The WARREN COOK-BOOK

FIFTH EDITION

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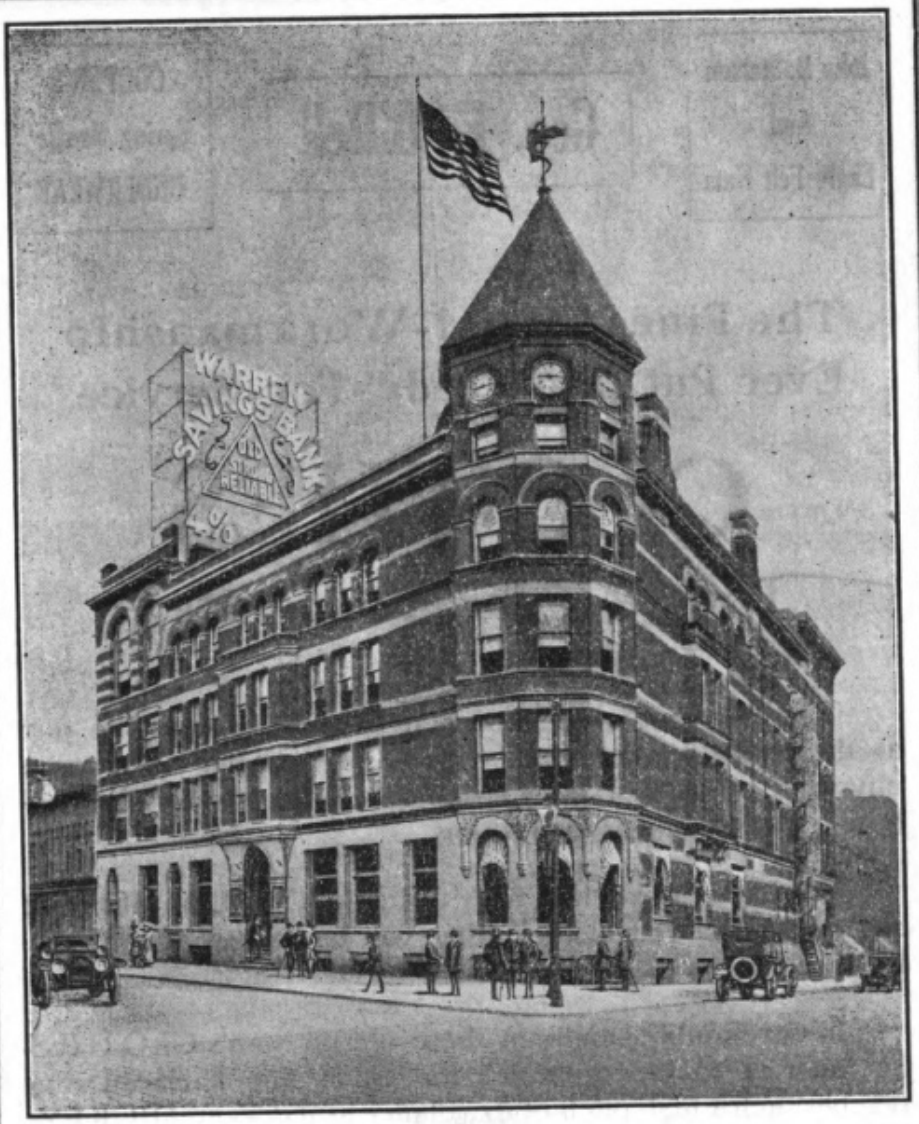

A PRINCIPLE

When developed for half a century becomes a habit. We have the conservative habit and we are proud of the record it has built for us.

Our customers have often told us that they appreciate the ASSURANCE OF SAFETY which they feel when their money is in our bank.

Warren Savings Bank and Trust Company

4% Compound Interest on Savings 4%

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John B. Stetson
And
Eagle Felt Hats

Geo. E. O'Dell

COOPER'S
Spring Needle
UNDERWEAR

The Finest Hand-Workmanship Ever Put Into Ready-For-Service

CLOTHES

For Men and Young Men

There is hand-workmanship and hand-workmanship, just as there are sign painters and scene painters. The mere physical operation of doing a thing by hand means nothing—how it is done means everything.

We have ripped HICKEY-FREEMAN CLOTHES and other hand-tailored clothes (that you have seen advertised) for comparison—and there is none.

In our humble judgment there are no men's CLOTHES in America to-day in which the art of fine hand-tailoring reaches such a high pitch of excellence as it does in HICKEY-FREEMAN CLOTHES.

We urge you to see this make of Clothing—we will not urge you to buy—we won't have to.

COLUMBIA
Silk, Madras and
Percale SHIRTS

Geo. E. O'Dell

Near New Bridge 346 Penn'a Ave. W.

Arrow Collars
And
Nota-Seme Hose

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THE GOOD HOUSEWIFE

takes as her standard of measurement in procuring her table supplies "purity, cleanliness, wholesomeness, quality," and this standard of measurement should be applied to every article that is selected for consumption in the family

WHEREVER AND WHENEVER
Goods packed under
RICHELIEU
label have reached the consumer they have given perfect satisfaction

---

Please bear in mind that the Richelieu brand represents everything needful in the culinary art or for table supplies and luxuries—and these goods can be found at the

STAR GROCERY

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227 Liberty Street — **Bell 104**

Warren, Penn'a — **Union 8**

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Craft & Keefer
GENERAL INSURANCE

When property is destroyed by fire, the loss is adjusted on the basis of replacement value at the time of the fire. Therefore, the amount of insurance carried becomes of utmost importance.

A building worth $10,000 before the war to-day may be worth from $17,000 to $20,000. If it should burn the owner would get little if any more than half its value, if he has not increased his insurance to the proper amount.

Room No. 30, Warren National Bank Building

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Warren Furniture Company

WARREN, PA.

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THE

WARREN COOK BOOK

Compiled and Arranged by the

Second Auxiliary Missionary Society

Of the First Presbyterian Church

FIFTH EDITION

Departments Alphabetically Arranged. A Community Text Book for Any Community. Containing Favorite Recipes of 100 Practical Housekeepers. Adapted to Every-day Use in Any Household.

WARREN, PENN'A, JUNE 1920

THE NEWELL PRESS

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PREFACE

The Second Auxiliary Missionary Society of the First Presbyterian Church of Warren, Pa., takes pleasure in offering the FIFTH EDITION of THE WARREN COOK BOOK to the public.

The book, designed at first to meet a local need, has, through the favor of its loyal patrons, by gifts to distant friends or by words of praise to guests in the home, been introduced in many homes throughout the country and Europe, until the mail orders have become an important feature of the ever increasing demand for the book with each edition.

The ideas incorporated in the book are not those of an individual or school (although the best teachers of domestic science are quoted with confidence), but of 100 practical housekeepers; the book is, therefore, admirably adapted to the various tastes in any community.

The last edition has been carefully revised and brought up to date in every particular. Each department has been carefully compiled and arranged alphabetically. Most recipes bear the endorsement of those who have used them with success.

The cost of publication of this edition being more than double that of the last one, the price is necessarily increased.

The Society takes this opportunity to thank all its patrons of the past and to bespeak for the new book the generous support which has been accorded THE WARREN COOK BOOK in the years that have gone by.

MRS. J. W. KITCHEN,
MRS. W. J. RICHARDS,
MISS MARY KOPF,
MRS. W. S. PEIRCE,
Cook Book Committee.

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BOUILLON

4 pounds of juicy beef, 1 knuckle of veal, 2 small turnips, 2 carrots, 1 soup bunch, 1 small pod of red pepper, 2 small white onions, salt, 6 qts water; boil six hours; then strain through a sieve; let stand over night and congeal; skim off the grease; put into a kettle and heat. Mrs. H. Biddle.

BOUILLON NO. 2

1 pint of water to 1 pound of meat; season with salt, pepper, spices, herbs and vegetables as you please.

JELLIED BOUILLON

5-pound shin of beef with quite a little meat on, knuckle of veal, 1 onion, 1 carrot, 2 bay leaves, not as much water as for ordinary soup; simmer all day, but do not boil; strain and clear; put on ice; it is better if made a day before needed. Alice S. Stewart.

BLACK BEAN SOUP

1 pint of black beans; soak over night in 3 quarts cold water; in the morning pour off this water and add 3 quarts of fresh water; boil gently 3 hours; when done there should be over a quart; add 1 quart of stock, 2 whole cloves, 2 whole allspice, small onion, piece of mace, small piece of cinnamon, stalk of celery and a bay leaf; into a frying pan put 3 tbsp butter and when it bubbles add 1 tbsp flour; cook till brown; add to soup and simmer all together nearly an hour, season with salt and pepper; strain through a fine sieve; serve with slices of lemon and hard-boiled eggs. Mrs. Salyer.

CREAM OF CORN SOUP

Score each row of grains on 6 ears of corn; then, with the back of a knife, press out carefully, and throw the cobs into a kettle; cover with a quart of water; bring to boiling point and strain; add to this the scraped corn; rub together 2 tbsp butter and 1 of flour; stir into the mixture and bring to boiling point; add 1 pt hot milk, 1 rounding tsp salt and 1 saltspoon pepper; if canned corn is used, allow 1 can to 1 quart of milk, 1 tbsp flour and 2 of butter, with the prescribed seasoning. Mrs. Rorer.

CORN SOUP

12 ears of corn, or 1 can of corn boiled 20 minutes; add 1 small onion before boiling; add 2 qts rich milk; season with pepper, salt and butter; thicken with 2 tbsp flour; boil the whole 10 minutes; then put through a sieve; turn into a tureen in which the yolks of 2 eggs have been well beaten. Mrs. F. E. Sill.

