

ST. MARY'S CHURCH AID
COOK BOOK

NOVEMBER

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SOUTHBRIDGE, MASSACHUSETTS

THE MARY'S THERM AND
COOK BOOK

REVISED

BY MARY'S THERM

TIMES PUBLISHING COMPANY, WEBSTER, MASSACHUSETTS

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SOUTHBRIDGE, MASSACHUSETTS

RESPECTFULLY DEDICATED TO OUR
BELOVED PASTOR
THE REV. DENNIS MULLINE

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**Suggested Cook Book*

MRS. RICHARD McGUIRE

PREFACE

The members of St. Mary's Church Aid Society, after careful preparation, take pleasure in offering their cook book to the public.

In their endeavor to collect such a variety of carefully tested recipes as shall make the book a help to all, they are indebted to many friends for valuable contributions and suggestions.

They are also indebted to the advertisers who have assisted in sharing the expenses of publication and they commend their pages to the careful attention of the readers.

The signature following a recipe does not always indicate that the same is original with the contributor but heartily recommended and endorsed.

MRS. WILLIAM H. MCGILPIN,
Chairman Food.

Nov. 1922.

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BREAKFAST DISHES

*We may live without friends,
We may live without books,
But civilized man
Cannot live without "Cooks."*

STEAMED RICE

1 cup rice
1-tsp. salt

1 qt. boiling water or
scalded milk

Put water and salt in top of double boiler, add gradually the well-washed rice, stirring with a fork to prevent rice sticking to the boiler. Boil 5 min. Place over under part of double boiler and steam 45 minutes. Uncover that steam may escape.

FRENCH TOAST

1 egg slightly beaten
 $\frac{1}{4}$ tsp. salt
Slices of bread

2 tbsp. sugar or syrup
1 cup sweet milk
Fat to grease the griddle

Add the salt, sugar and milk to the slightly beaten egg, dip the pieces of bread into the egg mixture. Cook the soaked slices of bread on a well-greased griddle; brown on one side, turn and brown on the other. Serve with maple syrup or jelly. Served with stewed fruit, makes a good dessert.

SHREDDED WHEAT BISCUIT FOR BREAKFAST

Warm the biscuit in the oven to restore crispness—don't burn—pour hot milk over it, dipping the milk over it until the shreds are swollen; then pour a little cream over the top of the biscuit. Or, serve with cold milk or cream, according to individual taste.

VELVET GRIDDLE CAKES

2½ cups flour	2 beaten egg yolks
½ tsp. salt	2 cups milk
4 tsp. baking-powder	1 tbsp. melted fat
1½ tbsp. sugar	2 beaten egg whites

Measure, mix and sift the first 4 ingredients; add the milk, egg yolks and fat, and mix thoroughly. Fold in the stiffly beaten whites and cook according to general directions.

SHREDDED WHEAT BISCUIT with STRAWBERRIES

Prepare berries as for ordinary serving. Warm biscuit in oven before using. Cut or crush oblong cavity in top of biscuit to form basket. Fill the cavity with berries and serve with cream or milk. Sweeten to taste. Peaches, blackberries, raspberries, blueberries, pineapple, bananas, and other fruit, fresh or preserved, can be served with Shredded Wheat Biscuit in the same way.

SHREDDED WHEAT OYSTER, MEAT OR
VEGETABLE PATTIES

Cut oblong cavity in top of biscuit, remove top carefully and all inside shreds, forming a shell. Sprinkle with salt and pepper, put small pieces of butter in bottom, and fill the shell with drained, picked and washed oysters. Season with additional salt and pepper. Replace top of biscuit over oysters, then bits of butter on top. Place in a covered pan and bake in a moderate oven. Pour oyster liquor or cream sauce over it. Shell fish, vegetables, or meats may also be used.

BREAD AND ROLLS

*"They that have no other meat
Bread and butter are glad to eat."*

BREAD

To $\frac{1}{2}$ pt. of milk and $\frac{1}{2}$ pt. of hot water add a bit of butter, 1 tsp. of salt, 1 tsp. of sugar, dissolve $\frac{1}{2}$ cake of compressed yeast in $\frac{1}{2}$ cup of luke warm water and add to the above. To this put 2 full qts. of flour and stir and cut with a knife till the flour is well worked in. Let it rise until light; then give a short but vigorous kneading and put into pans. Let it stand 1 hour or thereabouts in a warm place. Bake 1 hour in a moderate oven.

Mrs. M. F. Maloney.

OAT MEAL BREAD

2 c. rolled oats	1 tbsp. sugar
1 tbsp. lard	$\frac{1}{4}$ c. molasses

Put altogether into Bread Mixer, pour over 4 cups boiling water, let stand until luke warm, add 1 compressed yeast, dissolve in $\frac{1}{2}$ cup warm water, stir in white flour enough until nearly stiff, let it stand over night. In morning turn out on board, make into double loaves and bake. Makes 3 loaves.

Mrs. J. F. Power

NUT BREAD

4 c. bread flour	1 c. chopped nut meats
4 tsp. baking powder	1 c. chopped raisins
$\frac{3}{4}$ c. sugar	2 eggs well beaten
$\frac{1}{2}$ tsp. salt	1 $\frac{3}{4}$ c. milk

Put into greased bread tins; let rise 30 minutes in warm place, bake slowly 1 hour.

Anna M. Laughnane

OAT MEAL BREAD

Pour 3 cups of boiling water over 1 cup rolled oats. Add $\frac{1}{2}$ cup of molasses, 1 tablespoon lard, 1 teaspoon salt. When luke warm add 1 yeast cake, dissolved in a little warm water, then add enough bread flour to make a firm dough, let rise over night. Enough for 2 loaves. Bake $1\frac{1}{4}$ hours.

Mrs. Roycroft

EXCELLENT BROWN BREAD

1 c. sour milk	$\frac{1}{2}$ c. molasses
2 c. sweet milk	1 tsp. soda
2 c. Indian meal	salt
1 c. flour	

Put in small greased pail and be sure cover fits tightly and steam 3 hours. Be sure to keep boiling every minute.

Mrs. M. F. Maloney.

BROWN BREAD

1 c. corn meal	$\frac{1}{2}$ tsp. salt
1 c. rye meal	$\frac{1}{4}$ c. molasses
$\frac{1}{2}$ c. wheat flour	2 c. buttermilk
2 tsp. soda dis. in milk	$\frac{1}{2}$ c. raisins

Cut in half and steam 3 hours.

Mrs. C. L. Carney

GERMAN BREAD

4 qts. flour	$\frac{1}{2}$ pt. Water
2 c. sugar	$\frac{1}{2}$ lb. butter (put in
1 tbsp. salt	milk)
1 pt. milk	

When luke warm put in 1 dissolved yeast cake. Mix soft, let rise over night. In morning, roll 1 in. thick and put in round flat cake pans. Raise about 1 hour. When ready for oven take a fork and pick the top of each loaf slightly and spread a little butter, sprinkle with sugar and cinnamon. Bake 1 hour in hot oven. While raising it must be kept very warm. The above makes 4 loaves.

Elizabeth Wald

STEAMED BROWN BREAD

1 c. white flour	1 level tsp. salt
1 c. corn meal flour	1 tsp. baking soda
1 c. graham flour	3 tsp. baking powder
$\frac{1}{2}$ c. white sugar	2 c. sour milk
$\frac{1}{2}$ c. molasses	raisins if wanted

Steam 3 hours and put in oven to dry off. Mrs. Renaud

OATMEAL BREAD

3 c. rolled oats	1 large handful salt
6 c. boiling water	1 c. molasses
1 tbsp. lard	1 yeast cake

Put in flour until stiff with spoon. Pour boiling water over oatmeal and let stand until luke warm. Then add other ingredients. Put in warm place to rise. When light put in pans. Let rise again and then bake $1\frac{1}{4}$ hours. Mrs. P. Callahan

HEALTH BREAD

1 qt. bran	$\frac{1}{2}$ c. N. O. molasses
1 pt. common white flour	1 tsp. soda (dissolved in molasses)
1 pt. sour milk	

Nuts and raisins may be added when desired. This bread is worth hundreds of dollars in doctor's bills, and will put real big dollars into the pocket of the woman making it for sale; it means health and long life to the one who eats it. Mrs. M. Borgeson, Westville

HEALTH BREAD

1 cup milk	$\frac{1}{2}$ cup warm water
1 tbsp. sugar	1 level tsp. salt
2 tbsp. butter	2 level cups bran
1 yeast cake	1 level c. Graham flour

Heat the milk and add sugar and butter. When luke-warm, add the yeast, softened in $\frac{1}{2}$ cup of warm water, then the salt, bran and flour. Beat well, and let rise till double in bulk. Divide into two loaves, knead and put in pans. Let it rise again and bake in a moderate oven 45 minutes.

SOUR MILK FRUIT BREAD

Mix 2 cups graham flour with 1 cup white flour, a little salt, 2 tablespoons sugar, 2 tablespoons molasses, 1 teaspoon soda dissolved in 4 tablespoons cold water, 1 tablespoon shortening, 1 cup sour milk, $\frac{1}{2}$ cup nut meats, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup chopped dates. Bake 1 hour.

Mrs. John H. Collins

BRAN BREAD

4 qts. flour	3 tsp. molasses
2 c. bran for 4 loaves	a little shortening (tsp.)
2 tsp. sugar	1 yeast cake
2 tsp. salt	

Raise over night.

C. Holden

BATTER FOR FRITTERS

$\frac{1}{2}$ pt. milk $\frac{1}{2}$ pt. water to each lb. flour

Work until smooth; add $\frac{1}{2}$ cup melted butter and the whipped whites of 4 eggs.

Mrs. Sarah Shattuck

PARKER HOUSE ROLLS

1 ck. Fleischman's yeast	4 tbsp. lard or butter
1 pt. milk scalded and cooled	melted
2 tbsp. sugar	3 pts. sifted flour
	1 tsp. salt

Dissolve the yeast and sugar in lukewarm milk, add lard or butter, and $1\frac{1}{2}$ pts. flour. Beat until perfectly smooth. Cover and let rise in a warm place 1 hour, or until light. Then add remainder of flour, or enough to make a dough, and lastly salt. Knead well. Place in greased bowl. Cover and let rise in a warm place for about $1\frac{1}{2}$ hrs., or until double in bulk. Roll out $\frac{1}{4}$ in. thick. Brush over lightly with butter, cut with 2-in. biscuit cutter, crease through center heavily with dull edge of knife, and fold over in pocketbook shape. Place in well-greased, shallow pans 1 in. apart. Cover and let rise until light, about $\frac{3}{4}$ hour. Bake 15 min. in hot oven. Mrs. Thomas J. Carey

PARKER HOUSE ROLLS

2 c. scalded milk	1 tsp. salt
2 tbsp. sugar	1 yeast cake dissolved
flour	in $\frac{1}{4}$ c. luke warm
3 tbsp. butter	water

Add butter, sugar and salt to milk—when luke warm add yeast cake and three cups of flour. Let rise until light and cut down and kneed, add enough flour to it, it will take about $\frac{1}{2}$ cup full. Let rise again, kneed, roll out $\frac{1}{2}$ inch in thickness; shape with biscuit cutter, fold, press edges together. Let rise and bake in a hot oven 15 or 20 minutes.

Mrs. Sarah Shattuck

PARKER HOUSE ROLLS

3 tbsp. butter	1 pt. milk
1 tsp. salt	1 tbsp. sugar
$\frac{1}{2}$ c. lukewarm water	1 cake yeast
6 c. sifted flour	

Scald the milk and pour it over the sugar, salt and butter. Allow it to cool, and when it is lukewarm, add the yeast dissolved in the lukewarm water, and then add 3 cups of flour. Beat hard, cover and let rise until it is a frothy mass. Then add three more cups of flour. Let it rise again until it is twice its original bulk then place it on your kneading board, knead lightly and then roll it out $\frac{1}{2}$ an inch thick. Take a biscuit cutter and cut out the rolls. Brush each piece with butter, fold and press the edges together, and place them in a greased pan 1 inch apart. Let them rise until very light. Bake in a hot oven 15 minutes. This receipt makes 3 dozen rolls.

A. S. Kane

EGG BISCUIT

Sift together 1 quart of dry flour, 4 teaspoons baking powder, 1 teaspoon salt, one tablespoon of sugar, then rub in butter size of egg, add two well-beaten eggs; mix all together quickly into soft dough, with 1 cup of milk or more, if needed. Roll 1 inch thick, cut into biscuits, and bake 15 minutes.

E. J. Whittaker

TEA BISCUIT

1 c. scalded milk	1 yeast cake dissolved in
1 tbsp. sugar	$\frac{1}{2}$ c. water
2 tbsp. shortening	4 c. bread flour
$\frac{1}{2}$ tsp. salt	

Put the sugar, salt and shortening in a mixing bowl, add scalded milk; when lukewarm add dissolved yeast cake; add 3 cups of flour slowly, beating to a light batter, let rise to double the bulk; add 1 cup of flour, rise again, shape on moulding board, brush with melted butter, cover and rise till light. Bake in a quick oven for 20 to 25 minutes.

Mrs. W. H. McGilpin

BAKING POWDER BISCUIT

2 cups flour	$\frac{3}{4}$ c. milk and water in
4 tsp. baking powder	equal parts
1 tsp. salt	1 tbsp. butter
1 tbsp. lard	

Mix and sift dry ingredients (twice), work in butter with fingers; add gradually the liquid, mixing with knife to a soft dough. It is impossible to determine the exact amount of liquid, owing to the difference in flour. Toss on a flour board, pat and roll lightly to $\frac{1}{2}$ inch in thickness. Shape with a biscuit cutter. Place on buttered pan, and bake in hot oven 12 to 15 minutes. If baked too slow the gas will escape before it has done its work.

Mrs. Charles Simpson

DELICIOUS FEATHERY CORNCAKES

Sift together 1 cup flour, 1 cup cornmeal, 3 tbsp. sugar, 1 tsp. salt, 1 tsp. cream of tartar. Add $\frac{1}{2}$ tsp. soda to 1 c. sour cream and 2 eggs. Beat all together vigorously and bake in hot oven 20 minutes.

Mrs. George Silk

STRAWBERRY SHORTCAKE

Two scant cups of flour (sifted once), 1 dessertspoonful shortening, 3 tablespoonfuls of sugar, pinch of salt, 2 level teaspoons baking powder, 1 egg, milk enough to wet dough, but not too much.

Mrs. Marguerite Ryan

NUT BREAD

2 cups flour	$\frac{1}{2}$ c. nut meats
$\frac{1}{2}$ c. sugar	1 egg in cup filled with milk
2 tsp. baking powder	
$\frac{1}{2}$ tsp. salt	

Stir dry mixture together with nuts; butter pan well. Let it stand $\frac{1}{2}$ hour before baking. Bake $\frac{3}{4}$ of an hour.

Mrs. Frank J. Powers

NUT BREAD

4 c. flour	1 tsp. salt
$\frac{1}{2}$ c. sugar	$\frac{3}{4}$ c. broken nut meats
4 tsp. baking powder	$1\frac{1}{2}$ c. milk
1 tsp. soda	1 egg

Mix dry ingredients with nuts, then add milk and egg. Add $\frac{1}{4}$ cup chopped raisins.

C. Holden

RYE MUFFINS

1 c. rye flour	1 c. milk
1 c. flour	1 egg
$\frac{1}{4}$ c. sugar	1 tbsp. melted butter
1 tsp. salt	4 tsp. baking powder

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

Mrs. Charles Simpson

MUFFINS

Sift together 2 cups flour, $\frac{1}{2}$ tsp. salt, 4 tsp. baking powder and 2 tbsp. sugar. Add gradually 1 well beaten egg and 2 tbsp. melted butter. Bake in buttered gem pans in hot oven 25 minutes.

Mrs. J. J. Hogan, Sr.

GRAHAM OR RYE MUFFINS

1 c. white flour	4 tsp. baking powder
$\frac{3}{4}$ c. graham or rye flour	1 tsp. salt
$\frac{1}{4}$ c. sugar	1 egg

Cook in gem pans, well greased.

Miss Josephine Delchanty

BRAN GEMS

- | | |
|------------------------------------|----------------------|
| 1 level c. sifted flour | 1 c. milk |
| 1 level tsp. salt | 1 egg |
| 2 level tbsp. sugar | 2 level c. bran |
| 3 level tsp. Rumford Baking powder | 2 level tbsp. butter |

Sift the flour with salt, sugar and baking powder; add milk, beaten egg and bran and beat thoroly. Then beat in the butter, melted, and pour into hissing hot gem pans. Bake in hot oven.

JOHNNY CAKE

- | | |
|------------------------------|-------------------------------------|
| 1 c. corn meal | a little salt |
| $\frac{1}{2}$ c. white flour | 1 c. sour milk |
| 3 tbsp. sugar | 1 small tsp. soda dissolved in milk |
| 2 tbsp. melted butter | |
| 1 egg | |

Ellen J. Whittaker

CORN CAKE

- | | |
|-------------------------|-------------------------|
| 1 c. corn meal | $\frac{1}{2}$ tsp. salt |
| $1\frac{1}{4}$ c. flour | 1 c. milk |
| $\frac{1}{4}$ c. sugar | 1 egg |
| 5 tsp. baking powder | 2 tbsp. melted butter |

Mix and sift dry ingredients; add milk, egg well beaten and butter. Bake in shallow buttered pan in hot oven 20 minutes.

Mrs. Charles Simpson

KELLOG'S BRAN MUFFINS

One-quarter cup of sugar. Shortening size of an egg, cream shortening and sugar together, then add to this

- | | |
|-------------------------------|-------------------------|
| 1 egg | $1\frac{1}{4}$ c. flour |
| 1 c. sour or sweet milk | 1 level tsp. soda or |
| 1 c. Kellog's Bran (krambled) | 2tsp. baking powder. |

If sweet milk is used, add a pinch of salt. Mix well. This will make 12 large delicious muffins.

