans, put into an earthen bowl; pour over 2 quarts cold water; add 1 teaspoonful salt; let stand over night; in the morning wash in 2 waters; put into kettle of cold water; boil slowly 1 hour; put into bean pot; add ½ cup molasses, ½ pound salt pork, 1 teaspoonful salt; fill up with boiling water; cover and put in oven, not too hot; bake 24 hours, filling up the pot as is needed with boiling water.

JOSEPHINE.

"I am still of the opinion that I paid an unreasonable price for that plate of baked beans."

—*Telegram.*

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VEGETABLES.

MRS. GEO. M. HOWE.

BOILED NEW POTATOES.

Wash the potatoes carefully so as not to break the skin. Pare once around each potato the longest way. Put them into boiling water and let them boil till you can pierce them easily with a fork. Drain the water from the kettle and raise the lid and set them on the stove to dry for a minute. Remove the rest of the skin. Put them in a warm covered dish, and carry to the table.

BOILED OLD POTATOES.

Remove all the skin of the potatoes. Soak in cold water several hours. Put 1 tablespoonful of salt into enough boiling water to cover them. Boil until done. Drain all the water from the kettle, raise the lid and put on the stove to dry. Take into a heated covered dish and serve at once.

MASHED POTATOES.

Prepare the potatoes as for boiled old potatoes. Mash in the kettle in which they were boiled, season well with butter, salt and pepper, and cream if you have it, if not use a little

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heated milk to moisten. Use a wire masher as it makes them light and creamy. Pour into a well heated dish. Do not smooth them over as that will make them heavy.

POTATO BALLS.

One pint of hot mashed potatoes highly seasoned with salt, pepper, celery salt, chopped parsley and butter. Moisten with a little cream. Beat 1 egg light, add part of it to the potatoes. Shape into smooth round balls. Placed on a buttered tin, brush over with the remainder of the egg and bake until brown. The parsley may be omitted.

BAKED POTATOES.

Wash the potatoes with a brush, taking care not to break the skin. Dry them before putting into the oven. Allow three-fourths of an hour for them to bake. As soon as they are done pinch them to break the skin and allow the steam to escape. Serve in an open dish without covering.

> "The axiom of the Azamazulu is that a continually stuffed body cannot see invisible things."—*Tyler, Primitive Culture.*

STUFFED POTATOES.

Bake potatoes of medium size, cut a piece of the skin from the flat side of the potatoes. Remove the inside, mash, and mix with it any highly seasoned meat, chopped fine, also a seasoning of butter, salt and pepper. Fill the skins rounding full. Set in the oven to brown over. If preferred leave out the meat.

CREAMED POTATOES.

Put in your frying pan ½ cup of cream and ½ cup of milk. Let them come to a boil, stir 1 teaspoonful of cornstarch into 2 tablespoonfuls of cold milk, and pour into your boiling cream, to thicken it. Let it boil one minute. Season well with butter, salt and pepper, then add your cold boiled potatoes which have previously been cut into dice. Let them cook three or four minutes and they are ready for the table.

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LYONNAISE, POTATOES.

Cut 1 pint of cold boiled potatoes into dice and season with salt and pepper. Fry 1 tablespoonful of minced onion in 1 tablespoonful of butter until it is a light brown, add the potatoes and stir with a fork until all the butter is absorbed, being careful not to break them. Add a tablespoonful of chopped parsley and serve hot. The parsley may be omitted.

FRENCH FRIED POTATOES.

Pare raw potatoes and cut in long narrow strips. Let soak an hour or more in cold salted water. Drain well and fry in deep, hot lard until a nice brown. Dredge with salt.

MISS FLORA JOHNSON.

SARATOGA POTATOES.

Four large potatoes sliced very thin; let remain in cold water an hour or more, then drain and dry between two towels. Drop into a kettle of smoking hot lard, a large handful at a time; stir with a fork to prevent them from adhering to the kettle or to each other. Remove with a strainer as soon as they are a light brown, and sprinkle with salt.

MRS. L. B. MERRILL.

SWEET POTATOES.

Sweet potatoes should be baked or boiled the same as Irish potatoes except the skin should never be cut until after they are cooked. In serving baked sweet potatoes, always cover the dish with a napkin, or they may be rolled separately in doilies, and one laid beside each plate.

WARMED OVER SWEET POTATOES.

Take a small pudding dish or a round cake tin and into it put 1 tablespoonful of butter. When melted put in 1 cup of cold sliced sweet potatoes, sprinkle over them 2 tablespoonfuls of sugar, add ½ cup of hot water. Put into the oven and bake until the potatoes begin to brown.

MRS. L. B. MERRILL.

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SUMMER SQUASH.

Wash and cut into convenient pieces, leaving both skin and seeds. Boil in salted water one-half hour, or until it will pierce easily with a fork. Place a strainer cloth over the colander, pick the squash into it, press out all the water, put into a dish and season with butter, salt and pepper.

WINTER SQUASH.

Pare the squash and with a spoon scrape out the seeds and steam until soft. If the shell be hard, split the squash, scrape out the seeds and steam until done; then remove all the soft part from the shell; mash and season with butter, salt and a little sugar. If the squash be dry add a spoonful of cream. Squash may be baked in the shell and then seasoned as above.

BOILED ONIONS.

Peel the onions and drop into a kettle of boiling salted water; boil ten minutes and change the water; boil half an hour or until tender; drain in a colander and press all the water out; put into a dish and season well with butter, salt, pepper and a teaspoonful of thick sweet cream.

"That this substance exists we know because the science of psychology by logical necessity lands us on the platform of ontology;"—we also know it by the sense of smell.

CREAMED ONIONS.

Boil onions till tender; then lay them in an earthen baking dish; cover with drawn butter gravy; over the whole place a layer of bread or cracker crumbs moistened with milk and seasoned with pepper and salt; add bits of butter; bake till crust is brown.

MRS. GEO. W. KYBURG.

STEWED TOMATOES.

Pour boiling water over them to remove the skins; cut in slices and stew in an agate kettle fifteen minutes; add salt, butter, pepper and sugar, if desired, or vinegar if preferred; a little onion is an addition.

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BAKED TOMATOES.

Cut from the stem end, with a sharp knife, a thin slice; make a little hole in the tomatoes; put into each a piece of butter, some salt and pepper; put on a tin plate and bake twenty minutes; a little onion juice in each tomato is an addition.

SCALLOPED TOMATOES.

To be prepared as scalloped oysters, only put in water instead of milk, and sprinkle a little sugar on each layer of tomatoes.

MRS. G. H. TAPLIN.

BOILED SWEET CORN No. 1.

Remove the husks and silk fibre; put into boiling water and cook from ten to fifteen minutes. Have a brisk fire so that it will commence boiling as soon as plunged into the water. Corn on the cob cannot be boiled in less than ten minutes and never should be boiled more than fifteen minutes.

BOILED SWEET CORN No. 2.

Cut through each row of kernels with a sharp knife, then with the back of the knife scrape from the cob. Put 1 cup of boiling water into your stew pan to 1 pint of corn. Let it boil five minutes, stirring constantly to prevent sticking to the pan. Season well with butter, salt, pepper and cream.

GREEN CORN OYSTERS.

Cut through each row of kernels with a sharp knife, then with the back of the knife press out the pulp, leaving the hull on the cob. To 1 pint of corn pulp add 1 egg beaten well, ½ teaspoonful of salt, ½ saltspoonful of pepper, 1 tablespoonful of milk and 2 tablespoonfuls flour, or sufficient flour to make a thin batter. Put a tablespoonful in a place on a well heated and buttered griddle, fry until browned well on each side. When taken from the griddle butter them well and serve immediately.

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SHELLED BEANS.

One-third of a pound of salt pork, 1 quart of shelled beans. Cut the pork into strips, put into the kettle and boil one-half hour. Add the beans and boil until tender. Let the water boil nearly away. Add salt a few minutes before taking them from the kettle. Season them with butter, and cream if you like.

SUCCOTASH.

Succotash is made by mixing equal quantities of shelled beans and corn cut from the cob. Cook the beans by the rule given for shelled beans, using one-half the amount of beans and pork. Cut the corn from the cob by scoring with a sharp knife through each row of kernels, and scrape out with the back of the knife, being careful not to get any of the hull. Add the corn when the beans are nearly done. Cook ten minutes. Season with butter, salt, pepper and cream.

STRING BEANS.

Remove the strings if there are any, break or cut into inch pieces, cook in salted water from two to three hours, drain. season with butter, salt, pepper and cream, and serve hot, or serve cold seasoned with salt as a salad, using a salad dressing.

PEAS.

Wash the pods before shelling and the peas will need no washing. Pick over to remove the fine particles. Put them into boiling water and let them boil until nearly done, then add salt and let the water boil nearly away. Season with butter, salt and cream. If the peas are a little old, put in a lump of soda half the size of a pea and a teaspoonful of sugar when you put them on to boil. If to be used as a garnish for lamb, cook until the water is nearly out and season with butter, salt and pepper.

BOILED CABBAGE.

Select a small firm cabbage, remove the outside leaves, cut in quarters and cook in salted boiling water from three to four

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hours. Drain well, chop and season with butter and cream, or pour over a drawn butter gravy, and sprinkle with buttered crumbs and bake until the crumbs are browned.

ANOTHER METHOD.

Chop the cabbage, after removing the outside leaves and core, and cook one hour in salted water; drain in colander and season with butter, cream and pepper.

CAULIFLOWER.

Boil in well salted water three-quarters of an hour, drain thoroughly, put bits of butter and pepper over it and pour over a heated thick cream, if you have it, or make a rich cream with 1 cup of rich milk, 1 teaspoonful flour, a piece of butter half the size of an egg, salt and pepper. Or, after boiling as before, place in an earthen baking dish, pour over 1 cup of the made cream, grate over some cheese, sprinkle with cracker crumbs moistened with butter, put in the oven and brown.

Cauliflower is also good served as a salad. Boil in strong salted water, let it get cold then serve with mayonnaise dressing. Garnish with hard boiled eggs.

"Herbs and other country messes which the neat-handed Phyllis dresses."—*Milton.*

SPINACH.

Wash the spinach very carefully, boil in salted water twenty minutes. Drain and chop fine, add 1 tablespoonful of butter, ½ cup of sweet cream and a pinch of salt, put in a saucepan and cook over a slow fire twenty minutes, stir constantly, and serve on slices of thin buttered toast.

MRS. HENRY FAIRBANKS.

ASPARAGUS.

Wash and break into inch pieces; when it strings in breaking it is too tough to use. Cook in boiling salted water one half hour or until done, drain well in a colander. Put into the double boiler a piece of butter, 1 cup of cream and some

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salt; when the butter is melted, pour in the asparagus, let stand a minute and serve as peas. Or, cook and drain as above, toast several slices of bread, pour the asparagus over each slice, make a rich cream sauce and pour over the whole.

Asparagus served with a dressing as a salad is also very nice.

SEA KALE.

This is one of the finest vegetables for greens. Pick the large leaves and full length of the broad white stems, pick over carefully and wash. Boil one hour and a half in well salted water, take into the colander to drain. When well drained put on a platter and season well with butter and a sprinkling of salt. Garnish with hard boiled eggs.

PARSNIPS.

Parsnips must be washed thoroughly with a brush. Boil in salted water one hour, cut them in halves, if small, or, if large, slice through them lengthwise, and fry them brown on a well buttered frying pan.

CREAMED PARSNIPS.

Take cold boiled parsnips and slice crosswise one-eighth of an inch thick. Make a rich cream as for creamed potatoes, put in your sliced parsnips and let boil three minutes. Serve in a well heated nappy.

PARSNIP FRITTERS.

Boil parsnips until tender, dip them in water and slip the skins off, mash and season well with butter, salt and pepper. Shape into small flat oval cakes, roll in flour and fry in butter.

TURNIPS.

Boil in salted water (or steam) until tender, mash and season with butter, salt and pepper. Add a sprinkling of sugar if you like, or cut into dice and follow the rule for creamed parsnips.

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BEETS.

Wash, but do not trim or break any part of the skin. Young beets will cook in an hour, but old beets require a longer time. If wilted they never become tender. When cooked dip them in a pan of cold water and rub the skins off. Slice young beets, sprinkle with sugar, salt and pepper, put bits of butter over them, set in the oven for a minute and serve hot. Or they may be cut into dice and served with cream, or make a rich cream sauce and pour over them, or they may be served in vinegar.

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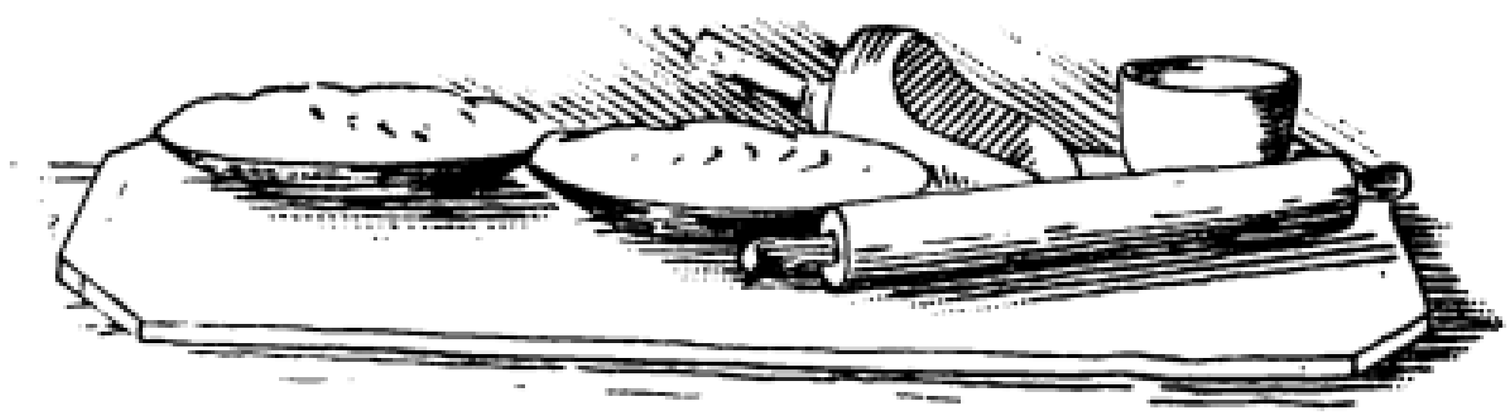
PIES AND PASTRY.

MRS. G. E. GOODALL.



PIE PASTE NO. 1.

1 pint flour.
1 teaspoonful of baking powder.
1 cup of butter and lard mixed.

Mix the baking powder with the flour, then work in half the shortening and a little salt, mix with icewater. For the top crust roll out the paste, spread on the rest of shortening, sprinkle with flour. This quantity makes two pies.

MRS. P. D BLODGETT.

PIE PASTE NO. 2.

4½ tablespoonfuls lard.
2½ tablespoonfuls warm water.
1 tablespoonful sour cream or milk.
½ teaspoonful soda.
½ teaspoonful salt.
½ teaspoonful cream tartar.

Flour to roll out. For one pie.

MRS. WILLIAM JOHNSON.

PIE PASTE NO. 3.

For four pies take 6 cups flour and 1 scant cup of lard. Chop the two together with a knife, add a little salt and 1 teaspoonful of cream tartar. Dissolve ½ teaspoonful soda in

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a little water, then moisten the whole with cold water. When the upper crust is rolled out spread lard over it, then sift on flour and press it down with the palm of the hand. Put on flour so it will not be sticky, then mark and put it on the pie and hold under the cold water faucet until the water has covered the pie, then bake. S. A. M.

TART SHELLS.

½ cup butter.
½ cup lard.
3 tablespoonfuls cold water.
1 tablespoonful sugar.
1 teaspoonful cream tartar.
½ teaspoonful soda.
½ teaspoonful salt.
White of 1 egg.

Mix as hard as pie crust.

BANBERRIES.

2 cups raisins, seeded and chopped.
1 egg.
1 cup powdered sugar.
1 lemon.

Grate outside of lemon; chop the rest fine. Cut rounds of nice pastry; fill half full with the mixture and cover like turnovers, pinching the edges carefully. Place on a tin and bake a delicate brown.

AMBER TARTS.

Line patty pans with puff paste and bake. Next fill them half full of any kind of fruit jam. Beat the whites of 2 eggs to a stiff froth. Add 8 drops of the essence of almond and a very little sugar; put this over the jam and return to oven and brown slightly.

CREAM TARTS.

Fill tart shells with whipped cream, then drop a teaspoonful of jelly on the top of each. MRS. P. D. BLODGETT.

"Friends, this is an age of inquiry. Can any one tell who first imprisoned our luscious fruits in a paste of grease and flour, baptized the thing in fire, and named it *pie?*"—*Home Life in Tweenit.*

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APPLE PIE.

Choose nice tart apples; pare, quarter, core and slice. Line a pie plate with good paste. Lay the apples evenly on them, cover with a scant cup of sugar, put bits of butter over sugar, and a little nutmeg or cinnamon. Cover with top crust and bake slowly twenty minutes.

FROSTED APPLE PIE.

6 medium-sized apples, steamed and sifted.
Yolks of 2 eggs.

Sweeten to taste, flavor with lemon extract. Bake with one crust. When the pie is baked and partially cool, frost with the whites of 2 eggs and a little sugar. Return to oven and brown slightly. MRS. J. B. BRALEY.

BLACKBERRY PIE.

Stew the berries and sweeten. Pour into pie plates lined with good paste; put bits of butter on top; dredge with flour; cover with top crust.

PUMPKIN PIE.

1 pint sifted pumpkin.
1 pint cream.
1 teaspoonful ginger.
1 cup sugar.
2 eggs.

If milk is used put in butter the size of an egg.

MRS. P. D. BLODGETT.

RHUBARB PIE.

1 cup chopped rhubarb.
1 cup sugar.
1 egg.
Butter the size of a walnut.

Bake with two crusts.

CIDER PIE.

4 tablespoonfuls boiled cider.
1 tablespoonful corn starch.
5 tablespoonfuls of water.
1 cup sugar.
1 egg.
Flavor with lemon.

Bake without a cover and frost.

MRS. G. C. BURNHAM.

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"They don't make pies as they used to when I was a boy."—*Harriot.*

COCOANUT CUSTARD PIE.

1 quart milk.
1 cup cocoanut.
1 tablespoonful corn starch.
1 cup sugar.
Yolks of 5 eggs.
Salt to taste.

Use whites of eggs for frosting or meringue. Makes two pies.

D. L. W.

COCOANUT PIE.

2 tablespoonfuls cocoanut.
3 tablespoonfuls sugar.
2 tablespoonfuls cornstarch.
2 eggs.
1 pint milk.
Butter the size of a walnut.

Cook the cocoanut in milk slowly; add sugar and yolks of eggs well beaten together; next the cornstarch with a little cold milk. Line a pie plate with crust and bake, after which fill with the above and frost with the whites of the eggs beaten to a stiff froth. Spread on pie and sprinkle with powdered sugar and cocoanut. Set in the oven and brown slightly.

CRANBERRY PIE.

2 pounds fruit.
1 pound sugar.

Stew as for sauce. Pour into plates lined with paste. Put in bits of butter. Cover with strips of paste and bake.

CREAM PIE.

2 cups milk.
½ cup sugar.
Flavor with vanilla.
1 tablespoonful butter.
2 eggs.

Stir sugar and butter to a cream; add the eggs well beaten. Bake with one crust.

MRS. P. D. BLODGETT.

"There are more things in heaven and earth,
Horatio,
Than are dreamt of in your philosophy."—*Hamlet.*

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MINCE PIE.

2 cups meat.
3 cups maple sugar.
1 cup boiled cider.
1 cup chopped suet.
4 teaspoonfuls salt.
4 teaspoonfuls cinnamon.
2 cups raisins.
6 cups apple.
2 cups pot liquor.
½ cup sweet pickle juice.
1 teaspoonful allspice.
2 teaspoonfuls cloves.

Mix all thoroughly together and let it cook slowly four hours.

MRS. ESTHER CARR.

CUSTARD PIE NO. 1.

1 cup milk.
½ cup sugar.
½ cup cream.
2 eggs.

Boil the milk, beat the eggs light, stir into boiling milk, then add cream and bake in deep plate.

MRS. A. C. BABBITT.

"And she's wise as she is winsome, and as good
as she is wise,
And, besides her other graces, she is good at baking
pies."

CUSTARD PIE NO. 2.

A good custard pie can be made from the yolks of 4 eggs when the whites have been used for cake. Add ⅔ cup sugar and 2 cups milk. Great care must be used not to bake too much.

MRS. A. D. NELSON.

MOCK MINCE PIE.

1 cup bread crumbs.
1 cup vinegar.
½ cup molasses.
All kinds of spice.
1 cup sugar.
½ cup butter.
⅔ cup raisins.

MRS. GOODALL.

CURRANT PIE.

1 cup mashed currants.
1 cup sugar.
Yolks of 2 eggs.
1 tablespoonful water.
1 tablespoonful flour.

Bake with one crust and frost with the whites of eggs lightly beaten with a little powdered sugar.

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SQUASH PIE.

½ cup of squash.
1 egg.
A bit of salt and pepper.
1 cup milk.
½ cup sugar.
A piece of butter size of a walnut.
A little allspice and cinnamon.

Bake with one crust. MRS. MARTHA SMITH.

PEACH PIE.

Pare and stone the fruit. Cut in small pieces. Line a plate with paste, put in peaches, cover with a scant cup of sugar, put bits of butter over the top, dredge with flour, then put on top crust and bake.

RAISIN PIE.

1 cup raisins.
1 cup sugar.
Juice of 1 lemon.
Butter the size of a walnut.

Boil and stone the raisins, then chop and add butter. Bake with two crusts.

ORANGE PIE.

1 cup sugar.
1 cup milk.
Pulp and juice of 2 oranges.
Yolks of 3 eggs.

Stir the eggs with sugar and a little of the grated orange peel and a tablespoonful of butter; add milk, and lastly the orange. Bake with one crust. After the pie is cool spread the whites of eggs well beaten, with a little sugar on top. Return to oven and brown slightly.

SWEET POTATO PIE.

1 pint of boiled and mashed potatoes.
1 cup sugar.
1 cup milk.
½ cup butter.
1 teaspoonful vanilla.
3 eggs.

Pour the milk on potato and put through a colander. Beat the yolks of eggs light, cream the butter and sugar; add vanilla, and, last of all, the whites of eggs beaten to a stiff froth. Bake with crust, and when done sprinkle sugar over top.

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"A more convenient, labor-saving medium than this excellent compilation of Dates can scarcely be found in any language."—*New York Tribune, Book Review.*

DATE PIE.