CREAM OF CELERY SOUP

Put 1 pt of cooked celery through the second knife of a meat chopper, 1 pt chicken broth, 1 qt milk, 2 tbsp butter, made smooth with 2 tbsp flour; boil the celery and stock together; heat the milk and stir through it the butter and flour until smooth; then add stock and season highly with salt and paprika. Mrs. George P. Orr.

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CROUTONS

Butter slices of stale bread; cut into inch squares and brown lightly in a quick oven; serve with soup. Mrs. J. Gleave.

QUICK EGG SOUP

Stir a tsp of beef extract into 1 qt boiling water; add a grated onion, ⅛ tsp celery seed or a little celery chopped, ½ tsp salt and a saltspoon of pepper; stir constantly until it reaches the boiling point; strain through a fine sieve and pour it while hot into the well-beaten yolks of 2 eggs; add 4 tbsp of carefully boiled rice, and serve very hot. Mrs. Rorer.

MUSHROOM SOUP

1 tbsp beef extract, 1 qt water, added to 2 tbsp flour stirred into 2 tbsp melted butter; let simmer; stirring, add 1 can mushrooms (cut in slices) with liquor; heat 1 qt of cream in double boiler; add just before serving and season to taste; makes enough for 12 people.
Mrs. Walter Stokes Irons.

GERMAN NOODLE SOUP

Take a nice soup bone and put on with a gallon of cold water; let it come to a boil and skim; then let it boil slowly for 2 hours; 1 hour before serving add small pieces of carrot, onion, celery and parsley; half an hour before serving add a few whole peppers, all-spice, cinnamon and grated nutmeg to taste; this soup is improved by using a small chicken with the bone; strain soup through a colander and cook noodles in it and serve hot. Mrs. D. S.

NOODLE SOUP

Take 2 eggs; mix with flour enough to make a very stiff dough; add ½ tsp baking powder to the flour before mixing; roll thin, and dry for an hour; then cut very fine and boil in 2 qts beef stock for 20 minutes; season to taste. Mrs. D. D. Reed.

NOODLES FOR SOUP

To 1 egg add 1 tbsp water and beat slightly; add a pinch of salt and flour enough to make a very stiff dough; knead on board and roll out very thin; lay on a towel until dry enough to roll; sprinkle lightly with flour and roll up tightly; begin at one end and shave fine, like cabbage for slaw; boil in soup 10 minutes and serve at once; any quantity may be made and kept for future use if allowed to dry thoroughly before putting away; dried noodles should cook 20 minutes. Miss Mary Smith.

OYSTER STEW

Put 1 qt milk in a double boiler; drain the liquor from 1 pt select oysters into a small stew pan; bring to boil and skim; when milk in boiler has come to a scald, add the liquor and oysters, a heaping tbsp butter, salt and pepper to taste; as soon as the oysters come to the top they should be promptly served; longer cooking will toughen the gills; if standard oysters are used, they should be washed in cold water and the liquor should be strained. Mrs. J. W. Kitchen.

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butter, a little chopped parsley; season with pepper and salt; boil up; pour over carrots and serve at once with croutons. Miss Wulff.

SPLIT PEA SOUP

1 pt split peas, 2 qts cold water, ½ pound salt pork, 1 large onion, 1 sprig parsley, a few stalks of celery, one tbsp flour, 1 tbsp butter; soak peas over night and put over fire in the kettle with the water and pork; simmer for two hours, the last hour of cooking add seasoning; beat the flour and butter together and stir into the soup; hot milk and salt may be added. Mrs. J. O. Parmlee.

SALSIFY SOUP

Scrape 10 or 12 roots of salsify, throwing each one at once into cold water; then cut into very thin slices, and cover with a quart of cold water; add 1 bay leaf and 1 slice of onion; cover and cook for 30 minutes; add 1 pt milk and 1 tbsp butter rubbed with 1 of flour; stir carefully until boiling; add 1 level tsp salt and 1 saltspoon white pepper.

To change the character of this soup press the salsify through a sieve, or grate it before cooking; the yolks of 1 or 2 eggs may be beaten with ¼ of a cup of cream and add at the last moment; it then makes a nice soup for invalids or children. Mrs. Rorer.

SPRING SOUP

Cut up 4 or 5 bunches of small onions; simmer in 1 qt water until very tender; then rub through a sieve; season well with salt and paprika; thicken with 3 tbsp flour and 3 tbsp butter rubbed together; then add 1 pt hot milk; serve at once with toasted bread.

SPANISH SOUP

Fry in a little fat, a clove of garlic, 1 slice onion, ½ tsp thyme, 1 qt brown stock, or beef extract; then add 1 can French kidney beans, or 1 pt dry beans, soaked over night; then cook slowly 1 hour; rub through a sieve; add salt and pepper to taste and 1 pimento cut in small pieces; when using beef extract, use 1 tsp to a cup of water.

Boston Cook Book.

CREAM OF TOMATO SOUP

Add to 1 pt of water 10 medium-sized, or 1 qt of canned tomatoes, 1 tsp sugar, 8 whole cloves, ½ onion, a little parsley, and boil 15 or 20 minutes; add a small tsp soda and in a few minutes strain; thicken 1 qt milk with a large tbsp corn starch, stirring and boiling for 10 minutes; add to this a little salt, a sprinkling of cayenne, a heaping tbsp butter, and the mixture of tomatoes, allowing the whole to become thoroughly heated through, but not to boil.

Mrs. Jas. Roy.

CREAM TOMATO SOUP 2

1 can tomatoes, ¼ tsp soda, 1-3 cup butter, ¼ cup flour, salt, ½ tsp white pepper, 1 qt milk; stew tomatoes slowly, ½ hour; strain, and add soda, while hot; make a white sauce of remaining ingredients, and add tomato juice; serve immediately.

Mrs. J. W. Crawford.

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FISH SOUFFLE

2 pounds of fresh cod or halibut; pick off bones and skin; put through meat grinder five or six times; put in a mortar and smooth into fish the yolks of unbeaten eggs; add butter and a little salt; stir all and add 1 cup of cream; last minute, beat the whites of the eggs and fold into the mixture; put into mould; set into pan of water and bake slowly 40 minutes; boil skin and bones; use this stock with cream to make a sauce.

Lena Martin.

FISH ON TOAST

Take the remnants of any fresh fish, whether fried or boiled; pick into flakes and cover in a sauce pan with milk or cream; if milk is used, to 1 cup of milk use 1 tsp flour stirred with butter enough to cream it; salt and pepper to taste; if cream is used, omit the butter, but thicken with the flour stirred with a little cream; when it comes to a boil remove instantly and pour over toast; garnish with hard-boiled eggs.

Ada Partridge.

CLAM CHOWDER

50 large clams put through meat grinder, ½ pound of salt pork diced and fried until brown; in bottom of pot put the pork; add a layer of sliced onion, a layer of sliced potatoes, a layer of clams, and on the top a layer of soda crackers; do not crush; add juice of clams and water to cover; cover pot and cook until onions are done; add a cup of rich cream; let come to a boil and serve.

Mrs. Spencer, Thornburg, Pa.

CLAM CHOWDER

4 dozen clams, 6 ears corn, 6 tomatoes, 6 onions, 6 potatoes, ½ pound salt pork, salt and pepper to taste; run all through a meat chopper (the clams very fine, the vegetables coarse); cook three hours; add water as necessary to make 2 gallons of chowder.

Mrs. J. A. Reed.

CLAM CHOWDER

25 clams, ¼ pound salt fat pork, 4 good-sized onions, 6 medium-sized potatoes, 1 qt milk, 1 can corn, 1 tbsp butter, 2 tbsp flour; clean shells thoroughly with a brush; put them in a kettle; pour over them 2 qts boiling water; cover tightly; when the shells open, remove clams from them; lay on a plate and cut into small pieces; chop pork and fry in a spider till light brown; add onions chopped fine; stir till cooked; then turn into the kettle of water; then add the potatoes diced; when potatoes are half done add clams; cook till potatoes are done; then add milk; when it boils, add corn; simmer few minutes; then add butter and flour (browned in spider); season with salt and cayenne.

Mrs. Salyer.

CLAM CHOWDER

100 clams chopped fine; place with the liquor over the fire; add two or three times the amount of clam juice or water; chop 4 onions, 2 carrots, 6 potatoes, 6 tomatoes and a little parsley; chop fine and try out 6 ounces of fat salt pork; pour fat and scraps into the clams;

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roll fine ½ pound of crackers and stir in gradually, adding also 1 qt milk two minutes before chowder is done; season with black pepper.

Mrs. W. M. Hoffer, Jamestown, N. Y.

CLAMS DEVILED

Chop 1 can clams until fine; chop 1 onion size of large hickory nut, and 5 leaves of parsley; add 1 coffee cup of milk to onion and parsley; stir; mix butter size of egg, and a tsp flour; then add onions, parsley and milk; stir and mix; add this to clams and stir in an egg; add pepper, salt, Worcester sauce, cayenne pepper to taste; stir; bake in shells with cracker crumbs and butter over them.

Mrs. J. P. Jefferson.

CLAMS MINCED

Open 25 clams, taking care to keep entire the same number of half shells; wash the clams; cut off the heads; split and scrape the necks and mince the entire clams very fine; put them over the fire to stew in the strained juice which they yield while being opened; meantime peel an onion; slice it thin; put it over the fire in 2 ounces of butter; let it begin to turn yellow; then stir smoothly into it 2 ounces flour, the minced clams and their broth, ½ pt cream or milk, 1 saltspoon salt, ¼ saltspoon each of grated nutmeg and white pepper, and a dash of cayenne; the mixture should be as thick as for ordinary croquettes, and if the clams do not yield sufficient juice, substitute milk for it; let the mixture simmer where it will not burn for 20 minutes; remove it from the fire; stir into it the yolks of 3 raw eggs; put it into the clam shells; arrange them on a baking pan; dust them with bread crumbs; put in a small piece of butter on each one. Mrs. Parker.