Mrs. P. F. Cuddihy

DATE-NUT BREAD

- | | |
|-------------------------------------|----------------------|
| 1 c. dates and nuts (to-
gether) | 1 c. milk |
| 1 c. sugar | 3 c. flour |
| 1 egg | 3 tsp. baking powder |
| | 1 tsp. salt |

Let rest 25 minutes. Bake in moderate oven about 45 minutes.

Mrs. A. G. Shepard

EGG MUFFINS

- | | |
|----------------|----------------------|
| 3 tbsp. sugar | 2 c. flour |
| 2 tbsp. butter | 4 tsp. baking powder |
| 1 egg | pinch of salt |
| 1 c. milk | |

C. Holden

MUFFINS

- | | |
|----------------------|--------------------|
| 2 c. sifted flour | 2 tbsp. shortening |
| 4 tsp. baking powder | 1 egg |
| 1 tsp. salt | 1 c. milk |
| 1 tsp. sugar | |

Bake in muffin tins in hot oven. Makes twelve medium size muffins.

Mrs. Walter Conners

POP-OVERS

- | | |
|-----------------|---------------|
| 2 c. flour | 1 tsp. butter |
| 2 c. sweet milk | 1 tsp. salt |
| 2 eggs | |

Bake in cups in a quick oven 15 minutes. Serve hot with a sweet sauce.

Mary A. Ryan

POPOVERS

- | | |
|-----------|-------------------------|
| 1 egg | 1 c. flour |
| 1 c. milk | $\frac{1}{2}$ tsp. salt |

Sift salt with flour. Beat egg and add to milk; add to dry mixture until smooth and full of air bubbles. Fill well-greased gem pans full. Bake in hot oven about 30 minutes.

Miss Josephine Delchanty

POPOVERS

Two cups of flour, sifted twice with 1 tsp. of baking powder, $\frac{1}{2}$ tsp. of salt, 2 cups of milk, 1 egg beaten very light. Beat for 4 minutes and bake in hot, buttered gem pans in a brisk oven. Serve at once. A. S. Kane

POPOVERS

1 c. flour	1 c. milk
$\frac{1}{8}$ tsp. salt	1 egg

Beat together with an egg beater. Bake in a hot oven in gem pans. Mrs. Walter Connors

RUSKS

4 c. bread dough	1 tsp. nutmeg
$1\frac{1}{2}$ c. sugar	flour enough to make
2 tbsp. butter	soft dough
2 eggs	

Mix beaten eggs with dough, beat milk, butter, sugar, add to dough. Knead thoroughly. Let rise and make into round balls. Place close together in pan. Let rise until light. Bake 30 minutes. Katherine Ryan

CAKES

"A good fire makes a good cook"

WHITE CAKE

2 c. sugar	1 c. milk
1 c. butter	2½ c. flour
whites 2 eggs	2 tsp. baking powder
and whole of one	1 tsp. lemon

Mrs. C. L. Carney

DELICIOUS CAKE

1½ c. pastry flour	1 tsp. cream tartar
1 c. sugar	½ tsp. soda
½ c. soft butter	1 tsp. vanilla
½ c. milk	½ tsp. salt
2 eggs	

Cream butter and sugar then add egg yolks and cream then add milk and (flour which has been sifted with soda and cream tartar) a little at a time of each. Beat well, fold whites beaten stiff, and bake in medium hot oven about ½ hr.

Makes nice loaf plain cake frosted with cream frosting or by adding nuts is a good nut cake, also good baked as a layer cake, with orange filling.

Mrs. J. F. Monahan

FINE GRAIN CAKE

½ c. of butter creamed with 1 c. of sugar. Beat in 2 eggs. Sift 2 or 3 times 1½ c. of pastry flour, with 1 teaspoon of cream tartar and ½ tsp. soda and add ¾ c. of sour milk. Add flavoring. Grate the rind of 1 orange in sometimes and make a layer cake. Add for filling a little lemon juice with orange juice and sugar.

Catherine Herber

COMBINATION CAKE

- | | |
|----------------------|-----------------------|
| 1 c. flour | 2 tsp. butter, level |
| 1 c. sugar | $\frac{1}{2}$ c. milk |
| 1 tsp. baking powder | 1 egg |

Sift flour, sugar and baking powder twice. Melt butter in milk and add egg. Stir into other ingredients. Line pan 9x9, 2 in. high with pie crust rolled thicker than for pies. Fill with Sour Milk Pie Filling made as follows:

- | | |
|--|--------------------------------------|
| 2 eggs | 2 tsp. minute tapioca |
| $1\frac{1}{2}$ c. sour milk | pinch of salt |
| $1\frac{1}{2}$ c. chopped seeded raisins | nutmeg, cinnamon, cloves
to taste |
| 1 c. sugar | |

Beat eggs and add sour milk, beat until smooth. Add other ingredients and stir. Put combination cake on top and bake 45 min. in slow oven. Mrs. W. Thresher

SOUR CREAM CAKE

- | | |
|---------------------------|---------------------------------|
| 1 c. sour milk with | $1\frac{1}{2}$ c. flour |
| $\frac{1}{4}$ tsp. soda | 2 tsp. baking powder |
| 3 egg yolks beaten well | Almond and vanilla
flavoring |
| 1 c. sugar | |
| 2 egg whites beaten stiff | |

Mix egg yolks, sugar, cream, flour, whites of eggs. Make frosting with other white. J. C.

SPONGE CAKE

Take the yolks of 2 eggs well beaten add whites beaten light. 1 c. of sugar and beat together well 1 c. flour, 2 tsp. baking powder, 1 tsp. of lemon extract, $\frac{1}{2}$ c. hot milk.

Mrs. Sarah Shattuck

COFFEE CAKE

- | | |
|---------------|--------------------|
| 5 c. flour | 1 c. sugar |
| 1 c. butter | 1 c. raisins |
| 1 c. coffee | 1 tsp. soda |
| 1 c. molasses | Spice of all kinds |

Two leaves.

Mrs. T. P. Wixted

MAPLE WALNUT CAKE

1 c. maple syrup	$\frac{1}{2}$ c. milk
$\frac{1}{2}$ c. butter	2 level c. flour
3 eggs	3 level tsp. Rumford bak- ing powder
1 c. walnut meats	

Cream butter beat in maple syrup add egg yolks beaten light. Sift flour and baking powder, add flour and milk alternately, beaten egg whites and last 1 c. chopped nuts. Bake in layers. Frost with boiled frosting putting some chopped nuts between layers and half meats on top.

BOILED FROSTING

1 c. maple syrup	$\frac{1}{2}$ tsp. cream tartar
whites of 1 or 2 eggs	$\frac{1}{16}$

Dissolve cream of tartar in maple syrup, cover the sauce pan for 5 minutes of cooking to prevent the formation of crystals. If 1 egg white is used boil until soft ball stage or until it forms a two-inch thread when dropped from fork. If 2 egg whites are used boil syrup to a firm stage. The syrup must not be stirred or the pan moved while cooking. If crystals form on sides of pan remove with a wet cloth or brush. When syrup has boiled to right temperature pour on egg whites gradually while beating constantly. continue beating until of the consistency to spread.

Mrs. J. Curboy

PORK CAKE

1 lb. fat salt pork chopped	1 tsp. soda
fine	1 cup raisins
1 pt. boiling water	1 cup currants
2 cups sugar	spice
1 cup molasses	5 cups flour

Bake slowly in moderate oven. Two loaves.

Mrs. T. P. Wixted

A CREAM FILLING FOR A CAKE

Mix equal quantities of sour cream, chopped nuts and raisins. Add a little lemon juice and powdered sugar.

Mrs. George Silk

WHITE FRUIT CAKE

2 eggs (whites)	1 c. sugar
$\frac{1}{2}$ c. butter (scant)	2 tsp. baking powder
2 scant c. flour	raisins, citron and nuts
$\frac{1}{2}$ c. milk	($\frac{1}{2}$ c. in all)

Mrs. John W. Silk

CAKE WORTH TRYING

Place your sifter in your mixing bowl, put in sifter 1 c. of sugar, $1\frac{1}{2}$ c. sifted flour, 1 level tsp. soda and 2 level tsp. of cream of tartar. Sift together in your mixing bowl. Put into a teacup the whites of 2 eggs, add enough melted butter to half fill the cup and in that put enough sweet milk to fill cup. Put in the mixing bowl the other ingredients, add flavoring and beat 5 min. Will be as light as a feather. Another loaf can be made from the yolk in the same way.

Catherine Herber

CHOCOLATE CAKE

$\frac{1}{2}$ c. butter	$1\frac{1}{2}$ c. flour
1 c. sugar	$2\frac{1}{2}$ tsp. baking powder
2 eggs	2 oz. chocolate (2 sq.)
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ tsp. vanilla

Cream the butter, sugar and yolks of the eggs, then beat the whites until stiff and add to this milk, flour. The baking powder should be sifted with the flour. Beat thoroughly. Add the chocolate and vanilla.

Chocolate is melted in a little water over the fire.

Bake 40 minutes in a shallow cake pan.

Mrs. John J. Hogan, Sr.

SILVER CAKE

1 c. sugar	whites 3 eggs
$\frac{1}{2}$ c. butter	$\frac{1}{2}$ tsp. soda
$\frac{1}{2}$ c. milk	1 tsp. cream tartar
2 c. flour	lemon to flavor

Mrs. M. F. Maloney

JELLY ROLL

$\frac{3}{4}$ c. sugar	pinch salt
3 fresh eggs	$\frac{1}{4}$ tsp. baking powder
$\frac{3}{4}$ c. flour	1 tsp. vanilla extract

Put yolks and whites in separate bowls, beat yolks till light then add sugar, little at a time, salt, baking powder and vanilla. Lastly fold in the beaten whites, put in long flat tin and bake in hot oven, 15 minutes; when done turn on damp cloth, spread jelly and roll quickly; sprinkle top with powdered sugar.

Mrs. Rose McNally

WHITE CAKE

$\frac{1}{2}$ c. butter	2 tsp. baking powder
$1\frac{1}{2}$ c sugar	beaten whites of 4 eggs
$\frac{1}{2}$ c. milk	added last
2 c. flour	vanilla or lemon flav.

Mrs. M. F. Maloney

FRUIT CAKE

1 c. sugar	1 level tbsp. salt
2 tbsp. lard or butter	1 lb. raisins
2 eggs	1 lb. currants
1 c. molasses	$\frac{1}{2}$ lb. citron
2 tbsp. cinnamon	1 tsp. soda dissolved in
2 nutmegs grated	water
1 tbsp. cloves and allspice	flour enough to stiffen

Bake in a slow oven.

Mrs. John Glover

SOUR CREAM COCOA CAKE

2 eggs beaten light	2 heaping tbsp. cocoa
1 c. sugar	vanilla
little salt	$1\frac{1}{2}$ c. pastry flour
$\frac{1}{2}$ c. thick sour cream	$\frac{1}{2}$ tsp. cream tartar in
with $\frac{1}{2}$ tsp. soda stirred	flour.
in until it foams	

A dessert spoon of cider vinegar may be added last thing before putting in pan. Bake in moderate oven about 35 min.

Mrs. T. P. Wixted

ORANGE SPONGE CAKE

Beat the whites of 3 eggs until stiff, add yolks one at a time and continue beating, then add gradually 1 c. of sugar, grated rind of 1 orange and $\frac{1}{2}$ c. of orange juice. Fold in 1 c. of flour, mixed and sifted with 1 tsp. baking powder and $\frac{1}{4}$ tsp. of salt. Bake in a shallow pan.

Mrs. J. F. Power

PLAIN CAKE WITH CHOCOLATE JELLY FILLING

2 eggs	2 c. flour
1 c. sugar	2 tsp. baking powder
1 c. milk	1 tsp. vanilla extract
butter size of an egg	

Mix sugar and butter, add eggs, milk, flour and baking powder. Bake in two layers. Chocolate jelly for filling and icing. 2 oz. of chocolate or 3 tbsp. of cocoa, 1 c. of boiling water, $\frac{3}{4}$ c. granulated sugar, 1 level tbsp. of butter, 1 heaping tbsp. of corn starch in $\frac{1}{2}$ c. of cold water. Mix the sugar and cocoa then add the hot water. Let it come to a boil, and add the corn starch. It will thicken immediately. Remove from stove and add 1 tsp. of vanilla. When nearly cold, spread for filling and icing.

Mrs. James Laughnans

SPONGE CAKE

1 c. sugar	pinch salt
1 c. flour	$\frac{1}{2}$ tsp. vanilla
2 eggs	$\frac{1}{2}$ cup boiling milk
1 tsp. baking powder	added last thing
Bake in a moderate oven.	Miss Elizabeth Wald

SOUR MILK SPICE CAKE

1 c. sugar	2 c. flour
$\frac{1}{2}$ c. butter	rind and juice of 1 orange
1 cup sour milk	$\frac{1}{2}$ tsp. all kind spice
1 tsp. saleratus	mixed with flour
Very good.	M. A. Shea

COFFEE CAKE

Take 1 c. of sugar and 2 tbsp. of butter and mix well. Add 1 or 2 eggs well beaten. Dissolve 1 tsp. of soda in 1 cupful of cold coffee and mix with sugar, butter and eggs. Then add 2 c. of flour, with 1 tsp. each of cloves, cinnamon and nutmeg. Last of all put in 1 c. full of raisins. Mix well, and bake slowly.

Mrs. James B. Laughnane

DARK CAKE WITHOUT EGGS

1 c. sugar	1 tsp. nutmeg
$\frac{1}{2}$ c. butter	1 tsp. cinnamon
1 c. sour milk	1 tsp. soda dissolved in
1 c. raisins seeded and	little hot water
chopped	2 c. flour
1 tsp. cloves	

Have it quite stiff. Bake in a moderate oven.

Catherine Herber

MARBLE CHOCOLATE CAKE

2 c. sugar	2 eggs
$\frac{1}{2}$ c. butter	2 tsp. baking powder
1 c. milk	a few drops lemon extract
3 c. flour	

Into 3 tbsp. of this mixture grate 2 squares of chocolate and add 1 tsp. of vanilla. Beat well and marble with the cake.

Mrs. J. F. Power

PORK CAKE

1 lb. fat salt pork put	1 tsp. each cloves, cinna-
thru meat chopper	mon, allspice
2 c. boiling water	6 c. flour or flour enough
2 c. sugar (brown or	to mix rather stiff
white)	1 lb. raisins (flour fruit)
2 eggs	1 lb. currants
1 tsp. soda	$\frac{1}{2}$ lb. citron cut up
2 c. molasses	

Mrs. T. P. Jowett

CHOCOLATE FUDGE CAKE

5 level tbsp. butter	3½ level tsp. baking powder
1¼ c. sugar	3 eggs
2 sqs. melted chocolate	1½ c. sifted pastry flour
1 tsp. vanilla	
¼ c. milk	

Cream butter, add sugar and chocolate, then unbeaten eggs and vanilla, beat together until very smooth. Sift baking powder with ½ c. of the flour and add to other ingredients, then add remaining flour alternately with milk. Make mixture stiff enough to drop from spoon. Bake in loaf or layers.

FROSTING

1 c. sugar	pinch of salt
¼ c. milk or cream	large piece of butter
1 square chocolate	1 tsp. vanilla

Boil all together until a soft ball is formed, beat until thick enough to spread. Sally Mallahy

VELVET SPONGE CAKE

2 eggs beaten lightly and foamy	1 tsp. cream tartar
1 c. sugar	½ tsp. soda
1 c. flour	½ c. boiling water stirred in slowly

Beat all thoroughly; add flavoring to taste; bake in good oven. Miss N. F. Ryan

FRUIT CAKE

6 c. of flour	1 lb. citron
3 c. sugar	3 tsp. cassia
2 c. milk	3 tsp. cloves
1 c. butter	2 tsp. mace
½ c. molasses	1 tsp. soda
4 c. currants	2 nutmegs
2 c. raisins	yolks of 3 eggs.

Use white for frosting. Makes 3 loaves. Mrs. J. Coggans

CHOCOLATE CAKE

1 c. sugar	1 level tsp. baking soda
butter size of egg	1 level tsp. baking powdr.
1 egg	1 large tbsp. cocoa dis-
1 c. sour milk	solved in boiling water.
2 c. flour	add cocoa last

Mrs. Nellie Houde

FEATHER CAKE

One c. sugar, 2 eggs and pinch of salt. Beat these together thoroughly with the egg beater; then add 1 c. flour and 1 tsp. baking powder, and lastly $\frac{1}{2}$ c. heated milk and flavoring. Beat thoroughly again and bake. This is very good, when orange is used for flavoring and frosting.

Anna M. Laughnane.

CREAM SPONGE CAKE

4 eggs	flour to fill cup
3 tbsp. of water	$1\frac{1}{4}$ tsp. baking powder
1 c. of sugar	$\frac{1}{4}$ tsp. salt
$1\frac{1}{2}$ tbsp. of cornstarch	1 tsp. vanilla

Separate yolks and whites. Add water to yolks and beat till thick and lemon color. Add sugar gradually, beat 2 min. Put cornstarch in measuring cup fill with flour, add baking powder and salt. Sift and add to first mixture. When thoroughly mixed add stiff beaten whites and flavoring. Bake 45 min. between 300 and 350 degrees.

Anna M. Laughnane

LIGHT FRUIT CAKE

2 c. sugar	little salt
1 tea c. butter	1 large c. raisins
3 eggs	2 oz. orange peel
3 c. flour	tsp. vanilla
2 tsp. baking powder	

Cream butter and sugar, add yolks eggs, flour, baking powder, raisins and orange peel, whites of eggs well beaten last.