Simmer slowly 1 pound of dates in milk to cover them. Sift them through a sieve to free them from the stones; add ½ cup of sugar, the yolks of 3 eggs, a little cinnamon, and 1 pint of boiled milk. Bake in deep lined plates as for custard pie. Whip the whites and frost, having flavored the frosting with vanilla. Brown nicely. This is sufficient for two pies.

MRS. R.

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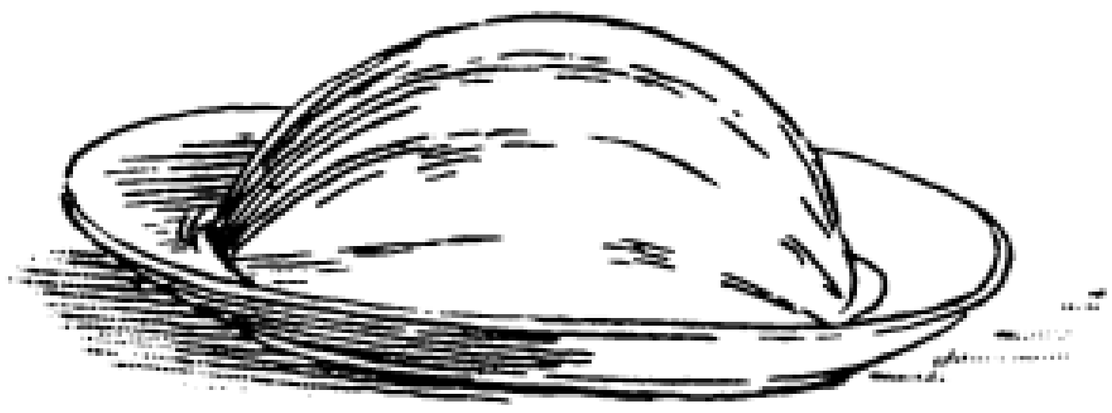
PUDDINGS AND SAUCES.

MRS. ANNIE T. HORTON.



FEATHER CAKE FOR DESSERT.

1 cup sugar.
1 egg.
½ cup sweet milk.
1 tablespoonful melted butter.
1 teaspoonful baking powder.
1½ cups flour.

Flavor with nutmeg and eat warm with whipped cream.

GINGERBREAD FOR DESSERT.

½ cup butter and
½ cup sugar beaten together.
½ cup molasses.
½ cup sour milk.
2 scant cups flour.
1 even teaspoonful soda.

Serve warm with whipped cream.

MRS. P. D. BLODGETT.

SWEET SHORT CAKE.

Butter about the size of a small egg, and ¾ cup of sugar beaten together for eight or ten minutes, then break in 1 egg and beat three minutes. Dissolve 1 small teaspoonful of soda in ½ cup of milk and 2 small teaspoonfuls of cream tartar, sifted with 1½ cups flour. Do not make the batter stiff, but quite thin. Cook in a quick oven in two jelly tins well buttered. Spread with strawberries same as plain short cake.

MRS. HATTIE BLODGETT BELKNAP.

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ALL THE YEAR ROUND PUDDING.

Line a pie dish with paste, spread on 3 ounces of any kind of jam, (raspberries the best), then beat well in a basin the following: Three ounces bread crumbs, the same of sugar and butter, the rind and juice of ½ a large lemon. Add this to the pastry and jam and bake one-half hour.

MRS. W. T. HORTON.

"A man cannot have a clear mind who refuses apple dumpling."—*Chas. Lamb.*

APPLE DUMPLINGS.

½ dozen apples.
2 even teaspoonfuls cream tartar.
1 even teaspoonful soda.
1 pint flour.
1 even teaspoonful salt.
Enough water to make a stiff batter.

Pare and core the apples, leaving them whole. Take a spoonful of the dough on the kneading board and roll or pat with the hands until it is large enough to cover the apple. Wrap it around the apple and place on a buttered plate. Proceed in like manner with each apple until all are covered. Set the plate into the steamer and let it steam from thirty to forty minutes, according to size of apples.

MRS. GEO. M. HOWE.

"Ever a plain, homely dowdy."—*Pepys' Diary.*

PAN DOWDY.

1 cup brown sugar.
2 teaspoonfuls cinnamon.
1 saltspoonful allspice.
1 cup molasses.
½ teaspoonful clove.
½ saltspoonful mace.

Enough tart apples, cored, pared and quartered, to fill a three-quart earthen pan. Butter the pan well, put in the apples, and stir in the seasoning. Cover it with crust and bake as long as you can without burning. When done, take

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off the crust, break it up in small pieces and mix with the hot baked apple. Set all away to grow cold.

CRUST.

1 quart flour.
1 cup butter.
1 scant pint sweet milk.
1 teaspoonful salt.
2 teaspoonfuls baking powder.

MRS. MERRILL.

INDIAN PUDDING.

1 quart scalded milk.
½ cup molasses.
¾ cup corn meal.
⅓ teaspoonful each salt, ginger, cinnamon.
Butter size of walnut.

Add a cup of cold milk just before putting in oven. Bake one and one-half hours. Serve with whipped cream.

MRS. GOODALL.

FIG PUDDING.

1 cup molasses.
1 pint milk.
2 eggs.
1 teaspoonful cinnamon.
1 pint figs.
1 cup chopped suet.
3¼ cups flour.
1 teaspoonful soda.
½ teaspoonful nutmeg.

Pour into buttered mold and steam five hours. Serve with Liquid Sauce.

MRS. T. C. FLETCHER.

SUET PUDDING.

1 cup suet, chopped fine.
1 cup molasses.
1 teaspoonful soda.
1 cup sour milk.
4 cups flour.
Salt and spice to taste.

Steam three hours. One cup raisins improve it.

MRS. A. SIMPSON.

ENGLISH PUDDING.

1 cup sour milk.
⅔ cup chopped pork or ½ cup butter.
⅔ cup molasses.
1 cup raisins.
3 cups flour.
1 teaspoonful soda.

Steam three hours. Serve with Sour Sauce.

MRS. E. E. CARR.

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HEIDELBURG PUDDING.

"The secret of making this, observed the Count, has been kept in our family for many centuries—taste it."—*Count of Monte Beni.*

1 cup molasses.
2½ cups flour.
1 cup raisins.
2 teaspoonfuls baking powder.
½ teaspoonful each cloves and nutmeg.
1 cup sweet milk.
1 cup suet or butter.
1 egg.
1 teaspoonful each cinnamon and allspice.

Steam three hours and serve with pudding sauce.

MRS. EMMA C. FAIRBANKS.

ENGLISH PLUM PUDDING.

1 brick loaf bread, cut in slices thin as a knife.
1 pint bowl raisins (stoned).
4 eggs.
3 teaspoonfuls cinnamon.
⅔ teaspoonful cloves.
½ teaspoonful nutmeg.
1 teaspoonful salt.
4 cups milk.
2 cups molasses.

Butter pan well, lay in alternate layers of bread and raisins, (occasionally buttering a slice of bread), until the dish is full. Pour on 3 cups of milk and let it stand over night. Beat egg, add molasses, spice, and the other cup of milk, and pour over the pudding in the morning. Tie a wet cloth over the top and put in a kettle of water. Boil five or six hours.

MRS. HENRY FRENCH.

ENGLISH PLUM PUDDING.

"On the 12th of May, 1718, James Austin began to cook his plum pudding at The Red Lion. It weighed 1000 pounds. He cooked it 14 days, but before he could get it over to The Boar's Head for his guests, the hungry Londoners seized and devoured it, while the band played 'What lumps of pudding my mother gave me.'"—*Larwood and Hotten.*

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RICE PUDDING No. 1.

½ cup rice. 1 quart milk.
1 teaspoonful of salt.

Steam until soft. Add the yolks of 4 eggs, 4 tablespoonfuls of sugar, 1 cup of raisins, stir together. While hot pour in a deep dish and bake fifteen or twenty minutes. Beat the whites of the eggs and pour over the top. Set in the oven and brown a little.

MRS. J. M. ALVORD.

RICE PUDDING No. 2.

1 cup rice. 1 cup sugar.
3 pints sweet milk. 5 eggs.
2 teaspoonfuls extract of lemon. 1 teaspoonful salt.

Cook the rice in the milk. When it is soft stir in the salt and yolks of the eggs. Set in the oven a few minutes. For the frosting take whites of the eggs, the sugar and lemon. Brown lightly.

MRS. CRAWFORD RANNEY.

STEAMED PUDDING.

1 cup molasses. 3 cups flour.
1 cup sweet milk. ½ teaspoonful soda.
½ cup melted butter. A pinch of salt.
1 cup stoned raisins. ½ teaspoonful each cinnamon,
½ cup currants. grated nutmegs and cloves.

Steam three hours. Equally good without the fruit.

MRS. HENRY FAIRBANKS.

POOR MAN'S RICE.

Put 1 quart of sweet milk into a kettle to heat. Take 3 cups of flour, break 1 egg into it and rub them together. When the milk boils, salt to taste, and stir into it the prepared flour. To be eaten at once.

S. A. MATHER.

CHOCOLATE BREAD PUDDING.

2 eggs. ⅔ cup sugar.
1 pint boiling milk. 2 tablespoonfuls grated chocolate.
2 cups bread crumbs.

MRS. T. C. FLETCHER.

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CHERRY PUDDING.

Mix together 2 cups of flour, 2 teaspoonfuls of baking powder, and water enough for a soft dough. Butter cups and drop in a little dough, some stoned cherries, then dough, to half fill the cup. Steam one-half hour. Eat with sweetened cream.

MRS. ANNIE T. HORTON.

BLUEBERRY PUDDING.

Two cups of bread flour, with 2 teaspoonfuls Royal baking powder, piece of butter size of an egg rubbed in the flour, and sweet milk enough to make a thick dough. Stir in 1 pint of blueberries, and steam one and one-half hours. Serve with cream and maple sugar.

MRS. HENRY ALBEE.

"Come, give us a taste of your quality."—*Hamlet.*

WATERMELON PUDDING.

1 egg.
½ cup sugar.
1 cup strawberry juice.
½ teaspoonful salt.
2½ cups flour.
2 teaspoonfuls baking powder.
1 large teaspoonful butter.
1 cup raisins.

Mix the baking powder and salt with the flour and stir in the raisins. Add the strawberry juice, then stir in the egg and sugar, well beaten together, and add the melted butter. Steam one and one-half hours. Serve with Savory Sauce.

EDITH E. RANNEY.

SWEET CORN PUDDING.

12 ears of sweet corn.
2 eggs.
1 tablespoonful sugar.
1 quart milk.
½ cup flour.
A little salt.

Draw knife through each row of corn, cutting every kernel; then scrape out the corn, leaving the hulls on the cob. Mix this corn with milk, add the eggs, beaten light, with the flour, then the sugar and salt. Put in tins one inch and a half thick, and bake two hours or longer. To be eaten with butter.

MRS. I. J. ROBINSON.

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APRICOT PUDDING.

1 cup sweet milk.
1 egg.
½ cup flour.
1 heaping teaspoonful baking powder.
1 heaping tablespoonful butter.

Put a spoonful of the batter in each cup, then 4 halves of canned apricots; turn the rest of the batter over them; steam three-quarters of an hour. Serve with sugar and whipped cream.

MRS. ETTA GRAHAM STANHOPE.

SNOW BALL PUDDING.

½ cup butter.
1 cup sugar.
½ cup milk.
2 cups flour.
Whites of 4 eggs.
2 teaspoonfuls baking powder.

After the butter is well creamed, put the sugar with it gradually. Mix the baking powder and flour and add alternately with the milk. Then add the whites of eggs beaten stiff. Fill cups half full and steam twenty minutes or half an hour. This amount makes a dozen. When you take them from the cups for the table, roll in powdered sugar and cocoanut.

MRS. C. H. STEVENS.

"The woman who maketh a good pudding in silence is better than she who maketh a tart reply."

TAPIOCA PUDDING.

1 cup tapioca.
4 eggs.
Little nutmeg.
1 pint milk or little more.
1½ cups sugar.
Little piece butter and salt.

Put the tapioca in cold water and set on back of stove and cook slowly until done. Bake in moderate oven.

MRS. H. F. ESTABROOKS.

TAPIOCA CREAM.

½ cup tapioca.
½ cup sugar.
½ saltspoonful salt.
1 quart milk.
Yolks of 3 eggs.
½ teaspoonful vanilla.

Soak the tapioca in hot water until soft, scald the milk in a double boiler, when hot add the tapioca, and cook until

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transparent. Beat the eggs, and sugar, and salt, and add, and cook until it thickens like boiled custard; when cool add the flavoring. Beat the whites of the eggs to a stiff froth, add 3 tablespoonfuls sugar, and after beating lay on top of pudding and brown in oven. MRS. C. E. PECK.

MARSHMALLOW PUDDING.

1 pint milk.
1 tablespoonful cornstarch.
2 eggs.
Vanilla flavoring.
½ cup sugar.
2 tablespoonfuls Baker's chocolate melted and boiled with the milk.

Line a dish with marshmallows, pour custard over them while hot, and add the whites of eggs, with 1 tablespoonful of powdered sugar. Dot the top with marshmallows.

MRS. HENRY ALBEE.

CHOCOLATE PUDDING.

Make a cornstarch pudding with a quart of milk, 3 tablespoonfuls cornstarch and 3 tablespoonfuls of sugar. When done, remove about half, and flavor to taste, and then to that remaining in the kettle, add an egg beaten very light, and 4 tablespoonfuls of chocolate, grated and dissolved in a little milk. Put in a mold, alternating the dark and light. Serve with whipped cream or boiled custard.

MRS. O. C. CHAMBERLIN.

BLACKBERRY FLUMMERY.

Blackberry flummery is made by placing a pint of ripe blackberries in a saucepan with a pint of water, let boil slowly without stirring for ten minutes. Moisten 2 tablespoonfuls of cornstarch with cold water, stir into the berries, let thicken, take from the fire and add ½ teacup of sugar. When cool, serve with sugar and cream. MRS. W. T. HORTON.

CORNSTARCH PUDDING.

One pint water, 3 tablespoonfuls of cornstarch, 3 tablespoonfuls of sugar, whites of 2 or 3 eggs. Let the water be

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hot in double boiler and thicken with the starch. First wet the cornstarch with a little cold water, add the sugar and a little salt, cook five minutes. Beat the whites of the eggs to a stiff froth, and when ready to take from the stove, add the beaten whites, stir briskly and pour into a mold to cool. Make a custard, using the yolks of the eggs, 1 teaspoonful cornstarch, 1 pint of milk, sweeten to taste and flavor with vanilla. When cold pour around the mold on deep dish, or serve separately.

SARAH DANIEL.

A DISH OF HAPPINESS.

Take 1 large spoonful of usefulness, 1 cup of love for mother, another cup of love for your little brothers and sisters, a whole pound of wishes to make others happy, and a very small teaspoonful of wishing to be happy yourself; mix it all up together, and see if it doesn't make the nicest kind of an afternoon for anybody.

MRS. W. T. HORTON.

SNOW PUDDING.

⅓ box gelatine.
½ cup sugar.
Juice of 1 large lemon.
Whites of 3 eggs,
1 coffee cup cold water.

Soak the gelatine one hour in the cup of cold water, then set on stove until dissolved. When cooled to the consistency of cream, beat until white and foamy. Have the whites of the eggs beaten light, and add to the gelatine, then the sugar, and lastly the lemon juice. Set in a cold place to harden.

CUSTARD FOR ABOVE.

1 pint milk.
½ cup sugar.
Yolks of 3 eggs.
1 teaspoonful vanilla.

Scald the milk, add the eggs and sugar beaten light, steam until it thickens, then add vanilla. MRS. PAUL S. CARTER.

SPANISH CREAM.

½ box gelatine, soaked one hour in ½ pint milk.

Boil 1 quart of milk, to this add the dissolved gelatine and

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let it boil, then add the yolks of 8 eggs. Beat the whites of the same to a stiff froth and add to the custard after taking it from the stove, stirring it in thoroughly. Season with vanilla, and add a little salt. A. M. P.

PUDDING.

1 pint sweet milk.
¼ cup sugar.
1 dessertspoonful vanilla.
2 eggs.
⅓ box gelatine.

Cover gelatine with cold water, stand one hour. Beat sugar and yolks of eggs well together, add to milk heated in steamer, stir until soft custard, stir in gelatine and flavoring. When custard is cold, but not hard, add the whites of eggs beaten light. Beat all together until foamy. Harden in mold. Serve with whipped cream. H. P.

"Requiring, with various tastes, things very unlike."—*Horace.*

SAVORY PUDDING SAUCE.

1 cup sweet milk.
1 tablespoonful flour.
Salt.
1 teaspoonful vanilla.
1 large tablespoonful butter.
1 cup sugar.
White of 1 egg.

Boil the milk and thicken with flour, worked smooth in a little cold water. Cook five minutes, and add a little salt. Cream the butter and sugar and add the vanilla, beat into the cool thickened milk, then gradually stir in the beaten white of the egg. Edith E. Ranney.

FROTH SAUCE.

1 cup sugar.
⅓ cup butter beaten to a cream.
1 egg beaten to a froth.
1 cup boiling water.
Juice of 1 lemon.
Mrs. O. C. Chamberlin.

QUICK PUDDING SAUCE.

Use 1 cupful of any fruit juice, fresh or canned, add ½ cup-

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ful sugar and 1 teaspoonful cornstarch. Boil five minutes and strain.

MRS. T. C. FLETCHER.

PUDDING SAUCE.

1 cup sugar.
1 tablespoonful flour.
Butter the size of an egg.

Mix these well together, pour in 1 cup of boiling water and let boil until thick enough, then put in enough vinegar and nutmeg to flavor well.

MRS. S. J. BURBANK.

CREAMY SAUCE.

¼ cup butter.
½ cup powdered sugar.
3 tablespoonfuls cream or milk.
1 teaspoonful vanilla.

Wash the butter and cream it. Add slowly the powdered sugar, then add the cream, a very little at a time, also the vanilla. Place where it will be cold until you serve the pudding.

MRS. C. H. STEVENS.

"The good things of life are not to be had singly,
but come to us with a mixture."—*Chas. Lamb.*

GOLDEN SAUCE.

2 tablespoonfuls butter.
1 gill powdered sugar.
1 egg.
½ teaspoonful vanilla.

Beat the butter to a cream, and gradually beat into it the powdered sugar, next add the yolk of the egg and beat well. Beat the white of the egg to a stiff froth, and stir into the sauce. Add the flavor. Place the bowl in a pan of boiling water and cook four minutes, stirring constantly.

MISS EVA S. BURKE.

PUDDING SAUCE.

Whites of 2 eggs (beaten), add 1 cup sugar and beat, add the yolks well beaten, and a cup of cream.

A. T. H.

CREAM SAUCE.

1 egg.
1 teacup sugar.
1 teacup boiling water.
1 tablespoonful flour.
½ teaspoonful salt.

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Beat egg and sugar thoroughly together. Make a thick boiling starch with the flour, water and salt and pour into the well beaten egg and sugar. Flavor with vanilla. To be served with Apple Dumplings or Cottage Pudding.

MRS. GEORGE M. HOWE.

FAIRY BUTTER.

1 cup white sugar. White of 1 egg.
½ cup butter.

Beat all together until light and creamy. Flavor with nutmeg.

A. T. H.

SOUR SAUCE.

1 cup sugar. 1 egg (well beaten).
2 tablespoonfuls butter (creamed). Add ½ cup hot water, stirring all the time.
½ cup vinegar.

A. T. H.

SAUCE.

1 cup sweet cream. 4 tablespoonfuls of maple or granulated sugar.
Little nutmeg.

L. C. MATHER.

SAUCE.

1 egg. 1 cup white sugar, (well beaten together).
1 teaspoonful vanilla.

Just before serving add 1 cup of hot sweet milk. Stir well.

CORILLA C.

"Il n'est Sauce que d'appetit."

HARD SAUCE FOR STEAMED PUDDING.

1 cup powdered sugar. White of 1 egg.
½ cup butter. 1 teaspoonful vanilla.

Cream the butter and sugar. Beat the white of the egg very stiff and whip in lightly. Add the vanilla. Heap on a pretty dish roughly and set on the ice an hour before serving.

MRS. HENRY FAIRBANKS.

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SAUCE FOR SNOW PUDDING.

Beat together the yolks of 6 eggs and ½ cup sugar, add to this 2 tablespoonfuls milk and ½ teaspoonful salt. Put 1 pint milk into a double boiler, let it come to a boil and then stir in the eggs. Stir this two minutes, then take off and set in ice water. Flavor with vanilla.

MRS. J. W. BALCH.

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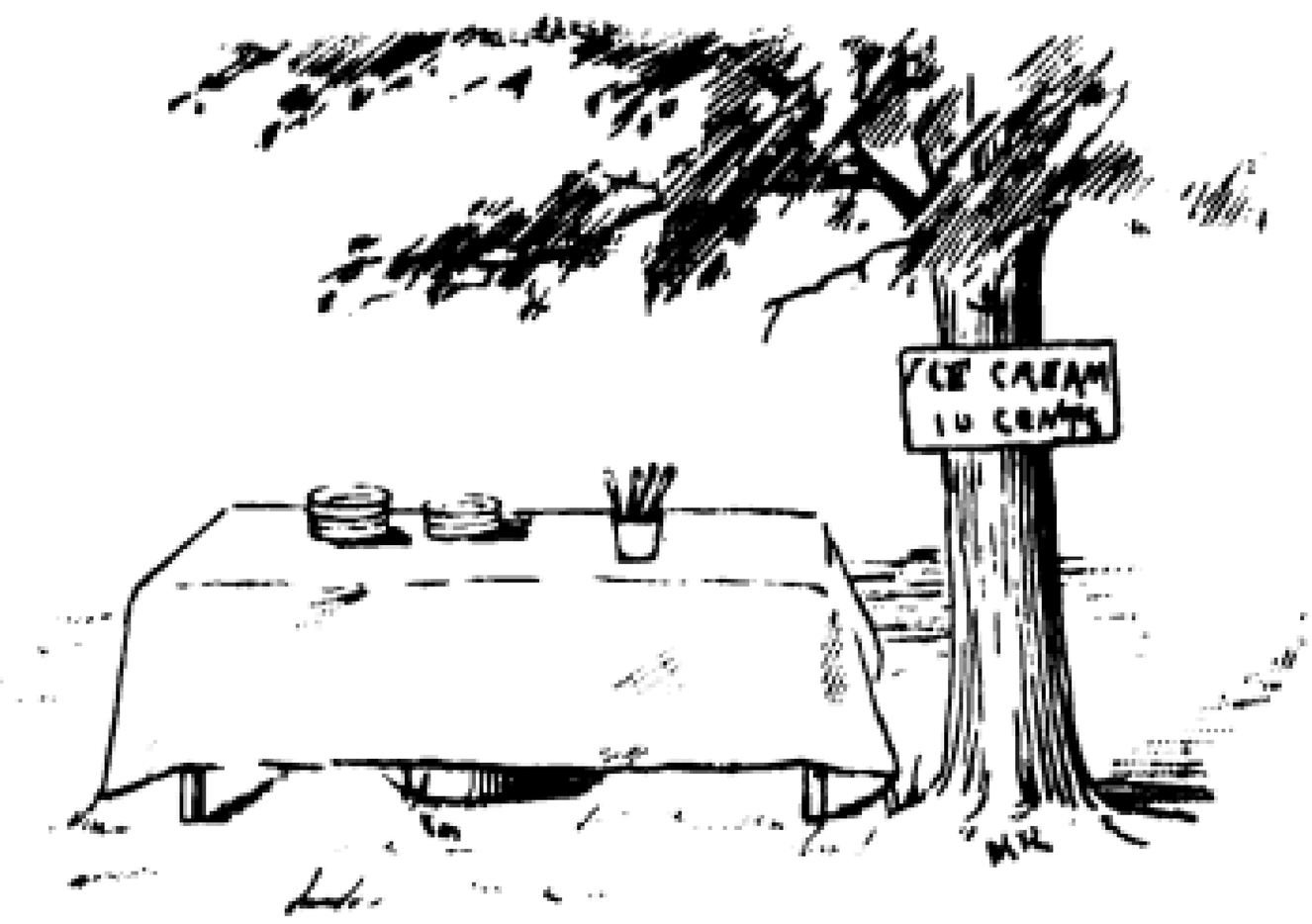
CREAMS, SHERBETS, FANCY DISHES.