FRESH COD BOILED

Sew up the piece of fish in thin cloth; boil in salted water; allow 15 minutes to the pound; carefully unwrap, and pour over it Hollandaise or cream sauce.

CODFISH BALLS

1 coffee cup raw shredded codfish, 1 bowl raw potatoes; boil together; mash together and beat vigorously 1 egg, butter ½ the size of an egg, pepper; thoroughly mix and roll into balls; drop into hot fat and fry three minutes. Mrs. J. O. Parmlee.

CODFISH CREAMED

1 pt salt codfish picked up fine; cover in cold water and boil up once; turn off water and add 1 pt cream thickened slightly or a cream sauce. (See index.)

LOBSTER

Never buy a dead lobster. The male is preferred; the female for sauces and soups. The female has a broader tail and less claws than the male. If possible, always boil the lobster at home; but in some localities, where it is necessary to buy them boiled, see that the tail is stiff and elastic, so that when you bend it out, it springs back immediately; otherwise they were dead before boiling. Lobsters

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boiled when dead are watery and soft; they are very unwholesome, even to a dangerous degree.

TO OPEN A LOBSTER

Separate the tail from the body and twist off all the claws; shake out carefully the tom-alley (this is the liver and may be known by its greenish color), also the coral; then draw the body from the shell; remove the stomach, which is found immediately under the head, and throw this away; now split the body through the center and pick the meat from the cells; cut the underside of the tail shell; loosen the meat and take it out in one solid piece; now split the meat of the tail open and you will uncover a little vein running its entire length; this remove; the vein is not always the same color; sometimes it is red, sometimes black and sometimes white, but in all cases it must be taken out and thrown away; the stomach or lady, the vein and the spongy fingers between the body and shell, are the only parts not eatable; crack the claws and take out the meat.

Philadelphia Cook Book.

LOBSTER CUTLETS

A 4-pound boiled lobster, chopped fine, ½ cup cream, 1 tbsp lard and butter, 1 tbsp flour, 3 egg yolks, mace, salt and cayenne to taste, 1 tsp parsley, chopped fine; mix the flour, butter, cream and egg yolks together and let come to a boiling point, but on no account let it boil; add this and seasoning to the lobster meat; then place all on a dish to cool; when cool mold with the hands into cutlets and dip first in egg and then in bread crumbs and fry in hot lard a light brown; place a small claw in the end of each cutlet and serve the instant they come from the skillet. Mrs. F. T. Parker.

LOBSTER CUTLETS

1 pt chopped lobster meat, ¼ tsp salt, cayenne, 1 tsp mustard, 1 cup cream sauce; mix the salt, mustard and cayenne together and add them to the lobster meat, which has been chopped fine; add the cream sauce: 1 cup cream and milk, 2 tbsp butter, ¼ tsp salt, ¼ cup flour, white pepper; make a white sauce and cook until thick; add the lobster mixture; spread the mixture ½ inch thick on a platter; when cool shape into cutlets and dip in seasoned bread crumbs, then in egg, and again in crumbs; cook in deep fat until brown; put a lobster claw or paper frill in the end of each cutlet; serve with a sauce. Mrs. W. A. Talbott.

LOBSTER STEWED

Cut the lobster fine; put it in a stew pan with a little milk or cream; boil up once; add 1 tbsp butter, a little pepper, and serve plain or on toasted crackers; cook lobster only long enough to heat it, as a longer cooking renders it tough. Mrs. Parker.

BOILED SALT MACKEREL

Soak over night; wrap in a cloth; simmer for 15 minutes; remove; slice over it two hard-boiled eggs; pour over drawn butter or a dressing made with a little milk and flour; garnish with parsley leaves. Mrs. T. W. McNett.

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crumbs, then in egg, then back in crumbs; fry in equal parts of butter and Crisco.

OYSTERS FRICASSEED

2 tbsp butter, 1 tsp salt, ½ tsp pepper (cayenne), 1 pt oysters; place all ingredients except oysters in blazer; when hot add oysters; cover and shake pan occasionally; when the oysters are plump, drain them and place where they will keep hot; add enough cream to liquid drained from oysters to make 1 cup; make a white sauce, using this for liquid: 2 tbsp butter, 1 tsp lemon juice, 2 tbsp flour, salt and pepper to taste; beat 1 egg until light; pour sauce over it; add oysters and when hot serve on toast or in patty cases.

Mrs. H. C. Jacobs.

OYSTERS PANNED

Put 1 pt oysters in colander; pour cold water over them; let drain for 10 minutes; put frying pan over fire and when very hot toss in oysters; shake over fire until oysters are plump; season with salt, pepper and 1 tbsp butter; serve on platter with tomato catsup.

Mrs. Gruninger.

OYSTERS PANNED

Heat ½ cup of butter in blazer; add 1 qt cleaned oysters; season to taste with salt and pepper; cook until oysters curl, and serve on hot toast.

Mrs. W. J. Richards.

OYSTERS PANNED

Melt 2½ tbsp butter; add 2 tbsp flour, ¼ tsp salt, ⅛ tsp paprika, ½ tbsp chili sauce; clean 1 pt oysters and add; cook until edges curl; then add 1 tbsp finely chopped parsley and 2 tbsp chopped celery; serve with toast.

Miss Mary White.

OYSTERS STEWED

Juice of oysters; boil and strain; put on again; add butter, cream, pepper and salt; wash the oysters; add them to juice and let them just boil; for pint of oysters add 6 allspice.

Mrs. J. P. Jefferson.

OYSTER STEW (SEE SOUPS)

OYSTERS A LA THORNDIKE

Drain a pt oysters and add them to 2 tbsp melted butter; cook in this until they grow plump; then add ½ tsp salt, a dash of cayenne and nutmeg, 4 tbsp cream and the well-beaten yolks of 2 eggs; serve on squares of toast.

OYSTERS, UNIVERSITY CLUB STYLE

Take large oysters on the half shell; remove oysters from shells; clean the shells thoroughly; butter shells and replace oysters; sprinkle lightly with finely chopped onion; add a dash of lemon juice, a dash of Worcestershire sauce and small bit of butter; cover with bread crumbs or cracker crumbs; add another small bit of butter and pepper and salt; place in dripping pan; bake in hot oven for 20 minutes, and serve very hot.

Mrs. E. S. Lindsey.

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SARDINES GRILLED

Drain twelve sardines and cook in a chafing dish until heated, turning frequently; place on small oblong pieces of dry toast, and serve with Maitre d'Hotel or Lemon Butter. Mrs. Farmer.

Lemon Butter—Cream ¼ cup butter and add slowly 1 tbsp lemon juice.

SHAD BAKED

Clean and wash thoroughly inside and out; wipe with clean towel; rub it well with salt; make a dressing of 1 cup stale bread crumbs, 1 tbsp chopped parsley, salt, pepper and melted butter; stuff fish and sew it up with soft yarn; now score one side of fish about two inches apart, and put a strip of salt pork in each gash; place slices of pork on bottom of dripper and rest the fish on these; dredge thickly with salt, pepper and flour; bake in warm oven 15 minutes to every pound of fish; garnish with lemon slices, potato balls and parsley. Mrs. Parmlee.

SHAD PLANKED

This is the very best way of cooking shad. The plank should be 3 inches thick, 2 feet long, 1½ feet wide, and of well seasoned hickory or oak. Pine or soft wood gives the fish a woody taste. Take a fine shad just from the water; scale; split it down the back; clean it; wash well and wipe dry; dredge it with salt and pepper; place the plank before a clear fire to get very hot; then spread the shad open and nail it skin next the hot plank with tacks; put it before the fire with the large end down; in a few minutes turn the board so that the other end will be down; to tell when it is done pierce it with a fork; if the flesh be flaky, it is done; spread with butter; serve on the plank or draw the tacks carefully and slide the shad onto a hot dish. The white fish caught in the lakes, when cooked in this manner are excellent. Mrs. Parker.

SHAD ROE

Cover the roe with boiling salted water to which a tsp vinegar has been added and boil gently from 8 to 10 minutes; remove from fire; drop into cold water and cool slightly; roll in a mixture of milk and egg and then in cracker crumbs; fry in butter, seasoning with salt and pepper; serve with a fish sauce or lemon points.

Mrs. John Schmutz.

SMELTS FRIED

Make a slight opening at the gills; then draw them between the thumb and finger, beginning at the tail; this will press out the inside; now dip them first in beaten egg, then in bread crumbs, and fry in very hot lard; drain, dust with salt, and serve smoking hot with tartar sauce. Mrs. Parker.

BROOK TROUT

Wash and drain a few minutes; split nearly to the tail; flour nicely; salt and pepper; fry in a little butter, or with slices of salt pork.

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TURBOT

4 pounds white fish; steam until done; bone it; take 1 qt milk, ¼ pound flour, a little thyme or sage, salt and pepper, 3 slices of a large onion; cook over a kettle of water until it comes to a thick cream; then add ¼ pound butter and 2 eggs; put in a large baking dish a layer of fish, salt and pepper, then the filling, until the dish is full, putting filling on top; sprinkle with bread crumbs, and cheese if preferred; bake in a moderate oven ½ hour; one large fish will serve 15 or 20. Ada Partridge.

TUNA FISH BAKED

Shred 1 pound can tuna fish; mix with cheese sauce and season to taste with salt and pepper; place in a baking dish; cover with cracker crumbs and bake until brown; salmon may be substituted for the tuna fish.

Cheese Sauce

Melt 2 tbsp butter; add ½ tsp salt, a few grains paprika, 1 cup milk and bring to boiling point; add 1 cup grated cheese and cook until melted, stirring constantly. Mrs. Donnell C. Russell.

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MEATS AND SAUCES

Etta H. O'Dell

BACON CRISPS

Take thin slices of nice bacon; remove the rind; dip in beaten egg and rolled cracker crumbs, and fry a delicate brown.