Mrs. O'Donnell

PEARL CAKE

2 c. sugar	whites of 6 eggs
2 c. flour	$\frac{1}{2}$ tsp. soda
$\frac{3}{4}$ c. butter	1 tsp. cream of tartar
1 c. corn starch	vanilla
1 c. milk	

Mrs. J. Coggans

SOUR CREAM CAKE

1 cup sour cream	2 c. pastry flour sifted
1 egg	with $\frac{1}{2}$ tsp. soda
1 c. sugar	1 tsp. baking powder

Bake in slow oven; use lemon if flavoring is desired. For cup cakes use $1\frac{3}{4}$ c. flour.

Mrs. John H. Collins

ECONOMY CAKE

2 large c. flour	1 egg
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ c. of butter or lard,
3 tsp. dry yeast baking	melted
powder, sifted in	1 c. of milk
1 c. granulated sugar	1 tsp. extract of vanilla

Mix all well together and bake $\frac{3}{4}$ of an hour.

Mrs. J. W. Smythe

By taking $\frac{1}{2}$ of the above mixture and adding 3 tbsp. of cocoa, and drop in alternate spoonfuls of dark and light parts in pan, you have a nice marble cake.

Mrs. J. W. Smythe

PLAIN SPICE CAKE

$\frac{1}{2}$ c. butter	1 c. raisins
1 c. sugar	$2\frac{1}{2}$ c. flour
2 eggs	1 tsp. cinnamon
1 c. sour milk	$\frac{1}{2}$ tsp. cloves
1 tsp. soda	pinch salt

Cream butter and sugar, add well beaten eggs. Dissolve soda in a little cold water and beat into sour milk. Add to mixture, then spices and flour gradually. Cut raisins and add last. Bake in slow oven.

Mrs. W. F. Frazer

SOUR MILK CHOCOLATE CAKE

1 c. sugar	2 rounded tbsp. cocoas sifted with sugar
1 c. sour milk	
1 tsp. soda	3 tbsp. butter (or butter and lard mixed
2 c. flour	

Flavor with vanilla and bake slowly. Mrs. George Silk

DELICIOUS CAKE

$\frac{1}{4}$ c. butter	1 $\frac{3}{4}$ c flour
1 c. sugar (creamed together)	1 $\frac{1}{2}$ tsp. baking powder
2 eggs beaten	salt
1 c. milk	flavoring

Bake 25 minutes in moderate oven. Mrs. G. L. Johnson

CHESTER CAKE

1 c. sugar	pinch salt
3 tbsp. cocoa	1 tsp. soda dissolved in a little hot water
3 tbsp. butter	
1 egg	1 tsp. vanilla
1 c. sour milk	

Flour enough to make medium batter

Cream sugar, cocoa, butter and salt together, add egg and beat thoroughly then milk and soda and last of all, vanilla and flour. Mrs. W. H. Frazer

HIGH ALTITUDE CAKE

9 eggs	1 $\frac{1}{2}$ c. of sugar
$\frac{1}{2}$ c. of butter (melted)	1 c. of sweet milk
2 tsp. of baking powder	3 c. of flour

Sift the baking powder with the flour. Cream the butter, add sugar gradually; add beaten yolks of eggs then add milk and flour alternately. Fold in stiffly beaten whites of eggs last. Bake either in layers or in a deep pan. If desired, take out two layers, then add $\frac{1}{2}$ tsp. each of ground cloves, cinnamon and allspice to remainder of dough. Mrs. Borgeson

FUDGE CAKE

$\frac{1}{2}$ c. butter	$2\frac{1}{2}$ level tsp. baking powder
1 c. sugar	$\frac{1}{2}$ c. milk
3 squares chocolate	1 tsp. vanilla
2 egg yolks	$\frac{1}{2}$ c. meat nuts
$1\frac{1}{2}$ c. flour	

Whites of eggs beaten in last

Mrs. John H. Collins

FROSTING FOR FUDGE CAKE

$\frac{1}{2}$ tbsp. butter	4 tbsp. milk
2 squares chocolate	$\frac{1}{2}$ tsp vanilla
$1\frac{1}{4}$ c. pulverized sugar	

Boil 5 minutes. Let stand a few minutes, then beat until thick enough to spread.

Mrs. John H. Collins

SPICE CAKE

1 c. sugar	1 c. raisins (cut up)
$\frac{1}{2}$ c. butter	2 tsp. baking powder
2 eggs	$\frac{1}{2}$ tsp. cloves
$\frac{1}{2}$ c. milk	cinnamon and nutmegs
2 c. flour	

Mrs. J. Coggans

SPONGE CAKE

Yolks of 4 eggs	$1\frac{1}{2}$ tsp. baking powder
1 c. sugar	$\frac{1}{4}$ tsp. salt
1 tbsp. of hot water	whites of four eggs
1 c. flour	2 tsp. vinegar

Beat yolks of eggs until thick and lemon colored; add sugar gradually and continue beating; then add hot water, beat in well sifted flour mixed and sifted several times with baking powder and salt. Whites of eggs beaten until fairly stiff and lastly vinegar. Bake from 35 to 45 minutes in a moderate hot oven in a buttered and flour-ed cake-tin. A shallow pan measuring 9 to 10 inches long, 5 or $5\frac{1}{2}$ wide by 2 or $2\frac{1}{2}$ inches deep is well filled when baked.

Mrs. George Silk

RUFFLED SHIRT AVE. CAKE

$\frac{1}{2}$ c. milk	2 eggs
2 level tbsp. butter	1 c. sugar
1 c. flour	1 tsp. baking powder

Add butter to milk and scald. Beat eggs and sugar together till light. Sift flour and baking powder twice, add to eggs and sugar. Beat till light then add warm milk and beat well. Frost with Mocha frosting.

Mrs. Waldo Thresher

NYE CAKE

8 eggs	$3\frac{1}{2}$ c. flour
3 c. sugar	1 tsp. baking powder
1 c. butter	$\frac{1}{2}$ c. milk

Cream butter and sugar; add the eggs, 1 by 1, beating constantly. Add milk gradually; then flour into which baking powder has been sifted. Flavor. Bake in layers and put together with any desired filling.

Mrs. M. Borgeson

MY FRUIT CAKE

$\frac{1}{2}$ c. butter	1 tsp. cinnamon
1 c. sugar	$\frac{1}{2}$ tsp. of cloves
1 c. apple sauce not sweetened	$\frac{1}{4}$ tbsp. molasses
1 tsp. baking soda	1 c. each of raisins and nuts
	$2\frac{1}{2}$ c. of flour

Bake from 1 to $1\frac{1}{2}$ hours.

Mrs. P. Callahan

MOCHA FROSTING

1 c. powdered sugar	2 tbsp. of cocoa
a small piece of butter	1 tsp. of vanilla
2 tbsp. of coffee	

Cream the butter, add sugar, add cocoa and then the coffee and vanilla, add more sugar if necessary. Spread with knife dipped in hot water.

Mrs. J. H. Breen

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NUT CAKE

$\frac{3}{4}$ c. butter	1 tsp. almond extract
1 c. sugar	$2\frac{1}{2}$ c. flour
6 egg yolks	2 tsp. baking powder
$\frac{3}{4}$ c. milk	$\frac{1}{2}$ tsp. salt
1 c. chopped nuts	

Beat the butter and sugar to a cream; add the well beaten yolks of the eggs; then the milk, chopped nuts and extract. Sift together the flour, baking powder and salt and add to the other ingredients. Bake in a loaf cake pan in a moderate oven about 40 minutes. Mrs. Borgeson

GRANDMA'S SPICE CAKE

1 c. sugar	$\frac{1}{2}$ tsp. of cloves
2 eggs	1 c. milk
$\frac{1}{2}$ c. of butter	2 c. of flour
2 tbsp. of cocoa	2 tsp. of Royal Baking Powder
1 tsp. of cinnamon	

Cream sugar, eggs and butter, add cocoa and spices, then milk and flour alternately. Mrs. Harry Carruthers

FROSTING

1 c. of confectionery sugar	2 tbsp. of cream or milk
1 tsp. butter	few drops of lemon

Mrs. Harry Carruthers

COCOA FROSTING

1 c. confectionery sugar	$\frac{1}{4}$ c. cocoa
white of 1 egg	tbsp. cream
tsp. vanilla	tsp. butter

Beat white of egg, sugar and cocoa for 5 minutes, add flavoring, cream and melted butter. Mrs. W. H. McGilpin

BOILED FROSTING

1 c. of sugar	3 tbsp. cold water
1 white of egg	

Beat with egg beater 7 minutes over boiling water.

Mrs. E. T. Hefferman

CHOCOLATE CAKE

1 egg	$\frac{1}{2}$ c. of cocoa
1 c. of sugar	1 tbsp. of butter
1 c. of milk	3 tsp. of baking powder
2 c. of flour	1 tsp. of salt
$\frac{1}{2}$ c. of cornstarch	

Mrs. J. Craig

CHOCOLATE CAKE

1 c. of sugar	1 tsp. vanilla
1 tbsp. melted butter	melt little more than $\frac{1}{2}$
1 egg (beat white and yolk separate)	square of chocolate
$\frac{1}{4}$ tsp. salt	1 teaspoon of soda
	$\frac{3}{4}$ cup of sour milk

Add flour and a pinch of baking powder and beaten whites of egg.

A. S. Kane

ANGEL CAKE

Whites of 12 eggs, beaten stiff; $1\frac{1}{2}$ c. sugar, sifted 7 times; 1 tsp. cream of tartar, sifted in 1 cup flour 7 times; 1 tsp. vanilla. Bake 40 min. Miss Ellen Ryan

SOUB CREAM CAKE

Break 2 eggs into a measuring cup, fill cup with sour cream, mix with 1 c. of sugar, $1\frac{1}{2}$ c. flour, 1 tsp. of saleratus and flavoring and beat well. Bake in a moderate oven. For flavoring use $\frac{1}{2}$ tsp. cinnamon, $\frac{1}{4}$ tsp. mace, $\frac{1}{4}$ tsp. ginger. Frost with a white frosting. This cream can be taken from top of quart of milk that has soured.

Mrs. George Silk

EAGLE CAKE

1 c. of sugar	1 tsp. of soda
$\frac{1}{2}$ c. of butter	1 tsp. of cinnamon
1 c. of sour milk	$\frac{1}{4}$ tsp. of cloves
2 c. of flour	$\frac{1}{2}$ tsp. of nutmeg
1 c. chopped raisins	

Cream butter and sugar. Add soda to milk.

Mrs. A. M. Higgins

LACE CAKE

1 tbsp. butter well cream- ed	$\frac{1}{8}$ tsp. salt
1 c. sugar	$\frac{1}{2}$ c. flour
2 scant tsp. baking powder	2 well beaten eggs
1 c. uncooked rolled oats	1 scant tsp. almond ex- tract
1 c. Force Breakfast Food	

Mix and drop from teaspoon on buttered tins. Bake in quick oven. Mrs. Oswald Laliberte

PRIZE LIGHT FRUIT CAKE

One cup butter, 2 c. fine granulated sugar, 1 tsp. salt, creamed together with the hand until of the consistency of whipped cream, 4 eggs. Add 1 egg at a time until all are used. Do not separate them or beat them up, but just drop one in at a time. 3 c. of bread flour with 2 rounded tsp. of baking powder sifted into it, 1 c. of sweet milk. Add a little of the flour and milk alternately until all are used, beat thoroughly, then add $1\frac{1}{2}$ c. small raisins, $\frac{1}{2}$ c. citron, wash, drain and flour them well, then add to cake, beat again; add 2 tsp. lemon extract. This makes a very large cake, but one could divide the ingredients for one loaf, using exactly half the quantity of each excepting flour. Of this use 2 c. with 1 tsp. of baking powder. Bake 1 hour and 10 minutes in a moderate oven. Paper bottom and sides of pan before pouring cake in. Chopped nuts may be added if one chooses. Mrs. W. H. McGilpin

LIGHTNING CAKE

$1\frac{1}{2}$ c. flour	$\frac{1}{4}$ c. butter
1 c. sugar	2 eggs
2 tsp. baking powder	milk
$\frac{1}{4}$ tsp. salt	1 tsp. flavoring

Sift flour, sugar, baking powder and salt together three times. Melt butter in $\frac{1}{2}$ pt. measuring cup. Break in eggs and fill cup with milk. Add flavoring and stir into flour. Beat about 5 minutes—until light. Bake in a loaf tin in a moderate oven or in small muffin pans. Mrs. P. J. Breen

CHOCOLATE CAKE

2 squares of chocolate butter size of an egg
or 3 tbsp. of cocoa

Melt together and remove from fire, and in the same pan put a cup of sugar, cup of flour, 2 tsp. of baking powder, $\frac{1}{2}$ c. milk, 2 eggs unbeaten, and vanilla. Do not stir until everything is in pan, then beat well, and bake until done. I have used this recipe for years and it never fails.

Mrs. Thomas Hughes

ROMEO AND JULIETTE CAKE

White part

1 cup sugar	$1\frac{1}{2}$ c. flour
$\frac{1}{2}$ c. butter	1 tsp. baking powder
whites of 3 eggs	1 tsp. vanilla
$\frac{1}{2}$ c. milk	

Cream butter, add sugar, milk, flour well sifted with baking powder, and vanilla. Last add whites of eggs beaten stiff. Bake in square of oblong tin.

Yellow part: Make same as white part only use yolks of eggs and 1 tsp. lemon.

Split each cake and put together with following frosting: Juice of 1 lemon, 1 unbeaten white of egg, mix with confectioners sugar until thick enough to spread.

Sally Mallahy

SUNSHINE CAKE

7 eggs	1 c. sugar
$\frac{1}{4}$ tsp. cream of tartar	1 tsp. vanilla
1 c. sifted flour	1 tsp. lemon

Beat whites very stiff with a pinch of salt. Add cream of tartar to whites. Beat again. Add sugar gradually to whites while beating. Beat yolks light and add to whites, then add flour and last extract. Bake in ungreased tin in moderate oven 45 minutes. Turn upside down to cool.

Mrs. W. J. Richardson

CREAM SPONGE CAKE

Yolks of 4 eggs	1¼ tsp. Baking Powder
1 c. sugar	¼ tsp. salt
3 tbsp. cold water	whites of 4 eggs
1½ tbsp. corn starch flour	1 tsp. lemon extract

Beat yolks of eggs until thick and lemon-colored, add sugar gradually and beat 2 minutes, then add water, put corn starch in a cup and fill cup with flour, mix and sift corn starch and flour with baking powder and salt and add to first mixture; when thoroughly mixed, add whites of eggs beaten until stiff, add flavoring. Bake in little fancy cake pans about 2 tsp. of the mixture for each little cake.

Miss Delia Coakley

MOCK FRUIT CAKE

1 pkg. of Non-Such Mince	1 c. of sugar
Meat, broken up fine with a fork	1 large mixing spoon of shortening
1 c. of molasses	

Cream together mince meat, sugar, shortening and molasses, then add

2 c. of strong coffee or sour milk	¼ spoon of cinnamon
1 c. of raisins	¼ spoon of nutmeg
¼ spoon of cloves	¼ spoon of allspice

Sift together 1 quart of flour, 2 tsp. of soda and a pinch of salt. This makes 2 large loaves.

Mrs. P. F. Cuddihy

SPONGE CAKE

Beat whites of 4 eggs until you can turn bowl upside down. Add 1 c. sugar gradually, beating all the time. Put yolks of four eggs into another bowl and beat until light and add one tsp. vinegar. Turn the beaten whites on yolk mixture and beat a little. Remove egg beater and add 1 c. sifted flour to ingredients and stir or fold in with spoon until well mixed. Bake about ½ an hour.

Mrs. P. J. Breen

CREAM CAKE OR QUICK CAKE

2 eggs	$\frac{1}{2}$ tsp. salt
1 c. sugar	$\frac{1}{2}$ tsp. cinnamon
$\frac{3}{8}$ c. thin cream	$\frac{1}{4}$ tsp. mace
$\frac{3}{8}$ c. flour	$\frac{1}{4}$ tsp. ginger
$2\frac{1}{2}$ tsp. baking powder	

Put unbeaten eggs in a bowl, add sugar and cream and beat vigorously for 4 or 5 minutes at least. Mix and sift remaining ingredients; add to first mixture. Bake 30 or 40 minutes in a shallow pan. Mrs. George Silk

SPANISH CAKE

$\frac{1}{2}$ c. butter (mix in a little lard)	$1\frac{3}{4}$ c. flour
1 c. sugar	3 tsp. baking powder
yolks of 2 eggs	1 tsp. cinnamon
$\frac{1}{2}$ c. milk	whites of 2 eggs

Mix ingredients in order given. Bake in shallow tins and spread between and on top caramel frosting.

Mrs. George Silk

CARAMEL FROSTING

$1\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ c. milk	$1\frac{1}{2}$ squares melted chocolate
1 tsp. butter	

Put butter in saucepan; when melted, add sugar and milk. Stir to be sure that sugar does not adhere to saucepan, heat to boiling point. Then add melted chocolate and boil without stirring 13 minutes, flavor with $\frac{1}{8}$ tsp. of cinnamon. Mrs. George Silk

ANGEL CAKE

Whites of 8 eggs	$\frac{3}{4}$ c. flour
1 tsp. cream tartar	$\frac{1}{4}$ tsp. salt
1 c. sugar	$\frac{1}{2}$ tsp. vanilla

Beat whites of eggs until frothy, add cream of tartar and continue beating until eggs are stiff then add sugar gradually, fold in flour mixed with salt and sifted four times, add vanilla. Bake 45 to 50 minutes in an unbuttered angel-cake pan. After cake has risen and begins to brown cover with buttered paper. Mrs. Delia Coakley

PIES

The best comes last

PIE CRUST

$\frac{1}{2}$ c. flour
 $\frac{1}{2}$ c. shortening
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ c. iced water (about)

Mix and sift flour and salt. Rub in $\frac{1}{4}$ c. fat with fork. Add water to make a stiff paste. Turn out on a lightly floured board and roll $\frac{1}{4}$ inch thick. Sprinkle with flour, add 2 tbsp. fat, cut in pieces. Repeat folding and rolling, adding rest of fat during second rolling. Handle as quickly and lightly as possible so that crust will be light and flaky.