MISS MABEL FAIRBANKS.



RASPBERRY SPONGE.

1 quart raspberries.
½ package gelatine.
1½ cups water.
1 cup sugar.
Whites of 4 eggs.
Juice of 1 lemon.

Soak the gelatine in ½ cup of the water until soft. Wash the raspberries and add half the sugar to them. Boil the remainder of the sugar and water gently twenty minutes. Rub the raspberries through a sieve. Add the gelatine to the boiling syrup and take from the fire immediately; then add the raspberry juice. Place in a pan of ice water and beat five minutes, add the whites of the eggs and beat until the mixture begins to thicken. Pour into molds and set away to harden. Serve with sugar and cream. MRS. JONATHAN ROSS.

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"In this inconvertability we neither acquire the functions of what we eat, nor impart our functions to what eats us—it is not likely, e. g., that a sponge would be to the stomach of Mr. Huxley anything more than Mr. Huxley would be to the stomach of a sponge."—*Scientific Sophisms, 576.*

PEACH TAPIOCA.

Drain 1 can of peaches, sprinkle with powdered sugar and let stand one hour. To the syrup add enough water to make 3 cups. Boil and add 1¼ cups pearl tapioca, 2 tablespoonfuls sugar and 1 saltspoonful salt, and cook until the tapioca is transparent. Line a mold with the sections of peaches, pour in the tapioca and bake in a pan of hot water thirty minutes. Cool and serve with whipped cream, sweetened and flavored. Two tablespoonfuls of gelatine, added when to be served cold, will make it keep its shape. MISS MABEL FAIRBANKS.

CHARLOTTE RUSSE.

1 pint cream.
1 teaspoonful vanilla.
½ cup sugar.
Sponge cake.

Mix the cream, vanilla and sugar. Place the bowl in ice water, and when chilled whip to a stiff froth, and skim off the whip into a sieve. Drain and whip again that which has drained through. When nearly all whipped, line a glass dish with sponge cake or lady fingers, fill with the cream, garnish with cubes of any bright jelly and keep on ice until ready to serve.

ORANGE CHARLOTTE.

⅓ box Cox's gelatine.
⅓ cup cold water.
⅓ cup boiling water.
1 cup sugar.
1 cup orange juice.
1 lemon.
Whites of 3 eggs.

Dissolve gelatine in the cold water, then add the boiling water with the sugar, orange juice and some of the pulp, and the juice of the lemon. Bring just to a boil, remove from the

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fire and when quite cold and nearly stiff, beat in the whites of the eggs beaten to a stiff froth. Beat all together well and keep on ice until nearly time to serve; then pile up in the center of a dish lined with lady fingers or thin slices of sponge cake.

MRS. GEORGE W. KYBURG.

CHOCOLATE CHARLOTTE.

Remove the whip from 1 pint of cream and drain. Soak ¼ box gelatine in ¼ cup cream fifteen minutes and dissolve in ⅓ cup hot cream. Add ⅓ cup powdered sugar, 1½ squares of Baker's chocolate melted and cooked until smooth with ⅓ cup sugar and 3 tablespoonfuls hot water. Stir until it thickens slightly, when the whip should be carefully folded in; add 1 teaspoonful vanilla. Line a mold with lady fingers placed about one-fourth inch apart, turn in the mixture and chill. This amount of charlotte will serve six or eight people.

M. FAIRBANKS.

COFFEE SPANISH CREAM.

½ pint milk.
½ pint strong coffee.
½ box gelatine.
5 tablespoonfuls sugar.
3 eggs.

Put milk and gelatine in a double boiler and heat together until gelatine is dissolved; then add coffee which has been strained and allowed to settle until perfectly clear; then add yolks of eggs well beaten with sugar. Cook until it thickens, which may be fifteen minutes if the boiler is an earthen one; then remove from the fire and add the whites of the eggs beaten to a stiff froth. Beat all together, flavor with vanilla and set on ice to cool. Serve with cream and sugar. This must be made early in the morning for a dessert, and it is better to make it the day before it is wanted.

MRS. HENRY G. ELY.

ORANGE CREAM.

Cut up 4 oranges into small pieces and sprinkle with sugar. Make a thin custard, using 1 pint milk, 1 egg, 2 tablespoonfuls

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sugar and 1 teaspoonful cornstarch. When cold pour over the oranges and garnish with whipped cream. Keep in a cool place until ready to serve.

MRS. H. C. BOND.

Or, make a thicker custard, and in place of whipped cream make a meringue of the whites of 3 eggs and 3 teaspoonfuls sugar, spread over the custard and just brown in the oven.

LEMON JELLY AND STRAWBERRIES.

Make lemon jelly with gelatine and pour into cups, filling them half full of jelly. Then fill up with strawberries or any other fruit. Serve cold with whipped cream.

MRS. P. D. BLODGETT.

BLANC MANGE.

Dissolve ⅓ box gelatine in ½ pint milk (over the teakettle.) While that is cooling whip 1 pint cream, add 1 cup sugar; flavor to taste; add the cooled milk and pour into a mold.

MRS. HENRY FRENCH.

> "There were mounds of *blo' monje*, also custard, some of the indolent fluid sort; others firm, in which every stroke of the spoon left a smooth, conchoidal surface like the fracture of chalcedony."—*Holmes*.

APPLE SNOW.

Stew 3 large tart apples, cored and quartered but not pared, drain and rub through a sieve. Beat the whites of 3 eggs stiff, add ½ cup fine granulated or pulverized sugar and beat again. Add the apple and beat till like snow. Pile lightly in a glass dish, garnish with jelly and serve with a custard made as follows:

BOILED CUSTARD.

Scald 1 pint milk. Beat the yolks of 3 eggs, add 3 tablespoonfuls sugar and 1 saltspoonful salt and beat well. Pour part of hot milk upon the eggs and when well mixed pour back into double boiler and stir constantly till smooth and thick

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like cream. Strain and when cool add ½ teaspoonful vanilla.

MRS. R. P. FAIRBANKS.

SNOWBALL CUSTARD.

Beat the whites of 3 eggs stiff; make a little sweet, and boil in 1 pint milk, dipping them into the boiling milk in tablespoonfuls. As they rise, turn them and when done put into a glass dish. Then put the beaten yolks with 3 tablespoonfuls sugar into the milk. Stir until it thickens, remove from the fire and flavor with lemon or vanilla. Turn this custard around the white balls in the glass dish.

ANNETTE MATHER.

ICE CREAM.

1½ quarts milk.
½ pint cream.
1 tablespoonful gelatine.
2 eggs.

Soak the gelatine in ½ pint cold milk; heat the remainder of the milk and add the gelatine and yolks of eggs. When cool add the whites of the eggs well beaten and the cream, and any flavor desired. This will make 2 quarts. More cream can be used if desired.

MRS. HENRY R. ALBEE.

"In this the appetite is never satisfied except by most successful exertion of the faculties of research."

—*Argyle on Mind.*

PEACH ICE CREAM No. 1.

One pint of peaches run through a sieve and sweetened to taste; 1 pint cream, 1 pint milk sweetened, whites of 2 eggs beaten stiff. Put milk and cream in the freezer; when it sets add peaches and freeze five minutes; add the whites of eggs and freeze hard.

MRS. PEARL D. BLODGETT.

PEACH ICE CREAM No. 2.

Take a pint of canned peaches, drain off the juice, cut up the fruit into small pieces and replace in the juice to which a pint of water has been added. Add 1 quart of cream and sweeten to taste. Freeze at once. Other fruit can be used in

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place of the peaches. Strawberries are especially delicious. If the cream is not very rich, milk can be substituted for the water.

MRS. LYMAN P. WOOD.

BANANA ICE CREAM.

One pint cream, 1 pint milk, yolks of 6 eggs beaten well with 2 cups sugar. Add the whites of the eggs beaten stiff with 3 sliced bananas. Put in freezer and partly freeze, then add 2 more sliced bananas, 1 tablespoonful vanilla and freeze hard. This makes 1 gallon.

MRS. ERNEST A. BLODGETT.

MILK SHERBET.

One quart milk, 1 pint sugar, full measure, 3 lemons. Mix lemon juice and sugar and let it stand. Chill the milk and just before freezing add the sugar and lemon.

LEMON SHERBET.

Soak 1 tablespoonful gelatine in 1 cup cold water ten minutes. Add 1 cup boiling water and when dissolved add 1 pint sugar, 1 pint cold water and the juice of 5 or 6 lemons. Strain when the sugar is dissolved and freeze.

ORANGE SHERBET.

Make the same as lemon sherbet, using oranges in place of lemons. Or a sherbet of a lovely color can be made by using blood red oranges.

PINEAPPLE SHERBET.

Two medium sized pineapples, 1½ quarts water, 1 pint sugar. After removing outer scales of pineapple, pare until clear fruit is reached, then grate to the core. Add to the cold water the second paring and the core cut into inch pieces and boil long enough to extract the strength. Strain, add sugar and boil five minutes longer. When cool add grated fruit and freeze.

MRS. HARVLIN PADDOCK.

"Oh, bother such a cook book! I've been all through it twict, an' it doant give no fancy dishes wot kin be made out of bread and water."—*Life*.

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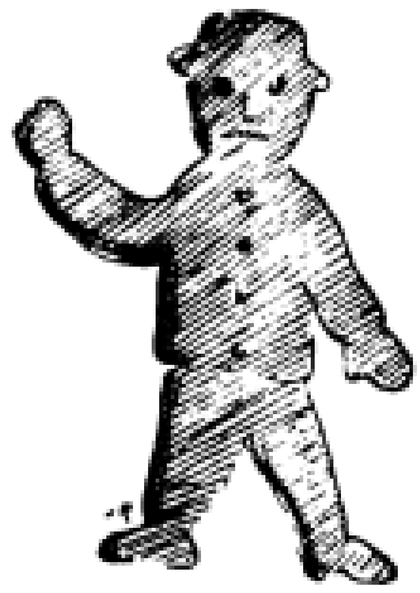
COOKIES AND SMALL CAKES.

MRS. ABIJAH SMITH.



"At Athens the women were permitted to eat cakes made of sesame and honey on the Neesteia of the third day of the Thesmophoria."—*Encyc. Britan.*

NEW YORK GINGERBREAD.

½ cup sugar.
¼ cup butter.
1 egg.
½ cup molasses.
½ cup sour milk.
½ teaspoonful soda.
½ teaspoonful ginger.
1½ cups flour.

MRS. GILLIAN WEBSTER DEAN.

BAKER'S GINGERBREAD.

1 cup sugar.
½ cup butter.
1 cup molasses.
1 cup cold water.
1 teaspoonful pulverized alum.
1 large teaspoonful soda.
1 large teaspoonful ginger.

Cream butter and sugar, and add the molasses. Dissolve alum in one-half the cold water, and soda in the other. Make

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very soft, roll out one-half inch thick, cut in squares, crease the tops and bake quickly. Plan to just fill the baking pan with the squares.

MRS. HENRY G. ELY.
MRS. E. E. CARR.

SOFT GINGERBREAD No. 1.

1 egg.
½ cup sugar (scant).
¼ cup shortening.
½ cup molasses.
½ cup boiling water.
½ teaspoonful ginger.
1 teaspoonful soda (scant).
1½ cups flour.
Pinch of salt.

Bake in two inch tins.

MRS. LULU FENNO WOOLSON.

SOFT GINGERBREAD No. 2.

2 cups flour.
½ teaspoonful ginger.
Butter size of a walnut.
½ teaspoonful salt.
1 coffee cup molasses.

Mix salt and ginger in flour. Melt butter and stir into the molasses. One teaspoonful soda dissolved in 2 tablespoonfuls warm water, and stir into the molasses. Then stir the molasses into the flour while it is foaming.

MRS. E. BOWKER.

SOFT GINGERBREAD No. 3.

1 cup molasses.
1 teaspoonful soda.
1 teaspoonful ginger.
¼ teaspoonful cinnamon.
Butter size of an Eng. walnut.

Pour upon this ½ cup boiling water, add 2 cups flour and beat thoroughly. Then stir in 1 well beaten egg. Bake in a thin sheet.

MRS. A. D. NELSON.

GINGERBREAD No. 1.

1 egg.
¾ cup butter, or
½ cup sour cream.
1 cup molasses.
2¾ cups flour.
½ teaspoonful soda.
1 teaspoonful ginger.
Bit of salt.

MRS. W. W. THAYER.

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GINGERBREAD No. 2.

1 cup molasses (boiled).
½ cup butter.
1 egg (well beaten).
1 teaspoonful soda.
2 teaspoonfuls ginger.
2 cups flour.

Add egg and butter while warm and beat well.

MRS. HENRY E. BYRON.

GINGER SNAPS No. 1.

1 cup sugar.
1 cup butter.
1 cup molasses.
½ cup water.
½ teaspoonful ginger.
1 teaspoonful soda.

Flour to roll out as hard as possible. Roll very thin and cut in squares.

MRS. ABIJAH SMITH.

GINGER SNAPS No. 2.

1 egg.
½ cup sugar.
½ cup butter.
½ cup molasses.
1 teaspoonful soda.
1 teaspoonful ginger.
½ teaspoonful cinnamon.
Flour to roll.

MRS. HENRY E. BYRON.

GINGER SNAPS FOR CHILDREN.

1 cup molasses, boiled and cooled.
1 egg.
1 tablespoonful vinegar.
1 teaspoonful soda.
1 teaspoonful ginger.
A little salt.

Flour to roll without sticking to board. Roll thin.

MRS. G. H. TAPLIN.

GINGER DROP CAKES.

3 eggs.
1 cup baking molasses.
1 large tablespoonful ginger.
5 cups unsifted flour.
1 cup lard.
1 cup brown sugar.
1 tablespoonful baking powder dissolved in 1 cup boiling water.

Drop tablespoonfuls of this mixture into a slightly greased dripping pan, about three inches apart.

MRS. F. A. TIFFT.

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COFFEE COOKIES.

½ cup sugar.
½ cup butter.
⅔ teaspoonful ginger.
Very little salt.
½ cup molasses.
½ cup strong coffee.
1 teaspoonful soda.
Flour to roll out.

MRS. HENRY E. BYRON.

LEMON COOKIES.

5 cups flour.
1 cup butter.
1 teaspoonful soda.
2 eggs.
2 cups sugar.
⅓ cup sweet milk.
2 teaspoonfuls extract lemon.

Mix thoroughly together the flour, sugar and butter. Add the eggs, well beaten, the soda dissolved in the milk, and the lemon.

MRS. CRAWFORD RANNEY.

LEMON SNAPS.

1 cup sugar.
2 eggs.
1 teaspoonful lemon.
½ cup butter.
¼ teaspoonful soda dissolved in 1 teaspoonful of milk.

Mix very hard with flour.

MRS. W. W. S. BROWN.

CREAM COOKIES.

1 ½ cups sugar.
1 cup sour cream.
1 teaspoonful extract lemon.
1 egg.
1 teaspoonful soda.
Flour.

MRS. F. F. RUITER.

WALNUT COOKIES.

1 cup walnut meats, pounded fine.
2 tablespoonfuls milk.
1 heaping teaspoonful baking powder.
1 cup sugar.
1 egg, well beaten.
Flour to roll thin.

S. C. S.

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COOKIES.

1 cup sugar.
2 eggs.
1 teaspoonful soda.
1 cup butter.
2 teaspoonfuls cream tartar.
Flour to roll.

MRS. W. D. FLINT.

COCOANUT COOKIES.

1 cup sugar.
2 eggs.
1½ teaspoonfuls baking powder.
Enough flour to roll thin.
½ cup butter.
¼ cup milk.
1 cup dessicated cocoanut.
A little salt.
Bake quickly.

N. P. M.

METHODIST CRUMPETS.

1 cup moist brown sugar.
1 cup chopped raisins.
½ teaspoonful soda.
½ cup butter.
1 egg.
1 tablespoonful sweet milk.
Spice as for cookies. Flour enough to roll out and bake like cookies.

MRS. J. N. GALE.

HERMITS.

2 cups sugar.
3 eggs.
1 large cup chopped raisins.
1 teaspoonful soda.
1 cup butter.
All kinds of spice.
4 tablespoonfuls sour milk.
Flour enough to roll out.
Cut and bake as cookies.

MISS ALICE JOHNSON.

"Their influence, subtle, but still potent from its very subtleness, is being felt around us in many a puzzle—educational, social, political."—*C. Kingsley on Hermits.*

MACAROONS.

1¼ pounds almonds.
3 eggs, whites only.
1 pound sugar.
Rose water.

Blanch and pound the almonds, with a little rose water. Beat the whites of the eggs stiff, add the sugar gradually then the almonds. Drop a teaspoonful at a time on buttered tins. Bake slowly a light brown.

L. B. MERRILL.

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CUP CAKES.

1 cup butter.
1 cup sour cream.
3 eggs, beaten separately.
Flavor to taste.
2 cups sugar.
3 cups flour (or a trifle more).
1 even teaspoonful soda.

S. C.

WAFERS.

4 eggs.
3 cups sugar.
1½ cups butter.
1 teaspoonful soda.

Cream butter and sugar, add the well beaten eggs. Dissolve the soda in a very little water. Stir in all the flour possible, then knead in more; try it and see if it is gummy, if so it needs more flour. Roll thin, sprinkle with coarse white sugar, cut into strips and bake a light brown. If they are put into tin pails or boxes they will keep for months.

Mrs. Henry Fairbanks.

GRAHAM CRACKERS.

½ cup sugar.
⅓ cup butter.
White of 1 egg.
1 teaspoonful cream tartar.
½ teaspoonful soda dissolved in ½ cup water.
Graham flour to knead.

Roll thin and cut in strips, prick with a fork and bake in a quick oven till crisp. Use white flour to roll out. Add more sugar if desired.

Miss Helen Shaw.

GRAHAM WAFERS.

2 cups graham flour.
2 tablespoonfuls sugar.
½ teaspoonful cream tartar.
2 tablespoonfuls butter.
½ teaspoonful ginger.
A little salt.

Work all into the flour, moisten with cold water with ¼ teaspoonful soda.

I. I.

OATMEAL CRACKERS.

2 cups oatmeal (fine).
2 cups white flour.
½ cup butter.
½ cup sugar.
½ cup hot water.
½ teaspoonful soda.
1 teaspoonful salt.

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Mix well together the oatmeal, flour, sugar and salt. Melt the butter and add to it the hot water and soda, and pour into the dry mixture as quickly as possible. Roll very thin and bake in a quick oven. MRS. MERRILL.

OATMEAL COOKIES.

2½ cups oatmeal.
1 full cup butter.
2 eggs.
1 scant teaspoonful soda.
2¼ cups flour.
1 full cup sugar.
2 tablespoonfuls milk.
1 large tablespoonful cinnamon.

Roll thin and bake in a quick oven. MRS. J. N. GALE.

SHREWSBURY CAKES.

1 pound flour.
¾ pound sugar.
1 teaspoonful cream tartar.
1 wine glass sweet milk.
½ pound butter.
6 eggs.
½ teaspoonful soda.
½ teaspoonful vanilla.

Cream the butter and sugar, add the yolks of eggs well beaten, then soda dissolved in the milk; lastly, alternate flour with cream tartar sifted into it, and the whites of eggs beaten stiff, and add vanilla. Drop with a spoon on buttered tins and bake in a quick oven. MRS. HENRY FAIRBANKS.

CREAM COOKIES.

1 cup thick sour cream.
1 cup sugar.
½ teaspoonful salt.
1 egg.
½ teaspoonful soda.
Spice or vanilla.

Flour to make rather stiff dough. Handle but small portion of dough at once and roll about ½ inch thick. Bake in hot oven. MRS. REBECCA P. FAIRBANKS.

COOKIES.

1 cup butter.
1 egg.
1 even teaspoonful soda.
1 cup sugar.
3 tablespoonfuls milk.
Flour to roll. Roll very thin.

MRS. HENRY FRENCH.

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WAFERS.

1 cup butter.
½ cup milk.
Spice or flavor as one pleases.
2 cups sugar.
3 eggs.
1 teaspoonful soda mixed in 6 cups flour.

Roll dough thin, then sprinkle with fine sugar and roll very thin. Then cut, and with a wide knife lay in tins and bake.

MRS. REBECCA P. FAIRBANKS.

VANILLA WAFERS.

1 cup sugar.
1 egg.
1 teaspoonful soda.
1 teaspoonful vanilla.
⅔ cup melted butter, scant.
4 tablespoonfuls milk.
2 teaspoonfuls cream tartar.

Flour to stiffen and roll very thin. Bake in hot oven not longer than five minutes. Will make six dozen.

MISS FANNIE RUSSELL.

COOKIES.

1 cup sugar.
1 egg.
1 teaspoonful baking powder.
½ cup butter.
¼ cup milk.
4 cups flour.

Cream butter and sugar, add well beaten egg, then milk, then baking powder sifted with the flour. Roll thin and bake twenty minutes.