BACON FRIED

Remove rind; lay slices in cold pan; cook slowly until transparent; serve at once. Mrs. W. S. Peirce.

BEEF

The quality of beef depends on the age of the creature, and manner of feeding. Good beef should be firm and of fine grained texture, bright red in color, and well mottled and coated with fat. The fat should be firm, and of a yellowish color. Suet should be dry and crumble easily. Meat should be removed from paper as soon as it comes from the market; otherwise the paper absorbs some of the juice.

Keep meat in a cool place. Always wipe beef before cooking, with a cheesecloth wrung out of cold water, but never allow it to stand in cold water. Inattention to the temperature of the water and too early application of salt causes great waste in boiling meats.

BEEFSTEAK BROILED

To cook a good, juicy steak never pound it; lay it upon a grid-iron well greased; have a nice bright fire and broil quickly without burning; if the coals blaze from the drippings, sprinkle on a little salt, which will instantly extinguish the flames; steak should be turned constantly while broiling and should cook from 4 to 10 minutes, as preferred; butter, pepper and salt well after taking up; serve on a hot platter. Mrs. W. W.

BEEFSTEAK PANNED

When there are no conveniences for broiling, heat an iron pan very hot; put in the steak and turn it from side to side over a hot fire for about 15 minutes; serve on a hot platter; season the same as broiled steak. Mrs. Hue.

BEEFSTEAK SMOTHERED

Pound very thoroughly a slice of steak cut ¾ inch thick from the round (1½ pounds); sprinkle with flour and pound again; keep adding flour and working it into the steak (both sides) until ½ cup of flour has been used; put into a very hot iron pan and sear well on both sides; season with salt and pepper; cover with boiling water; let simmer gently for 1 hour; slip a knife under it frequently to prevent burning. Mrs. S. W. Tait.

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ROUND STEAK EN CASSEROLE

Pound ½ cup flour and 1½ tsp salt into 1½ lbs round steak, cut thick; put small pieces of suet into the frying pan; when very hot, put in the steak and turn several times; when slightly browned, place in the heated casserole, with bits of suet on top; place in a very slow oven and cook 1½ hours. (See an Oven Dinner under Vegetables.)

Mrs. R. T. Adams.

SWISS STEAK (BAKED)

Prepare as for Steak en Casserole; cut into serving portions and brown thoroughly on both sides; place in roaster; cover with boiling water and bake slowly 2½ hours, covered; one hour before serving add ¼ can tomato or tomato soup; if gravy does not seem thickened when basting, more flour should be sprinkled over the meat; when ready to serve, the gravy should be plentiful and of the right consistency.

Mrs. C. E. Miller.

SWISS STEAK (STEAMED)

Prepare as for Steak en Casserole (cracker dust may be substituted for flour); put roaster containing hot water on top of stove; place the browned meat in a smaller pan and set it over the water (put something under to raise it a little); let steam on top of stove 3 or 4 hours (according to number of layers of meat); as water forms in the pan of meat, from the condensed steam, pour off and use later for gravy; when the meat is tender, remove; thicken gravy, and serve.

Mrs. William Anna.

ROAST BEEF

Place spider on top of stove and when smoking hot put in your roast, which has been thoroughly rubbed with a moist cloth; sear and turn over; salt, pepper and dredge with flour the seared side; by this time it will be ready to turn again; treat this side in the same way; put in oven; cook a 3-pound roast ¾ of an hour.

Mrs. J. O. Parmlee.

BRAISED BEEF

Take 6 or 8 pounds of the round or the face of the rump, and lard with ¼ pound of salt pork; put 6 slices of pork in the bottom of braising pan and as soon as it begins to fry add 2 onions, ¼ of a small carrot and ¼ small turnip, all cut fine; cook them until they begin to brown; then draw them to one side of the pan and put in the beef, which has been well dredged with salt, pepper and flour; brown on all sides; then add 1 qt boiling water and a bouquet of small herbs; cover and cook slowly in the oven for 4 hours, basting every 20 minutes; take up; thicken gravy; pour over meat and serve; or, add to the gravy ½ can of tomatoes; cook 10 minutes; strain; pour around meat and serve.

CREAMED BEEF

Shave ½ pound of cold cooked or dried beef into thin slices; put 3 tbsp butter into a frying pan and as soon as it is melted add the meat; stir until the slices begin to curl; then add 1 cup of milk

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and when the milk boils, stir in 1 tsp flour, mixed smooth with 3 tbsp milk; season with pepper; boil up once and serve. Miss Parloa.

HAMBURG STEAK, FRIED OR BROILED

Mix into 1 lb chopped round steak 1 tsp salt, ⅛ tsp pepper, a little onion juice, if liked; make into little flat balls and fry in butter or drippings until brown (about 20 minutes); or broil over a clear fire; serve with brown gravy or tomato sauce.

HAMBURG STEAK BAKED

1 lb tender beef chopped, 1 tbsp bread crumbs, yolk of 1 egg, 1 tsp salt, ⅛ tsp pepper, a little onion juice, 1 tbsp melted butter; make into a roll or press in a small pan and bake in a quick oven, basting frequently, 1 hour, or cook in a greased paper bag 40 minutes or slowly in a casserole 1½ hours.

HAMBURG STEAK (BAKED)

Season with salt, pepper and onion, two pounds of Hamburg steak; make into a flat, round cake and brown both sides quickly in hot pan; place some chopped onion on top of loaf; sprinkle flour in pan and nearly cover with water; place in oven and simmer slowly for one hour; remove from oven and pour over meat in pan one small can Campbell's vegetable soup; return to oven and simmer for 20 minutes; serve on hot platter. Mrs. R. W. Stone.

BEEF LOAF

3½ pounds of round steak chopped fine, 1 cup crackers rolled fine, 1 cup sweet milk, ½ cup butter, 1 tsp pepper, 1 tsp salt, 2 eggs; bake 3 hours, basting with hot water and butter.

Mrs. E. E. Allen.

BEEF ROLL

3 pounds of beefsteak chopped fine (buy already chopped), 1½ cups oyster crackers rolled fine, 2 eggs well beaten, almost 1 cup boiling water, butter the size of an egg, 1 tsp salt and ½ tsp pepper to each pound of meat; make into two rolls and cover with boiling water; bake 3 hours. Mrs. G. B. Nesmith.

CHILI CON CARNE

Fry 1 minced onion in 1 tbsp fat; add 1 lb Hamburg steak; sear well; then add a little water, 1 can red kidney beans and ½ can tomatoes; season with salt, pepper and chilli powder; cooked spaghetti or macaroni may be added; cook down until thick.

Alice G. Thomas.

MOCK DUCK

Prepare round steak as for Steak en Casserole; spread with a bread stuffing (see Poultry); roll up and tie with string; brown the roll in 3 tbsp fat and remove to a casserole or covered dish; to the fat in the pan add an equal quantity of flour and brown; then add 1 cup stock or boiling water and 1 cup strained tomato; season with salt and pepper; pour over the roll; cover dish and cook slowly until the meat is tender, about 2½ hours. (It might be cooked in a fireless cooker.)

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tomatoes, 2 or 3 sliced onions, pepper and salt, and sprinkle with flour; replace the tongue and boil slowly till tender; do not stir, neither let it stick to the bottom; to prevent this, put an inverted saucer in the bottom of kettle, and slip a limber knife under it occasionally; serve with the dressing poured over and around the tongue.

Mrs. G. M. Tybout.

BEEF TONGUE BAKED

Boil a fresh tongue in salted water until tender; add to the water 2 or 3 cloves, a bay leaf and a small onion, if liked; take from the water; remove the skin and return to water; about an hour before serving place in a deep pan and pour over the following sauce; cover closely and bake in a moderate oven, basting often.

Sauce: Melt ¼ cup butter; add ¼ cup flour and gradually 2 cups of the strained water in which the tongue was cooked, 1½ cups stewed and strained tomatoes, ½ tsp Worcestershire sauce or any gravy sauce; a can of mushrooms may be added if desired.

Mrs. C. H. Smith.

POT ROAST

Select a 3 lb piece of the shoulder, rump or round of beef, cut 3 inches thick; brown on all sides in hot suet in an iron skillet; season with salt and pepper and, if desired, cut slices of onion all over the top; dredge lightly with flour; add 1 cup boiling water and cover closely with a deep inverted granite pan which will fit well down inside the skillet; cook very slowly 3 hours, adding a liittle water at a time, if needed; fifty minutes before serving, add sufficient small-sized potatoes, sprinkling a little salt on each one; as the lower side browns in the gravy, turn each potato carefully; at serving time place meat on hot platter; surround with potatoes, and if a little fat remains in the skillet, blend into it a large tbsp flour; add a large cup of water, and boil until thickened.

Mrs. John F. Kitchen, Meadville.

POT ROAST NO. 2

Allow ¾ of an hour slow cooking for each pound; place the meat in a hot, dry kettle; sear 10 minutes on each side; whatever seasoning is desired. besides salt and pepper, a can of tomatoes, or a pound of string beans (cut in half lengthwise) or only onion and a green pepper (with seeds removed); the secret lies in adding very, very little water during the process of cooking, just enough to keep from scorching, say ¼ of a cupful (boiling water) and after the first hour cook on a very slow fire. Mrs. W. R. Rogers.

If a small piece of fresh pork is added to a pot roast of beef, the roast will be much improved in flavor. Mrs. Wade.

CORNED BEEF

5 lbs (rump) beef, 3 tbsp brown sugar, 6 tbsp salt, saltpeter size of small nutmeg; dissolve salt, sugar and saltpeter in water enough to cover meat; let meat stand in brine 24 to 36 hours in cool place; boil in same brine about 3½ hours; leave in water until cold.