M. E. Meagher

BLUEBERRY PIE WITH MERINGUE

1 c. sugar
1 tbsp. flour
yolks 2 eggs

Beat all together, add 1 pint can of blueberries drained. Bake with one crust and frost with the beaten whites and brown in quick oven.

Mrs. T. J. Jowett

APPLE CUSTARD PIE

2 raw apples
1 c. sugar
1 tbsp. butter
1 saltspoon nutmeg
2 eggs
1 c. milk

Select juicy apples of a mild flavor, pare and scrape to a pulp. Cream the butter and sugar, add the spice, the beaten yolks of the eggs, the milk and the apple. Line the plate with a crust and rim, fill with the custard and bake until firm. Beat the whites of the eggs, add two tbsp. sugar, pile it lightly on the pie, return to oven for a few minutes to brown.

Mrs. T. P. Wixted

COCOANUT PIE

4 tbsp. sugar	2 tbsp. corn starch
2 c. milk	1 c. cocoanut
$\frac{1}{4}$ c. cream	$\frac{1}{2}$ tsp. vanilla
2 eggs	

Scald the milk. Beat egg yolks light with sugar, add corn-starch and mix with scalded milk. Cook and stir until it thickens, take from fire, add cream and cocoanut and put away to cool. Beat the egg whites stiff, add to the custard with the vanilla. Bake bottom crust, brush over it the white of egg, put in the custard and brown in quick oven. Grate little nutmeg over the top if you like flavor.

Mrs. J. H. Breen

LEMON PIE

To the grated rind of 2 lemons and juice add yolks of 3 eggs; take 2 heaping tbsp. of corn starch, mix with cold water; add boiling water, boil until it thickens; then add the lemons and eggs to this and sweeten to taste. Boil a little while longer, and pour in baked crust. Make frosting with the whites of 2 eggs and 5 tsp. of sugar. Brown in oven. This makes a large pie.

Mrs. James Laughnan

BANANA PIE

Line a deep pie plate with rich pie crust and bake a delicate brown.

Filling—Take a scant c. of sugar in your sauce pan and cream into it a generous tsp. of butter (not melted.) Beat in the yolks of 2 eggs and 2 heaping tbsp. of flour then add 1 cup of boiling water. Cook, stirring constantly until thickened, add a little vanilla when cool.

After the cream is cooled, slice into the cool crust a layer of bananas, alternate with a layer of cream. There should be 2 layers of each. Beat the whites of the eggs with 2 tsp. sugar and spread on top. Brown slightly in oven. Serve cold.

Mrs. John Tully

PUMPKIN PIE

1½ c. steamed and strained pumpkin	1 tsp. ginger
2-3 c. brown sugar	2 eggs
1 tsp. cinnamon	1 tsp. salt
	1¾ c. milk

Mix ingredients together in order named and bake in one crust in a moderately hot oven for about 40 minutes.

M. E. Meagher

COCOANUT PIE

Line a plate with plain paste, fill with following mixture: 2 c. milk, three egg yolks, ½ c. sugar, 2 tbsp. corn starch, 1 c. cocoanut, ¼ tsp. salt, grated rind and juice of 1 lemon, 1 tbsp. butter, scald milk, add sugar, eggs and corn starch. Cook until thick; add lemon and butter. Cover with meringue when baked.

Mrs. D. T. Morrill

PINEAPPLE PIE

1 can grated pineapple, 2 cups sugar, 2 tbsp. flour, 2 eggs, ¾ c. cold water and pinch of salt. Bake in 2 crusts, makes 2 good pies.

Mrs. J. W. Smythe

PUMPKIN PIE

Peel and cut pumpkin in cubes rejecting seed and soft fibre, put in kettle with very little water, simmer until tender, mash, press through sieve and cook until fairly dry. For one pie, take 1 c. pumpkin, ½ c. brown sugar, ½ tsp. cinnamon, ½ tsp. ginger, salt, one egg beaten, 2 c. milk. Mix in order given, scald, partly cool, fill crust and bake.

Mrs. D. T. Morrill

LEMON CREAM SPONGE PIE

Cup of sugar, butter size of walnut, yolks of 2 eggs, 2 tbsp. of flour, stir as cake, grated rind and juice of 1 lemon, 1 c. of sweet milk. Beat whites of eggs and fold in mixture. Bake with 1 crust in a moderate oven.

Mrs. A. J. Benson

CREAM PIE

2 eggs	$\frac{3}{4}$ c. sugar
$\frac{1}{2}$ c. raisins	1 c. sour cream
$\frac{1}{4}$ c. currants	$\frac{1}{2}$ level tsp. cinnamon
	$\frac{1}{2}$ level tsp. ground clove

Separate the eggs. To the beaten yolks add raisins and currants chopped very fine, sugar, cream and spices. Line a pie plate with rich paste, and bake the mixture with only one crust, using the whites for a meringue.

Mrs. J. Collins

LEMON PIE

Line a pie-plate with crust and bake. Filling: 1 c. boiling water, 1 lemon, grated rind and juice; 1 cup sugar; 1 tbsp. corn starch; yolks of 2 eggs. Cook until it thickens and pour on the baked crust. Cover with a frosting made of the whites sweetened to taste. Brown.

Mrs. J. Coggans

LEMON PIE

Take one thick slice of bread, pour over one cup cold water, let stand 20 minutes. Beat smooth, add 1 c. sugar, the rind and juice of 1 lemon, yolks of 2 eggs, and 2 tbsp. melted butter. Mix well and bake in 1 crust. When done cover with meringue made of whites of the 2 eggs. Brown in the oven.

Mrs. M. Borgeson

LEMON CREAM PIE

1 c. sugar	grated rind lemon
$1\frac{3}{4}$ c. water	juice 2 lemons
$\frac{1}{2}$ tsp. salt	2 eggs
2 tbsp. corn starch	

Sift dry ingredients, add water and cook in double boiler until thick. Add egg yolks slightly beaten. Add lemon juice. Cool and fill pastry shell. Beat egg whites stiff, allowing a tbsp. of sugar for each egg. Spread on top of pie, place in oven and brown quickly.

Mrs. J. H. Breen

LEMON PIE

4 eggs	1½ c. boiling water
1 c. sugar	The grated rind and juice
2 heaping tbsp. flour	2 lemons

Beat the yolks and white of eggs separately. To the beaten yolks add the sugar, flour, lemon juice and rind and lastly boiling water. Cook in double boiler and when it begins to thicken add to it ½ of the beaten whites. Stir this in thoroughly and let it cook until it is as thick as desired. Use remainder of whites for the meringue on top of the pie. After custard has cooled fill a baked shell, pile the meringue on top and bake until meringue is brown.

Mrs. M. F. Maloney

CUSTARD PIE

3 eggs well beaten	3 tbsp. sugar
1 pint milk	

Beat eggs and sugar very light, add milk, little salt, cinnamon, nutmeg, 1 tbsp. coconut. Bake in a deep plate in a slow oven.

Mrs. C. L. Carney

SQUASH PIE

1½ c. sifted squash; ½ c. sugar; 1 egg; 1 c. boiling milk; ¼ tsp. cinnamon; salt. This makes 1 pie.

Mrs. J. Coggans

SQUASH PIE

1 c. squash, 2 eggs, pinch of salt, 2 c. milk, (scald milk) ½ c. sugar. Cinnamon to taste.

Mrs. Herbert Fitts

LEMON SPONGE PIE

1½ c. sugar, 3 tbsp. flour, butter size of an egg, melted; juice of 1 large lemon, beaten yolks of 2 eggs. Stir all together, then add 1½ c. cold sweet milk and beaten whites of 2 eggs last. Bake in 1 crust in deep pie plate.

Mrs. J. W. Smythe

OLD FASHIONED MINCE MEAT

2 bowls chopped apples, 1 bowl meat, $1\frac{1}{2}$ c. molasses, 1 pint old cider, 1 lb. raisins, 1 lb. currants, 1 c. sugar, 2 lbs. suet, chopped fine. 1 qt. water, in which meat was cooked. Salt, $\frac{1}{2}$ lb. citron chopped fine. Mix ingredients, heat gradually, stir occasionally, and cook slowly 2 hours. Add ground spices to taste after meat is cooked or when making pies.

Mrs. Oswald Laliberte

CARROT MINCE MEAT

Steam 2 lbs. of carrots, then chop fine, add 2 qts. of apples chopped in medium sized pieces, 1 lb. seeded raisins, 1 lb. seedless raisins. (these take the place of currants) add $\frac{1}{2}$ lb. citron, 1 lb. of brown sugar, 1 c. of molasses, 2 lemons grated rind and juice, 3 level tsp. all kinds of spice except ginger, add 2 tsp. of ginger. Put sugar, molasses and spice together, then mix with carrots, etc. Let stand 3 days before using.

Mrs. M. F. Troy

TOMATO MINCE MEAT

One pk. green tomatoes, chopped and drained; rinse well in fresh water, drain again. Add more fresh water and boil 5 or 6 min., then drain out all water. Then add 4 lbs. of white sugar, 2 lbs. of raisins, 1 qt. cranberries, 1 cup strong coffee, 1 c. vinegar, 1 c. suet or butter, $\frac{1}{2}$ c. of boiled cider, 2 tbsp. salt, cloves, nutmeg, cinnamon. Chop cranberries and sweeten to taste before adding them. Cook slowly and as long as any mince meat.

Mrs. Frederick Renaud.

GREEN TOMATO MINCE MEAT

Two qts. of tomatoes chopped fine, drain off juice and cover with cold water and let come to a boil, scald 30 min. and drain.

1 lb. of brown sugar	$\frac{1}{2}$ lb. of seeded raisins
$\frac{1}{4}$ lb. of chopped citron	$\frac{1}{2}$ c. of suet

Cook until thick. When cold add $\frac{1}{2}$ tsp. cinnamon, $\frac{1}{2}$ cloves, $\frac{1}{2}$ nutmeg. When making pie add lemon juice to taste.

Mrs. P. F. Cuddihy

MINCE-MEAT THAT WASHINGTON ATE

(150 years old)

Boil 2 lbs. lean beef and when cold chop fine; mince 1 lb. of beef suet to a powder; peel and chop 5 lbs. apples; seed 2 lbs. raisins; wash and pick over carefully 2 lbs. currants and 1 lb. Sultann raisins; cut into tiny bits $\frac{3}{4}$ lb. citron. Mix these ingredients adding as you do so 1 tbsp. each of cinnamon and mace, tsp. ground nutmeg, tbsp. salt and $2\frac{1}{2}$ of brown sugar; when all is well mixed, stir in $1\frac{1}{2}$ qts. cider. Mix thoroughly and pack down in a stone crock.

Mrs. Borgeson

GREEN TOMATO MINCEMEAT

One pk. tomatoes, chopped fine, scald, and drain off all juice from them and put on to cook with

1 qt. of water	1 c. suet
5 lbs. brown sugar	1 c. vinegar
2 lbs chopped raisins	2 tbsp. salt

Cook until tomatoes are the color of the raisins. When cool add 2 tbsp. of cinnamon, 1 tbsp. of each, nutmeg, orange peel, lemon peel, and chopped citron. Can or put in jars.

Mrs. M. F. Troy.

GREEN TOMATO MINCE MEAT

3 pts. green tomatoes (chopped)	1 tbsp. cinnamon
3 pts. apples (chopped)	$\frac{1}{2}$ tbsp. cloves
5 c. brown sugar	$\frac{1}{4}$ tsp. pepper
1 c. vinegar	$\frac{1}{4}$ tsp. mace
3 c. seeded raisins	$\frac{1}{4}$ tsp. all spice
2 c. currants	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ lb. citron put through meat chopper	1 c. butter or chopped suet

Boil three hrs. bottle hot.

Mrs. Josephine Delehanty.

PUDDINGS

"The proof of the pudding lies in the eating"

STEAM PUDDING

1 c. chopped suet	1 tsp. salt
3 $\frac{1}{2}$ c. flour	1 tsp. soda
1 c. molasses	1 $\frac{1}{2}$ tsp. cloves
1 c. sour milk	1 $\frac{1}{2}$ tsp. cinnamon
1 c. raisins	

Steam three hours.

Mrs. C. L. Carney

SWEET POTATO PUDDING

1 c. bread crumbs	3 eggs
1 c. sweet milk	1 large sweet potato, grated
1 c. sugar	
1 $\frac{1}{2}$ c. raisins	$\frac{1}{2}$ tsp. each cinnamon, cloves, nutmeg and salt
1 c. currants	

Butter mould well and dust with granulated sugar before putting in the pudding. Steam three hours. Beat eggs very light without separating, before adding to the mixture.

Mrs. M. Borgeson

SUET PUDDING

1 c. molasses	1 $\frac{1}{2}$ tsp. salt
1 c. suet, chopped	1 heaping tsp. soda mixed with molasses
1 c. milk	
3 $\frac{1}{2}$ c. flour	$\frac{1}{2}$ tsp. cinnamon, cloves and nutmeg
1 c. chopped raisins	

Mix and sift dry ingredients. Add molasses and milk to suet. Combine mixtures and add raisins. Turn into a buttered mold, cover and steam 4 hours. Serve with hard sauce.

Mrs. Oswald Laliberte

JOHN DELIGHT PUDDING

2 c. bread crumbs	1 c. sweet milk
$\frac{1}{2}$ c. butter or ground suet	1 egg
$\frac{1}{2}$ c. molasses	1 tsp. cinnamon
1 c. chopped raisins	$\frac{1}{2}$ tsp. cloves
$\frac{1}{4}$ tsp. salt	1 tsp. soda in molasses

Mix all together, pour in buttered mould and steam about three hours.

SAUCE FOR JOHN DELIGHT PUDDING

$\frac{1}{2}$ c. butter	$1\frac{1}{4}$ c. confectioners sugar
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Beat to a cream, add yolks 2 eggs, beat until thick, flavor with vanilla.

Mrs. W. H. McGilpin

SUET PUDDING

1 c. suet	1 c. currants
1 c. molasses	1 egg
1 c. milk	1 tsp. soda
2 c. cake crumbs	1 tsp. cinnamon
1 c. flour	$\frac{1}{2}$ tsp. nutmeg
1 c. raisins	

Steam 3 hours, serve with a hard or brandy sauce.

Mrs. Sarah Shattuck

PLUM PUDDING

1 c. chopped suet	$3\frac{1}{2}$ c. flour
1 c. sour milk	1 tsp. soda
1 c. molasses	1 tsp. cloves
1 c. raisins	2 tsp. cinnamon
1 c. nuts and citron mixed	1 tsp. nutmeg
1 egg	1 tsp. salt

Steam 3 hours.

HARD SAUCE

$\frac{1}{2}$ c. butter, creamed	1 tsp. hot water
1 c. powdered sugar	1 tsp. vanilla

Mrs. D. T. Morrill

SUET PUDDING

1 c. molasses	1 heaping tsp. soda mixed with molasses
1 c. milk	
1 c. suet, chopped	1½ tsp salt
3¼ c. flour	½ tsp. cinnamon, cloves and nutmeg
1 c. chopped raisins	

Mix and sift dry ingredients. Add molasses and milk to suet. Combine mixtures and add raisins. Turn into a buttered mold, cover and steam 4 hours. Serve with hard sauce.
Mrs. Oswald Laliberte

NUT PUDDING

1 c. soft bread crumbs	2 egg yolks
2 c. scalded milk	¾ c. sugar
1 tbsp. shortening	juice and grated rind of 1 lemon and
1 c. chopped nuts	
1 c. chopped raisins	2 stiffly beaten whites of eggs
½ tsp. salt	

Mix bread crumbs, milk, shortening, nuts, salt, egg yolks, sugar, juice and rind of lemon. When all blended, add raisins and mix thoroughly; then fold in whites of eggs; pour into buttered moulds. Bake 20 or 30 min. Serve with cream.
Mrs. Oswald Laliberte

TAPIOCA PUDDING

Put 1 qt. of milk on stove and let heat, add 2 large tbsp. of minute tapioca, yolks of 2 eggs, 1 tsp. of lemon extract, pinch of salt, 1 tbsp. of sugar; stir until it thickens, remove from fire, put into a pudding dish; then beat whites of the two eggs to a stiff foam and stir into the pudding. (1 or 2 bananas may be added if desired.)

Miss N. F. Ryan

PINEAPPLE TAPIOCA PUDDING

Boil in double boiler 15 min., 4 heaping tbsp. minute tapioca, ¼ c. sugar, pinch of salt in qt. of hot water. Remove from fire and add a c. of grated pineapple and sweeten. Serve with whipped cream.
O. Holden

FLOATING ISLAND

1 pint cream
1 c. sugar

1 tsp. vanilla

Whip cream, add sugar gradually, add vanilla. To 1 envelope of minute gelatine add a little cold water, then a little hot water to dissolve it. (The amount of cold and hot water amounts to a half cup or a little over.) Allow it to become lukewarm. Whip into your whipped cream, sugar and vanilla. Set on ice in molds.