MRS. LOREN F. MINER.

Of small cakes it may be said in general that age cannot wither nor custom stale their infinite variety.

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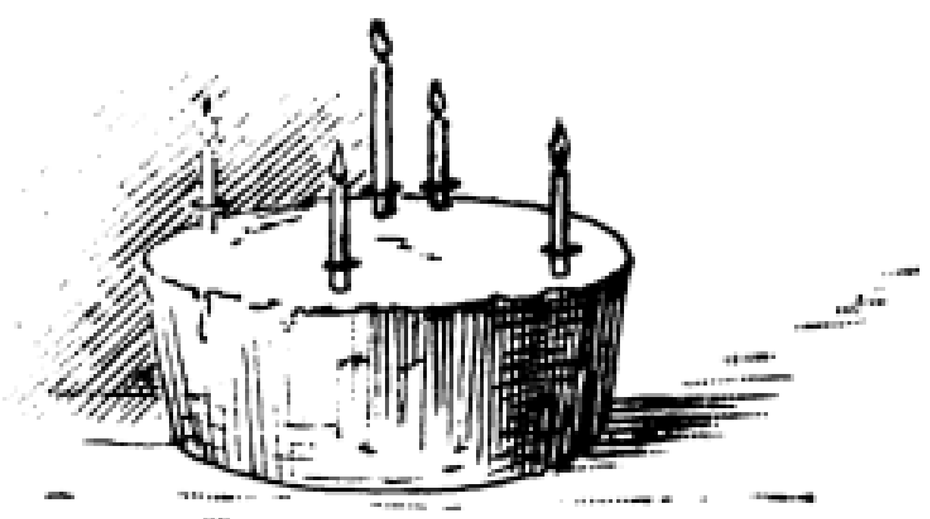
CAKE.

MRS. IRVING H. FROST.



ANGEL CAKE No. 1.

Whites of 11 eggs beaten to a stiff froth, 1½ cups sugar and 1 cup flour sifted four times with 1 small teaspoonful cream tartar, 1 teaspoonful vanilla, and a little salt. Beat eggs and sugar, stir thoroughly, add flour a tablespoonful at a time. Bake forty minutes. Turn pan upside down to cool.

MRS. W. T. HORTON.

ANGEL CAKE No. 2.

10 eggs, whites only.
A pinch of salt added to eggs before beating.
1¼ cups sifted granulated sugar.
½ teaspoonful cream tartar.
1 cup sifted flour.

After sifting flour four or five times set aside 1 cup; then sift and measure sugar, beat whites of eggs about half, then add cream tartar and beat until very stiff, stir in sugar, then flour, very lightly. Put in pan and in a moderate oven at once. Will bake in thirty-five to fifty minutes. MRS. J. W. BALCH.

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ANGEL CAKE No. 3.

1 teaspoonful cream tartar. 1 tumblerful flour.
Whites of 6 eggs. 1 tumblerful sugar.

Sift flour five times. Put cream tartar in tumbler, fill tumbler with flour and sift again; measure sugar and sift; beat whites stiff, add the sugar, and then the flour, beat until well mixed, add salt and flavoring. Bake from one-half to one hour. Turn tin upside down to cool.

Mrs. A. M. Ritchie.

"While Gilliat gazed, something white passed before him, and——quickly vanished."—*Toilers of the Sea.*

ARCHANGEL CAKE.

8 eggs, whites only. 1 cup butter.
2 cups sifted flour. 1 cup A sugar.
1 teaspoonful baking powder.

Cream butter and sugar, add flour and flavoring, add lastly the whites beaten to a stiff froth. Bake in layers six to ten minutes, and fill with almond paste filling, or bake in a Turk's head tin. Bake about thirty minutes in a moderately quick oven.

Miss Lizzie M. Ross.

MARBLED CHOCOLATE CAKE.

½ cup butter. 1 cup sugar.
½ cup sweet milk. 1½ cups flour.
1 teaspoonful baking powder. Whites of 4 eggs (added last).

Take 1 cup of this mixture, add to it 5 tablespoonfuls grated chocolate wet with milk, and flavor with vanilla. Put a layer of white batter in cake pan, drop the chocolate batter with a spoon in spots, pour over the remaining white batter and bake. Ice with Chocolate Icing No. 1.

Miss Margaret Merrill.

CHOCOLATE OR BLACK CAKE.

3 eggs beaten separately. 3 cups flour.
2 cups powdered sugar, or ½ cup milk.
1½ cups granulated sugar. ½ cup butter.
3 teaspoonfuls baking powder. 2 squares chocolate.

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Cream the butter, sugar and yolks of eggs thoroughly, then add milk, then whites of eggs beaten stiff, add flour and stir hard, then stir in the chocolate dissolved in a little hot water. Bake in loaf or layers. MISS EVA BURKE.

CHOCOLATE CREAM CAKE.

1 egg.
½ cup butter.
3 cups flour.
1 cup sugar.
1 cup sweet milk.
3 teaspoonfuls baking powder.

Bake in two layers. Ice with Boiled Chocolate Icing No. 2.

MRS. GRACE WEBSTER LOCKE.

CHOCOLATE LAYER CAKE.

½ cup milk.
1½ cups sugar.
2 cups flour.
3 tablespoonfuls melted butter.
2 teaspoonfuls baking powder.

Ice with Boiled Chocolate Icing No. 1.

MRS. PERCY THOMPSON KENNEDY.

CARAMEL CAKE No. 1.

2 eggs.
1 cup sugar.
½ cup butter.
½ cup sweet milk.
1 teaspoonful cream tartar.
½ teaspoonful soda.
2 cups flour.

Bake in two tins. Put together with Caramel Frosting No. 2.

MRS. W. A. TAPLIN.

CARAMEL CAKE No. 2.

1 cup sugar.
¼ cup butter.
½ cup sweet milk.
2 cups flour (heaping).
2 eggs.
1 teaspoonful cream tartar.
½ teaspoonful soda.
½ cup grated chocolate.

Dissolve the chocolate and stir into the cake. Make two layers and bake rather quickly.

CREAM.

⅔ cup milk.
2 cups sugar.
Butter size of an egg.

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Boil ten minutes, remove from the fire and stir until cool. Add 1 teaspoonful of vanilla and spread on the cake.

MRS. C. C. MONTGOMERY.

"It is sometimes pleasant enough to consider the different notions which different persons have of the same thing."—*Addison.*

SPONGE CAKE No. 1.

3 eggs beaten separately.
Large ½ cup cold water.
1 teaspoonful cream tartar.
1½ cups sugar.
2 cups flour.
½ teaspoonful soda.

Stir the yolks and sugar together, add part of the water, then the beaten whites, and dissolve the soda in the remaining water.

MRS. LULU FENNO WOOLSON.

SPONGE CAKE No. 2.

Two eggs, whites and yolks beaten separately, 1 cup powdered sugar; ⅓ of the sugar beaten with the yolks and the remainder with the whites; then beat all together, add 1 cup flour, 1 teaspoonful Royal baking powder, a little salt, beat all together, then add ½ cup boiling water, beat well and bake in a moderate oven.

MRS. MINNIE R. IDE.

SPONGE CAKE No. 3.

2 eggs.
3 tablespoonfuls water.
¾ cup sugar.
1 cup flour.

Two teaspoonfuls baking powder sifted with flour. Flavor.

MRS. BESSIE THOMPSON TUCKER.

SPONGE CAKE No. 4.

3 eggs.
4 tablespoonfuls boiling water.
1 teaspoonful baking powder.
1 cup sugar.
1¼ cups flour.
Flavor to taste.

Beat well and add the water the last thing. Sprinkle sugar on top before baking.

MRS. C. H. STEVENS.

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SPONGE CAKE No. 5.

Three eggs, beaten two minutes, add 1½ cups sugar, beat five minutes, 1 cup flour, beat one minute, ½ cup sweet milk and ½ teaspoonful soda, beat one minute, now add 1 cup flour and 1 teaspoonful cream tartar, beat all five minutes. Flavor to taste.

M. E. S.

CREAM SPONGE CAKE.

3 eggs.
1 cup sugar.
1 teaspoonful cream tartar.
Flavor with lemon.
1½ cups flour.
½ cup sweet cream.
½ teaspoonful soda.

S.

COFFEE CAKE.

2 eggs.
2 cups sugar.
1 cup cold coffee.
¾ cup butter.
3 cups flour.
1 teaspoonful cloves.
1 teaspoonful cinnamon.
1 teaspoonful nutmeg.
1 teaspoonful cream tartar.
½ teaspoonful soda.

Mrs. G. C. Burnham.

DATE CAKE No. 1.

One cup sugar creamed with ½ cup butter, 2 well beaten eggs, ½ cup sweet milk, in which dissolve ½ teaspoonful soda. 2 even cups sifted flour, with 1 teaspoonful cream tartar well mixed in, a pinch of salt. Have ready 1 cup of nice fresh dates, stoned and chopped to about the size of raisins, roll these in a very little flour and stir well through the cake. Bake in a shallow pan for a full half hour. You can add a pinch of all kinds of spice.

Mrs. Nettie Magoon.

DATE CAKE No. 2.

2 cups sugar.
⅔ cup butter.
1 cup sweet milk.
3 cups flour.
3 eggs.
2 teaspoonfuls cream tartar.
1 teaspoonful soda.
1 cup dates rolled in flour.

F. M. Simpson.

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PLAIN DARK CAKE.

½ cup butter.
½ cup sour cream.
1½ cups brown sugar.
2½ cups flour.
1 cup raisins.
2 eggs.
1 teaspoonful soda.
½ teaspoonful each of cloves, cinnamon, allspice and nutmeg.

MRS. LUCY HOVEY SPOONER.

WHITE FRUIT CAKE.

1 cup butter.
⅔ cup sweet milk.
Whites of 6 eggs.
1 pound blanched almonds.
1 pound citron.
2 cups sugar.
2½ cups flour.
1½ teaspoonfuls baking powder.

Beat the butter and sugar to a cream, add milk, then stir in flour with the baking powder well mixed; next add the eggs beaten to a stiff froth and when well mixed stir in the citron sliced and dusted lightly with flour, and lastly the almonds chopped fine. Line two medium sized cake tins with buttered paper. Pour in the batter, smoothing over the top, and bake slowly till done. MRS. CLARA WHEELER PETERSON.

FRUIT CAKE No. 1.

½ pound sugar.
½ pound flour.
½ pound currants.
1 teaspoonful each all kinds spices.
½ pound butter.
½ pound raisins.
5 eggs.
1 lemon chopped.

MRS. G. H. TAPLIN.

FRUIT CAKE No. 2.

2 eggs, beaten separately.
½ cup butter.
½ cup molasses.
½ teaspoonful soda dissolved in milk.
Spice to taste.
1 cup sugar.
½ cup sour milk.
2½ cups flour.
½ cup each of raisins, currants and citron.

MRS. WM. GREEN.

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FRUIT CAKE No. 3.

5 eggs.
2 cups butter.
2 cups molasses.
6 cups flour.
All kinds of spices.
2 cups sugar.
1 cup sour milk.
1 teaspoonful soda.
1 large coffee cupful each of raisins, currants and citron.

MRS. G. C. BURNHAM.

CHEAP FRUIT CAKE.

5 eggs.
1 pound raisins.
1 teaspoonful soda.
½ teaspoonful each all kinds of spices.
3 cups sugar.
1 cup melted butter.
1 cup sour milk.
5 cups flour.

This will make two good sized loaves.

MRS. F. G. MOORE.

"When we have succeeded then shall be our time to rejoice and freely laugh."—*Buckley's Sophocles.*

ANTI FOREIGN FRUIT CAKE.

One pint of dried apple soaked in cold water one hour, then chop as fine as raisins; put it into 1½ cups of molasses and let it stand in a warm place until the molasses is nearly absorbed, then add spices as for fruit cake and

1 cup sugar.
1 cup butter.
1 cup sour milk.
2 eggs.
1 teaspoonful soda.
4 cups flour.

MRS. J. M. ALVORD.

APPLE CAKE.

Two cups dried apple soaked over night in cold water. Chop fine and cook slowly one hour in 2 cups molasses and ½ cup sugar. When cool add 1 cup butter, 2 eggs, 1 cup sour milk, 4½ cups flour, 2 teaspoonfuls soda dissolved in the milk, and spices of all kinds. MRS. G. C. BURNHAM.

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EASY CAKE.

1½ cups flour.
1 cup sugar.
1 teaspoonful cream tartar.

Mix well together, then break 1 egg into a teacup and beat; add 3 tablespoonfuls butter melted. Fill up cup with new milk and ½ teaspoonful soda. Add prepared flour. Flavor to taste.

MRS. ELLEN ELY KYBURG.

SNOW CAKE.

½ cup butter.
1 cup sugar.
1½ cups flour.
Flavor with lemon.
4 eggs, whites only.
1 teaspoonful baking powder.
½ cup sweet milk.

M. G. S.

GOLD CAKE.

½ cup butter.
1 cup sugar.
½ cup sweet milk.
1½ cups flour.
1 egg.
Yolks of 4 eggs.
1 teasponful baking powder.

Flavor with lemon and spice to taste. M. G. W.

GOLD LOAF.

Yolks of 8 eggs.
½ cup butter, scant.
1½ cups flour.
1 cup sugar.
½ cup sweet milk.
2 teaspoonfuls baking powder.

Cream butter and sugar thoroughly. Beat yolks to a stiff froth and stir evenly through. Put in milk, then flour and stir hard. Bake in tube pan in a moderate oven.

MRS. A. W. SIMPSON.

CHARMING CAKE.

3 eggs.
1 cup butter.
3½ cups flour.
½ teaspoonful soda.
2½ cups sugar.
1 cup sweet milk.
1 teaspoonful cream tartar.
Flavor with vanilla.

This makes two loaves.

MRS. C. H. STEVENS.

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ONE EGG CAKE.

1 cup sugar.
½ cup butter.
1 cup sweet milk.
2 cups flour.
1 egg.
1 teaspoonful cream tartar.
½ teaspoonful soda.

M. Eloise Stevens.

DELICATE CAKE.

Whites of 2 eggs beaten to a stiff froth.
1½ cups sugar.
1 cup milk.
1 teaspoonful cream tartar.
½ teaspoonful soda.
½ cup butter.
3 cups flour.
1 teaspoonful essence of lemon.

Mrs. Carrie Taplin Hinman.

VARIETY CAKE.

2 cups sugar.
⅔ cup butter.
⅓ cup sweet milk.
3 cups flour.
3 eggs.
1 teaspoonful cream tartar.
½ teaspoonful soda, or
3 teaspoonfuls baking powder.

Take half this mixture for white cake, to the remainder add 1 tablespoonful molasses, 1 tablespoonful cinnamon.

Mrs. Orris Paddock Hastings.

NANCY HANKS CAKE.—First Part.

8 tablespoonfuls grated chocolate.
5 tablespoonfuls sugar.
½ cup milk.

Cook together till thick, flavor and cool.

Second Part.

1½ cups sugar.
½ cup butter.
½ cup flour.
3 eggs.
¼ cup sweet milk.
2 teaspoonfuls baking powder.

Put the first part into the second part, bake in layers, put together with Boiled Icing No. 2.

Mrs. Alice Smith Johnson.

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CORNSTARCH CAKE.

Whites of 3 eggs.
½ cup butter.
½ teaspoonful cream tartar.
¼ teaspoonful soda.
½ cup cornstarch.
½ cup sweet milk.
1 cup sugar.
1 cup flour.

MRS. G. H. TAPLIN.

MARBLE CAKE.

1 cup butter.
1 cup sweet milk.
1 teaspoonful cream tartar.
½ teaspoonful soda.
2 cups sugar.
3 cups flour.

Take a little of the batter and add spices and molasses to darken it.

MRS. ABBIE M. MCNEIL.

CAKE WITHOUT EGGS.

1 ½ cups sugar.
1 cup sour milk.
1 ½ cups raisins.
½ teaspoonful cinnamon.
½ cup butter.
3 cups flour.
1 teaspoonful soda.
½ teaspoonful nutmeg.

D. L. W.

CREAM CAKE.

1 cup cream.
2 eggs.
2 scant cups flour.
1 cup sugar.
1 teaspoonful soda.
A little salt.

Q. Q.

RAILROAD CAKE.

Break an egg into a cup and fill it with sour cream. Add

1 cup sugar.
2 cups flour.
½ teaspoonful soda.
Salt and flavor to taste.

MRS. ABIJAH SMITH.

GERMAN CAKE.

1 ¼ cups butter.
2 ½ cups sugar.
3 ¼ cups flour.
½ cup sweet milk.
5 eggs.
2 teaspoonfuls baking powder.
½ teaspoonful each of cloves, cinnamon, allspice and a bit of nutmeg.

Bake in sheets and frost with lemon frosting.

GERMAN LADY.

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BANANA CAKE.

1 cup sugar (powdered is best).
1 cup sweet milk.
1¾ cups flour sifted with the baking powder.
½ cup butter.
1½ teaspoonfuls baking powder.

Cream butter and sugar together. When these ingredients are well mixed add the whites of 3 eggs, beaten stiff. Flavor with almond. Bake in layers. Put together with the following Banana Filling.

BANANA FILLING.

Slice up some bananas and stir them through 1 cup of rich cream which has been whipped to a stiff froth.

MRS. N. W. M.

FIG CAKE.

1 cup sugar.
¼ cup butter.
½ cup sweet milk.
2 eggs.
1½ cups flour.
½ teaspoonful soda.
1 teaspoonful cream tartar.

Mix to a cream the sugar and butter, add the eggs, well beaten, the soda dissolved in the milk, and the cream tartar sifted with the flour. Bake in three layers and fill with Fig Filling.

FIG FILLING.

½ pound figs.
1 egg.
¼ cup water.
½ cup sugar.

Chop the figs fine and steam with the water for ten minutes. When cool add the egg and sugar. Use white frosting for the top.

MRS. CRAWFORD RANNEY.

FIG ECDAIRE.

Bake white cake in thin sheets. Put between the layers a filling made as follows: Chop fine ½ pound figs, add ⅓ cup sugar, ⅓ cup water and the juice of 1 lemon. Cook in double boiler until thick enough to spread. MISS LIZZIE M. ROSS.

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"Sufficient to have stood though free to fall."

—*Milton.*

NUT CAKE NO. 1.

1 cup sugar.
½ cup butter.
½ cup sweet milk.
2 cups flour.
½ cup stoned and chopped raisins.
2 eggs.
1 teaspoonful cream tartar.
½ teaspoonful soda.
1 large cup hickory or butter-nut meats.

MRS. J. HAMMOND HASTINGS.

NUT CAKE No. 2.

1 cup butter.
2 cups sugar.
3 cups flour.
1 cup sweet milk.
5 eggs, whites only.
1 teaspoonful cream tartar.
½ teaspoonful soda.
Bake in layers.

FILLING.

1 cup nuts chopped fine.
1 cup sugar.
1 cup sour or sweet cream.

Mix and boil till right thickness to spread between the layers. Ice the top with white frosting and save a few whole nuts for the top.

MRS. ALICE SMITH JOHNSON.

NUT CAKE NO. 3.

1 cup sugar.
½ cup butter.
1 ½ cups flour.
½ cup raisins chopped.
½ cup cold water.
2 eggs.
1 teaspoonful cream tartar.
½ teaspoonful soda.
½ cup walnut meats chopped.

Reserve some of the whole meats to lay on the icing while soft.

MRS. F. W. TAYLOR.

NUT CAKE No. 4.

1 cup sugar.
½ cup butter.
⅔ cup sweet milk.
2 cups flour.
4 eggs, whites.
2 teaspoonfuls baking powder.
⅔ pound nuts chopped fine.

MRS. ETTA GRAHAM STANHOPE.

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NUT CAKE No. 5.

1 ½ cups sugar.
½ cup butter.
½ cup sweet milk.
Flavor with vanilla.
3 eggs.
1 cup meats of any kind of nuts preferred.
2½ cups flour.

Mrs. Goodall.

PREMIUM WALNUT CAKE.

1 cup sugar.
½ cup butter.
2 cups flour.
2 teaspoonfuls cream tartar.
3 eggs, yolks.
White of 1 egg.
1 teaspoonful soda dissolved in ½ cup sweet milk.

Bake in layers. Beat the whites of 2 eggs, 1 cup sugar and 1 cup chopped walnuts together and place between the cakes. Frost and place walnuts on the frosting if liked.

Mrs. C. C. Frost.

LEMON CAKE.

4 tumblers flour.
2 ½ tumblers powdered sugar.
¾ tumbler butter.
1 tumbler sweet milk.
3 eggs.
2 large lemons.
1 heaping teaspoonful soda.

Cream the butter and sugar, add the beaten yolks, then the milk with the soda, and then the beaten whites and the flour. When this is well mixed grate in the peel of 1 lemon and add the juice of 2. Bake immediately.

Miss Ellen C. Putney.

"If it were done when 'tis done, then 't were well
it were done quickly."—*Macbeth.*

LEMON JELLY CAKE.

1 ½ cups sugar.
½ cup butter.
2 ½ cups flour.
3 eggs.
1 teaspoonful cream tartar.
½ teaspoonful soda.

JELLY FOR CAKE.

1 grated lemon, juice and rind.
Butter the size of an egg.
1 cup sugar.
2 eggs.

Mrs. C. F. Eastman.

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WHITE CAKE.

1 cup pulverized sugar.
¼ cup butter.
½ cup sweet milk.
1½ cups flour.
3 eggs, whites only.
2 teaspoonfuls baking powder.
1 teaspoonful extract lemon.

Cream the butter and sugar, add gradually the milk and the flour, into which the baking powder has been sifted; add the lemon extract and beat well for several minutes. Beat the whites of the eggs very stiff and add to the cake, stirring carefully. Frost with Golden Lemon Frosting.

MISS CAROLINE D. ELY.

BOSTON CAKE.

1 cup sugar.
2 cups flour.
½ cup sweet milk.
1 tablespoonful butter.
2 eggs.
1 teaspoonful cream tartar.
½ teaspoonful soda.

Frost with Maple Sugar Frosting No. 2.

MRS. GILLIAN WEBSTER DEAN.

LEAP YEAR CAKE.

1 cup sugar.
½ cup milk.
Whites of 3 eggs.
1 teaspoonful extract lemon.
½ cup butter.
1¾ cups flour.
1 heaping teaspoonful baking powder.

Frost with Chocolate Frosting No. 6.

MRS. G. C. BURNHAM.

HARLEQUIN CAKE.

1 ½ cups sugar.
3 eggs.
½ teaspoonful soda.
1 teaspoonful cream tartar.
½ cup butter.
1 cup sweet milk.
3 cups flour.