Mrs. Preston Thomas.

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BAKED SLICED HAM

Place slice of ham cut one inch thick in dripping pan; cover with cold water and let come to a boil; drain off water; cover with milk and bake for one hour; turn off milk and brown ham; add fresh milk to that from pan and thicken for gravy. Alice G. Thomas.

HAM WITH MUSTARD

Take a nice slice of ham about ¾ inch thick; into both sides of ham rub a mixture of 1 tbsp sugar (white or brown) and 1 tbsp dry mustard, with back of spoon; fry carefully a delicate brown on both sides; then cover with 1 cup milk and let simmer on back of stove for an hour. Mrs. Helen C. Brockway.

BAKED SLICED HAM (WITH POTATOES)

Cut thick slice of ham in serving portions; place in casserole; cover with sufficient quantity sliced raw potatoes for the meal; pour over milk to cover; add pepper only and make slowly until potatoes are done (from 1 to 2 hours). Mrs. D. Cowan.

BAKED HAM AND SWEET POTATOES

Brown a slice of ham an inch or more thick in frying pan; place in covered baking dish; cover with milk and water and bake slowly until tender; boil medium sized sweet potatoes; peel, quarter and put in frying pan with ham drippings; sprinkle generously with brown sugar and a little nutmeg; cook slowly, turning often until browned; serve around the ham. L. E. Alden.

BROILED HAM

Cut slices of ham very thin; put on broiler and cook over clear coals for five minutes; the broiler must be turned constantly, as the fat from the drippings blaze up; serve the meat very hot.

BOILED HAM

Wash thoroughly; soak in cold water 3 hours; cut hardened surface and butt of ham off; put over fire in cold water; let come to a boil and keep steadily at this point for one hour; change water and boil until done; a ham weighing 12 pounds will require four hours' boiling; remove skin and leave ham in water until cold; then it is ready for use; when ham is ready to put in kettle for boiling, stick full of whole cloves and bits of cinnamon. Mrs. W. A. Hall.

HAM CROQUETTES

Chop the choice bits of ham fine and season with pepper or mustard; with a little flour in hands make into small balls and dip in beaten egg; roll in bread or cracker crumbs; fry to a light brown in hot lard. Mrs. W. A. Hall.

HAM BALLS

Chop fine cold cooked ham; add 1 egg for each person and a little flour; beat together; make into balls and fry brown in hot butter. Mrs. Dwight Cowan.

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PIGS IN BLANKETS (SWEETBREADS)

Nice thin slices bacon; remove rind and parboil; take portions of sweetbread; wash and drain and dip in beaten egg; roll in cracker crumbs; put each piece in slice of bacon, pinning together with wooden tooth picks; place the pigs in a wire basket and fry in deep fat.

Mrs.O'Dell.

ROAST BREAST OF VEAL

A breast of veal well seasoned, a force meat made of bread crumbs, 1 egg, 1 small onion parboiled; then chop fine; season with pepper and salt; moisten with milk; put this on ribs and press in shape; roast in covered pan till done and nicely browned (about 2½ hours); serve with brown gravy.

Mrs. S. P. S.

VEAL LOAF

1½ pounds of uncooked veal, 1½ pounds of beefsteak chopped fine, 1 cup rolled crackers, 2 eggs, butter size of an egg, 1 tbsp salt, 1 tsp pepper and a little grain of clove; thoroughly mix and make into a loaf; bake 2 hours in a slow oven in a closely covered bread pan; when cold cut in thin slices. (1 tsp poultry seasoning and 2tbsp minced onion may be added, as well as ¼ lb salt pork.)

Mrs. M. J. Danforth.

VEAL LOAF 2

2 pounds lean veal, 1 pound lean fresh pork, ¼ pound salt pork, 3 eggs, 1 cup pulverized crackers, 1 tsp pepper, 2 tsp salt, ¼ tsp allspice; cook meats together until tender; put through food chopper and mix with cracker crumbs, beaten eggs and seasoning; moisten with stock in which meat was cooked; pack in a greased baking pan and bake 1 hour.

Elizabeth J. Clough.

VEAL CUTLETS

Wipe and remove the bone, skin and tough membrane; cut into pieces for serving; cover the bone and tough pieces of meat with cold water and cook at a low temperature; this stock is to be used in the sauce; small pieces may be put together by using wooden toothpicks for skewers; season the veal with salt and pepper; roll in fine bread crumbs; dip in beaten egg; then in crumbs again; melt 2 tbsp of dripping, or butter, in a French pan, and brown the cutlets in the hot fat; when browned, put the cutlets into a stew pan.

Sauce for Cutlets

2 tbsp dripping, ¼ cup flour, 1 pt stock or water and stock, 1 tsp or more Worcestershire sauce, 2 tbsp chopped parsley, ½ tsp salt and ⅛ tsp pepper; prepare as a brown sauce; pour over the cutlets and cook at a low temperature for 1 hour, or until tender.

Drexel Institute, Mrs. W. A. Talbott.

HUNGARIAN GOULASH

1 lb veal, cooked or uncooked, 1 can tomatoes or tomato soup, 2 onions chopped, 1 cup olive oil, Worcestershire sauce; cook over slow fire 3 hours; serve on spaghetti and cover with cheese.

Mrs. Glen G. Brockway.

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VEAL OR LAMB STEW

Follow recipe for Veal Pot Pie, omitting the dumplings; potatoes may be added the last hour.

VEAL ON TOAST

Follow recipe for Creamed Chicken, using cold veal.

VEAL BIRDS

Cut slices of veal in pieces for serving; fill each piece with dressing as for roast chicken; fasten together with toothpicks and string; roll in flour and season well with salt and pepper; fry slowly until well browned; place birds in a baking dish; pour a cup of milk in the pan in which the meat has been friend; pour this over the veal and steam for 2 hours; arrange on a hot platter; strain sauce around the birds and garnish with parsley. Mrs. E. A. Phillips.

VEAL ROLL

Pound into a slice of veal steak 2 tbsp flour and salt and pepper to season; spread with dressing (see Poultry); roll and tie with string; brown thoroughly and put in a baking dish; put 2 tbsp butter or drippings in the browning pan; add 2 large tbsp flour, 1 pt milk (or hot water containing a bouillon cube); season and pour over the meat; bake or steam 3 hours, covered tightly.

Mrs. J. W. Kitchen.

VEAL STEAK BAKED

Follow recipe for Swiss Steak, Baked.

VEAL POT PIE

Wash a 2-pound boiling piece of veal; cut in 3 pieces; place in a kettle containing 1 qt boiling water; let come to a boil and skim; simmer gently 2½ hours; at the end of the first hour add 1 tsp salt, a dash of pepper and 2 whole cloves.

DUMPLINGS 1

1 cup flour, 1 tsp baking powder and a pinch of salt (no shortening); mix with enough milk to make a soft dough (about 1-3 cup); roll on board; lay in sheet over meat in kettle or cut as biscuit; boil with meat or steam over kettle fifteen minutes without lifting cover; with a long-handled skimmer remove to a hot platter; thicken the gravy and serve. Mrs. Kitchen.

DUMPLINGS 2

1 egg, 4 tbsp milk, 2 tsp baking powder, pinch of salt; beat egg and baking powder very light; add milk, salt and flour enough to make a stiff batter; drop from tsp into boiling kettle; boil 10 minutes without lifting cover; makes 7 dumplings; these dumplings also make a nice dessert if cooked in boiling fruit and served with a fruit dressing. Mrs. J. A. Hawke.

STEAMED VEAL STEAK

1 pound of veal steak; brown in butter until a rich brown; remove from frying pan and put into a deep granite pan or earthen

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dish; with the grease left in frying pan make a brown gravy; pour this over steak; put into a dish and set in steamer and steam 1½ hours.

VEAL—BREADED AND STEAMED

After pounding veal steak, cut in serving portions; dip in egg; roll in bread crumbs; season with salt and peper; fry to a light brown in butter; place in dish in steamer; cover with a thick brown sauce made of 1 pt milk, ½ pt cream, 1 tbsp butter, 2 tbsp flour, salt and pepper to taste; this amount of sauce made in the same pan and butter that veal is fried in will cover 2½ pounds of veal; steam 3 hours. Mrs. GeorgeO'Dell.

VEAL CROQUETTES (SEE ENTREES)

SAUCES

STOCK (SEE SOUPS)

Excellent stock is made constantly with the bones and trimmings of meat and poultry, with the addition, or not, of a little fresh meat, or a portion of extract of meat. A good cook will never be without stock, as broken remnants of all kinds will find their way to the stock-pot, and will not be thrown away until, by gentle stewing, they have been made to yield to the utmost whatever of flavor and goodness they possessed. The liquor in which fresh meat has been boiled should always be used as stock.

APPLE SAUCE

Pare, core and slice tart apples; stew in water enough to cover them until they break to pieces; beat to a pulp with a good lump of butter and plenty of sugar; serve cold. B. R. and P. C.

BECHAMEL SAUCE

Cook 2 slices onion and 4 slices carrot in 2 tbsp butter for five minutes; then add 1 tbsp flour, 1 cup water or stock; stir well for two minutes; add½ tsp salt, ¼ tsp pepper and unbeaten yolks of 2 eggs. E. Detlefs.

BROWN SAUCE

Cook 3 tbsp butter until slightly browned; add 2 tbsp flour mixed with ¼ tsp salt, ⅛ tsp pepper; brown the butter and flour; then add 1 cup stock or water.

BROWN FLOUR

Put a thick layer of flour into a baking pan and place in hot oven; watch and stir till flour is well browned all through; when cold put in jar and cover closely; it is then ready to use in making gravies and sauces.

CAPER SAUCE

Beat to a cream 2 tbsp flour and ½ cup butter, and pour upon it 1 pt of boiling water; set the mixture over the fire and stir constantly until it becomes heated to the boiling point; season with a

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little white pepper and grain of cayenne; add 1 tbsp lemon juice and 3 tbsp capers. Miss Parloa.