CHOCOLATE SAUCE FOR FLOATING ISLAND

1 c. water
 $\frac{3}{4}$ c. sugar

2 tbsp. cocoa or $\frac{1}{2}$ square
chocolate

Sift in 1 tbsp. of corn starch with sugar and cocoa. Add water and boil until it thickens. Let cool and chill. Chopped nuts may be added. To serve: Place mold in sauce dish and pour over chocolate sauce. Mrs. George Silk

RUSSIAN CREAM

4 eggs
1 c. sugar
1 qt. milk

$\frac{1}{2}$ box gelatine dissolved
in c. water

Beat yolks of eggs and sugar together. Cook with milk in a double boiler like custard. Take off from the stove and add beaten whites then gelatine which is dissolved and a tsp. of lemon juice (strained.) Pour in to well wet mold and set on ice to harden. Serve with whipped cream.

Mrs. C. L. Carney

PINEAPPLE CREAM

Beat the yolks of 3 eggs slightly and add grated rind of 1 lemon, juice 1 lemon, $\frac{1}{2}$ c. sugar, pinch of salt. Cook over hot water, stirring constantly until mixture thickens. Remove from range and add $1\frac{1}{2}$ tbsp. granulated gelatin soaked five min. in one-third cup cold water and two-thirds c. grated canned pineapple. When mixture begins to thicken add $\frac{1}{2}$ c. heavy cream beaten stiff and the whites 3 eggs, beaten until stiff. Turn into a mold and chill.

Mrs. Charles Simpson

COCOANUT PUDDING

Boil 1 pt. milk. Stir in three well beaten eggs, 2 tbsp. sugar and $\frac{1}{2}$ tsp. salt. Stir until it begins to thicken. Add 1 teacup cocoanut and let cook a few minutes. Have pudding dish lined with lady fingers or sponge cake. Pour custard over it and let bake slowly for half hour. Serve with whipped cream or foaming sauce made with 1 c. milk boiled, whites 2 eggs beaten with $\frac{1}{2}$ c. powdered sugar. Add boiled milk, again beat until foamy and serve.

Mrs. C. L. Carney

APPLE SAUCE

Wipe, pare and quarter sour apples; remove seeds and core; put into saucepan and add cold water to almost cover. Cook slowly until soft. Add about $\frac{1}{2}$ c. sugar for each qt. apples. Cook a few minutes longer; remove from fire; add a little lemon peel and serve either hot or cold.

Mrs. P. J. Breen

DESSERT OF FIGS

Wash whole figs and let them remain covered with cold water over night. Simmer in the same water for $\frac{1}{2}$ hour or more. Serve cold in their juice with ground nutmeats powdered on them. Without the nuts this dessert is especially good for children over three years old.

Mrs. Harriet Tully

QUICK DESSERT

2 eggs

2 tbsp. sugar

1 pt. milk

1 tsp. vanilla

Separate whites and yolks and beat whites until stiff. Bring milk to boiling point and drop a tbsp. of the beaten white onto it. This will puff and should then be removed and placed in custard cup. Repeat until cups are filled. Beat yolks, sweeten, flavor and add to milk. When slightly thickened pour over whites. Sliced fruit may be added if desired. Above will serve four people.

Mrs. A. G. Shepard

GINGER PUFFS

1 egg	$\frac{1}{2}$ tsp. soda
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. boiling water
$\frac{1}{2}$ c. molasses	$\frac{1}{2}$ tsp. ginger
$1\frac{1}{2}$ tbsp. butter	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ tsp. salt	1 heaping c. flour

Break egg into a dish; add $\frac{1}{2}$ c. each of sugar and molasses; add $1\frac{1}{2}$ tbsp. of butter, dissolve $\frac{1}{2}$ tsp. of soda into a $\frac{1}{2}$ c. boiling water, and add to the mixture. Sift in $\frac{1}{2}$ tsp. ginger and cinnamon; $\frac{1}{2}$ tsp. of salt and a heaping c. of flour; mix all together; bake in muffin pans in a moderate oven 10 or 15 min.; serve hot with butter.

Miss N. F. Ryan

DELICATE PUDDING

$1\frac{1}{2}$ pts. milk, 2 tbsp. corn starch, in the top of double boiler; when well-cooked remove from the fire; have beaten the whites of 2 eggs very light; stir them gradually into the mixture with 2 tbsp. of sugar, a little salt, and flavor. Sauce— $\frac{1}{2}$ pt. milk scalded, add the yolks of 2 eggs, and 2 tbsp. of sugar. Good warm or cold.

E. J. Whittaker

CREAM PUFFS

1 c. flour	1 c. butter
4 eggs	1 c. water

Put water and butter on stove, let come to a boil, then add flour all at once, remove from stove and add eggs, one at a time. Drop from spoon on buttered pan one inch apart. Bake in hot oven.

Mrs. James Laughnane

FILLING

1 egg	1 c. milk
pinch salt	1 c. sugar
1 tsp. vanilla	1 tbsp. flour

Beat together and boil until it thickens, add vanilla.

CHOCOLATE SOUFFLE

$\frac{1}{3}$ c. sugar	$\frac{3}{4}$ c. milk
2 tbsp. hot water	3 eggs
$\frac{1}{2}$ tsp. vanilla	$1\frac{1}{2}$ squares unsweetened chocolate
2 tbsp. butter	2 tbsp. flour

Melt butter, add flour and pour on gradually, while stirring constantly milk; cook until boiling point is reached. Melt chocolate in a small saucepan placed over hot water, add sugar and water and stir until smooth. Combine mixtures, and add yolks of eggs well beaten; cool. Fold in whites of eggs, beaten stiff and add vanilla. Turn into a buttered baking dish and bake in a moderate oven 25 min. Serve with cream.

Mrs. J. J. Hogan, Jr.

ORANGE PUFFS

$1\frac{3}{4}$ c. flour	4 tsp. baking powder
$\frac{3}{4}$ c. sugar	$\frac{1}{2}$ c. milk
$\frac{1}{2}$ tsp. salt	1 egg
$\frac{1}{4}$ c. butter	2 oranges

Sift dry ingredients. Cream the butter, add sugar gradually, then the egg (well beaten.) Stir in the milk, then the dry ingredients, add the grated rind of oranges and 1 tbsp. of orange juice. Beat well and bake in well-greased gem pans 25 to 35 min. Serve with orange sauce made with orange pulp.

ORANGE SAUCE

$\frac{3}{4}$ c. sugar	2 c. boiling water
2 tbsp. flour	$\frac{1}{2}$ lemon juice
juice and pulp oranges	1 tbsp. butter

Mix sugar and flour thoroughly; then slowly add the boiling water. Cook 10 min. Add the fruit juice, then the butter. Stir until the butter is melted, when sauce will be ready to serve. For economy, the butter may be omitted. It adds to the flavor, however.

Mrs. Charles Simpson

TOASTED MARSHMALLOWS

1 tbsp. granulated gelatine	Whites 3 eggs
1 c. boiling water	1½ tsp. vanilla
1 c. sugar	Macaroons

Dissolve gelatine in boiling water, add sugar, and as soon as dissolved set bowl containing mixture in pan of ice-water; then add whites of eggs and vanilla and beat until mixture thickens. Turn into a shallow pan, first dipped in cold water, and let stand until thoroughly chilled. Remove from pan and cut in pieces the size and shape of marshmallows; then roll in macaroons which have been dried and rolled. Serve with sugar and cream.

Mrs. W. W. Buckley

GREEN CORN CUSTARD

1 pt. milk	2 eggs
1 c. green corn	piece butter
½ green pepper	pinch salt

Mrs. Sarah Shattuck

STRAWBERRY SHORT CAKE

2 c. flour	3 tbsp. shortening
¼ tsp. salt	¼ c. milk
2 tbsp. sugar	1 qt. berries
4 tsp. baking powder	

Sift dry ingredients; cut in shortening; add milk to make soft dough; smooth out lightly. Bake in greased deep layer cake tin in hot oven 20 to 25 min. Split while hot and spread crushed and sweetened berries and whipped cream between layers; cover top with whipped cream and whole berries. Dust with powdered sugar and serve.

Mrs. P. J. Breen

COOKIES AND DOUGHNUTS

"Variety great, to the ingenious maker."

OATMEAL COOKIES

1 c. molasses	1 tsp. soda dissolved in molasses
1 c. brown sugar	pinch of salt
$\frac{3}{4}$ c. shortening	1 tsp. cinnamon
$2\frac{1}{4}$ c. flour	1 tsp. cloves
$2\frac{1}{4}$ c. Quaker Oats	Drop on buttered tin
1 egg	C. Holden

MOLASSES DROP CAKE

1 c. sugar	$\frac{1}{2}$ c. molasses
$\frac{1}{2}$ c. lard (melted)	$\frac{1}{2}$ c. milk
1 egg	

Sift together $2\frac{1}{2}$ cups of bread flour, 1 tsp. each of soda, salt and cinnamon. Stir into liquid. Drop into little balls about the size of an English walnut on a greased tin. Leave plenty of space for cookies to spread.

Mrs. M. F. Troy

FRUIT COOKIES

1 c. of grated raw potatoes	1 tsp. of cinnamon
$\frac{1}{2}$ c. of lard drippings	Nutmeg and cloves to taste
1 c. of sugar	2 c. of chopped raisins or dates
1 tsp. of soda	flour to roll
2 tsp. cream of tartar	

When cut brush over with milk, sprinkle with sugar and bake in quick oven.

Mrs. M. F. Troy

DOUGHNUTS

Beat 2 eggs very light, add small c. of sugar and beat again, add 1 c. of milk. Put 2 tsp. baking powder, a pinch of salt and 1 tsp. nutmeg. Flour to make soft dough. Knead it very little, and fry in hot fat. Mrs. James B. Laughname

JOHNNY CAKE

2 tbsp. sugar	$\frac{1}{2}$ c. corn flour
butter size of an egg	2 c. white flour
2 eggs well beaten	pinch of salt
$1\frac{1}{2}$ c. of milk	2 tsp. baking powder

Mix in order given. Can be made in muffin pans.

Mrs. James B. Laughname

CLAM CAKES

2 c. flour	1 c. of milk
2 tsp. baking powder	2 eggs
pinch of salt	

Beat well and add 1 box of clams. Drop in hot fat a spoonful at a time. C. Holden

QUAKER MACAROONS

1 c. sugar	$2\frac{1}{2}$ c. Quaker Oats
1 tbsp. butter	2 tsp. baking powder
2 eggs	1 tsp. vanilla

Cream butter and sugar, add yolks of eggs. Add Quaker Oates to which baking powder has been added and add vanilla. Beat whites of eggs stiff and add last. Drop on buttered tins. Bake in slow oven. C. Holden

RAISED DOUGHNUTS

Make a sponge as for bread using 1 pt. of warm milk, and 1 yeast cake. When the sponge is very light add $\frac{1}{4}$ c. of butter, coffee cup of sugar, 1 tsp. of salt, $\frac{1}{2}$ tsp. of soda, 1 tbsp. cinnamon. Stir in 2 well beaten eggs and add sifted flour until consistency of bread dough. Cover and let rise—roll out dough into sheet $\frac{1}{2}$ inch thick—cut and fry in very hot lard. Mrs. T. F. O'Hara

BROWNIES

1 c. of sugar	pinch of salt
$\frac{1}{2}$ c. of butter	$\frac{1}{2}$ c. of flour
2 eggs	1 c. of English Walnuts
2 squares of chocolate	$\frac{1}{2}$ tsp. of vanilla

Cream sugar and butter, add eggs beaten very light, and stir in the melted chocolate and salt, add vanilla and pour into a square pan and bake 25 minutes. Cut in squares.

Mrs. T. F. O'Hara

SOFT GINGERBREAD

With 1 c. of molasses mix 1 tsp. of soda until it foams. Beat in egg, $\frac{1}{2}$ c. soft lard, $\frac{1}{4}$ c. warm water, $\frac{1}{2}$ tsp. ginger and 2 scant cups of bread flour, pinch of salt. Bake 25 min. in hot oven.

Miss N. F. Ryan

CREAM PUFFS

One-half c. butter and 1 c. of water boiled together. Add to this 1 level cup flour. Stir flour in quickly until mixture will be smooth. Add 4 eggs, beating each one in separately. Bake 25 minutes in moderate oven. One tsp. on buttered paper makes one puff. Fill with whipped cream or the following mixture: 1 small pt. of milk (bring to boil), 1 small cup of sugar, 1 or 2 eggs, as you like, $\frac{1}{2}$ c. flour. Flavor with either lemon or vanilla.

Mrs. Walter Connors

DOUGHNUTS

4 potatoes	5 tsp. baking powder
$\frac{1}{2}$ c. milk	1 tsp. salt
2 eggs	butter size of walnut
2 c. of sugar	1 tsp. nutmeg
5 c. of flour	1 tsp. lemon extract

Cook potatoes and mash, add milk, salt, butter and sugar, eggs well beaten, nutmeg and lemon extract. Mix baking powder with flour, add to mixture. Roll $\frac{1}{2}$ in. thick and fry in hot fat.

Mrs. J. J. Hogan, Jr.

SOFT MOLASSES GINGER BREAD

$\frac{1}{2}$ c. butter and lard mixed	$1\frac{1}{2}$ c. pastry flour
$\frac{1}{2}$ c. sugar	1 tsp. ginger
1 egg	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ c. molasses	$\frac{1}{4}$ tsp. nutmeg
1 tsp. baking soda dissolved in a little hot water	last of all add $\frac{1}{2}$ c. boiling water

Mrs. J. J. Hogan, Jr.

DOUGHNUTS

1 large c. of sugar	2 eggs
5 tbsp. of melted lard	
Beat these together 5 minutes, then add	
1 pt. sweet milk	1 level tsp. of nutmeg
1 qt. of flour	3 level tsp. of baking pow.
1 level tsp. of salt	

Add gradually to liquid. Makes about 40 doughnuts and they will not soak fat.

Mrs. Walter Connors

PEANUT BUTTER COOKIES

Cream 2 tbsp. butter, add $\frac{1}{2}$ c. peanut butter and cream again. Gradually beat in 1 c. milk, 2 tsp. baking powder, sifted with 2 c. of flour, $\frac{1}{2}$ tsp. salt. Dredge with shredded cocoanut and bake in a quick oven. Mrs. M. F. Troy

FILLED COOKIES

$2\frac{1}{2}$ c. of flour	1 egg yolk and white beaten
$\frac{1}{2}$ c. butter	1 c. of sugar
2 tsp. cream of tartar	$\frac{1}{2}$ c. of milk
1 tsp. soda	

Work the shortening with flour.

Filling

1 c. ground raisins	1 tsp. flour
$\frac{1}{2}$ c. water	1 tsp. vanilla
$\frac{1}{2}$ c. sugar	

Cook until thick.

Mrs. Frank J. Powers

COCOANUT DROP COOKIES

One cup brown sugar, 1 c. of butter (or butter and lard) or lard, $\frac{1}{2}$ c. sour milk with 1 tsp. soda dissolved in it, 1 tsp. baking powder, 1 c. cocoanut. Mix flour enough to make stiff batter and drop with teaspoon in greased pan. Bake in rather a quick oven. Mrs. George Silk

GINGERBREAD

$\frac{1}{2}$ c. granulated sugar	$\frac{1}{4}$ tsp. cinnamon
$\frac{1}{2}$ c. molasses	$\frac{1}{4}$ tsp. salt
1 tsp. shortening (butter or lard)	$1\frac{1}{2}$ c. white flour
$\frac{1}{2}$ tsp. ginger	1 tsp. soda dissolved in 1 c. of warm coffee or water
$\frac{1}{4}$ tsp. cloves	

Mrs. J. W. Smythe

CUPCAKES

2 eggs	1 tsp. baking powder
1 c. sugar	$\frac{1}{2}$ c. hot milk
$1\frac{1}{4}$ c. flour	
1 tsp. butter	1 tsp. desired flavoring

Beat eggs well, add sugar, beat again, add flour with baking powder, flavoring, melt butter in hot milk, add last. Mrs. W. H. McGilpin

CALIFORNIA DROP CAKES

Cream together $\frac{1}{2}$ c. butter with 1 c. sugar, add 1 c. molasses, 1 c. milk and 4 c. flour sifted with tsp. soda, cinnamon and salt. Drop by spoonfuls on buttered tin. Bake in quick oven. Makes two dozen.

FRUIT COOKIES

1 c. sugar	2 tbsp. hot water
$\frac{1}{2}$ c. molasses	$2\frac{1}{2}$ c. flour
$\frac{2}{3}$ c. butter	1 c. raisins
2 eggs	Salt and spice
$\frac{3}{8}$ tsp. soda	

Bake in a thin sheet and cut in squares. Mrs. J. F. Power

OATMEAL COOKIES

1 egg	$\frac{1}{2}$ c. fine oatmeal
$\frac{3}{4}$ c. sugar	2 c. flour
$\frac{1}{4}$ c. thin cream	2 level tsp. baking powder
$\frac{1}{4}$ c. milk	1 tsp. salt

Roll out and bake in a moderate oven. Mrs. M. F. Troy

VANILLA COOKIES

1 c. sugar	2 tbsp. milk
$\frac{3}{4}$ c. butter	2 tsp. baking powder
2 eggs	$1\frac{1}{2}$ tsp. vanilla

Flour enough to make as soft as can be handled.

Mary A. Ryan

OAT MEAL COOKIES

$\frac{3}{4}$ c. of butter	$1\frac{1}{2}$ c. flour
1 c. sugar	$\frac{3}{4}$ tsp. soda
2 well beaten eggs	1 tsp. cinnamon
$2\frac{1}{2}$ c. Quaker Oats	1 tsp. vanilla
1 c. chopped raisins	$\frac{1}{4}$ tsp. salt

Mix with knife and drop from teaspoon onto buttered tin. Bake in moderate oven. Mrs. A. G. Shepard

SOUPS

"Hot dishes hot cold dishes cold."