Divide in four parts; bake two parts as it is, add 1 teaspoonful liquid coloring to third, and 1 square chocolate to fourth. Put in alternate layers with jelly between and frosting on top.

MISS FLORA M. SIMPSON.

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GRANDMA'S TEA CAKE.

1 cup sugar.
2 cups flour.
1 cup sour cream.
1 cup chopped raisins or currants.
1 egg.
1 teaspoonful baking powder.
½ teaspoonful soda.

GRANDMA.

Grandmother's motto: "Do it and it will be done."

ROLL JELLY CAKE.

2 eggs.
1 teaspoonful cream tartar.
½ teaspoonful soda.
½ cup sugar.
½ cup flour.

MRS. I. H. FROST.

RIBBON CAKE.

3 eggs.
½ cup milk.
1 heaping teaspoonful baking powder.
1¼ cups sugar.
½ cup butter.
2 cups flour.

Divide into three parts. Bake two parts plain; to the other part add

1 teaspoonful cinnamon.
A little nutmeg.
1 cup fruit.
1 teaspoonful cloves.
2 tablespoonfuls molasses.

Put jelly between the layers and frost on top.

MRS. MABEL BRACKETT WELCH.

FRENCH LOAF.

3 cups light sponge.
2 cups sugar.
1 cup butter.
3 cups flour.
3 eggs.
1 teaspoonful soda.
Fruit and spices.

MRS. G. H. T.

RAISED CAKE.

1 cup bread dough.
1 cup brown sugar.
1 cup flour.
½ cup butter.
1 egg.
1 level teaspoonful soda.
Raisins and spice to taste.

MRS. C. H. STEVENS.

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MAPLE SUGAR FILLING FOR CAKE.

Beat the whites of 2 eggs to a stiff froth, add ½ cup of maple sugar and ½ cup of chopped nuts and spread between the layers. MRS. ABIJAH SMITH.

CREAM CAKES.

1 cup hot water.
⅓ cup butter.
4 eggs.
½ teaspoonful salt.
1½ cups pastry flour.

Put on the water, salt and butter to boil, the instant it boils all over add the flour all at once, stir well until it cleaves from the pan; it will take about five minutes. Let the mixture cool, then add the eggs, one at a time, and beat each egg in thoroughly before adding another. When well mixed, drop in small tablespoonfuls on a buttered baking pan, some distance apart to allow for spreading. Bake about thirty minutes in a hot oven until well risen, then decrease the heat and be careful to bake them until done. Split when cool and fill with the following cream:

CREAM FOR CREAM CAKES.

1 pint milk, boiled.
3 eggs, well beaten.
½ teaspoonful salt.
2 tablespoonfuls cornstarch.
¾ cup sugar.

Wet the cornstarch in cold milk and cook in the boiling milk ten minutes, stirring thoroughly. Beat the eggs, add sugar and salt, stir this into the thickened milk and cook a few minutes longer. When cool, flavor with a few drops of almond and 1 teaspoonful of vanilla. MRS. ELVA SOULE WEBSTER.

CREAM CAKE No. 1.

1 egg.
Butter size of a butternut.
1 cup flour.
1 teaspoonful soda.
½ cup sugar.
½ cup sweet milk.
2 teaspoonfuls cream tartar.

Bake in two tins.

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CREAM.

1 egg.
1 tablespoonful flour.
1 cup milk.
3 tablespoonfuls sugar.

MRS. Z. A. RICHARDSON.

CREAM CAKE No. 2.

1 cup sugar.
1 egg.
⅔ cup sweet milk.
½ teaspoonful soda.
Butter size of a walnut.
1⅔ cups flour.
1 teaspoonful cream tartar.
Flavor to taste.

Beat well and bake in three round cakes.

WHIPPED CREAM.

To 1 cup sweet cream, beaten stiff, add ½ cup sugar, flavor and spread between layers. MRS. WM. JOHNSON.

"With weights and measures just and true,
Oven of even heat,
Well buttered tins and quiet nerves,
Success will be complete."

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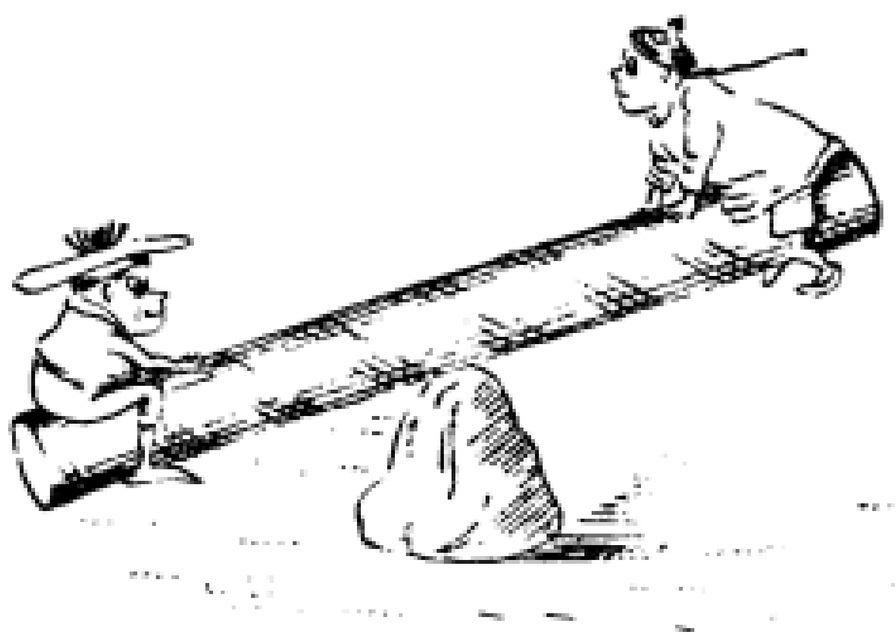
Icings and Confectionery.

Mrs. Clarence Berry—Miss Eva Burke.



ICING.

Stir into 2 tablespoonfuls of hot milk powdered sugar enough to make an icing that will spread nicely on cake.

Mrs. G. H. Taplin.

PLAIN FROSTING.

1 egg (white).
1 cup powdered sugar.
1 tablespoonful cornstarch.

Beat the eggs to a stiff froth, add sugar gradually, then cornstarch. Flavor to taste. Spread on cake and smooth with a knife wet in cold water.

Mrs. J. W. Balch.

"A result of molecular changes and differentiation —once nothing but cosmic vapor."

BOILED ICING No. 1.

1½ cups of sugar.
5 tablespoonfuls of water.
1 egg (white).

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Add water to sugar and boil over a hot fire until it threads from the spoon, stirring frequently at first. Beat white of egg fairly stiff. Pour the boiling sugar into it; add ¼ teaspoonful cream tartar. Stir rapidly for about thirty seconds, then put in beater and beat until light and creamy. Flavor to taste. When cooled to proper consistency spread on cake.

MRS. C. E. PECK.

BOILED FROSTING No. 2.

2 cups granulated sugar. ½ cup water.

Boil till thick. Then turn it upon the well beaten whites of 2 eggs; add a pinch of cream tartar to make frosting soft. Add ½ teaspoonful vanilla.

MRS. ALICE SMITH JOHNSON.

GELATINE FROSTING.

To 2½ tablespoonfuls of hot water add ½ level teaspoonful of granulated gelatine, or 1 tablespoonful of ordinary gelatine. When dissolved add ¾ cup of confectioner's sugar; add ¼ teaspoonful vanilla and beat until the right consistency to spread.

MISS MABEL FAIRBANKS.

CHOCOLATE ICING No. 1.

1 cup powdered sugar. ¼ cake Baker's chocolate (shaved).
2 tablespoonfuls boiling water.
White of 1 egg.

Cook ⅓ of the sugar, all the chocolate and water together until smooth. Have the egg and remainder of the sugar beaten together and pour into them the hot chocolate. Beat well and spread on cake at once.

MISS MARGARET MERRILL.

CHOCOLATE ICING No. 2.

Butter ½ size of an egg. 2 cups sugar.
⅓ cup milk. 1 square chocolate.

Boil fifteen minutes; beat till cool, then add melted chocolate and vanilla. Spread between layers and over the top.

MRS. GRACE WEBSTER LOCKE.

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"Thou art all ice; thy kindness freezes."

—*Richard III.*

CHOCOLATE FROSTING No. 3.

1 cup grated chocolate. ½ cup sweet milk.
1 cup sugar.

Boil in a double boiler twenty minutes, or until it thickens.

MRS. E.

CHOCOLATE FROSTING No. 4.

Mix 2 tablespoonfuls of cream with powdered sugar enough to spread nicely, then melt a small piece of chocolate and pour into the cream and sugar. Flavor with vanilla.

MISS ELIZA BLODGETT.

CHOCOLATE FROSTING No. 5.

½ cake of chocolate. 2 tablespoonfuls of milk.
¾ cup of sugar. 1 egg.

Cook in a double boiler until soft. Add the egg well beaten; stir until smooth; add flavoring. When cooled to proper consistency spread on cake.

MRS. HENRY FRENCH.

CHOCOLATE FROSTING No. 6.

Yolks of 2 eggs. 8 tablespoonfuls of powdered
1 cake of melted chocolate. sugar.
1 teaspoonful of vanilla. MRS. G. C. BURNHAM.

CHOCOLATE FROSTING No. 7.

One cup of sugar moistened with a little milk. Boil about five minutes after it begins to foam, then put on a plate and beat until quite thick. To this add not quite a square of grated chocolate and beat again about five minutes.

MISS ISABEL PENDRIDGE.

GOLDEN FROSTING.

Yolks of 3 eggs. 1 cup sugar.

Beat fifteen minutes, or until stiff enough to spread. Flavor with vanilla.

MISS LAURA FRENCH.

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ORANGE FROSTING.

Into the yolks of 2 eggs stir powdered sugar enough to thicken. Add the grated rind and juice of 1 orange.

MRS. IRVING FROST.

PINK FROSTING.

To a boiled icing add liquid cochineal enough to color.

W.

"This curious morsel of antiquity, Thucydides hath preserved for us."—*Survey of Pelop. War.*

LEMON FROSTING.

White of 1 egg. 1 cup of sugar.
Juice of ½ lemon.

Pour the white of the egg into a bowl, and add the sugar by degrees, taking care not to beat until the sugar is added. When all the sugar has been used beat in the lemon juice.

If the white of the egg is large it will require a full cup of sugar; if small, a scant cup. The lemon juice may be omitted and any other flavoring used.

APPLE FROSTING.

Grate 1 good-sized tart apple and beat into it the white of 1 egg until stiff. Add 1 cup of sugar and flavor to taste. This also makes a nice filling for layer cake.

MISS ISABEL PENDRIDGE.

GOLDEN LEMON FROSTING.

Beat thoroughly the yolks of 3 eggs; add ½ teaspoonful of lemon extract and pulverized sugar until the frosting is stiff enough to spread.

MISS CAROLINE D. ELY.

MAPLE SUGAR FROSTING No. 1.

2 cups maple sugar. ¾ cup water.
1 egg (white).

Boil sugar and water until it threads from a spoon. Remove from fire and add the well beaten white of the egg. Stir rapidly until thick enough to spread.

MRS. L. W. ROWELL.

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MAPLE SUGAR FROSTING No. 2.

One cup maple sugar moistened with a little cold water. Boil till it hairs, then beat into the beaten white of 1 egg.

MRS. GILLIAN WEBSTER DEAN.

CARAMEL FROSTING No. 1.

1 cup sugar. ½ cup milk.
Piece of butter the size of a walnut.

Boil until it waxes; do not stir, and spread while warm.

MRS. HARRY MAY.

CARAMEL FROSTING No. 2.

1½ cups sugar. Small piece of butter.
⅔ cup milk. 1 teaspoonful vanilla.

A small piece of sweet chocolate, grated. Boil four minutes.

MRS. W. A. TAPLIN.

"Sweetmeats, messengers of strong prevailment
in unharden'd youth."—*Midsummer Night's Dream.*

FONDANT FOR CANDIES.

Put a pint of confectioner's sugar and a pint of cold water into a porcelain lined kettle on the back of the stove. When the sugar is dissolved add a small saltspoonful of cream tartar. Do not stir but place where it will boil slowly for fifteen minutes; when done it will form a soft ball when dropped in cold water, which may be easily worked between the fingers. Place in a dish of cold water, flavor and beat with a wooden paddle until it is cool enough to touch, when it should be worked with the hands until it is quite pliable and yet creamy. From this, walnut, date and almond creams and many other candies may be made.

MISS ELLA D. ROSS.

CHOCOLATE CREAMS.

2 cups fine granulated sugar. ½ cup boiling water.
½ teaspoonful vanilla.

Put sugar in a granite saucepan, add the water and stir until sugar is dissolved. Boil without stirring until the syrup dropped from the spoon leaves a fine hair. Pour carefully into

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another pan and place in cold water. When the syrup is cold enough to bear your finger in it stir rapidly and constantly until it creams. Work in the vanilla and form into balls, which should be placed on waxed paper, and after three or four hours they will be ready to cover.

COVERING FOR CREAMS.

½ pound unsweetened chocolate.
½ teaspoonful vanilla.
2 tablespoonfuls powdered sugar.

Melt the chocolate by putting it in a small saucepan or bowl and standing it in a dish of boiling water. Then stir in the sugar and add vanilla drop by drop. Drop in the cream balls one by one; take them out with a fork and place on waxed paper. Maple creams may be made by boiling maple syrup in the same way. MISS PERSIS D. HEWITT.

CREAMED WALNUTS.

1 cup white sugar (scant).
½ teaspoonful vanilla.
⅓ cup water.
1 cup unbroken half walnut meats.

Let the sugar and water boil until, when dropped in cold water, it will form a soft ball, not brittle. Take from the fire and add vanilla. Stir until it begins to look milky, then pour in cup of nut meats. Stir until they are all covered and then take out on plates. The meats will not stick together; if they do they can be pulled apart. MRS. L. B. MERRILL.

"A tender nest of soft young hearts, each to be separately studied."

WALNUT CREAMS.

Take the white of 1 egg and stir into it enough powdered sugar to roll into balls. Flavor as you please, and set in a cool place fifteen minutes, then roll into balls and place half an English walnut on either side of each ball and press together.

MRS. CARRIE FROST EASTMAN.

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WALNUT CANDY.

1 cup walnuts chopped fine. 2 cups white sugar.
1 cup milk. 1 teaspoonful vanilla.

Let the milk and sugar boil until a little of it dropped in water will make a soft ball and not melt. Take from the fire and add the vanilla, then stir until it looks creamy, add the finely chopped nuts and pour into a flat tin. Mark in squares like caramels.

MRS. L. B. MERRILL.

"A wilderness of sweets."—*Paradise Lost.*

CHOCOLATE CREAMS.

1 pound powdered sugar. 1 teaspoonful vanilla.
White of 1 egg.

Beat the white to a stiff froth and add sugar, mold into balls and roll in sugar.

CHOCOLATE—One-half cake Baker's chocolate and ½ teaspoonful of lard. Melt chocolate and lard until soft, then dip creams into this. Drain on waxed paper.

MISS LENA ROWELL.

PEPPERMINT CREAMS.

Boil together without stirring 2 cups of sugar and half a cup of water. When thick enough to spin a thread, remove from stove to a basin of cold water and stir the mixture rapidly until it becomes of a white creamy consistency. Flavor with peppermint and drop on waxed paper.

CHOCOLATE PEPPERMINTS.

Make like the above and when the drops are almost cooled dip into a pan of melted and sweetened chocolate.

MRS. C. M. BERRY.

COCOANUT BALLS.

1 pound sugar. 1 egg (white).
½ package cocoanut. 1 teaspoonful vanilla.

Beat the egg to a stiff froth, add cocoanut and sugar. Mold into balls and drain on waxed paper.

MISS EVA BURKE.

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CARAMEL CANDY.

1 cup sugar. 1 cup molasses.

Let them come to a boiling point, then add 1 cup new milk, boil until it will rope, probably twenty-five minutes, then take from the fire and add butter the size of half a hen's egg; flavor with vanilla. Pour into a buttered pan and let cool. Cut in squares and let harden. MISS JENNIE GALE.

TURKISH CARAMELS.

2 cups sugar.
½ cup milk.
1 teaspoonful flour.
Pinch of salt.
½ cup grated chocolate.
1 tablespoonful vinegar.
Butter size of walnut.
Vanilla.

Boil until it will make a soft ball when dropped in water. Flavor with the vanilla as you take from the stove; stir until creamy. Pour into a flat tin and cut in squares.

MISS ELLA D. ROSS.

> "Who knows to what unnamable subtleties of law all these . . . owe their shape?"—*The Hero as Divinity.*

CHOCOLATE CARAMELS.

1 cup molasses.
½ cup sugar.
1 tablespoonful butter.
1 teaspoonful vanilla.
½ cake of chocolate.

Boil until it hardens. Remove from the fire, add vanilla and stir until cold. Pour into buttered tins. When nearly cold stripe off into squares, then when hard, cut and roll in wax paper. MISS LENA ROWELL.

CREAM CANDY.

1 coffeecup white sugar. 2 tablespoonfuls water.

Dissolve and boil without stirring, until brittle, in water. Just before it is done add ¼ teaspoonful cream tartar. Flavor to taste. When done pour into buttered pans, and when cool enough to handle stretch until perfectly white. Cut in any shape preferred. MISS FANNIE RUSSELL.

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PLOWED FIELD.

1 cup milk. 2 cups sugar.

Put on stove until they boil, then add 1 square (or half cake) of Baker's chocolate, put in without breaking or grating. Stir all the time, and cook until it will sugar when poured out into a tin. This generally takes over twenty minutes. Just before taking off stir in butter the size of an egg. When cool, plow in squares with a knife.

MISS CHARLOTTE FAIRBANKS.

PEANUT CANDY.

2 cups molasses. 1 cup sugar.
1 quart peanuts. 1 teaspoonful soda.
Butter size of walnut.

Boil until brittle in water. Stir in soda, break peanuts into mixture and pour into buttered tins. Cut in squares.

MISS LAURA FRENCH.

"Its nutritive properties are so widely diffused that we doubt if it can be fed to fattening stock with advantage."—*Am. Farm Book.*

PEANUT CANDY.

2 quarts peanuts. 2 cups granulated sugar.

Shell the nuts, rub off the brown peel and chop fine. Put the sugar into a hot, dry skillet and stir continually with an iron spoon. This will soon lump and look brown but continue stirring and suddenly it will become liquid. Pour in the nuts immediately, then pour out on buttered tins; mark in squares when cool.

W. H. M.

SALTED PEANUTS.

Remove the shells and pour boiling water over the nuts until the red covering leaves them. Spread on flat tin; pour some salad oil over them and place in a slow oven for one-half hour; then sprinkle with very fine salt; shake and set away to cool.

MRS. S. W. HALL.

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SALTED ALMONDS.

To every cupful of blanched almonds add 1 even tablespoonful of melted butter or olive oil and let stand a while. Sprinkle with a level teaspoonful of salt for each cupful. Place in a moderately hot oven and bake until brown, stirring occasionally. Peanuts may be substituted for almonds and will be found palatable.

J. L. M.

CARAMEL ALMONDS.

Blanch 1 pound almonds and drain well. Mix 1 tablespoonful melted butter with the nuts and spread them in two tins. Place in a moderately hot oven and roast for twenty minutes, stirring often. They should be of a delicate brown color. Put half a cup of sugar into a frying pan and stir over the fire until the sugar melts and begins to smoke. Instantly put in the browned nuts and stir rapidly until they are all coated with sugar. When cold break them apart.

MRS. L. B. MERRILL.

CRYSTALLIZED POP CORN.

Put in an iron kettle 1 tablespoonful of butter, 3 tablespoonfuls of water and 1 cup of white sugar. Boil until ready to candy then throw in 3 quarts of corn nicely popped. Stir briskly until the candy is evenly distributed over the corn. Set the kettle from the fire and stir until it has cooled a little and each grain will be separate and crystallized with sugar.

MISS JENNIE GALE.

"There's a divinity that shapes our ends
Rough ——"

—*Hamlet.*

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DRINKS, HOT AND COLD.

MRS. EMMA ALBEE.

TEA.

The Japanese and Russians do not boil tea, but pour boiling water upon it. There is very little color to tea made in this way, and to most Americans it seems to have but little flavor. Long boiling of tea destroys the fragrant flavor and gives it a bitter taste. It is best to use a teapot of earthenware or granite instead of tin, as it is said that the tannin in the tea will affect the metal and produce a poisonous compound. Scald the teapot that it may be hot, put into it 1 teaspoonful of tea for each cup to be made, pour on quickly boiling water and let it boil one minute, then after adding more boiling water, set it where it will keep hot, but not boil, for five minutes before serving. Increase the proportion of tea if a larger quantity is to be made.

MRS. REBECCA FAIRBANKS.

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"A solvent is that which dissolves something. Warm tea is a solvent of sugar. * * Solvent signifies able to pay all debts."—*Webster's Spelling Book.*

ICED TEA.

Make tea by receipt already given. Strain into an earthen pitcher and when cool set in an ice chest until wanted for use. To serve, put 2 lumps of sugar with cracked ice and a slice of lemon into a glass and fill with cold tea.

MRS. REBECCA FAIRBANKS.

COFFEE FOR FIVE.

½ pint brown coffee.
1 quart boiling water.
½ a beaten egg.
1 pinch salt.

Mix well together the white of the egg well beaten, with the coffee in a little cold water, then pour in the boiling water. Stir it in a coffee-boiler from the sides as it boils up. Let it boil ten minutes. Pour in a little cold water to settle it and set it where it will keep warm and not boil. Add the salt and serve with hot, but not boiled milk.

"James Farr of 'The Rainbow' by Inner Temple Gate, hath beene prosecuted by the Inquest of Saint-Dunstans-in-the-West, for making and selling a sort of Liquor called KOFFEE; whereby in making of the same he annoyeth neighbors by the evill smelle thereof—it being a nusance and prejudice to all the naborhood."
—*Records of St. Sepulchres', London, 1657.*

CHOCOLATE.

2 squares chocolate.
2 tablespoonfuls cold water.
1 pint boiling water.
2 tablespoonfuls sugar.
1 pint boiling milk.

Stir until smooth the sugar, chocolate and cold water; then add the boiling water. Let it boil five minutes, then add the boiling milk and serve immediately. MRS. S. FRENCH.

CURRANT SHRUB.

Mash currants, sufficient to give a quart of juice, first through a coarse sieve or fruit squeezer and then through a

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bag, and to this add 1 quart water and sugar to taste. Strain after the sugar is dissolved and serve with cracked ice.

MRS. REBECCA FAIRBANKS.