CELERY SAUCE

Cook 3 cups celery cut in small pieces in boiling salted water until soft; drain, rub through a sieve and add to cream sauce.

CRANBERRY SAUCE

Place in sauce pan; little more than cover with water; cover and stew until skins are tender, adding more water if necessary; strain through sieve; add ¾ pound sugar to every pound of berries; let simmer ten minutes; then remove from fire; do not strain unless you prefer it that way; serve with roast turkey or game.

CREAM SAUCE

Heat 1 tbsp butter; add 1 tbsp flour and stir until perfectly smooth; then add gradually 1 cup of cold milk; let boil until smooth; season to taste with salt and pepper and serve; this is nice for vegetables, omelets, fish or sweetbreads. P. H.

DRAWN BUTTER

Piece of butter size of an egg, 1 heaping tbsp flour, ¾ pt boiling water, a trifle salt, a few leaves of chopped parsley; blend flour and butter; then add the boiling water, stirring constantly to make it smooth; boil one minute; salt to taste, and just before serving add parsley cut fine; serve in gravy boat.

EGG SAUCE NO. 1

To Drawn Butter Sauce add beaten yolks of 2 eggs and 1 tsp lemon juice.

EGG SAUCE NO. 2

¼ pound butter mixed with 3 tbsp flour; stir into it 1 pt boiling water; add 3 hard-boiled eggs chopped fine; season with salt and pepper and minced parsley; boil until thick as cream; a good sauce for meat, fish or fowl. Mrs. Richards.

SAUCE HOLLANDAISE

Beat 1-3 cup butter to a cream, yolks of 2 eggs, 1 at a time, 1 tbsp lemon juice, ¼ tsp salt, ½ tsp paprika, 1-3 cup boiling water; cook one minute over hot water; will separate if left over fire too long. F. Farmer.

HOLLANDAISE SAUCE

In a saucepan or bowl rub to a cream ½ cup butter; add yolks of 4 eggs and beat well together; then the juice of ½ lemon, ½ tsp salt, a dash of cayenne; then add slowly 1 cup hot water; set in sauce pan hot water; stir constantly until thick as cream; do not boil.
Alice S. Stewart

HORSERADISH SAUCE

3 tbsp grated horseradish root, 1 tbsp vinegar, ¼ tsp salt, few grains cayenne, 4 tbsp heavy cream; mix first four ingredients and add cream beaten stiff. Boston Cooking School.

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LOBSTER SAUCE

To Hollandaise Sauce add 1-3 cup lobster meat, cut in small dice.

MINT SAUCE

2 tbsp mint chopped fine, ½ cup vinegar, 1 tbsp sugar; the addition of 3 tbsp of the liquor from boiling lamb is an improvement.

MUSHROOM SAUCE

To make a pt of sauce use 2 tbsp butter, 1 tbsp flour; put over the fire and stir until brown; then put in ½ pt water or chicken broth, ½ pt essence of mushrooms; stir until the sauce is smooth; season with saltspoon salt, ¼ saltspoon pepper; put in the mushrooms and boil 3 minutes.

MUSHROOM SAUCE (BROWN)

Mix well 3 tbsp flour, ¼ tsp salt, ⅛ tsp pepper; add these to 2 tbsp butter, previously browned in pan; stir till well browned; then add gradually 1 cup brown stock; boil until smooth; then add ½ can mushrooms; bring to a boil and serve.

MUSHROOM SAUCE (WHITE)

Mix 1 tbsp butter and 2 tbsp flour in sauce pan over the fire; salt and pepper to taste; add liquor from 1 can mushrooms and cook until smooth; add ½ cup cream; let come to a boil and then add the mushrooms; simmer gently for 5 minutes. Mrs. A. R. Blood.

OYSTER SAUCE

Heat and strain the liquor from 1 pt oysters; add the oysters and cook until plump; remove oysters and make a sauce by adding butter, flour, oyster liquor and milk; add oysters and season with salt and pepper. Boston Cooking School.

TARTAR SAUCE

1 tbsp vinegar, 1 tsp lemon juice, ¼ tsp salt, 1 tbsp Worcestershire sauce, 1-3 cup butter. Boston Cook Book.

TOMATO SAUCE NO. 1

1 large cup stewed tomato or the same quantity of the fresh fruit cut up fine, 1 tbsp flour, 1 tbsp butter, 1 tbsp sugar, 3 whole cloves, 3 whole allspice, salt and pepper to taste; stew the tomato if fresh 20 minutes, with the spices; if already cooked, thoroughly heat; rub through a wire sieve (the sieve should be fine enough to hold the seeds); add sugar, salt, pepper and lastly the flour and butter rubbed to a cream together; boil up hard for a moment, stirring all the time, and serve.

TOMATO SAUCE NO. 2

To 1 qt tomato stock add 6 or 8 whole cloves and 1 moderate-sized onion sliced; let boil slowly ½ hour; then strain; add good-sized piece of butter rubbed into enough flour to thicken, adding salt and pepper to taste. Mrs. N. C. Allen.

WHITE SAUCE (SEE CREAM SAUCE)

WORCESTERSHIRE SAUCE

A patent preparation sold by grocers.

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CRANBERRY DUMPLINGS

1 qt cranberries, 1 pt sugar, 1 pt water; when berries come to a boil add the dumplings; boil 20 minutes without uncovering.

DUMPLINGS

1 pt flour, 2 tsp baking powder, ½ tsp salt, 1 cup milk; drop 1 tbsp in a place on top of berries; serve with chicken or turkey.

Mrs. G. B. Nesmith.

CREAMED CHICKEN

If year-old fowls, steam until tender, using the liquid for basting; cut up the chicken, using only choice pieces, or if used, bone, and fill the backs with the bits of meat; bone the first joint, if used; lay all into a dripping pan and cover enough to keep it from browning; make an uncooked sauce of flour, water and butter, seasoned highly, the thickness of cream, and baste the chicken until tender; then sprinkle thickly with flour and let it brown, turning the pieces over in the sauce so that both sides will be nicely browned. 10 minutes before serving, pour in as much cream as will make the gravy the right thickness and keep turning the chicken in the gravy until ready to serve; after taking up the chicken, if the gravy is thick, thin with cream or water and strain, after cooking it up well. Serve the gravy separately.

Mrs. B. W. Rogers.

CREAMED CHICKEN

1½ cups cold cooked chicken, cut in dice, 1 cup cream sauce, ⅛ tsp celery salt; heat chicken dice in sauce, to which celery salt has been added.

CREAMED CHICKEN WITH MUSHROOMS

Add to Creamed Chicken ¼ cup mushrooms cut in slices.

Mrs. F. J. Lyons.

CREAMED CHICKEN

Two 3-pound chickens or 1 4-pound, 1 can of mushrooms; boil chicken and pick up as for salad; blend 4 large tbsp butter with 5 even tbsp flour; heat 1 qt cream; add hot cream to butter and flour; stir until thickened; season with salt and pepper to taste; cook sauce and add to chicken and mushrooms; put into dish to bake and cover the top with bread crumbs and bits of butter; bake 30 minutes; serve in timbales, with a tsp whipped cream on top, when served.

Mrs. C. E. Bell.

CHICKEN PIE

Cook chicken, having 4 cups of broth; to broth add 3 tbsp butter, 3 tbsp flour and a little pepper; reserve some of the gravy for gravy dish, putting remainder over chicken.

Crust:

2¼ cups flour, ½ tsp salt, 2 tsp baking powder, 2 tbsp butter; rub butter lightly into flour; 1 egg well beaten, to which add 1 cup milk; then add to the flour; either drop in or roll out and put on pan; will bake in about ½ hour.

Mrs. James Roy.

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CHICKEN PIE

Boil 2 medium-sized chickens; season well with butter, pepper and salt; cut in small pieces and place in a 4 qt pan; then add 1 qt sweet cream; cover with a crust made the same as for baking powder biscuit, only mixed with cream instead of milk; if sour cream is taken, use 1 tsp soda instead of baking powder; salt crust a little; bake ¾ of an hour. Mrs. F. H. Rockwell.

CHICKEN GUMBO

2 boxes of gumbo cut up, 6 hard crabs, boiled and picked, 1 chicken and 1 slice ham (both cut in pieces), 3 ears corn cut off, 3 tomatoes, peeled, 3 onions; boil three hours slowly; gumbo is to be sliced up small and put in 1 hour before serving; cook in porcelain pot to prevent it turning black. Mrs. G. M. Tybout.

CHICKEN EN CASSEROLE

1 chicken, 1 carrot, 1 qt boiling water or stock, 1 tsp salt, 1 small onion, 1 saltspoon pepper; cut vegetables and place in casserole with chicken on top; add water or stock and bake uncovered in a hot oven for ½ hour; when chicken is nicely browned, add salt; cover the dish and bake slowly for 1 hour longer.

Rabbits, hares and all so-called inferior pieces of meat may be cooked en casserole the same as chicken.

CHICKEN (FRICASSEED)

Joint the chicken; put in kettle of boiling water (enough to nearly cover); boil rapidly for 5 minutes, then gently until tender; a "spring chicken" will cook in from 1 to 2 hours, a fowl may require more than 3 hours; season with salt, pepper and butter the last ½ hour; just before serving add hot milk or cream, and thicken with flour and milk made into smooth paste; cover a platter with hot baking powder biscuit; split in two; pour over the chicken and serve.

CHICKEN (FRIED)

Cut chicken as for fricassee; dredge each piece with salt, pepper and flour; fry slowly in bacon drippings or butter; if young, it will fry in ¾ of an hour. Mrs. Rorer.