POTATO AND CELERY CHOWDER

2 even tbsp. flour	$\frac{1}{2}$ c. celery cut the same
1 tbsp. butter	2 c. boiling water
1 small onion	3 c. scalded milk
$1\frac{1}{2}$ c. potatoes (cubes)	little pepper

Way of preparing: Cook the potato, celery and onion in boiling water, to which salt and pepper has been added. Mix butter and flour well and add to scalded milk. Add to this the cooked potatoes and celery and pepper and boil together for a few minutes and serve. Mrs. C. L. Carney

CELERY SOUP

2 c. celery	2 c. scalded milk
1 qt. cold water	$1\frac{1}{2}$ tsp. salt
2 slices onion	1 blade mace
4 tbsp. butter	Cayenne
2 tbsp. flour	Celery salt

Chop celery, cook in water until tender. Cook onions and mace in milk 20 minutes, strain. Melt butter, add flour and seasonings and combine mixtures. Cook 5 min. and serve with 1 tbsp. whipped cream to each service.

Mrs. D. T. Morrell

SQUASH SOUP

Two c. of cooked squash, 1 onion cooked with squash $\frac{1}{2}$ hour in double boiler, 1 quart of milk, 3 heaping tsp. of flour, 1 tbsp. of butter, blend together and put into boiling milk. Then add squash, cook 10 min., strain, add pepper and salt to taste. Serve with spoonful of whipped cream.

Mrs. Charles Simpson

CORN CHOWDER

Three c. corn cut from cob, 3 c. potatoes diced, boiled not very soft, 2 onions chopped and browned lightly in butter. Heat 3 c. milk in a double boiler. Add to milk 3 rounding tbsp. butter, rubbed smooth in 5 level tbsp of flour. Use water potatoes are cooked in. Add corn, onions and potatoes to milk and cook 15 minutes. Add salt and pepper to taste. Mrs. W. J. Richardson

SOUP

Rich bouillon blanc, add to it asparagus tips, boil till tender, pass through a tamis, bring to a boil again, thicken with roux, add asparagus heads and equal quantity of cream sauce. Mrs. Sarah Shattuck

CREAM OF CABBAGE SOUP

1 small cabbage	1 onion
2 c. water	2 tbsp. flour
2 c. milk	2 tbsp. butter

Salt and pepper to taste

Chop cabbage, add water, cook until tender, press through a sieve. Melt butter, add onion, cook slowly 5 min., add flour, scalded milk and cabbage mixture, cook 5 min. Add seasoning, strain and serve. Mrs. T. P. Jowett

VEGETABLE SOUP

Cook a small beef bone weighing 2 or 3 lbs until meat drops off, add to the liquid 2 carrots and 1 turnip chopped fine and cook until nearly done then add potatoes cut in small pieces. When done add dumplings. Mrs. T. P. Jowett

HAMBURG STEAK SOUP

Take 3 slices of salt pork and 3 onions, fry brown, add 1½ lbs. Hamburg, heat through, add a little rice and carrot (cut fine), 2 quarts of boiling water, salt and pepper to taste and thicken; boil until vegetables are cooked. A little more water may be added if liked.

Ellen J. Whittaker

VEAL SOUP FOR DINNER

6 lbs. knuckle of veal	3 to 4 stalks celery
4 qts. cold water	1 onion
1 t ^h bsp. salt	little pepper

Wipe the veal and cut meat fine and break the bone. Put it into a kettle and cover with cold water. Skim as it boils and when clear add seasoning. Simmer until the meat falls from the bones. Strain and when cool remove fat. Use it for white or delicate soup. Mrs. C. L. Carney

CORN SOUP

1 can corn	2 t ^h bsp. butter
2 c. cold water	2 t ^h bsp. flour
1 small chopped onion	1 t ^h sp. salt
3 c. of hot milk	$\frac{1}{8}$ t ^h sp. pepper

Chop corn and cook with onion and water about $\frac{1}{2}$ hr. Scald milk, melt butter, add flour to melted butter, smoothing out all lumps. Add hot-milk very slowly, cook 5 minutes, add salt and pepper. Rub corn through a strainer and add to milk mixture. Cook 3 minutes and serve with toasted crackers. Mrs. Josephine Delehanty

CELERY SOUP

3 c. celery (cut in $\frac{1}{2}$ -inch pieces)	1 slice of onion
1 pt. of boiling water	3 t ^h bsp. butter
2 $\frac{1}{2}$ c. of milk	$\frac{1}{4}$ c. of flour
	salt and pepper

Wash and scrape celery before cutting in pieces, cook in boiling water until soft, and rub through a sieve. Scald milk with onion, remove onion, and add milk to celery. Bind with butter and flour cooked together. Season with salt and pepper. The outer and old stalks of celery may be utilized for soup.

CROUTONS

Cut stale bread in $\frac{1}{2}$ inch slices, remove crusts. Spread thinly with butter. Cut slices in $\frac{1}{2}$ inch cubes, put in pan and bake until a delicate brown. Mrs. Chas. Simpson

CREAM OF TOMATO SOUP

1 qt. tomatoes	2 tbsp. butter
1 qt. sweet milk	1 tsp. salt
1 tbsp. sugar	$\frac{1}{4}$ tsp. pepper
1 onion	$\frac{1}{2}$ c. water
2 tbsp. flour	

Way of preparing: Scald the milk with the onion, when scalded remove the onion and add flour, mix with cold water, taking care to keep the mixture free from lumps. Cook the mixture 15 minutes, add the sugar and butter, add tomato to mixture and strain into tureen and serve.

Mrs. C. L. Carney

JULIENNE SOUP

Remove fat from strong soup stock. To each quart of cold stock allow 1 egg—white and shell. Place over fire and stir constantly until boiling point is reached. Boil 2 minutes, then simmer 20 minutes. Remove scum and strain through double cheese cloth over fine strainer. Season and add cooked carrot cut in small fancy shapes and a few peas. Serve very hot.

Bessie Monahan

CREAM OF SPINACH SOUP

Cook 2 quarts spinach 30 minutes in 3 c. boiling water; drain, chop and rub thru a sieve; add four cups chicken stock, heat to boiling point, bind with $\frac{1}{4}$ c. butter and $\frac{1}{2}$ c. flour cooked together and add 2 c. milk. Season with salt and pepper.

M. G. Butler

TOMATO SOUP

1 qt. tomatoes	$\frac{1}{2}$ tsp. pepper
1 qt. cold water	1 tbsp. butter
1 onion	4 tbsp. flour
1 tbsp. sugar	2 stalks celery
2 tsp. salt	

Chop onion and celery fine and add to tomatoes, boil 20 minutes, take off and strain, return to fire, beat flour and butter until smooth and stir into soup. Cook 10 minutes longer. Serve with dainty crackers.

Mrs. C. L. Carney

SPLIT PEA SOUP

1 c. dried split peas	1 ham bone
3 qts. cold water	2 tbsp. flour
½ onion	¼ tsp. pepper
4-inch cube salt fat pork	1½ tsp. salt

Pick over peas and soak over night, drain, add cold water, pork, ham bone and onion. Simmer 3 or 4 hours, or until peas are soft. Rub through a sieve. Add the flour mixed with cold water to the soup. Boil 5 minutes, stirring constantly. Add seasonings. Cubed potatoes or boiled parsnips may be added to the soup; tomato juice and green peas may be added to give variety.

Mrs. P. J. Breen

MOCK BISQUE SOUP

1 pt. tomatoe puree with ¼ tsp. soda	2 dessert spoons of flour 1 tbsp. butter
1 pt. of hot milk	

Blend together, pour in hot milk and beat.

Mrs. Sarah Shattuck

TOMATO SOUP

One quart or 1 can of tomatoes, cook with 1 qt. of cold water 1-2 hour, strain through a fine strainer, add salt, pepper and butter the size of an egg and thicken with 1 tsp. of flour wet with a little cold water. Serve hot.

Mrs. M. F. Maloney

TOMATO SOUP

1 sweet pepper	1 leaf cabbage
1 onion	2 cloves
1 carrot	2 qts. unpeeled ripe tom- atoes
1 turnip minced fine	1 tbsp. salt
sprig of parsley	¼ tsp. pepper
same of celery	2 tsp. sugar
1 piece bay leaf	

Cover and simmer 1 hour. Season. Strain through colander. Thicken with 1 tbsp. fat and 1 tbsp. flour.

Mrs. P. J. Breen

TOMATO BISQUE

1 can tomatoes	2 c. milk
2 tsp. sugar	2 tsp. flour
$\frac{1}{4}$ tsp. soda	$1\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ onion chopped	$\frac{1}{8}$ tsp. pepper

Cook tomatoes, onions and sugar for 15 minutes. Strain. Make sauce of milk and flour and add tomato mixture. Cook 5 minutes. Mrs. Josephine Delehanty

CLEAR VEGETABLE SOUP

3 lbs. lean beef from the the middle of the round	1 tsp. pepper corns 1 tbsp. salt carrot
3 lbs. marrow-bone	1 turnip
3 qts. cold water	

Onions, celery, $\frac{1}{2}$ c. each, cut in dice. Wipe and cut meat in inch cubes, put $\frac{2}{3}$ of meat in soup kettle and soak in water 30 minutes; brown remainder in hot frying pan with marrow from marrow-bone. Put brown meat and bone in kettle, heat to boiling point. Skim thoroughly and cook to a temperature below boiling point 5 hours; add seasonings and vegetables, cook 1 hour, strain and cool, remove fat. Mrs. Delia Coakley

TOMATO BISQUE

$\frac{1}{2}$ c. tomatoes	1 tbsp. cornstarch
1 qt. milk	1 tsp. salt
2 tbsp. butter	$\frac{1}{2}$ salt spoon pepper
	dash cayenne

Stew tomatoes till very soft, then strain, place strained tomatoes in a granite sauce pan. Add the soda. When it stops foaming add the butter, a small piece at a time. If added all at once it will show an oily line. Add salt, pepper and cayenne. Put the milk in a double boiler and scald, mix the cornstarch with a little cold milk and add to the milk. Let cook about 15 minutes. Pour milk into the tomatoes, beat well and serve at once.

Mrs. R. F. Gough

BISQUE SOUP

Equal parts of milk and strained tomato (1 pt. each), heat in separate dishes; to the tomato add piece of butter size of walnut, salt and a little nutmeg, pinch of soda. Let milk boil, thicken slightly with flour, pour tomato into milk.

C. Holden

FISH

"From the rude sea's enraged and foaming mouth."

TOMATO SAUCE FOR FISH

Take equal quantity of good stock and tomatoes—a veal shank, a ham shank and a few herbs—a few sliced vegetables and bay leaves—a little sugar. Boil till vegetables are done, thicken with roux, strain. Some like a little garlic added—some do not. Mrs. Sarah Shattuck

SCALLOPED OYSTERS

One quart solid oysters, cleaned and drained, 2 c. fine cracker crumbs. Rub pudding dish with butter then put layer of cracker crumbs and a layer of oysters. Add pepper and salt and small piece of butter on the layer and so on until dish is filled, using cracker for the top layer. Moisten well with milk and bake 1 hour.

Mrs. C. L. Carney

OYSTER COCKTAIL

Mix 2 tbsp. tomato catsup, 1 tbsp. each of horseradish, Worcestershire sauce, vinegar, lemon juice and $\frac{1}{2}$ tsp. each of minced onion, salt and Tabasco sauce. Keep on ice several hours and serve 1 tbsp. in each cocktail glass containing 5 small oysters. Bessie Monahan

COCKTAIL SAUCE

3 tbsp. vinegar	5 tsp. of lemon juice
3 tbsp. grated horse radish	$\frac{1}{2}$ tsp. Tabasco sauce
3 tbsp. tomato catsup	pinch of salt

Mrs. T. F. O'Hara

SCALLOPED OYSTERS

1 qt. oysters	2 eggs beaten light
1 pt. heated milk	pepper and salt to taste
a scant cup of butter before it is melted	20 common crackers rolled very fine

Stir milk, eggs, butter, seasonings and crackers together, then stir in oysters and liquor lightly. Butter your baking dish, pour in mixture and bake until nice light brown $\frac{3}{4}$ hr. Be sure fire is not too hot or mixture will be hard around the sides.

Mrs. Thomas J. Carey

SCALLOPED LOBSTER

Butter a deep dish and cover bottom with fine hard bread crumbs. Put on this a layer of chopped lobster with pepper and salt, so on alternately until the dish is filled having crumbs on top. Put on bits of butter and moisten with milk and bake 20 minutes.

Mrs. T. O'Hara

FRIED BLUE FISH

Clean, wipe dry, inside and out. Sprinkle with flour and season with salt. Fry in hot butter or sweet lard, $\frac{1}{2}$ lard and $\frac{1}{2}$ butter make a good mixture for frying. The moment fish is done to a good brown, take them from fat and drain in hot strainer, garnish with parsley.

Mrs. M. F. Maloney

CREAMED OYSTERS AND BROWN BREAD TOAST

For Sunday Night Supper

Take a pint of moderate sized oysters and cook in their liquor until their edges curl. Drain and add to a cream sauce made with 1 c. milk, 1 tbsp. flour level and 1 tbsp. butter. Cook over a very low gas; when the sauce is smooth add the oysters. Turn the gas still lower and let all simmer for 3 minutes. Pour into a chafing dish filled with hot water underneath and serve sprinkled with chopped parsley. Pass small slices of Boston Brown bread toasted and well buttered.

Mrs. Harriet Tully

CRAB MEAT OR LOBSTER NEWBURG

2 tbsp. flour	1 egg well beaten
butter size of an egg	1 qt. milk
1 tsp. made mustard (with milk)	1 can crabmeat or lobster

Over fire melt butter slowly until soft and add flour. Mix well and add tsp. of made mustard. Add 1 qt. of milk gradually and beaten egg, stirring constantly. Add crab meat when thickened and salt and pepper.

Mrs. George W. Silk

OYSTER COCKTAIL

mix 8 small raw oysters	1 tsp. celery finely chopped
1 tbsp. tomato catsup	ped
$\frac{1}{2}$ tbsp. vinegar or lemon juice	1 tsp. Worcestershire sauce
2 drops Tabasco	salt to taste

Chill thoroughly and serve in cocktail glasses or cases from four green peppers placed in a bed of cracked ice, and lettuce, garnish with strips of pimento. M. G. Butler

OYSTERS ON HALF SHELL

Brown bread sandwiches; pass Tabasco sauce and vinegar. Serve oysters in deep halves of the shells, allowing 6 to each person, arrange on plates with $\frac{1}{4}$ of a lemon in the center of each plate.

For sandwiches, cut brown bread very thin, spread with cream cheese and cut up olives. Miss Delia Coakley

SWEDISH FISH PIE

Make a rich pie dough; line a deep pie-dish with the paste and bake. Then fill with chopped boiled fish, oysters, shrimps and some chopped mushrooms. Sprinkle with salt, paprika and the grated peel of a lemon; add juice of the lemon, 3 tbsp. of melted butter and a beaten egg. Cover with pie-crust and bake 20 minutes.

Mrs. M. Borgeson, Westville

FRIED SMELTS

Clean smelts, leaving on heads and tails, sprinkle with salt and pepper, dip in flour, egg and crumbs, fry in deep fat 4 minutes. As soon as smelts are put into fat, remove fat to back of range so that they may not become too brown before cooked through; arrange on hot platter, garnish with parsley, lemon. Serve with potato balls and cole slaw.

Miss Delia Conkley

BAKED CODFISH

One cup after it is soaked, 3 c. mashed potatoes, $\frac{1}{2}$ c. milk (hot), 1 tbsp. butter melted in hot milk, 3 hard boiled eggs. Chop fine a little parsley, mix all together and bake $\frac{1}{2}$ hour in a well-buttered mould in a moderate oven. Serve with egg sauce.

Mrs. M. Borgeson,

Westville

FISH CRESCENTS

Prepare force meat in the following manner: Pound in a mortar 2 lbs. of halibut from which the skin and bones have been removed. Add to the fish, while pounding, the whites of 2 eggs, a little at a time, and pass through puree strainer. Add gradually $\frac{1}{2}$ c. cream, season with salt, pepper, grated onion and lemon juice to taste. Shape in crescent forms, dip in crumbs, slightly beaten egg yolk and crumbs again. Fry in deep fat and garnish with water-cress.

Bessie Monahan

CODFISH STEAK (New England Style)

Select fresh codfish, medium size, cut in steak cross-wise of the fish, about $1\frac{1}{2}$ in. thick; sprinkle a little salt over them and let stand 2 hours. Cut in dice salt fat pork, fry out the fat, and remove the crisp bits of pork. Put the codfish steaks in a pan of corn meal, dredge them with it, and when pork fat is smoking hot, fry the steaks in it to a dark brown color on both sides. Squeeze a little lemon juice over them, and serve with hot old-fashioned well-buttered Johnny Cake. Ellen J. Whittaker

BAKED HADDOCK

Four lbs. of haddock. Wash and dry. Make a stuffing of bread crumbs, 1 small onion, slice of salt pork. Chop all together, add 1 tsp. salt and 2 tsp. poultry dressing. Mix soft with warm water. Stuff and bake $1\frac{1}{2}$ hours, basting often.

Mrs. C. L. Carney

GRAVY (For Haddock)

Add $1\frac{1}{2}$ c. milk to pan which fish is taken from, and when it commences to boil add 2 tbsp. flour well smoothed. Salt. A little cream when taken from the fire and serve.

Mrs. C. L. Carney

BAKED SALMON

One can of salmon, pour off all the water, put salmon into a baking dish. One pint of milk (boil). Cream 1 tbsp. of butter and 1 of flour together and when milk boils stir in gradually and smoothly a little parsley chopped fine and juice of a small onion, add black and red pepper and salt to taste. One egg well beaten, pour over the salmon, sprinkle cracker dust over it and bake.