RASPBERRY SHRUB No. 1.

1 quart berries. 1 pint vinegar.
1 ½ quarts sugar.

Let the berries and vinegar stand over night, then press and strain; add the sugar, boil fifteen minutes; skim while boiling until clear. MRS. G. E. GOODALL.

> "But I do feel thirsty; I think a glass of srub would do my throat good; it is dreadful dry. Mr. Peckham, would you be so polite as to pass me a glass of srub."—*Mrs. Sprowle in Elsie Venner.*

RASPBERRY SHRUB No. 2.

1 pint vinegar. 4 pints raspberries.
1 pint currant juice.

Let it stand over night. Strain, then add an equal quantity of sugar and boil ten minutes, skimming until clear.

MRS. M. PADDOCK.

RASPBERRY SHRUB No. 3.

4 quarts berries. 1 ounce of tartaric acid.
3 pounds sugar.

Press the juice from the berries, add the sugar, and boil twenty minutes. Dissolve the acid in a little of the juice. When cool mix all together, let stand over night, then strain and bottle. MRS. P. BLODGETT.

LEMONADE No. 1.

3 lemons. 6 tablespoonfuls sugar.
1 quart water.

Roll the lemons, press out the juice on the sugar, then add ice. A little pineapple and orange juices add very much to the flavor. MRS. EMMA ALBEE.

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LEMONADE No. 2.

To make lemonade by a new method is to pour water that has reached the boiling point over the lemons and sugar, then put on ice to cool. To make 1 quart use juice of 3 lemons, ⅛ pound powdered sugar and 1 scant quart of water.

MRS. S. W. HALL.

LEMONADE No. 3.

A delicious lemonade is made by beating 1 egg separately, stir the beaten yolk into the lemonade. Beat the white to a stiff froth, add a little sugar and pour on the lemonade. One egg to about a quart. MRS. G. RICHARDSON.

STRAWBERRY LEMONADE.

1 quart strawberries.
2 lemons.
1 quart water.
1 small cup sugar.

Squeeze the juice from the strawberries and lemons, then add sugar and water. Before serving put chopped ice in the glasses to be used. MRS. C. B. R.

SODA WATER.

2 quarts boiling water.
1 pint cold water.
4 whites of eggs.
3 pounds sugar.
3 ounces wintergreen.
3 ounces tartaric acid.

Pour cold water on acid, and boiling water on sugar. When cold add wintergreen and acid. Beat eggs and add last. Beat all together; bottle and cork. Keep in a cool place for use. Put ¼ teaspoonful soda in ½ glass ice water; add four tablespoonfuls of mixture. This is equal to the best soda water. JOSEPHINE.

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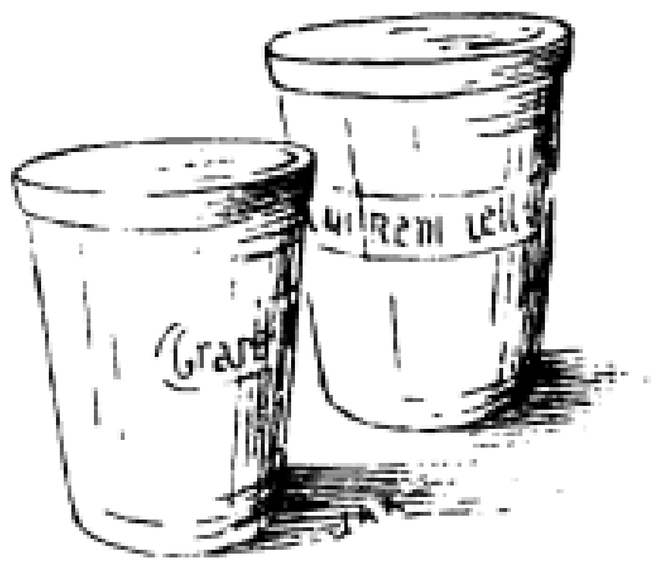
JELLIES.

MRS. CRAWFORD RANNEY.



"The amassed thought and experience of innumerable minds."—*Emerson.*

CURRANT JELLY No. 1.

Pick currants before too ripe. Remove all dry leaves and bad currants; wash and spread to dry; then mash them and hang in cheese cloth bags to drain over night. To 1 tumblerful of juice, drained, allow 1 tumblerful of sugar. Boil the juice twenty minutes; skim carefully; add the sugar and let it boil until it will jelly when dropped on an ice-cold dish. Pour into tumblers. This is as clear as crystal. Press the juice from the bags for the second kettleful, and proceed in like manner as before. This makes nice jelly, but not as clear as the juice that drains from the bags. Twelve quarts currants make 20 tumblers of jelly.

MRS. G. M. HOWE.

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CURRANT JELLY No. 2.

Pick over the currants, wash, leaving them on the stems. As they heat, break with wooden ladle; when hot squeeze in coarse linen bag; then boil five minutes very fast; add 1 pound sugar to each pint of juice; stir well and boil again five minutes.

JOSEPHINE.

GOOSEBERRY JELLY.

Cut the gooseberries in halves, (they must be green) and put them into an agate kettle on the back of the range till the berries are soft; then mash with a spoon and put them in the jelly bag to drain. When all the juice is squeezed out measure it, and to 1 pint of juice allow 1 pound of loaf sugar. Put the juice and sugar into the preserving kettle and boil twenty minutes, skimming carefully. Put the jelly warm into tumblers.

MISS S. A. MATHER.

PLUM JELLY.

Place the plums in a kettle and add enough water to cover; let them come slowly to the boiling point, then simmer gently until soft. Put in a jelly bag to drip. Use equal quantities of juice and sugar. Boil the clear juice fifteen minutes; add the sugar, which has been heated, and boil five or ten minutes longer, or until it jellies. This can be determined by dropping a little on a saucer; if it remains rounded and slightly jellied it is done; or drop a little into a glass of cold water, if it drops to the bottom without clouding the water it is done. Put into heated glasses and expose to the air until firm and cool.

MRS. T. C. FLETCHER.

BLACKBERRY JELLY.

Heat the mashed berries carefully until the juice will flow freely. Squeeze through a jelly bag. Use equal quantities of juice and sugar and boil until it thickens, when tested, like plum jelly.

MRS. T. C. FLETCHER.

CRAB APPLE JELLY.

Wash the fruit, quarter, but do not pare; barely cover

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with cold water, boil and mash until soft. Drain, but do not squeeze the fruit. Boil the juice with an equal quantity of sugar until it jellies. The juice of 1 lemon added to each pint of juice improves the flavor. MISS LIZZIE ROSS.

QUINCE JELLY.

Pare and core quinces and cut into small pieces. Put the cores and parings into a preserving kettle, adding any left from quinces for preserves. Add cold water enough to cover, and simmer for two hours. The cores and seeds are rich in pectine, and using them one cannot fail to secure a firm, bright jelly. Put the cut up quinces into a kettle and treat the same as the cores and parings. Strain the juice from both kettles through a jelly bag, allowing them to drain instead of squeezing if you wish a clear jelly. To each pint of juice allow ¾ pound of sugar. Boil the juice rapidly twenty minutes, skimming carefully, without stirring. Add hot sugar, boil one minute, and dip into jelly glasses. Let stand a day or two in a dry, cool place before covering. MRS. HENRY FAIRBANKS.

GRAPE JELLY.

Use Salem grapes, heat them, putting in a little water to keep from burning. When well cooked, strain and boil the juice twenty minutes, add an equal quantity of sugar and stir till it is dissolved, then put into tumblers.

MRS. HENRY FRENCH.

JELLIED QUINCE.

Slice the quinces very thin. Weigh an equal quantity of sugar, boil the fruit until very tender in water enough to cover the slices. Take out of the kettle, add the water that the rinds and cores have been boiled in; strain through jelly bag, add the sugar and boil until it will jelly, then add the slices and boil about five minutes. Put into jelly tumblers, being careful to keep the slices whole. The orange quince is the best.

JOSEPHINE.

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1894. "These should be hours for necessities, not for delights."—*Henry VIII.*

PEACH MARMALADE.

This, like other marmalades, may be made from the parings and the pulp of fruit which is too soft to can. Use only enough water to cover. Boil slowly until soft enough to rub through a sieve, add ¾ as much sugar as fruit and boil slowly about three quarters of an hour until it thickens. Stir frequently.

MRS. T. C. FLETCHER.

CRANBERRY JELLY.

Put the cranberries into the preserving kettle with 1 pint of water for each quart of berries. Cook until soft, then hang in a cheese cloth bag to drain. Measure the juice and allow an equal quantity of sugar. Boil the juice twenty minutes, then add the sugar, stirring until dissolved. It is not necessary, usually, to boil again. MRS. CRAWFORD RANNEY.

ORANGE MARMALADE.

12 sweet oranges. 6 lemons cut fine.
15 pints water.

Let stand twenty-four hours; boil three hours, then add 12 pounds sugar and boil thirty minutes.

MRS. W. T. HORTON.

WILD GRAPE MARMALADE.

Pick the grapes from the stems, wash and put on to boil; as they heat, stir and mash with a wooden spoon, when well cooked, sift through a wire sieve. To every pint of pulp add 1 pound of sugar. Boil fifteen minutes. Put into jelly tumblers.

MISS JULIA A. TAPLIN.

ORANGE JELLY.

The juice of 5 oranges and 1 lemon, 2 cups sugar, 2 cups boiling water. Soak ½ box of gelatine in 1 cup of cold water for an hour, add this to the boiling water and the juice of oranges and lemon, and strain all that the jelly may be clear.

MRS. RICHARD HOVEY.

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"A man I knew who lived upon a smile;
And well it fed him; he looked plump and fair."
—*Young.*

LEMON JELLY No. 1.

One-half box gelatine soaked over night in 1 cup water, add 1 heaping cup sugar, juice of 2 lemons, grated rind of 1. Let stand one hour, add 2 cups boiling water, and stir until dissolved. Strain and cool. MRS. S. H. BRACKETT.

LEMON JELLY No. 2.

Pour 1 pint boiling water on ½ box gelatine, add the juice of 1 lemon and 2 cups sugar. When nearly cold strain and add the whites of 3 eggs beaten to a froth, then beat the whole together and put in a glass dish. MISS ADDIE S. ALVORD.

COFFEE JELLY No. 1.

½ package gelatine.
½ pint strong coffee.
1 cup sweet cream.
1 pint new milk.
¾ cup sugar.
Whites of 2 eggs.

Put gelatine into pitcher, pour over it the milk, let stand ½ hour, add the boiling coffee, stirring until all is dissolved, add the sugar and strain through muslin. Stir in the cream, whipped, and the whites of the eggs well beaten. Pour into molds. Serve with sugar and cream. JOSEPHINE.

"All life originates in jelly; this is the germinal substance, primordial, structureless, out of which come the numberless varieties of animated beings."

COFFEE JELLY No. 2.

1 ounce gelatine.
½ cup sugar.
½ pint cold water.
1½ pints strong hot coffee.

Pour the cold water on the gelatine and let stand till soft. Pour over this the hot coffee and add the sugar. Stir till the gelatine and sugar are dissolved, strain into a mold and set on ice to harden. Serve with sugar and cream.

MRS. C. H. MERRILL.

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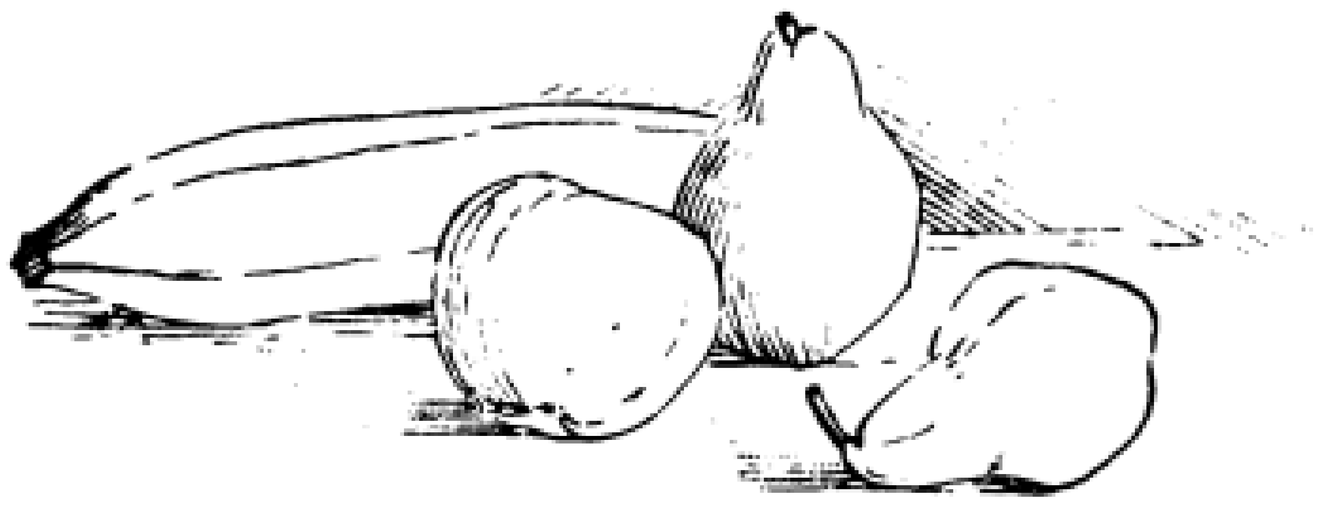
PRESERVING AND CANNING.

MISS S. A. MATHER.



GENERAL DIRECTIONS.

In canning, or preserving, the principal thing is to see that every bubble is taken out. It can be done by slipping a knife or spoon carefully down the side of the can.

Another thing, put the fruit into the cans boiling hot. This can be done by first putting a silver spoon into the can.

See that the cans are well rinsed and filled with warm water and fitted to covers and rubbers. Also see that no can is nicked, as that will prevent sealing.

After the cans are filled and bubbles taken out, heap the can with juice, put on cover, and seal. Set away till morning.

In the morning unfasten the top, then if, by taking hold of the cover only, you can lift the can without bubbles gathering near the rubber, it is sealed. Otherwise it must be heated over and tried again. I find this a good test.

I prefer the "Lightning" cans.

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"So they took Christiana, her children, and Mercy, into the closet and showed them one of the apples that Eve did eat of, and that she also did give to her husband, and for the eating of which they both were turned out of Paradise, and asked her what she thought that was?"—*Bunyan's Pilgrim's Progress.*

PRESERVED APPLE.

Core and pare a dozen good sized apples and cut into eighths; make a syrup of 1 pound sugar, ½ pint water, let it boil, and then put in as much apple as can be boiled without breaking. Remove them carefully when tender. After all are done add a little more sugar, boil a few minutes, flavor with lemon and pour over the apples. S. A. M.

PRESERVED TOMATOES.

Take 6 pounds of tomatoes, peel; the peel and juice of 3 lemons, 1 lemon sliced thin, and ⅛ pound of ginger tied up in a bag; put on the side of the range and boil slowly for three hours. Mrs. Henry Fairbanks.

PRESERVED TOMATOES.

Take ripe tomatoes, peel, take out all seeds, put into the kettle. To 7 pounds of tomatoes take 3½ pounds of sugar, the grated rind and juice of 2 lemons, and 2 lemons sliced thin. Boil slowly, mashing fine. When sweet and thick put into jars or tumblers. Miss S. A. Mather.

PRESERVED GOOSEBERRIES.

Take gooseberries before quite ripe; allow a pound of sugar to a pound of fruit; stew them till quite clear and till the syrup becomes thick. Mrs. Henry Fairbanks.

WATERMELON PRESERVES.

Cut a watermelon in two; take out the soft inside, leaving only the firm white rind. Cut into any shape. Boil the bits in water enough to cover, with fresh lemon peel to color yellow. When tender place in dishes to cool. Make a syrup

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of 1 pound of sugar and 1 teacup of water to 1 pound of melon. Let it boil, then put in the melon and boil till clear, with slices of lemon to flavor. When the melon is transparent take out with a skimmer; boil syrup till thick, then pour over the fruit.

Miss S. A. Mather.

QUINCE PRESERVES.

Pare, quarter and core the fruit and then cut each quarter into three slices. Put into enough hot water to cover and boil till tender but not too soft. Skim out and put into cans. Make a thick syrup of the water in which they were boiled, using a cup of sugar to every cupful of water. When boiling skim clear and then fill the cans. Do not seal the cans till they have stood at least five minutes, for you can fill the second time with syrup. The orange quince is better for preserving as it cooks tender more easily. Equal parts of sweet apple and quince make a preserve that can hardly be told from the quince alone. Treat the apples exactly as you do the quince.

Mrs. L. B. Merrill.

"Contact with the extremities of the papillæ of the tongue is requisite for the best effect."

PRESERVED PEARS.

Peel and quarter fruit. Allow ¾ of a pound of sugar to 1 pound of fruit. Make a syrup in proportion of 1 pint of water to 2 pounds of sugar. Cook fruit in syrup two or three hours, or to a golden brown. Mrs. Annie Horton.

PRESERVED PEACHES.

Pare and place them on a plate in the steamer over boiling water, keeping them tightly covered. Steam until they can be easily pierced with a fork. Put into heated cans, standing in hot water till sealed. Make a syrup of 1 pint of water to each pound and a half of sugar. Pour over the fruit the hot syrup, and seal.

Mrs. Annie Horton.

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Explanatory—"Pompions are sometimes called Pumpkins."

"Plums grow on trees."

PRESERVED PUMPKINS.

Cut a thick yellow pumpkin into narrow strips about two inches long. Use 1 pound white sugar to 1 pound pumpkin. Pour over it 2 wineglassfuls of lemon juice for each pound of pumpkin. Next day put the peel of 1 lemon in a muslin bag and boil the whole long enough to make it tender without breaking. Skim out the pumpkin, let it cool, strain the syrup and boil ten minutes. Pour over pumpkin and seal it up.

MRS. LAURA BLODGETT.

PLUMS.

Wash and weigh the plums, using 1 pound of sugar to each pound of fruit. Make a syrup, using ½ pint of water to 2 pounds of sugar. Boil and skim, then put in plums, after they have been well pricked, and let them cook very slowly until sweet.

MRS. SARAH FRENCH.

CANNED PURPLE EGGS.

Wash and wipe the perfect plums. Make a syrup of 1 pound of sugar to ½ pint of water; let it boil, then put in as many plums as can be cooked without breaking; remove them carefully when tender and place in a jar. After all are done fill the jars with the syrup, after it has been skimmed and set away till morning. Then take a deep kettle, putting pieces of wood in the bottom, so the jars will not touch the bottom, set in the cans, filling the kettle with cold water nearly to the top of the cans; let it come to a boil, then take the cans out and press out all air bubbles, then fill with hot syrup and seal.

CANNED GREEN GAGE.

Made the same as Purple Eggs.

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CANNED RASPBERRIES.

Fill a can with good firm berries; then fill the can with pure cold water, place in a deep kettle of cold water (putting pieces of wood in the bottom to prevent the can touching the kettle), let it boil a few minutes, press out the air bubbles, fit rubbers, fill with boiling water, and seal.

CANNED BLACKBERRIES.

Made the same as Canned Raspberries.

COLD CURRANTS.

Wash and drain, mash thoroughly, and to each pint or pound add equal amount of sugar, let stand several hours, (over night if you can) stir well and put in cans. Blackberries and raspberries can be put up in the same way.

MRS. Z. A. RICHARDSON.

CURRANT CONSERVE (For Meats.)

Three pounds of currants picked from stems, 2 pounds best table raisins, 4 pounds sugar, 1 pint currant juice. Stone the raisins, mix with the currants, heat the sugar in the oven, pour the juice over it. Mix the currants and raisins with it and boil until it jellies. Put into jelly glasses. J. C. K.

> "Will 't please your honor taste of these conserves?" — *Taming of the Shrew.*

CURRANT CONSERVE.

7 pounds currants.
2 pounds raisins.
6 pounds sugar.
2 oranges.

Stone and chop the raisins. Put with the currants, sugar, and juice of oranges and cook twenty minutes or half an hour. The grated rind of oranges can be added if you like.

MRS. C. H. STEVENS.

JELLIED CURRANTS.

Pick over and wash the currants (drain well), and weigh equal quantities of sugar and fruit. Boil the fruit ten minutes,

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add the sugar and boil another ten minutes (measure the time from the minute boiling commences); put into cans. As it cools the syrup will be a fine jelly. JOSEPHINE.

COLD STRAWBERRIES.

Pick over firm, fresh berries. If sandy, rinse and drain well. Then to 3 cups of berries, take 2 of sugar, put into a large earthen bowl, mix well, and place in the refrigerator till morning. Then stir well, but not beat, take off all bubbles, put into cans, press out air (it will take a long while), seal, wipe off can, and at once roll in two or three thicknesses of paper, *so no light will touch the fruit*. Put in a dark cellar.

Found good at the end of the year.

MISS S. A. MATHER.

APPLE GINGER.

5 pounds sour apples.
2 ounces ginger root.
5 pounds sugar.
2 or 3 sliced lemons.

Make syrup of the sugar, cut apples into small pieces—squares. Boil all together till apples take on a clear, rich, yellow color. SHEEPCOTE.

CANNED CRANBERRIES.

1 cup cranberries.
1 cup sugar.
1 cup water.

Boil cranberries in the water until they break, then add sugar until thoroughly mixed. MRS. H. PADDOCK.

WILD GRAPE PRESERVES.

Pick over the grapes, wash and drain; put into a kettle and set on the back of the stove till heated through. Rub through a wire sieve till nothing but seeds and skins remain. To every pint of liquid add 1 pound of sugar. Boil fifteen minutes and seal. J.

CANNED RHUBARB.

Prepare the rhubarb as for pies, pour boiling water over it, and pour off, then add enough water to barely cover (as

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for sauce), cook till tender, put into cans hot and seal. Be sure to take off all the scum.

CANNED TOMATOES.

Peel and slice good, ripe tomatoes into a kettle with a little salt, cook well, taking off all scum. Can while hot. If they are sealed the next morning, they are all right.

MRS. HENRY FAIRBANKS.