CHICKEN (FRIED) 2

Cook chicken as for Fricasseed Chicken; dredge pieces with flour and fry in butter until brown. Mrs. Kitchen.

CHICKEN WITH RICE

Place a layer of cooked rice in small baking dish; cover with remnant of chicken gravy and bits of cold chicken; repeat until dish is filled; cover with buttered crumbs and bake 20 minutes.

CHICKEN HASH

A few green peppers, same of onions, chopped fine; brown in a little butter, a tsp flour, cup of cream, a little salt, breast of 1 chicken, chopped fine, and add to above; put in baking dish; sprinkle with bread crumbs and brown. Mrs. Messerly.

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of the lemon, being careful not to have any of the bitter and tough white skin left on; cut the peel in very small bits; chop the white part of the celery very fine, adding butter and juice of lemon; stir until thoroughly mixed; then proceed to stuff body and crop; a turkey of the size spoken of requires at least two hours baking, and should be basted frequently; the liquor of the oysters should be put in the pan when the pan is first set in the oven and this is to be used in basting; the giblets should be chopped fine and cooked in a basin on the top of the stove and when the gravy is made, add them to it.

Mrs. Fred Sill.

CHESTNUT STUFFING

3 cups French chestnuts, ½ cup butter, 1 tsp salt, ⅛ tsp pepper, ¼ cup cream, 1 cup cracker crumbs; shell and blanch chestnuts; cook in boiling salted water until soft; drain and mash, using a potato ricer; add butter, salt, pepper, cream and cracker crumbs.

TURKEY DRESSING

2 loaves stale bakers' bread; cut in slices and toasted and buttered well; then moisten slightly with boiling water; then chop fine; add pepper, salt and poultry seasoning, and 2 tsp baking powder and 2 eggs last.

Mrs. C. H. Meacham.

WILD TURKEY

Make a stuffing from 2 cups stale bread, ¼ pound salt pork, chopped fine, 1 tsp salt, ¼ tsp pepper; mix well together; stuff the body of the bird; truss; place in baking pan; cover the breast with thin slices of fat pork; put ½ cup water in pan and bake in a quick oven 15 minutes to every pound; after 1 hour, cool the oven slightly; put 1 teaspoon salt in the pan, and baste with melted butter every 10 minutes at first, afterwards with its own gravy. Mrs. Rorer.

ENGLISH PHEASANT

May be cooked the same as partridge or grouse.

BROILED GROUSE

Split down the back and lard the breast; season inside and out with salt and pepper; place in a pan and cover closely with another pan inverted; place in oven and allow to remain 20 minutes, after which place on broiler and brown; allow a good-sized piece of butter for each bird; melt in pan which came from oven, and pour over birds.

Mrs. A. D. Wood.

GROUSE LARDED

Lard breast and insert 2 lardoons in each leg; truss and place on trivet in shallow pan; rub with salt; brush over with melted butter; dredge with flour and surround with trimmings of fat salt pork; bake ½ hour in a hot oven, basting 3 or 4 times; serve on hot buttered toast.

Mrs. L.G.Noyes.

GROUSE AND CHESTNUT STUFFING

Stuff with a chestnut stuffing; lard the breast and legs; cover with pieces of salt pork and bake ¾ of an hour in hot oven.

Mrs. L. G. Noyes.

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SQUABS

Squabs are at their best when the flesh is pinkish and the birds short and fat, with soft legs and feet; when the flesh turns dark they are squabs no longer; young pigeons are good eating; broiling is the most popular method of cooking squabs..

HOT PIGEON PIE

Bone the pigeons and brown them in hot butter; make a stew of them; when the birds are tender, pour the stew into a deep pan lined with pie paste; cover with a sheet of pie paste in which a few holes have been cut in the center; bake 30 minutes.

BROILED PIGEONS

Split the birds down the back; lard with small strips of fat pork; place on a broiler and broil over a moderate fire for ¾ of an hour; serve on hot buttered toast.

ROAST QUAIL

Dress and truss each bird; dust with salt, pepper and flour and place on a slice of bread in a roasting pan; cover each one with a thin slice of salt pork and cook in a hot oven about 20 minutes; garnish with toast points and serve with Brown Sweetbread Sauce; to 1½ cups rich, brown sauce, add ½ sweetbread cut in pieces.

BROILED QUAIL

Split down the back; lard the breast and broil the same as woodcock.

PANNED RABBIT

Clean and cut into halves as in Fricassee of Rabbit; place in a baking pan; spread lavishly with butter; dust with salt and pepper and bake in a quick oven 1 hour, basting every 10 minutes.

Mrs. Rorer.

SQUIRRELS

Squirrels may be fricasseed, broiled and panned precisely the same as rabbits.

BELGIAN HARE A LA MARYLAND

Separate at joints; sprinkle with salt and pepper; roll in flour, egg and bread crumbs; dispose in a well oiled dripping pan; bake in hot oven about ½ hour; baste frequently after the first five minutes with bacon fat.

FRICASSEE OF RABBIT

Dress the rabbit; wipe well inside and out with a wet cloth; then dry; cut down, splitting into halves; then cut each into four pieces; finish the same as Fricassee of Chicken.

SADDLE OF VENISON

Wipe the venison well with a towel dipped in warm water; lard thickly with salt pork; place on a rack in dripping pan and roast in hot oven 15 minutes to every pound, basting every 10 minutes at first with melted butter and afterwards with its own drippings; when

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EGGS

Mrs. Ralph W. Stone

"There is a best way of doing everything, even if it be to boil an egg."—Emerson.

BAKED EGGS

Butter a baking dish and line with bread crumbs; break in the required number of eggs; cover with grated cheese, or not, as preferred; season with butter, pepper and salt; cover with bread crumbs and place in hot oven until whites are "set."

Mrs. John Siegfried.

BAKED EGGS

Butter a deep plate thoroughly; add a little salt and pepper; break in the eggs and immerse them with sweet cream; put into the oven and bake 5 minutes, or till the eggs are "set" ready for the table.

Mrs. W. V. Hazeltine.

BOILED EGGS

Put them in cold water and when it has boiled, the eggs will be done, the whites being soft and digestible, as they are not when put on in boiling water.

Jennie Halliday.

SOFT BOILED EGGS NO. 2

Place the eggs in boiling water, 1 qt for 3 eggs; remove from the stove and let stand covered from 6 to 9 minutes.

Mrs. Richards.

EGG BALLS

Boil any number of eggs you wish 10 minutes; drop in cold water; when cold, peel and cut egg in two, lengthwise; remove yolks and stir to a paste; stir in thoroughly the white of 1 egg; season with pepper and salt; stir again; form into balls the size and shape of a walnut; roll in flour and fry brown in hot butter; then place 1 ball in each half of white.

BEAUREGARDE EGGS

Make cream dressing as for creamed chicken; chop white of 6 hard boiled eggs and add to dressing; have ready 4 slices of toast, which should be covered with this dressing; put yolks of eggs through potato ricer and place on top of each slice; a little chopped parsley adds to the appearance of this dish.

Mrs. Guy M. Grandin.

BAKED EGGS WITH CHEESE

Make a pint of white sauce from 2 tbsp each of butter and flour and 2 cups of milk, and while it is scalding hot, stir into it a heaping tbsp grated cheese; have ready 6 hard boiled eggs, coarsely chopped; put these into the sauce; season with salt and pepper to taste; let all

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become hot and turn into a baking dish; over the top sprinkle fine bread crumbs and another tbsp grated cheese, and brown in the oven.

Mrs. E. R. Allen.

CURRIED EGGS

Melt 2 tbsp butter; add 2 tbsp flour mixed with ¼ tsp salt, ½ tsp curry powder and ⅛ tsp paprika; stir until well mixed; then pour in gradually 1 cup milk; add 3 hard-boiled eggs cut into eighths lengthwise, and re-heat in sauce.

Mary L. White.

EGGS BAKED WITH TOMATOES

Select round tomatoes of uniform size; cut off the stem ends and take out enough of the pulp to leave a space as large as an egg; sprinkle the inside with salt and pepper; drop into each an egg; place the filled tomatoes in a baking dish with a little hot water and bake about 15 minutes, or until the eggs are set and the tomato is a little softened; serve on rounds of bread, browned in butter.

DEVILED EGGS

Boil as many eggs as are needed for 20 minutes; when cool enough to handle cut in halves lengthwise; extract the yolks and rub these to a paste with a little melted butter, some cayenne pepper (or white pepper, if preferred), a little salt, and just a dash of vinegar; fill the whites with this and serve on a platter garnished with parsley.

Mrs. D. L. Gerould.

DEVILED EGGS

Boil 6 eggs 20 minutes; put in cold water; peel; cut in halves, slicing a little off one end so that the egg will stand up; remove the yolks; rub them to a smooth paste with a little melted butter, cayenne pepper, mustard and vinegar, with which fill the hollow in the whites; serve in bed of white cabbage, sliced, or use as a garnish for meats.

Jennie Halliday.

EGG FONDUE

6 eggs, 2 heaping tbsp parmesan cheese, ¼ tsp salt, 1 dash cayenne; beat the eggs with a fork until light; add the salt, pepper and cheese; put a tbsp butter in a frying pan; when hot turn in eggs and stir until thoroughly cooked and smooth; serve on squares of buttered toast.

KENTUCKY EGGS

Bring ½ pt new milk to a boil and stir into it 6 eggs, not beaten; cook slowly 2 minutes, stirring occasionally; salt to taste; dot with butter and serve on dry toast.

Household.

EGGS WITH HAM EN CASSEROLE

Alternate layers of sliced hard boiled eggs and cold minced ham in a casserole; pour over a cream sauce and bake 20 minutes.

Bertha Frederick.

FRIED EGGS

Melt in a frying pan a piece of butter, or use the fat of ham or bacon; when hot, drop in the eggs, one at a time, being careful not

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to break the yolk; when the white of the egg is set, they are done, though some persons like them turned over and cooked on the other side; remove from pan with a cake turner and serve at once.