C. Holden

BOILED COD

Take the head and shoulders of a good sized cod, scrape and wash clean, rub a handful of salt upon it. Flour a cloth and tie the fish in it. Put into boiling water and boil $\frac{1}{2}$ hour. Take the fish carefully from the cloth and serve with egg sauce.

Mrs. T. P. Jowett

ROYAL SCALLOP

2 hard cooked eggs 2 c. medium white sauce

1 c. salmon or tuna fish 2 c. seasoned crumbs

Mash eggs fine with a fork. Grease baking dish and arrange food in layers—crumbs, fish, egg and sauce. Repeat, finishing with crumbs on top. Bake until brown. Any cold meat or fish may be substituted for salmon. When using ham, use scant salt in sauce.

Mrs. Leon A. Caron

FISH STUFFING

2 c. cracker crumbs	few drops onion juice
$\frac{1}{2}$ c. butter	1 tsp. each parsley, capers,
$\frac{1}{2}$ tsp. salt	pickles; finely chopped
$\frac{1}{4}$ tsp. pepper	

Mix ingredients in order given. Add hot water to moisten. The onion may be put thru food chopper and used. The capers, pickles and parsley may be omitted too. This recipe makes enough for a haddock weighing 3 lbs.

Mrs. Charles Simpson

BOILED SALMON

One and a half-pound piece of salmon; put in double boiler with good slice of butter; season with salt and pepper, a little parsley, mace, thyme, sage, celery and onion. Cover tightly and let steam $1\frac{1}{2}$ hours without uncovering. Then add $1\frac{1}{2}$ glasses white wine with a little lemon juice. Steam 20 minutes longer and serve. Bouillon may be used instead of wine, if preferred.

Mrs. M. B. Borgeson

BOILED HALIBUT

Clean and wipe fish as dry as possible, tie in a piece of cheese cloth to prevent scum being deposited on the fish. Put in enough boiling water to cover, to which has been added salt and lemon juice. (Salt gives flavor; lemon juice or vinegar keeps the flesh white.) Time required for boiling fish depends on extent of surface exposed to water. Fish is cooked when flesh leaves the bone no matter how long the boil.

HUNTINGTON SAUCE

Melt $3\frac{1}{2}$ tbsp. of butter, add 3 tbsp. of flour and stir until well blended; then pour on gradually while stirring constantly 1 c. of boiling water. Bring to boiling point and add $\frac{1}{2}$ c. cream, $\frac{1}{4}$ c. shredded almonds, 8 olives stoned and cut in quarters, $\frac{1}{2}$ tbsp. lemon juice, $\frac{1}{2}$ tsp. salt and a few grains cayenne. Mrs. Charles Simpson

MOULDED HALIBUT

1 lb. raw halibut	$\frac{1}{4}$ tsp. celery salt
1 pt. soft bread crumbs	1 tsp. salt
1 c. light cream	whites of 4 eggs

Mince fish fine (raw, pick apart). Cook crumbs and seasoning with cream until it makes a smooth paste. Add this to fish and fold in with whites of eggs beaten stiff. Pour in buttered bread tin, set in a tin of hot water and bake in a moderate oven $\frac{3}{4}$ hr. (If not delicately brown then allow it to become so).

ALMOND SAUCE FOR MOLDED HALIBUT

$\frac{1}{2}$ lb. blanched almonds	1 tsp. salt
finely chopped	$\frac{1}{8}$ tsp. pepper
2 tbsp. butter	1 pt. thin cream
2 tbsp. flour	

Brown almonds in butter and add flour and seasoning. Stir in cream slowly. Cook until the consistency of thick cream. Pour sauce over halibut after removing from baking pan and serve.

Mrs. G. W. Silk

MEATS

*"Some has meat and canna eat,
And some has none that want it,
But we has meat and we can eat,
Sae let the Lord be thankit."*

ROAST LAMB—BROWNEO POTATOES

The lamb is roasted in the usual way, and when it is half done place around it medium sized white potatoes, which have been washed, pared and sprinkled with salt, pepper and a little flour. Baste the potatoes with the fats in the pan.

Ellen J. Whittaker

BOTTOM ROUND ROAST

5 or 6 lb. bottom round	2 onions
$\frac{1}{2}$ lb. bacon	1 carrot
pepper and salt	

Put holes in meat with paring knife and put in $\frac{1}{2}$ slice bacon. Do this on both sides until bacon is used up, put in dripping pan with butter or bacon fat and the onion and carrot cut up small, and brown meat good on both sides on top of stove. When all is brown put in a little water in pan, put into oven and cook slowly 4 to 5 hours. When done take out meat, strain and thicken the gravy.

Mrs. T. P. Jowett

GOULASH

Two lbs. beef, rather tough piece; 1 lb. pork, lean and not too tender; $\frac{3}{4}$ lb. beef kidney, cut in pieces about $\frac{1}{2}$ inch thick. Pour 2 glasses of claret over it; very little water; 1 big onion, salt and a little paprika, $\frac{1}{4}$ lb. butter not to be smothered too long. Have gravy not too fat.

Mrs. Sarah Shattuck

ROAST LEG OF LAMB

Leg of lamb weighing about 8 lbs. Sprinkle with salt and pepper and flour. Put it into the roasting pan with a quart and a half of cold water, let it steam on top of the stove until tender. Then take and put it in the oven until brown, basting often.

For gravy: Take the fat off of the liquid if too greasy, then take 3 tbsp. of flour, mix smoothly, stir into liquid and cook for 5 minutes. Strain and serve.

Mrs. C. L. Carney

STEWED BRISKET OF BEEF

Put the part that has the hard fat into a stew pot with a small quantity of water; let it boil up and skim it thoroughly; then add carrots, turnips, onions, celery. Stew till extremely tender; then take out all the fat bones and remove all the fat from the soup. Either serve that and the meat in a tureen, or the soup alone, and the meat on a dish garnished with some vegetables. The following sauce is much admired served with the beef. Take half a pint of the soup and mix it with a spoonful of catsup, a tsp. of made mustard, a little flour, a bit of butter and salt; boil all together a few minutes, then pour it around the meat.

Mrs. A. H. Dubey

HUNGARIAN GOULASH

3 lbs. veal cut in cubes	$\frac{1}{2}$ tsp. paprika
3 large potatoes sliced	1 c. butter or drippings
$1\frac{1}{2}$ c. of water	1 c. of cream
1 tsp. salt	$\frac{1}{2}$ tsp. black pepper
3 large onions sliced	

Put butter or drippings in kettle on range, when hot add the onions and fry a nice brown, add veal and cook until brown. Add water, cover closely and cook very slowly until meat is very tender. Then add seasoning and place potatoes on top of meat. Cover and cook until potatoes are tender and fall apart, then add cream and cook 5 minutes longer. This will serve 6 persons.

Mrs. J. H. Breen

A GOOD SUBSTITUTE FOR SMALL FAMILY FOR ROAST BEEF

One slice round steak cut 2 to 2½ inches thick. Pound in on both sides of steak as much flour as steak will hold with wooden potato masher. Cut off fat and brown steak in it on spider. Both sides. Place in pot or casserol—salt and season and barely cover with water. Cook on simmerer until tender. Takes 2 hours or more. Vegetables may be cooked with steak. Mrs. George Silk.

TURKISH PHILAFFE

1½ lbs. round steak (or hamburg)	2 medium sized onions
1 c. tomatoes	2½ c. water
1 c. rice	pepper and salt

Put steak and onions through meat chopper. Fry onions brown in a little butter and then fry the ground steak real brown. Pour water in the frying pan and put in the tomatoes (stewed tomatoes canned), and rice. Bake about 1 hour. Serve with mashed potatoes.

Mrs. George Silk

FILET MIGNON

Three lbs. tenderloin. Have tenderloin cut in strips 5½ inches long, 1½ inches wide and not more than ½ inch thick. Wipe and rub with salt and pepper, roll each and skewer with toothpicks. Place directly under flame to broil. When seared, finish broiling by placing as low as possible in the oven without decreasing the flame.

MUSHROOM BROWN SAUCE

1 c. milk	3 tbsp. flour (browned)
double quantity flour used, because it is browned	

Cook until creamy. Add 1 c. fresh mushrooms cut in small pieces; if large; and cooked in fat a moment, or add ¼ c. stock in which ½ c. dried mushrooms have been soaked, and cooked, and strained. Beacie Monahan

BEEF LOAF WITH EGGS

2 lbs. Hamburg steak	1 tsp. salt
1 c. bread crumbs	1 tsp. pepper
2 c. milk	1 tsp. sage
2 eggs	1 onion chopped fine

Have ready 3 or 4 hard boiled eggs and put a layer on half of the meat loaf, in a buttered pan put eggs and then put the rest of the meat in. Bake in oven 1 hr., dot butter on top before putting in oven. Mrs. T. P. Jowett

HAMBURG STEAK

Fry an onion (cut very fine) in frying pan with a little butter, slowly till golden brown. Add 1 lb. of hamburg steak. Cook under cover, turning occasionally until cooked. Season with salt and pepper and add from $\frac{1}{2}$ to $\frac{3}{4}$ of a can of Campbell's Tomato Soup (depending on folks' taste for more or less liquid). This goes well with mashed potato or for supper; can be spread on toast.

Mrs. George Silk

PLANKED STEAK

1 $\frac{1}{2}$ lbs. bottom round steak	1 can tomato soup 1 c. water
2 onions sliced	small bay leaf
2 carrots sliced	pepper and salt

Brown steak on both sides in skillet, put into small dripping pan, add vegetables. Bake in covered dish in oven about 1 hour. Thicken if necessary. Mrs. T. P. Jowett

FILLET OF BEEF

Wipe a 4-pound fillet, trim and remove fat; put $\frac{1}{2}$ lb. butter in frying pan and when melted add fillet and turn frequently until the entire surface is seared and well browned, then turn occasionally until done, the time required being about 35 minutes; remove to serving dish. Make a brown gravy, add to it $\frac{1}{2}$ lb. fresh mushrooms sauted in butter 5 minutes, put around the meat, garnish with parsley and serve.

Miss Delia Coakley

ENGLISH BEEFSTEAK DUMPLING

One lb. round steak cut in 1 inch pieces. Line large bowl with rich pie crust, leaving about 3 inches about edge to cover over. Put a layer of cut meat, season with salt, pepper and butter and repeat until all is used. Add 4 tbsp. of water and cover with crust and tie in wet muslin pudding bag and boil 3 hours. Served with baked potatoes. Good dinner for busy day. Mrs. John Butler

LEG OF LAMB

Take a leg of lamb, lard freely, two large onions, 6 slices of oatmeal bread and a stick of celery, plenty of water. Cook until gravy browns down, then strain.

Mrs. Sarah Shattuck

BEEF LOAF

2 lbs. hamburger steak	$\frac{1}{2}$ c. cracker crumbs
2 tbsp. salt	2 eggs well beaten
$\frac{1}{4}$ c. sweet cream	$\frac{1}{4}$ tsp. black pepper
1 large onion chopped fine	2 tbsp. melted butter

Mix all well together. Bake in buttered dish 1 hour.

Mrs. W. J. Richardson

MOCK RABBIT

Cut $\frac{1}{4}$ lb. of salt pork in small pieces and fry brown. Add 2 thick slices of bread and cook 1 min. longer. Add this to 1 lb. chopped beef, $\frac{1}{2}$ lb. of sausage meat, $\frac{1}{2}$ chopped onion and 1 egg. Form in a long cake and bake in a hot oven 10 min. Before serving place on top strips of bacon and serve as a garnish.

Mrs. M. F. Troy

BEEF LOAF

3 lbs. raw beef	8 tbsp. rolled crackers
2 eggs	butter size of an egg
1 tbsp. salt	1 c. hot water

Put meat through meat cutter, add other ingredients, press in well-greased pan and bake about $1\frac{1}{2}$ hrs.

Mrs. John Butler

ITALIAN ROAST

Chop rather fine 1 lb. of roast beef, 1 lb. of roast veal, 1 lb. of roast pork and one small onion. Mix together, season well with salt, pepper, and a tbsp. of chopped parsley. Mould in a loaf, spread butter over the top, place in a dripping pan and bake in a quick oven $1\frac{1}{4}$ hrs. When done serve with gravy made the same as for roast beef.

Mrs. M. F. Troy

ROAST BEEF

Wipe meat with damp cloth. Trim and tie into shape. Put piece of fat in bottom of pan. Arrange meat on rack in pan-dredge with salt, pepper and flour. Baste every 10 or 15 min. Allow to brown 10 or 15 min. per lb. of meat. When done remove to hot platter. Thicken gravy in pan with browned flour, adding more water as necessary and add seasoning.

Mrs. M. F. Maloney

BEEF LOAF

One and one-quarter lbs. hamburger steak. Put $\frac{1}{4}$ lb. lean salt pork, 1 onion and crackers to fill $1\frac{1}{2}$ measuring c. through meat chopper. Add to hamburger steak and mix well. Salt and pepper. Milk enough to stick ingredients together. Rub outside of patted loaf with melted butter. Roll in extra cracker crumbs. Press into a bread tin and bake from 1 to $1\frac{1}{2}$ hrs. in moderately hot oven. I add an unbeaten egg before I add the milk for thickening and holding loaf together better.

Mrs. George Silk

BEEF LOAF

3 lbs. beef	2 eggs
$\frac{1}{2}$ lb. salt pork	1 tsp. salt
chopped together	$\frac{1}{2}$ tsp. pepper
2 large c. bread crumbs	1 tsp. cinnamon

Mix with milk until like a stiff batter, mold into a loaf and bake. This is very good hot for dinner, but better cold for lunch or supper.

Mrs. Borgeson

AMERICAN CHOP SUEY

One cup macaroni broken in small pieces and boiled in salted water until done, 1 large onion fried in water until water all cooks away, and then brown in butter, $\frac{1}{2}$ lb. hamburger steak; cook in pan. Strain macaroni, add onion and meat and cover all with one can hot tomato soup. Good for lunch or supper. Mrs. Josephine Delchanty

COLD ROAST—WARMED NO. 1

Cut from the remains of a cold roast the lean meat from the bones into small thin slices. Put over the fire a frying pan containing a spoonful of butter or drippings. Cut up $\frac{1}{4}$ of an onion and fry it brown, then remove the onion, add the meat gravy left over from the day before, and if not thick enough add a little flour, salt and pepper. Turn the pieces of meat into this and let them simmer a few minutes. Serve hot. Mrs. A. H. Dubey

COLD ROAST, WARMED NO. 2

Cold rare roast beef may be made as good as when freshly cooked by slicing, seasoning with salt, pepper and bits of butter; put it in a plate or pan with a spoonful or two of water, covering closely, and set in the oven until hot, but no longer. Cold steak may be shaved very fine with a knife and used the same way. Mrs. A. H. Dubey

PLYMOUTH SAUSAGE BALLS & CLUB POTATOES

Use only very fresh sausage meat. Form into small balls and toss into flour. Fry in a pan with a little bacon fat, rolling the cakes around until well browned on all sides. Remove to your small warming oven and placing a little more fat in the pan, fry 2 thin slices of white onion when soft add 2 c. of diced cold boiled potatoes. Toss over and over and dish up piping hot but not browned. Heap on a wide platter; salt and pepper, and lay the sausage balls around the edge with the potatoes in the center. Mrs. Harriet Tully

ROAST TURKEY

Dress, stuff and truss a 10 to 12-pound turkey. Rub the entire surface with salt and then spread the breast, legs, and wings with sausage or bacon fat or $\frac{1}{4}$ c. butter creamed with $\frac{1}{4}$ c. flour. Place in a large roasting pan, dredge bottom of the pan with flour and put in a hot oven. Reduce heat when flour begins to brown and baste every 15 or 20 minutes during cooking. Allow from 3 to $3\frac{1}{2}$ hrs. for a 12-pound turkey. Baste with fat in pan and add hot water as often as necessary to prevent burning. If turkey browns too quickly cover with a greased paper. Remove strings and skewers before serving.

M. E. Meagher

SAUSAGE STUFFING

(For Turkey)

2 qts. stale bread crumbs	$\frac{1}{8}$ tsp. pepper
1 lb. sausage meat	2 tbsp. parsley chopped
1 small onion chopped	juice of 1 lemon
2 tsp. salt	

Mix all ingredients together thoroughly. This amount of dressing will be enough for a 12-lb. turkey. M. E. Meagher

GIBLET GRAVY

Cover neck and giblets (liver, gizzard and heart) with boiling water, heat to boiling point, let simmer until tender. Chop giblets fine, removing all bits of gristle. Pour off fat from baking pan in which turkey is cooked, add 3 tbsp. of flour, stir and cook until well blended. Add $1\frac{1}{2}$ c. broth in which giblets were cooked and stir until boiling. Let boil 6 minutes, add pepper and salt to taste and chopped giblets.

Mrs. D. T. Morrell

BRUNSWICK STEW

One chicken cut up as for frying, add one quart tomatoes, two ears of corn, one or two handfuls of butter-beans, two tablespoons of rice and a small onion, chopped. Season to tast. Boil all together in water enough to make a consistency stew or broth.

Mrs. Borgeson

ROAST TURKEY

Select a plump young turkey about 12 lbs. Wash, clean and dry thoroughly outside and inside. For stuffing take

½ loaf stale bread	1 large onion
8 crackers	chop all together
1 bunch celery	add 2 eggs
1 pt. oysters	2 tbsp. sage
1 piece salt pork size of egg	pepper and salt to taste

Mix lightly with the liquid in which the giblets were cooked. Do not crowd either crop or body too much or stuffing will be heavy, tie legs and wings neatly and place turkey in roaster placing few strips of salt pork over the body.

Put about 2 quarts of water in roaster and set it on top of stove and steam until the meat begins to break from the legs, then put into oven, basting very often, let brown.