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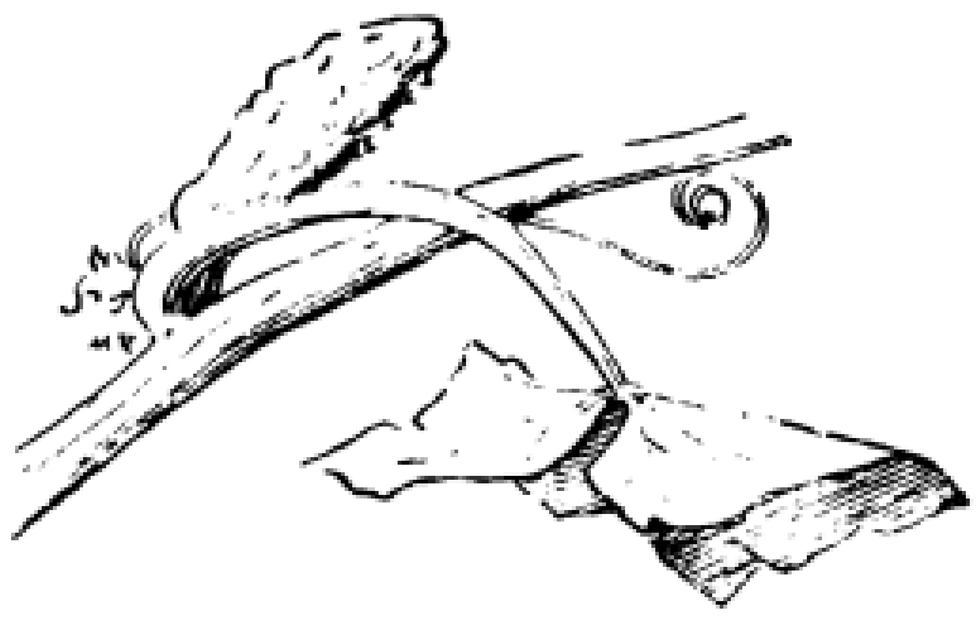
PICKLES, SWEET AND SOUR.

MRS. F. A. TIFFT—MISS ADDIE ALVORD.



"The thoughts here embodied are clear, axiomatic, vigorous and valuable for solving many difficulties."
—*Dean of Canterbury.*

SPICED GOOSEBERRIES.

To 3 pounds of green gooseberries put 4 pounds of brown sugar, 1 pint of vinegar, 1 tablespoonful ground cloves, 1 tablespoonful ground cinnamon. Boil gently four hours. Stir frequently.

MRS. ABIJAH SMITH.

SPICED CURRANTS.

5 pounds currants.
4 pounds brown sugar.
½ teaspoonful ginger.
A little nutmeg.
1 pint vinegar.
1 tablespoonful cloves.
2 tablespoonfuls cinnamon.

Boil slowly two hours; longer if you wish it quite thick.

MRS. MERRILL.

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SPICED GRAPES.

7 pounds grapes. 1 pint vinegar.
3 pounds sugar. Spice to taste.

Squeeze the pulps from the skins, cook them till tender, put them through a colander to remove seeds; then put pulps and skins together and make according to the above receipt. Boil till the grape skins are tender and the compound thick.

MRS. HENRY FRENCH.

SPICED TOMATOES.

Peel and slice ripe tomatoes, cook twenty minutes. To each pound of cooked tomatoes add ½ pound brown sugar, ½ pint vinegar, 1 teaspoonful each of cassia, cloves and ginger. Stew slowly two hours. MRS. CRAWFORD RANNEY.

PICKLED BLACKBERRIES.

7 pounds blackberries. 1 pint vinegar.
3 pounds sugar.

Simmer (not boil) one hour. Nice for pies.

MRS. H. E. BYRON.

BEET PICKLES.

Choose small beets, boil until tender. Make a syrup of 1 cup of sugar and 1 pint of cider vinegar, boil five minutes and pour over the beets while hot. Seal in glass jars.

MRS. ABIJAH SMITH.

CUCUMBER PICKLES No. 1.

1 gallon cider vinegar. 1 cup salt.
2 tablespoonfuls white mustard seed. 1 tablespoonful powdered alum.

Pour boiling water over cucumbers, let them stand one night, wipe dry and put in the prepared vinegar.

MRS. HENRY FRENCH.

"He delivered himself of these judicious sentiments in that peculiar, acid tone hereditary to four generations raised on east winds, salt fish, and large, white-bellied, pickled cucumbers."—*O. W. Holmes.*

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CUCUMBER PICKLES No. 2.

2 gallons cider vinegar.
4 ounces ginger-root.
3 ounces whole black peppers.
1 ounce whole cloves.
½ pound black mustard seed, bruised and put in a bag.
3 ounces allspice.

Wash cucumbers and soak in salted water twenty-four hours, then wash and wipe carefully and put in the above mixture cold. Use onions if you like. Will keep any length of time.

MRS. HENRY FRENCH.

GREEN CUCUMBER PICKLES.

Pick small cucumbers, wash and wipe carefully, put them in glass jars. To 1 quart good vinegar add 1 teaspoonful salt and ½ teaspoonful pepper. Scald vinegar and pour on cucumbers and seal the jars quickly.

MRS. W. L. RUSSELL.

SMALL CUCUMBER PICKLES.

Wash cucumbers, soak in a strong brine twenty-four hours. (Make brine of rock salt and boil.) To 1 gallon of strong cider vinegar (cold) add ½ pound of the mixed pickling spices. Gather your cucumbers each morning; add to the vinegar the ones gathered the previous morning and put the new ones into the brine until you fill your jar.

MRS. G. M. HOWE.

PICKLED PEACHES.

7 pounds peaches.
3 pounds sugar.
1 teaspoonful each of celery seed and whole cloves.
3 pints vinegar.
1 tablespoonful each of mace and cinnamon.

Rub the fur off with a coarse cloth, prick with a fork and stick in the cloves. Heat in just water enough to cover until almost to a boiling point; take out the peaches and add to the water 3 pounds of sugar. Boil fifteen minutes, skim and add 3 pints of vinegar and the remaining spices in muslin bags. Boil this mixture ten minutes, then put in the fruit and boil

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until you can pierce with a straw. Take out the peaches and spread in dishes to cool. Boil the syrup down thick. Pack the peaches in glass jars and pour over the syrup hot.

MRS. HENRY FAIRBANKS.

SWEET PICKLED PEACHES.

10 pounds peaches.
5 pounds sugar.
2 quarts vinegar.

Put the sugar and vinegar together and add whole cloves and cinnamon to taste. Put a dozen peaches in the syrup and cook until they can be pierced with a silver fork, then take out on a plate and put 3 cloves in each one. Place the peaches in a jar, and after the fruit is all cooked, boil the syrup five minutes and pour over the fruit. Scald the syrup three days in succession.

MRS. C. C. MONTGOMERY.

"Thou shalt be * * * stewed in brine.
Smarting in lingering pickle." —*Cleopatra.*

RIPE CUCUMBER SWEET PICKLE No. 1.

Pare, cut and take out seeds of ripe cucumbers, put in pans and sprinkle with salt, cover with boiling water and let stand twenty-four hours; then remove from that and cover cucumbers with weak vinegar and let stand another twenty-four hours; take out of that, passing each piece through the hand to remove any soft part. Put in kettle and to 1 quart of vinegar add 1 pound sugar; cinnamon, cloves and allspice to taste. Cook till tender. Put spices in little bags.

MRS. W. L. RUSSELL.

RIPE CUCUMBER SWEET PICKLE No. 2.

7 pounds ripe cucumbers.
3 pounds sugar.
1 quart vinegar.
½ ounce each of ginger root, stick-cinnamon, whole cloves and allspice berries.

Prepare cucumbers and rub in salt the night before using. In the morning boil in alum water until soft, drain well, put in a stone jar and pour over the syrup while it is hot. Have the

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spices in muslin bags. After standing three days, scald and pour over again hot. Mother's receipt.

MRS. HENRY FAIRBANKS.

SWEET PICKLES.

Eight pounds green tomatoes chopped fine, add 4 pounds brown sugar and boil down three hours; add 1 quart vinegar, 1 teaspoonful each of mace, cinnamon and cloves. Boil about fifteen minutes; let it cool and put in jars.

MRS. W. T. HORTON.

MUSTARD PICKLES.

1 quart green tomatoes.
1 quart green cucumbers.
1 pint onions.
1 pint cabbage.

Put in a weak brine at night. In the morning boil until tender and chop. Make a syrup of 1 quart vinegar and 2 cups sugar; to this add chopped vegetables, 2 large spoonfuls of mustard and thicken with ⅔ cup flour. Boil until thick and well done.

MRS. H. E. BYRON.

"Efficient but not sufficient."

PICCALILLY No. 1.

1 peck tomatoes.
1 cup white mustard seed.
1 cup grated horseradish.
2 tablespoonfuls each of allspice, cloves and cinnamon.
1 pint sugar.

Sprinkle over the tomatoes 1 cup salt and let them stand over night. Drain and rinse in cold water. Chop and boil until tender in weak vinegar. Heat the sugar and vinegar, add spices tied in a bag. When boiling hot pour over the tomatoes. Six chopped onions may be added if desired.

MRS. F. A. TUFFT.

PICCALILLY No. 2.

1 cup sugar.
1 teaspoonful red pepper.
½ teaspoonful ground mustard.
1 tablespoonful allspice.
1 tablespoonful cinnamon.
1 tablespoonful black pepper.
½ tablespoonful cloves.

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To 1 peck of green tomatoes sliced add 1 cup salt. Let stand over night, drain, boil in 1 gallon good vinegar with 2 or 3 onions until tender. Skim them out and boil the vinegar down to one-third, then add the above ingredients. Pour over the tomatoes hot and cover till cold.

Mrs. Geo. C. Burnham.

RED CABBAGE PICKLE.

Take red cabbages, quarter and take out the hard stalk; then chop and lay in an earthen bowl with a good sprinkling of salt, put in a cool place for twenty-four hours, after which rinse in cold water and drain. To 1 quart of strong vinegar put 2 tablespoonfuls of black pepper, 2 tablespoonfuls of allspice and 1 teaspoonful each of cloves and mace. Bring to a boil, then put in the cabbage, let boil twelve minutes, then set off and allow to cool slowly with cover on.

Mrs. W. T. Horton.

TOMATO CATSUP.

To ½ bushel skinned tomatoes add 1 quart best cider vinegar, 1 pound salt, ¼ pound black pepper, 1 ounce African cayenne, ¼ pound allspice, 1 ounce cloves, 3 boxes ground mustard, 20 cloves of garlic, 6 onions, 2 pounds brown sugar and 1 handful peach leaves. Boil this for three hours, constantly stirring to keep from burning. Let cool and then strain through a sieve and put into bottles. It improves with age.

S. M.

CUCUMBER CATSUP.

12 large green cucumbers.
1 quart vinegar.
3 tablespoonfuls salt.
3 or 4 medium sized onions.
1 tablespoonful pepper.

Pare and grate the cucumbers and onions, add the other ingredients, srirring together thoroughly. Let stand a few hours and then put up in bottles or glass jars. This is not heated at all and will always retain the flavor of the fresh vegetables.

Mrs. C. H. Stevens.

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CHILI SAUCE.

18 ripe tomatoes (pared).
2 teaspoonfuls salt.
1 teaspoonful each of all kinds of spice.
3 green peppers chopped fine.
1 onion.
1 cup sugar.
2½ cups vinegar.

Boil slowly one-half hour and bottle for use.

L. B. M.

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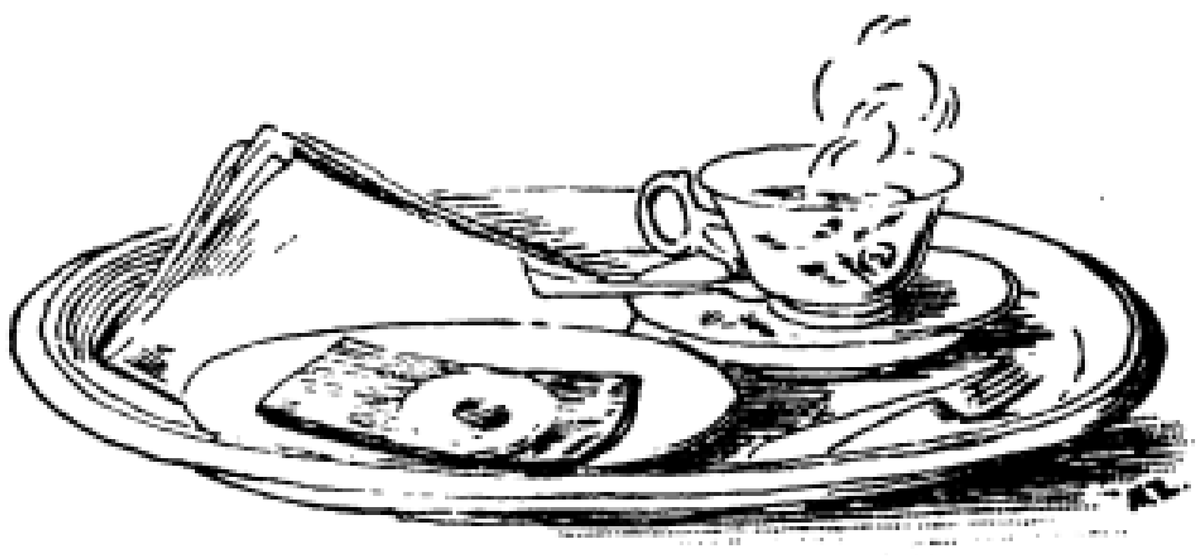
FOR THE SICK.

MISS JULIA A. TAPLIN.



UNLEAVENED WAFERS.

Sift 1 pint flour, (salt), mix to a stiff dough with new milk, roll out very thin, cut into round cakes, bake very quickly.

CURD AND WHEY.

1 teaspoonful Fairchild's Essence of Pepsin.

1 small pint new milk.

Have the milk just warm, what we call milk warm, put into glass dish, stir in the essence of pepsin, set away to cool. Serve with sugar, or sugar and cream.

TAPIOCA JELLY.

1 cup tapioca.

3 cups cold water.

Wash the tapioca in 3 or 4 waters. Drain and pour 3 cups of cold water over it, let it stand over night, or at least four hours. Cook in double boiler. When it begins to look clear stir often. Add boiling water if required. When quite clear pour into molds. Serve cold with sugar and cream.

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SAGO.

2 cups cold water. 2 tablespoonfuls of sago.

Wash the sago and put into the cold water, set into double boiler. Stir often, let it cook half an hour, serve hot with sugar and cream.

MILK PORRIDGE.

1 pint sweet milk. 2 dozen raisins.
½ teaspoonful cornstarch.

Quarter and boil raisins twenty minutes. Let all the water boil away, add milk and cornstarch, boil ten minutes, season with salt and strain.

"Yet I do fear thy nature;
It is too full o' the milk of human kindness."—*Lady Macbeth.*

ARROW ROOT GRUEL.

1 tablespoonful arrow root. ½ pint sweet milk.
½ pint boiling water.

Boil fifteen minutes. Sweeten with loaf sugar. Excellent for children with bowel trouble. MRS. IRVING FROST.

INDIAN MEAL GRUEL.

1 cup of meal (granulated is the bĕst.) 2 quarts boiling water.

Stir the meal into the water slowly, salt to taste, let it simmer one hour. It is much better if cooked longer. Add cream to taste.

GRAHAM GRUEL.

Dissolve 2 large spoonfuls of graham meal in 1 cup of cold water, add 1 quart of warm water and heat gradually for an hour. Then boil steadily for one hour, adding boiling water until you have 1 quart of gruel, strain, salt and sweeten to suit taste. MRS. MARY J. TAPLIN.

OATMEAL JELLY.

Pour 1 pint of cold water over 2 cups of fine oatmeal. Let stand one-half hour. Add 1 quart boiling water,

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a teaspoonful of salt. Cook one hour in double boiler. Sift through wire sieve, pressing hard with wooden spoon. Set jelly away to cool. Serve with sugar and cream.

"Oatmeal is the meal of oats. It is very good food."—*Webster, A. D. 1830.*

"It should be boiled till it cannot swell any more on the stomach."—*Hippocrates, on Ptisan, B. C. 330.*

OATMEAL GRUEL.

Put 1 cup fine oatmeal into 1 pint cold water. Let stand half hour. Stir well and strain off the water. Boil fifteen minutes. Strain and salt. Add cream or milk if allowed. Serve hot.

"The minimum temperature should be $\frac{8079}{3.67 \times 0.216}$ =2731 C."

MILK PORRIDGE.

Stir into 1 pint boiling (new) milk 1 tablespoonful flour wet with cold milk. Cook very slowly one hour (in double boiler, covered.) If it evaporates add more milk, keeping the pint. When done strain and salt.

MRS. B. R. ALVORD.

PARCHED CORN COFFEE.

Brown the corn and break (not very fine.) Pour over it boiling water, boil a few moments, add scalded milk, sugar if you like.

MRS. B. R. ALVORD.

COUGH MIXTURE.

Boil 1 ounce of flaxseed and 1 ounce of slippery elm bark in 1 quart of water for half an hour. Strain and add to the liquid the juice of 2 lemons and half a pound of rock candy or sugar. If the cough is accompanied by weakness and loss of appetite, add ½ ounce of powdered gum arabic and simmer for another half hour. Take wine glass full when needed.

MRS. P. D. B.

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"For cough of the Lungges: take a Cock, pull him alive, cutt him upe, take his intralles out, wipe him clean, put him in a stille with a pottle of sack and a pottle of Red Cow's milk.— *Ms. Medycine Boke of Dr. S. Jones of Bettwys-y-Coed 1650.*

A refreshing and nourishing drink for an invalid may be made by stirring the yoke of 1 egg into a glass of lemonade.

MRS. P. D. B.

Stir in a glass of milk the white of 1 egg lightly beaten.

MRS. P. D. B.

MULLED JELLY.

One tablespoonful of currant or grape jelly. Beat with it the white of 1 egg and a little loaf sugar. Pour on it ½ pint of boiling water. Break into it a slice of dry toast or cracker.

MRS. IRVING FROST.

FLAXSEED LEMONADE.

Four tablespoonfuls of whole flaxseed with 1 quart of boiling water poured on. Juice of 2 lemons minus the peel. Sweeten to taste. Steep three hours in a covered pitcher. If too thick put in cold water with the lemon juice and sugar. Ice for drinking. MRS. IRVING FROST.

RICE JELLY.

Mix 1 heaping tablespoonful of rice flour with a little water (smooth), pour into it slowly 2 small cups of boiling water. Sweeten to taste. Boil until clear. Flavor with lemon juice. Put into molds.

BELLOWS FALLS COOK BOOK.

SAGO TOAST.

Boil in ½ pint of milk 1 teaspoonful of sago with a little salt. When boiled clear pour over toasted crackers.

B. F. C. B.

BREAKFAST DISH FOR the SICK.

Let a slice of bread dry in the oven. Then toast brown.

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Heat sweet cream or rich milk hot. Salt to taste. Pour over the bread, serve hot.

J. J. A. T.

BEEF TEA NO. 1.

Cut 1 pound lean beef very fine. Put into farina kettle. Add 1½ pints cold water. Set in cold place. Let stand over night. Put into boiler of hot water and cook one-half hour. Take out beef and season the tea.

Mrs. C. E. Putney.

BEEF TEA No. 2.

Two pounds best beef steak cut *very* fine, trimming off all fat. Put in a quart glass jar pressing in lightly. Fill jar full. Then pour in *cold* water. Screw down the cover, put in steamer and cover closely, steam three hours. Strain through a cloth strainer, pressing but little. Set away to cool. Skim off every particle of fat that may be left on. Heat and serve as wanted.

Mrs. Geo. Howe.

LONG MADE BEEF TEA.

Take 2 or 3 pounds of shin of beef. Remove all the skin, and the marrow from the bone. Cut the meat into small pieces and have the bone broken up. Take also a knuckle of veal, that is, just the knuckle bone. Have it broken up, and put all into a strong earthen jar. Place the jar in a large saucepan of boiling water and tie the cover down with a piece of stout brown paper. Use neither salt nor pepper. Let it boil slowly all day. When done the jar will be filled with meat gravy. Strain this and when cold it will be a strong jelly. In summer this may be served cold. In winter pour hot water over a portion and you have beef tea. This will keep a week in summer, in a cool place, and much longer in winter.

Mrs. Ellen E. Kyburg.

"'Tis not enough to help the feeble up
But to support him after."

Timon of Athens.

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CHICKEN AND BEEF BROTH.

One small chicken, same weight in lean beef. Cut in small pieces. Boil four hours in water to cover. Strain through a colander. Salt and let cool. Remove all fat. Put 1 dessert-spoonful in a coffee cup and fill the cup with boiling water.

MRS. W. J. WHITE.

To remove grease from broths pass a piece of writing paper over the top, using several pieces. B. F. C. B.

FLOUR ROLL.

Tie 1 pint sifted flour in a stout bag, and boil ten hours. When done take out of bag and dry in warm oven. Very good to make gruel, also for children and babies having any bowel trouble.

CRACKER PUFF.

Six crackers, 1 quart new milk, a pinch of salt. Butter a pudding dish. Put the crackers in the dish. Pour the milk over the crackers, put into a slow oven, cook until the crackers are a light puff. Serve hot. L. O. P.

Put into chicken and lamb broths just a bit of soda when given to the sick, to prevent any acidity in the stomach.

L. O. P.

INVALID'S SOUP.

One cup barley or oatmeal, 1 pound juicy lean beef. Cut the beef fine. Cook in double boiler (covered tightly) one hour. Cook barley in double boiler one hour in 1 pint of water. Strain beef, add barley broth, season to taste.

MRS. MATTHEWS.

WHITE SOUP.

1 pint new milk. 1 teaspoonful cornstarch.
Whites of 2 eggs.

Cook milk and cornstarch in double boiler ten minutes. Beat the whites, add quickly, take from fire, beat all together, season with salt.

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LEMON JELLY.

1 box gelatine.
1 pint cold water.
1 quart boiling water.
8 lemons—only the juice.
2 oranges—only the juice.
2 cups sugar.

Pour the cold water over the gelatine, let stand one-half hour, then pour on boiling water, stir until all dissolved, add sugar, lastly the fruit juice, strain and set on ice, or in a cool place.

GELATINE AND ARROW ROOT FOR BABIES.

One dessertspoonful gelatine soaked in ½ cup of cold water ten minutes. Add 1 pint boiling water. Boil ten minutes. One dessertspoonful arrow root dissolved in cold water and stirred into gelatine. Add 1 pint milk and just bring to a boil. Add 2 small teaspoonfuls of sugar and a pinch of salt.

MRS. FRENCH.

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TIMELY SUGGESTIONS.

MRS. S. W. HALL.

"He has carried every point who has mingled the useful with the agreeable."—*Horace.*

WEIGHTS AND MEASURES.

One pint or 2 cups of granulated sugar (or 2 heaping cups powdered sugar) is 1 pound.

One quart sifted flour, 1 pound.

Two cups butter packed, 1 pound.

Eight even tablespoonfuls, 1 gill.