EGGS FOR LUNCHEON

Boil some eggs 20 minutes; cut in halves and lay on a platter; prepare a drawn butter gravy or cream sauce and pour over the eggs.

Mrs. D. L. Gerould.

OMELET

6 eggs, 1 tbsp flour, 1 cup milk, a pinch of salt; beat the whites and yolks separately; mix the flour, milk and salt; add the yolks; add beaten whites; have buttered spider very hot; put in; bake in a quick oven until firm, 5 or 10 minutes. Mrs. Hoffman.

HAM OMELET

Make the same as plain omelet, and as soon as it begins to thicken sprinkle over it 3 tbsp finely chopped ham; roll and serve.

MUSHROOM OMELET

Clean 1 cupful small button mushrooms (canned ones may be used(; cut them into bits; put into a stew-pan an ounce of butter and let it melt; add the mushrooms, a tsp salt, ⅛ tsp pepper and ½ cup cream or milk; stir in a little flour, dissolved in milk to thicken, if needed; boil 10 minutes and set aside until the omelet is ready; make a plain omelet the usual way, and just before doubling it, turn the mushrooms over the center, and serve hot. Mrs. R. T. A.

PLAIN OMELET

3 eggs well beaten; stir into eggs about 1½ tsp flour, beating it smooth; then add a little salt and a large tumbler milk; heat a spider or frying pan; melt in it a little butter to grease it well; pour in the omelet and bake in oven to a nice brown. Mrs. J. Gleave.

TOMATO OMELET

Have ready as much tomato as would be required for the meal; cook well and rub through a colander; season with butter, salt and pepper, a tbsp white sugar; make a nice omelet of 5 eggs, 1 cup milk; make in 2 rolls; lay on a platter and pour the tomato over it; send to the table hot. Mrs. E. Rogers.

POACHED EGGS

Nearly fill frying pan with boiling water; add a little salt and vinegar; break eggs, 1 at a time, into wet saucer; slip from this upon surface of water; cook slowly 3 minutes; take up with perforated skimmer; lay carefully upon buttered toast and serve immediately.

PICKLED EGGS

Boil the eggs very hard; when cool cut in halves, lengthwise; sprinkle them plentifully with vinegar, to which has been added a little melted butter, pepper and salt. Jennie Halliday.

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TO PRESERVE EGGS IN SALT AND LIME

To 1 pt salt add 1 pt air-slacked lime; pour over it 3 gallons boiling water; when cold, pour off from dregs; place eggs in jar or tub on small end and cover with the lime; have used successfully for years.

Mrs. J. A. Hawke.

TO PRESERVE EGGS IN LIQUID GLASS

To 16 qts water add 1 qt liquid glass (some people prefer proportion 1 to 8); boil the water and cool it before adding the liquid glass; do not wash the eggs; the eggs must be covered with the liquid; one-half this quantity of liquid covers 9 dozen eggs.

Miss Alden.

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VEGETABLES

Mrs. J. W. Kitchen

Many green vegetables contain materials physiologically suited to our needs; better by far take iron as contained in vegetable foods than from a bottle. People who cut from their diet the succulent vegetables are continually taking drugs to bring about the necessary natural conditions which might always be produced by the judicious and regular use of green vegetables. All vegetables should be thoroughly cleansed before being put on to cook, and if, for any reason, a vegetable has lost its crispness or firmness, it should be soaked in very cold water until it has regained freshness. All vegetables should be put over the fire to cook in actually boiling water. Green or top ground vegetables should have a teaspoonful of salt to each quart of water, except peas or beans, which should be salted the last hour. Underground vegetables should be salted after they are tender. Bring to a boil rapidly, then cook gently until tender.

APPLES

For baked or caramelized apples see Entrees..

APPLES—FRIED

Wipe and halve 4 tart red apples; remove core; place in a hot skillet 1 tbsp butter, ½ cup boiling water and ½ cup sugar; cover and let simmer for 10 minutes; remove cover and brown on both sides.

Mrs. W. A. Mitchell.

FRIED APPLES 2

Pare, core and cut in halves good, tart apples; lay in spider with a piece of butter the size of a walnut; sprinkle over them ½ cup sugar; place in oven and fry until tender and nicely browned; when dishing, slip a knife under each one and slide onto platter; serve hot.

Mrs. G. P. Orr.

ARTICHOKES

After washing well, soak in cold water ½ hour; boil in plenty of water with a little salt 1½ hours; drain and serve with melted butter or slice into a dish and pour over vinegar.

Mrs. A. Ruhlman.

CREAMED ASPARAGUS

Use only the brittle part of the stalks; wash and remove scales; cook in boiling salted water 20 minutes, or until tender; the heads will cook first, so pierce the stalk to see if tender; drain and place in a hot dish or on buttered toast and pour over cream or a sauce made as follows:

Cream Sauce

Place in stew pan 1 tbsp butter, 1 tbsp flour; blend together over the fire; add 1 cup milk; stir until thick and smooth; season with salt and pepper.

Mrs. J. W. Kitchen.

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BAKED ASPARAGUS

Prepare as for creamed asparagus; when boiled tender, place stalks in buttered baking dish; pour over the creamed dressing; sprinkle lightly with bread crumbs and put in oven for 20 minutes.

BOILED DINNER

4 hours before serving put meat in kettle of boiling water (enough to little more than cover); when it boils, skim carefully; then let boil slowly; 1 hour before serving add cabbage cut in quarters and turnips in slices; ½ hour later add whole potatoes; if corned beef is used, no salt will be required; if fresh meat is preferred, season with salt and pepper when adding vegetables.

AN OVEN DINNER

Into a warmed butter crock or casserole, place a layer of string beans or other fresh vegetable in season; then a layer of potatoes, and on top a slice of veal or beef steak, prepared as for "Steamed Veal" or "Casseroled Steak;" season each layer with salt and pepper; cover closely with an inverted crock or casserole cover; cook in a very slow oven 1 hour; 20 minutes before serving drop in dumplings (see Veal Pot Pie).

Mrs. R. T. Adams.

N. B.—Serve with above any baked dessert.

BAKED PORK AND BEANS

1 pt beans soaked over night; put over fire and boil until softened; pour off water and add fresh from the teakettle; take 2 or 3 tbsp molasses and a small piece of pork which has been standing in boiling water; bake in same kettle without cover until done (about 5 hours); always add boiling water as needed while cooking.

Mrs. J. O. Parmlee.

BOSTON BAKED BEANS

Soak 1 qt pea beans over night in cold water; in morning drain in colander and wash off; put on to boil in enough cold water to cover; heat slowly and boil gently about ½ hour, or until the skins loosen; drain off water; scald ¾ pound salt pork; put a slice in bottom of bean pot; put in the beans, score the rind of remaining pork every ½ inch and bury in the beans, leaving ½ inch exposed; into a cup measure put ¼ cup molasses, ¼ cup sugar, 1 level tsp dry mustard, 2 tsp salt; stir well and fill cup with boiling water; pour over the beans and add enough more fresh boiling water to cover; bake in slow oven from 7 to 8 hours, adding boiling water as needed, with cover on pot until last hour; they should be a nice brown when done, and neither mushy nor dry.

Mrs. Harriet Cowan Wilkins.

As tastes differ with regard to sweetness desired, the quantity of sugar or molasses (or both) may be reduced to ¼ cup in all.

Mrs. Kitchen.

STRING BEANS

Remove strings and cut in pieces 1 inch long; cook in boiling water until tender; drain and pour over cream or a cream sauce; season with butter, pepper and salt.

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DRESSING FOR BOILED CABBAGE

1 tbsp butter, ½ cup vinegar, 1 tsp mustard, 1 tsp sugar; when boiled, stir in 1 well-beaten egg; pour over cabbage and boil up; add 3 tbsp cream before taking from the fire. (Mustard may be omitted.)

NEW OR HOT-HOUSE CABBAGE

Quarter small head new cabbage, cutting from top down through heart; place quarters in boiling salted water and cook until tender, being careful to keep quarters whole; drain, lift out on serving dish and butter liberally while hot; serve at once.

Mrs. J. Albert Larson.

COLD SLAW

Place a section of cabbage in cold water until crisp; slice fine, or chop, and mix with it shredded or chopped red or green peppers and celery cut fine; add sugar, salt, pepper and celery seed to taste, and vinegar to moisten. Mrs. Kitchen.

COLD SLAW 2

Cut the cabbage very fine; salt and pepper to taste; take 1 cup vinegar, scant cup sugar and butter size of a walnut; boil a minute and add yolk of 1 large egg or 2 small ones beaten with ½ cup cream; boil up once and pour over the cabbage while hot.

Mrs. M. E. Richards.

Same as above, with the addition of 1 tsp mustard.

Mrs. Whitcomb.

FRIED CABBAGE

Slice the cabbage fine; put in spider with enough water to cover and 2 tbsp pork grease; salt and pepper to taste; let the water boil out and fry in the grease until a nice brown; just before serving add vinegar to taste, if desired. Mrs. Jane Allen.

CREAMED CABBAGE

Boil chopped cabbage in salted water until tender; drain and add cream, or rich milk, butter, pepper and salt.

STEWED CARROTS

Wash, scrape and boil until tender; chop fine; season with salt, pepper and butter; just before taking up, pour over 1 cup of cream or milk and let come to a boil. Mrs. T. W. McNett.

FRIED CARROTS

Boil until tender and chop; take ½ lb cold meat (ham is best) and 1 onion; chop up together fine; mix with the carrots; roll into balls; dip in eggs and fry in butter until a nice brown.

Mrs. A. Ruhlman.

FRIED CARROTS 2

Scrape, slice lengthwise and boil until tender in salted water; drain and fry in butter until brown.

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