To measure a spoonful of dry material (all flour, meal, salt, spice and soda should be sifted before measuring), shake it till it is rounded over in the same proportion as the spoon is concave. A scant teaspoonful is leveled off with a knife. One-half spoonful is divided through the spoon lengthwise.

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PICKLED MEAT No. 1.

6 gallons water.
3 pounds brown sugar.
1 ounce saleratus.
3 ounces saltpetre.
9 pounds coarse salt.
1 quart molasses.
100 pounds meat.

This should be skimmed while boiling and the meat, tightly packed, should have the brine poured on when it is cold.

MRS. HENRY FAIRBANKS.

PICKLED MEAT No. 2.

To 100 pounds meat take 6 gallons water, 9 pounds salt, 3 ounces nitre, 1 ounce saleratus.

MRS. G. H. TAPLIN.

SAUSAGE MEAT.

"This is so fantastic in its habit, so wedded to literature, science and speculation, that its name calls up a host of thoughts."

25 pounds meat.
½ cup salt.
½ cup black pepper.
2 cups pulverized sage.

MRS. WM. CLEMENT.

WELSH RAREBIT.

Put a piece of butter the size of a walnut into the double boiler; when nearly melted add 1½ cups of cheese cut fine, ½ teaspoonful mustard, a speck of cayenne. Stir all the time. Add ½ cup ale, beer or milk slowly. When smooth add 2 eggs well beaten. Serve hot on toast or toasted soda crackers.

MRS. EDWARD ROSS.

CHEESE FINGERS.

Cut good pastry into strips three inches long and two inches wide. Strew with grated cheese, season with pepper and salt; double the paste upon this lengthwise and bake in a quick oven. Brush over with beaten egg just before taking

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them up, and sift a little powdered cheese upon them. Pile, log-cabin-wise, upon a folded napkin laid within a flat dish, and eat without delay as they are not good cold.

CHEESE RELISH FOR TEA.

To 1 full cup of coarse bread crumbs add 3 cups sweet milk, a good sized piece of butter and 1 cup grated cheese. Put into a pudding dish, strew bread crumbs thickly over the top and then bits of butter and bake twenty minutes or till a rich brown. Serve hot. W. C. B.

SUBSTITUTE FOR CREAM IN COFFEE.

Beat 1 egg to a froth, add to it a piece of butter the size of a walnut and turn the hot coffee on it gradually. It is difficult to distinguish this from fresh cream.

TOMATO TOAST.

A delicious breakfast dish may be prepared by paring and slicing fine 5 or 6 small round green tomatoes, (if too large they will have a sour taste), boil for twenty minutes in plenty of water, season with plenty of butter, a little pepper and salt, and 1 or 2 beaten eggs. Then pour over well browned toast.

N. M. H.

EGG TOAST.

To 3 well beaten eggs add 1 pint of milk and a little salt. Dip slices of bread in this mixture and fry in a hot, well buttered frying pan till brown on both sides. Eat hot with butter.

Mrs. Z. A. Richardson.

COURTLAND BEEF.

"I am a part of all that I have met."

—*Tennyson—Ulysses.*

Shred rare roast beef fine, leaving in some of the fat. Put in a small stew pan (which has been rubbed with a clove of garlic) a little water, ½ a small onion, pepper and salt; boil until the onion is quite soft, then add some of the gravy of the

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meat and the mince. Do not let it boil. Have ready a hot dish with triangles of toasted bread laid around it; mix a little vinegar with the meat and serve.

COTTAGE CHEESE.

In summer when milk sours so rapidly, it can be made into very delicate little cheeses. Heat the loppered milk in a pan on the stove until a small quantity pressed in the hand will retain its shape, but be careful not to let it scald. Strain off the whey through a cloth, pressing it gently. Put the curd thus obtained into a dish and mold with the hands, after adding a little salt and a little cream or butter, till it will take the form of a mold.

EASTER EGGS.

Make a quart of blanc-mange in the usual way. Empty 12 egg shells through a small hole in one end and rinse well with cold water. Divide the blanc-mange into four parts. Leave one white; stir into another 2 beaten yolks; into a third chocolate; into the fourth cochineal coloring. Heat the yellow over the fire long enough to cook the egg. Fill the shells with the various mixtures, three of each. Set upright in a pan of meal or flour to keep them steady, and leave until next day. Then fill a glass bowl more than three-fourths full with nice lemon jelly, broken into sparkling fragments. Break away the egg shells, bit by bit, from the blanc-mange. If the insides of the shells have been properly rinsed and left wet, there will be no trouble about this. Pile the vari-colored "eggs" upon the bed of jelly, lay shred preserved orange peel, or very finely shred candied citron about them, and surprise the children with them as an Easter day dessert.

CHURCH SOCIALS.

For one hundred and fifty persons, 350 rolls or tea biscuit, 2 boiled hams, or 1 large ham and 10 pounds cold pressed corn beef, (if sandwiches are preferred, use 30 loaves baker's bread

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and 1 large boiled ham) 5 pounds of butter, 8 quarts cream, 6 quarts pickles, 4 pounds coffee, $1 worth of sugar, 12 loaves of cake.

SUGGESTIONS.

> "I find a vast chaos and confusion of receipts and magistrals * * * some of the chiefest of which I will now rehearse—beginning with Helleborismus Matthioli."—*Burton.*

To remove the skins from cooked beets, let them lie a few moments in cold water and the skins will slip off easily.

Boiling onions in milk and water diminishes the strong taste.

A piece of red pepper the size of a filbert dropped into meat or vegetables when first put on to cook will aid in destroying bad odors.

A small piece of charcoal in the pot with boiling cabbage removes the bad odor.

A little cream tartar improves frosting. Also to keep eggs cool is a great help.

To make whites of eggs beat up quickly add a pinch of salt.

Eat salt with nuts, and take it after eating them, for indigestion.

When canning fruit set your glass jars in a pan of warm water or on a folded cloth which has been dipped in cold water.

Sprinkle a little flour over suet when chopping to prevent the pieces from sticking together.

Keep cranberries in cold water in a cool place. Will keep for weeks.

Dishes prepared with new milk should not be salted until ready to remove from the stove, as salt will curdle new milk.

> "Milk adulterated from the pump is worth less than pure milk."—*Encyc. Britan. IXth Edition, Vol. vii.*

Browned flour should be kept on hand to use for thicken-

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ing. Prepare by putting a little dry flour in the oven on a dripping pan, stir it occasionally and cook until it is all a light brown.

To stone raisins easily pour boiling water over them.

In baking cake set a dish of water in the oven with it, and it will seldom scorch.

Two apples kept in the cake box will keep cake moist for a great length of time, if the apples are changed when withered.

In making puddings or pancakes snow (2 tablespoonfuls) stirred in quickly is equal to 1 egg.

There is no economy in purchasing brown sugar. The additional moisture it contains more than makes up for the difference in price.

COLOGNE WATER.

60 drops oil of lavender. 60 drops oil of bergamont.
60 drops orange flower water. 60 drops oil of lemon.

HAIR TONIC.

A good tonic for the hair is a teaspoonful of salt in a half pint of water, applied to the hair two or three times a week.

> Hair tonic 2.—"Dogs' teeth, over-ripe dates, asses' hoofs, equal quantities, cooked in oil and made fine."
> —*Family Medicine Book of Schesch, Mother of Teta, King of Egypt, B. C. 3700.*

The juice of a ripe tomato will remove stains from the hands and whiten them.

MEDICINAL.

Paroxysms of coughing may be prevented by swallowing a little dry salt.

If one is fatigued, the best restorative is hot milk. A tumbler of the beverage as hot as it can be sipped.

BURNS.

There is nothing more soothing for a burn or scald than the white of an egg.

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Another remedy is to beat the white of an egg with a piece of alum till it forms a curd, and apply it to the burn, changing often. Use the piece of alum as a spoon.

FOR STINGS OF INSECTS.

Wash the part with water of ammonia; washing venomous bites with strong solution of salt and water; in bad cases, inserting the salt itself into the wound is recommended.

POULTICE.

1 teaspoonful mustard. 2 teaspoonfuls ginger.
4 teaspoonfuls graham meal.
Mix with hot water. MRS. HARVLIN PADDOCK.

"For this relief much thanks."—*Hamlet*.

WASHING EMBROIDERED LINEN.

When washing linen embroidered with white silk use cold water. It is the same with white woven silk. Keep hot water away from it and it will retain its purity of whiteness.

All table linen embroidered with colored silks should be washed quickly in suds made with castile soap, rinsed thoroughly then rolled in clean sheets and ironed immediately perfectly dry.

WASHING RED LINEN.

In washing a red linen tablecloth put enough powdered borax into tepid water to make it feel slippery. Use no soap. Hang in shade after rinsing, and iron when almost dry.

Clean kid gloves with gasoline, rubbing till dry.

CLEANING DRESS GOODS.

Half pail of warm water, 1 tablespoonful of ammonia, 1 tablespoonful of salt, ½ cup vinegar. MRS. J. M. ALVORD.

MILDEW.

In removing mildew from clothes put a tablespoonful of chloride of lime in an earthen bowl, and add 4 quarts of cold

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water. Stir with a wooden spoon till dissolved. Put mildewed article in and work it around with the spoon. Let it stay in the water till all the spots have disappeared, then throw into tub of cold water, wash well and rinse thoroughly. If the rinsing be thorough, the fabric will be uninjured.

FRUIT STAINS.

Fresh fruit stains may be removed from linen by pouring boiling water through the stained portion while it is still dry.

INK STAINS.

To remove ink stains apply lemon juice and salt and lay the article in the sun.

OIL STAINS.

To erase sewing machine oil from muslins, soak the spots and wash in cold water.

FLAT-IRONS.

Beeswax and salt will make flat-irons as smooth as glass. Rub sweet oil on them when you close your house.

ABOUT THE HOUSE.

To remove coating from inside of teakettle fill it with water, to which has been added a large piece of salsoda. Boil for about an hour.

Hardwood floors may be kept bright by washing with skim milk.

Clean oilcloths with milk and water.

Hot water, containing a little chloride of lime, poured into drains twice a week will prevent all unpleasant odors. Copperas water may be used in the same way.

In washing windows put soda into the water and the finger marks, putty stains, etc., will be easily removed.

Scratches may be removed from highly polished furniture by rubbing with a woolen cloth saturated with boiled linseed oil. Shellac dissolved in alcohol may then be used as a varnish.

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Remedy for scratches may also be found in Yonatt on the Horse.

Common soda is good for polishing tinware.

The white stains on inside of ice chest can be removed by scouring with any of the scouring soaps and baking soda.

GREASE SPOTS.

1 quart boiling water.
½ ounce gum camphor.
1 ounce pulverized borax.

MRS. HENRY FAIRBANKS.

To take oil out of carpets or any woolen stuff, apply buckwheat flour plentifully. Never put liquid of any kind to such a grease spot.

Soot stains may be taken from the carpet by covering quickly with dry salt before sweeping.

Straw matting is kept clean by washing with a clean cloth and lukewarm water, to which has been added a little salt.

Salt sprinkled upon the carpet before sweeping will make it look bright and clean.

A teaspoonful of aqua ammonia (hartshorn) in the hot suds of the dish-pan will remove grease instantly and give a fine polish to silver and glass.

The most satisfactory dusters are made of five cent cheese cloth, cut one yard long and neatly hemmed.

To drive away ants, take essence of anise seed, put on cloths and hang in the pantry where ants are troublesome. Also, sprinkle oil of pennyroyal about the places infested. As this is a poison care must be taken in the use of it.

TO DESTROY MOTHS (OR BUGS) IN CARPETS.

Wring a coarse towel out of clean water, spread it smoothly over the carpet and iron with a hot iron, changing the iron often. Repeat on all parts of the carpet suspected. The color of the carpet will not be injured and the moths will be destroyed by the steam from the hot iron.

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CONUNDRUM FOR HOUSEKEEPERS.

How to make nice light, nutritious griddle cakes without any of the ordinary liquid mixings or means of raising. No water, milk, eggs, yeast or baking powder of any kind. Such were the cakes made by a baker named Wm. Brackett, who used to practice his trade to good advantage in a domestic way.

S. H. BRACKETT.

Answer to be looked for in the next issue of Cookery Craft.

> "With Stupidity and sound Digestion man may front much. Therefore on Cookery let us build, * * brandishing our Frying pan as Censer, let us offer sweet Incense——."—*Herr Tenfelsdrockh.*

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COOKERY CRAFT.

MISCELLANEOUSLY CONSIDERED.

The historic basis and doctrine of Cookery are now tolerably well defined. Higher criticism has sighted the cook stove in Tubal Cains' blacksmith shop, though not then advanced to the six rimmer stage. The evolution of the doughnut may be distinctly traced by an imaginative mind in the Aryan Sun Myths relating to the annular solar eclipse. If the interesting but obscure allusion in the XIVth Fragment of Sanchuniathon refers to a then prevalent custom of giving bread with one fish ball, we have evidence not only of the liberal usages of the ancients, but of their early culinary mastery of the codfish. It is to be regretted that Homer's mention of nectar as an article of high diet does not include the Olympian flapjacks, though to our mind the inference is sufficiently clear. We may also reasonbly conjecture that pie attained a supreme development in the Hellenic culinary culture from the fact that the Nine Muses were Pie-rides. It was not till the last century that a poet arose who ventured to say, "Touch not the Pie——!" seeing that a little knowledge is a dangerous thing.

We detect symptoms of craft entering into the domain of Cookery as early as 1792 B. C., when it was proposed to get venison out of Jacobean goat. Ethically considered this was

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so manifestly retrograde that we repudiate it. Under due restriction, however, it cannot be doubted that Cookery offers a legitimate field for craft, making it possible and proper to convert cheese into Welsh "rabbits" and oyster into blanketed pig; zoological achievements quite transcending the skill of primitive man.

Remondino, in his treatise on human life, astutely remarks that discovery of the art of Cooking lengthened man's bill of fare, though not perhaps his life, for now appear the first rumblings of gastric discontent.* He also points out that when man became an anthropophagic connoisseur he parted with somewhat of the optimism enjoyed under his primitive diet of berries and grasshoppers.

While this may be measurably true it is to be taken with a grain of salt. Anthropophagianism and grasshopper, however optimistic, do not meet all the demands of an eclectic taste. The man of today has by scientific tests discovered that his mouth is capable of 2187 muscular variations. This he interprets as an invitation to various and voluminous diet as well as oratory. The result is that in the course of his years he eats up 4¼ tons of bread and butter, 59,606 hen's eggs, 1556 fish, not including six-inch trout, 98,937 oysters, sweetest morsels of the night, 22,671 winged fowl, 482 sheep, rams, lambs and beef cattle, 77 pigs, 6½ tons of onions, potatoes, turnips and squash. This is exclusive of fruits and peanuts which, with other items, give a total of 54 tons which the man will eat if he be not prematurely cut off during the process or by it. This calculation is based on the estimates of M. Soyher, slightly varied from the Gallic to American gustatory standards. Nor can it be regarded large if we consider the immense demand at the present time for vital force—incalculable amounts of which are now known to be run off on bicycles,

* Carlyle seems to have arrived at the like conclusion. "I came forth with the direful persuasion that I was miserable owner of a diabolical arrangement called a stomach."

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political jobbery and the newspaper portrait department of the great modern folk cures.

The problem of the age therefore resolves itself to this: how properly to feed contemporaneous man, adjusting supply to demand in 2187 muscular mouth movements; at the same time maintaining the ideal stomachic harmoniousness on which the stability of our institutions may be said to depend. This phase of sociological study lies clearly within the domain of woman's sphere: a brilliant solution of its mysteries may therefore be looked for along with the expert application of the principles of Cookery Craft. E. T. F.

FINIS

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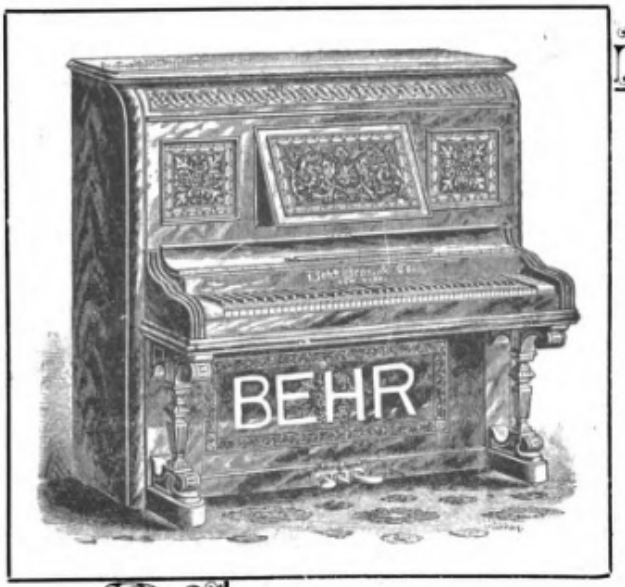

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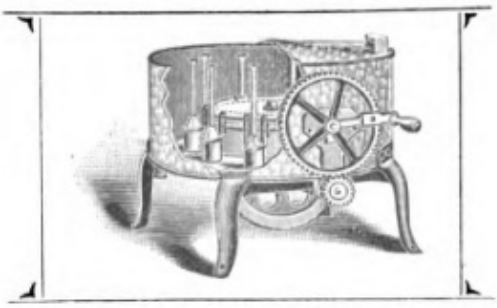

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ST. JOHNSBURY, VT.

Capital, $300,000.00.

· YOUR · BUSINESS · SOLICITED. ·

L. D. HAZEN, Pres't.

W. L. PEARL, Vice Pres't.

H. W. ALLEN, Cashier.

First National Bank

. . . OF . . .

SAINT JOHNSBURY, VT.

Capital, $400,000.

Surplus, $53.500.

OFFICERS

FRANKLIN FAIRBANKS, *President*
A. H. McLEOD, *Vice-President*
HOMER E. SMITH, *Cashier.*

DIRECTORS

A. H. McLeod — Chas. H. Stevens
Franklin Fairbanks — Delazan D. Wead
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Accounts of Corporations, Firms, and Individuals Solicited.
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RESIDENCE AT NO. 7 CHERRY STREET.

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* The *
* Blodgett *
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The Publishers of this book know me and will assure you that my offer will be kept in good faith and that you can conscientiously commend me as at least having the reputation of being the largest dealer in my line in the United States.

CARROLL S. PAGE,
Hyde Park, Vermont.

Oct. 15, 1894.

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E. & T. FAIRBANKS & CO.

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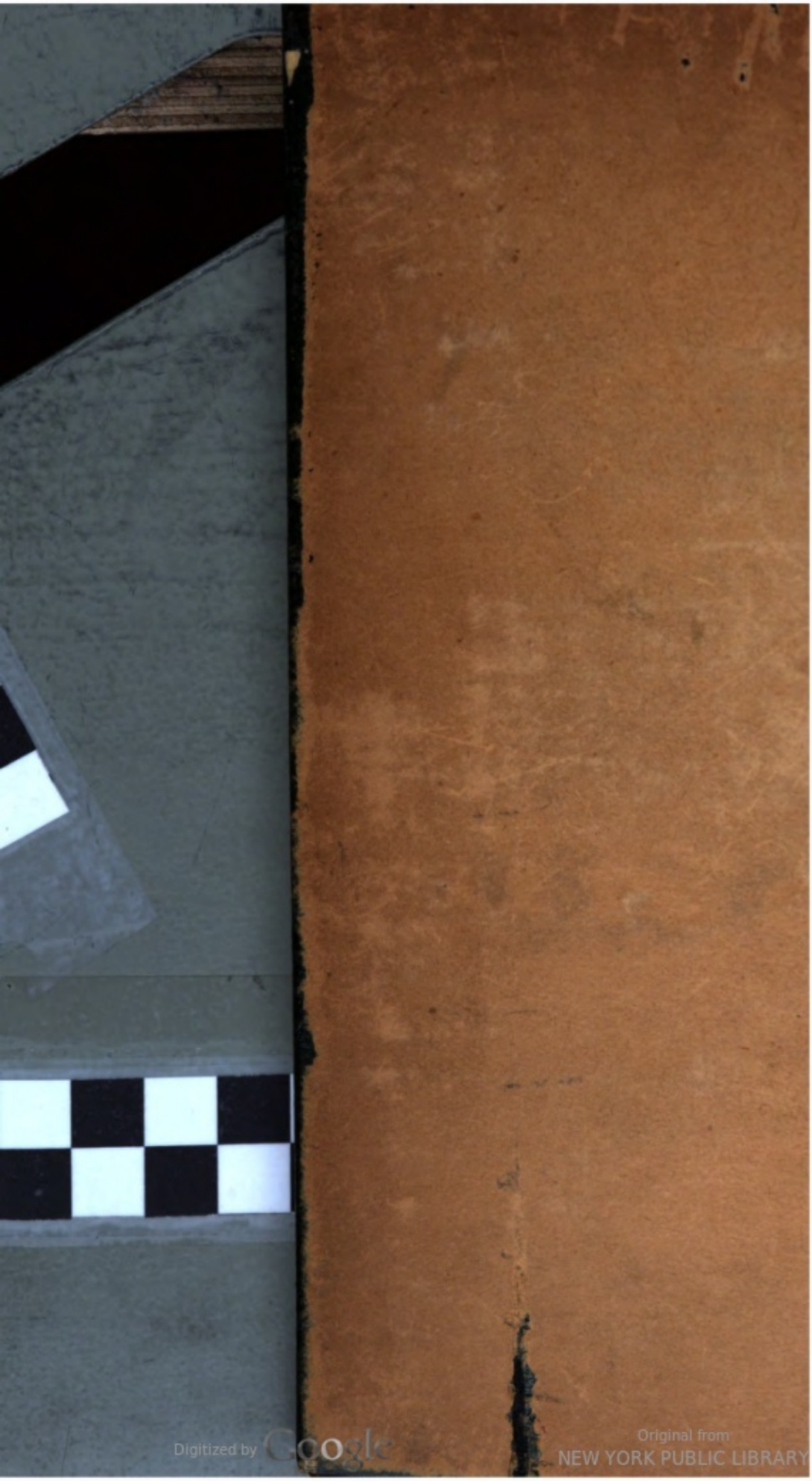
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COOKERY

CRAFT

AS PRACTICED IN 1894 BY THE WOMEN OF THE SOUTH CHURCH, ST. JOHNSBURY, VT.

EDITED BY

MRS. C. H. MERRILL.

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"IT is the concretion of a good deal of thought, emotion, and toil of brain and hand," said Kenyon. . . . . "I kindled a great fire within my mind, and threw in the material—as Aaron threw the gold into the furnace—and in the midmost heat up rose THIS, *as you see it."*

—MARBLE FAUN.

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PRESS OF
C. M. Stone & Company,
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