Mrs. C. L. Carney

CHICKEN JELLY

Boil one chicken, thoroughly tender, cut up fine; season with salt and pepper. Slice two or three hard boiled eggs and arrange slices on the bottom and sides of a deep mold; fill with the chopped chicken and pour over all a gelatine sauce made as follows: Strain 3 large cups of the water in which the chicken was boiled, put in sauce pan and reheat. Add one package of gelatine, season with salt, pepper and a little nutmeg. Cook until gelatine is dissolved, then pour over chicken as directed and set to harden. Serve in slices on lettuce with mayonnaise dressing.

Mrs. Borgeson

ROAST LOIN OF PORK

Wipe pork with damp cloth. Put into pan in very hot oven for 20 minutes, or until well browned, then add 1 teaspoon salt, ½ teaspoon pepper and 1 cup cold water. Roast slowly 3 to 4 hours. Add water as necessary. To gravy, add 1 tablespoon flour mixed with cold water, season and boil until thick.

CHICKEN EN CASSEROLE

1 fowl	1 sweet green pepper
3 tbsp. shortening	1 level tsp. salt
1 onion sliced thin	1½ c. hot water
1 c. diced celery	

Disjoint the fowl and roll in flour. Melt the butter or shortening, brown the onion and cook in this the fowl until a rich brown. Heat the casserole in the oven till piping hot and in it place the vegetables, cut in small pieces. Place the chicken on top of these and cover all with a cup and a half of hot water. Cover tight and bake in a moderate oven three hours or more. Like baked beans, a casserole dish should be left to cook slowly for hours. A fowl too tough for use in any other way can be made tender and delicious when cooked in a casserole. Casseroles may be purchased from thirty-five cents up and should be in every kitchen. Add salt one-half hour before serving.

Mrs. J. H. Collins

TWO MEALS FROM A CHICKEN

Carefully clean and joint a chicken or tender fowl. Par-boil until tender with just enough water to keep from catching. Remove each piece carefully and cool. Prepare cracker or bread crumbs well seasoned with salt and pepper. Dip each piece of chicken in crumbs, then in beaten egg, and again in crumbs, and place separately in baking pan. Put small piece of butter and tablespoon of liquor from pot on each piece and bake in hot oven 20 minutes or until nicely browned. Then serve with brown gravy made from pot liquor.

Mrs. M. F. Troy

CHICKEN PIE

Into a baking dish put all left over chicken, freed of skin and bones, pour over gravy. Cover with a dough made by mixing 1 cup of flour, ¼ cup of shortening, ¼ cup of ice water, ½ teaspoon of baking powder, ¼ teaspoon of salt. Bake 'till brown.

Mrs. M. F. Troy

CHICKEN IN RICE

Cook a fowl 4 or 5 lbs. in kettle with just enough water to cover; add 2 small onions, 1 carrot and a few pieces of celery cut up, and cook until chicken is done; take out chicken, add 1 small cup of rice to broth and boil fast for 20 min. Have one can of asparagus tips cut in small pieces ready to put in broth 10 min. before serving, also put back chicken to heat when all is done for a few min. Salt and pepper to taste.

Mrs. T. P. Jowett

VEGETABLES

Here's to the Housewife that's thrifty

BUTTERED DICED CARROT

The carrots should be scraped and cut in cubes or slices; cook until tender in boiling water to which salt is added during the last half of cooking. Drain and season well with butter, salt and pepper, and just a little sugar.

Ellen J. Whittaker

BAKED PEANUTS

Blanch the peanuts by pouring boiling water over them. Drain and spread on pans to dry in moderate oven; do not brown. Soak over night, then put into a bean jar; allowing one tsp. of salt to each pt. of nuts measured before soaking. Cover with water or tomato juice and bake in moderate oven 12 to 24 hours. Serve with chile sauce or pickles.

Mrs. Borgeson

PEAS WITH MINT

Melt 1 tbsp. of butter, add 2 tbsp. of flour, $\frac{1}{2}$ tsp. of salt, and $\frac{1}{8}$ tsp. of pepper, and mix together; add 1 c. of milk gradually and bring to the boiling point, stirring constantly; then add $\frac{1}{4}$ c. of finely chopped mint and 2 c. of hot cooked peas; mix together and serve hot.

Ellen J. Whittaker

DICED TURNIPS

Cut in very small dice shape, add about 2 oz. fat salt pork and cover with water. When cooked drain and serve with butter, salt and a little pepper.

Mrs. C. L. Carney

SQUASH

Cut squash, remove seeds and steam or boil until soft. Remove squash from shell, add butter, salt and pepper to taste, reheat and serve.

Mrs. D. T. Morrel

SPINACH TIMBALES

Fill buttered timbale moulds with seasoned spinach. Let moulds stand in hot water as they are easier to unmould. When ready to serve turn on to a round of toast. Top with yolk of hard boiled egg run through sieve and white cut in fancy shapes.

Bessie Monahan

BOILED ONIONS

Put onions in cold water and remove skins while under water. Drain, put in a saucepan, and cover with boiling salted water; boil five minutes, drain, and again cover with boiling salted water. Cook one hour or until soft, but not broken. Drain, add a small quantity of milk, cook five minutes, and season with butter, salt and pepper.

Mrs. P. J. Breen

MASHED POTATOES

To 5 riced potatoes add 3 tbsp. butter, 1 tsp. salt, few grains pepper, and $\frac{1}{2}$ c. hot milk; beat with fork until creamy, reheat, and pile lightly in hot dish.

Mrs. P. J. Breen

ASPARAGUS

Wash carefully 2 bunches fresh green asparagus, cut the ends until the tender part is reached. Arrange in one large bundle and fasten at both ends with a band of muslin to keep it in place. Boil in salt water until done about 30 minutes. Lay it on nicely browned toasted bread with cream sauce made with

1 c. sweet milk

2 tbsp. flour

1 c. sweet cream

salt and pepper to taste

Mix smooth and boil until creamy. Pour over asparagus and toast and serve.

Mrs. C. L. Carney

GREEN PEAS

Boil till tender, season with pepper, salt and a small piece of butter. Thicken the gravy with a little corn starch if desired.

C. Holden

COLD SLAW

Remove outside leaves from a small solid white cabbage and with a sharp knife shred finely, let stand 1 hour in cold or ice water, drain, serve with mayonnaise dressing.

Miss Delia Coakley

COLD SLAW

½ pt. of milk or cream	1 tsp. mustard
½ pt. vinegar	1 tsp. pepper
1 c. sugar	1 tsp. salt
3 eggs well beaten butter size of an egg	1 tsp. celery seed

Cook all together until the mixture thickens. When cool pour over cabbage cut very fine.

C. Holden

POTATO BALLS

Select large potatoes, wash, pare and soak, shape into balls with a vegetable cutter. Cook in boiling salted water until soft, drain, turn into hot dish, pour over melted butter and finely chopped parsley.

Miss Delia Coakley.

CREAMED POTATOES

Peel potatoes and steam over hot water till done, pour into an earthen dish and mash smooth, season to taste, add cream or milk and butter, heat all together.

C. Holden

STUFFED POTATOES

Select medium sized potatoes and bake, remove from oven, cut slice from top of each and scoop out inside, mash, add butter, salt, pepper and hot milk, then add whites of 2 eggs well beaten, re-fill skins and bake about eight minutes in a very hot oven.

Miss Delia Coakley

SCALLOPED POTATOES

Slice potatoes very thin. Butter a pudding dish and cover bottom with a layer of potatoes. Sprinkle with salt and pepper and a little dried beef cut very fine, over this a layer of fine cracker crumbs, and little butter and another layer of potatoes and so on until dish is filled. Moisten with milk and keep well moistened while baking.

Mrs. C. L. Carney

POTATOES ON THE HALF SHELL

6 large potatoes

3 tbsp. butter

2 tsp. salt

$\frac{1}{2}$ c. cream or evaporated milk

$\frac{1}{8}$ tsp. pepper

Scrub the potatoes and bake in a hot oven until soft. Cut in half, lengthwise, and remove the pulp. Mash the pulp; add salt, pepper, butter and cream and beat until light. Fill the potato shells with this mixture and reheat in a hot oven until slightly brown on top.

M. E. Meagher

DELMONICO TOMATOES

Wipe and remove thin slices from stem end of medium sized tomatoes. Remove seeds and pulp. Sprinkle inside of tomatoes with salt. Invert and let stand one half hour. Cook five minutes 2 tablespoons butter with $\frac{1}{2}$ tablespoon finely chopped onion. Add $\frac{1}{2}$ cup stale soft bread crumbs, tomato pulp and salt and pepper to taste. Cook five minutes, then add one egg slightly beaten, cook one minute and refill tomatoes with mixture. Place in buttered sauce pan, sprinkle with buttered bread crumbs and bake 20 minutes in hot oven.

Bessie Monahan

DUCHESS POTATOES

4 c. hot mashed potatoes

1 tsp. salt

3 tbsp. butter

3 egg yolks slightly beaten

Put through ricer, then with pastry bag form small fancy mounds for each individual serving and brown in oven.

Bessie Monahan

SALADS

"To make them one must have a spark of genius"

MAYONNAISE DRESSING

1 tsp. mustard	yolks of 2 eggs
1 tsp. salt	2 tbsp. lemon juice
1 tsp. sugar	2 tbsp. vinegar
a few grains cayenne	1½ c. olive oil

Mix ingredients, dry, add egg yolks. When well mixed, add ½ tsp. vinegar, add oil gradually at first, drop by drop and stir constantly, as mixture thickens, thin with vinegar or lemon juice. Add oil, vinegar, lemon juice alternately until all is used, stirring or beating constantly. If oil is added too rapidly dressing will have a curdled appearance. Olive oil should always be thoroughly chilled. A small wooden spoon or Dover Egg-Beater may be used as preferred. Mayonnaise should be stiff enough to hold it's shape, it should be added just before serving-time.

Miss Delia Coakley

SALAD DRESSING

3 eggs well beaten	1 tbsp. melted butter
1 c. sugar	1 tbsp. salt
1 c. milk	1 tbsp. mustard
1 c. vinegar	pinch of red and black pepper
1 tbsp. flour	

Cook until thick.

Mrs. T. P. Wixted

SALAD DRESSING

One heaping tsp. of mustard, rub smooth with hot water, 2 tbsp. butter, 1 tsp. sugar, ½ c. of vinegar, ⅔ c. of milk. Let thicken over steam, bottle and keep cool.

Miss Elizabeth Wald

BOILED SALAD DRESSING

1 egg	4 tbsp. vinegar
1 c. sweet or sour cream	1 tbsp. sugar
$\frac{1}{2}$ tsp. dry mustard	few grains cayenne and
$\frac{1}{4}$ tsp. pepper	paprika
1 tbsp. melted butter	

Beat the egg and add other ingredients and beat hard. Cook carefully over hot water, whipping with egg-beater while cooking. Cool by standing the sauce-pan in cold water; beat occasionally while cooling.

Mrs. Oswald Laliberte

SALAD DRESSING

4 tbsp. of sugar	2 tbsp. of mustard
4 tbsp. of sifted flour	

Mix the above with enough cold water to make a fine paste. Stir in 1 egg, 1 c. boiling water, in which 1 tsp. of pepper is added; let stand 5 min. One c. of vinegar, 2 c. of milk; put in double boiler and cook until it thickens; remove from stove and add $1\frac{1}{2}$ tsp. salt and butter size of a walnut.

Miss N. F. Ryan

FRENCH FRUIT SALAD

2 oranges	12 English walnut meats
3 bananas	1 head lettuce
$\frac{1}{2}$ lb. Malaga grapes	French dressing

Peel oranges and remove pulp separately from each section. Peel bananas, and cut in one-fourth inch slices. Remove skins and seeds from grapes. Break walnut meats in pieces. Mix prepared ingredients and arrange on lettuce leaves.

Mrs. P. J. Breen

FRENCH DRESSING

$\frac{1}{2}$ tsp. salt	2 tbsp. vinegar
$\frac{1}{4}$ tsp. pepper	4 tbsp. olive oil

Mix ingredients and stir until well blended. Some prefer the addition of a few drops onion juice. Mrs. P. J. Breen

FRUIT SALAD

Peel 2 oranges, remove the pulp separately from each section. Peel 3 bananas, scrape and cut in one-fourth inch slices. Remove the skins and seeds from $\frac{1}{2}$ lb. Malaga grapes. Break 12 English walnuts meats in pieces. Mix prepared ingredients, arrange on lettuce leaves and marinate with French Dressing.

FRENCH DRESSING

$\frac{1}{2}$ tsp. salt	2 tbsp. vinegar
$\frac{1}{4}$ tsp. pepper	4 tbsp. olive oil

Mix ingredients and stir until well blended. Some prefer the addition of a few drops of onion juice. This dressing is easily prepared and largely used. M. G. Butler

ASPARAGUS SALAD

On crisp white lettuce leaves arrange a ring of sweet red peppers thru which several cooked asparagus tips have been placed. Serve with French dressing.

Mrs. T. F. O'Hara

EGG AND OLIVE SALAD

Arrange the white leaves from the interior of a lettuce on each platter; garnish with four slices of hard boiled egg, and two large olives, stoned and filled with a little creamed cheese. Put a tbsp. of mayonnaise on top of each if you wish. E. J. Whittaker

BOILED DRESSING

yolks 3 eggs well beaten	2 tbsp. sugar
1 tsp. mustard	2 tbsp. melted butter
2 tsp. salt	1 c. cream or milk
$\frac{1}{4}$ tsp. cayenne	$\frac{1}{2}$ c. vinegar, lukewarm

Beat all together and cook in a double boiler. Cook like soft custard. When cold add the whites of 3 beaten eggs. When ready for serving, if served individually, garnish plates with hearts of lettuce and tips of celery.

Mrs. C. L. Carney

FRUIT SALAD

Soak $\frac{1}{2}$ box of gelatine in a generous pint of water. Add the juice of 2 lemons and 2 c. of sugar. Bring to a boil and strain. When cool pour over 2 sliced oranges, 2 bananas, $\frac{1}{2}$ c English walnut meats, as near whole as possible. Stand on the ice until it sets. Serve with whipped cream.

VEAL SALAD

Take 6 lbs. of veal, cover with water, cook three hours then pour off liquid. When meat is cold take off all fat and gristle. Then cut into fine pieces, one bunch of celery, also 6 olives cut same. Salt to taste. Mrs. C. L. Carney

BANANA SALAD

Split bananas, lay on bed of lettuce leaves. Place on each half a teaspoon of mayonnaise dressing, sprinkle on chopped almonds. Mrs. Shattuck

HORSESHOE SALAD

Shape half sections of pears into horseshoe shape, using canned pears as they do not discolor. Use bits of dark olives for nails and ends of shoe. Mound in the center marinated grapefruit and orange cut in cubes. Serve with cream Mayonnaise dressing on lettuce.

Miss Bessie Monahan

MALAGA SALAD

2 c. Malaga grapes	$\frac{3}{4}$ c. cream
1 doz. walnut meats	$\frac{1}{2}$ tsp. paprika
1 c. pineapple	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ c. marshmallows	3 tbsp. lemon juice

Cut the grapes in half and remove seeds. Cut pineapple into cubes and marshmallows into small pieces. Mix all together. Beat cream until beginning to stiffen, add seasoning and beat in the lemon juice. Continue beating until stiff and mix with fruit. Serve on small white lettuce leaves and garnish with nut meats. M. E. Meagher

SALMON AND EGG SALAD

Have ready on plates nice crisp lettuce and one can of salmon with hard boiled eggs, sliced and arranged nicely, on plates. Serve with salad dressing.

DRESSING WITHOUT OIL

Place on stove 1 c. vinegar, add to it 2 tbsp. sugar, 1 tbsp. mustard, $\frac{1}{2}$ tsp. white pepper, $\frac{1}{2}$ tsp. salt, 1 tsp. of flour mixed with mustard. Next add one egg beaten and put into vinegar; add butter, size of walnut and strain when cold. Thin with milk or cream to suit. Mrs. T. J. Carey

TOMATO AND CELERY SALAD

Turn 1 can of tomatoes in sauce pan, bring to boiling point and let boil five minutes; then force thru a strainer. Add $2\frac{1}{2}$ tbsp. of granulated gelatin (soaked in $\frac{1}{2}$ c. cold water 15 min.), 1 tsp. each salt and powdered sugar and $\frac{1}{2}$ c. celery cut in thin slices crosswise. Pour into individual molds and chill. Serve on lettuce leaves, garnish with curled celery and accompany with mayonnaise.

Mrs. Charles Simpson

CHICKEN SALAD

Cut cold roast or boiled chicken in small dice, add $\frac{1}{2}$ as much blanched celery cut fine. Season with salt and pepper. Mix with French dressing and set away for an hour or more. Just before serving stir in some mayonnaise slightly thinned with lemon juice or French dressing, arrange on lettuce leaves and cover with thick mayonnaise.

Mrs. M. F. Maloney

SWISS SALAD

Mix 1 c. cold cooked chicken, cut in cubes, 1 cucumber pared and cut in cubes; 1 c. chopped English walnuts, 1 c. French peas. Moisten with French dressing, arrange on lettuce leaves, and garnish with Mayonnaise dressing.

Mrs. Oswald Laliberte

VEGETABLE SALAD

1 c. boiled potatoes	1 c. fresh cucumber
$\frac{1}{2}$ c. celery	$4\frac{1}{2}$ c. radishes
$\frac{1}{2}$ c. crisp cabbage	$\frac{1}{2}$ c. nut meats
1 c. cooked beets	

Cut all ingredients in small pieces. Chill and mix with dressing made as follows:

2 tbsp. French's cream	pinch of salt
Salad Mustard	mix thoroughly
2 tbsp. sweet cream	chill
1 tbsp. vinegar or olive oil	

Mrs. P. F. Cuddyhy

LETTUCE AND TOMATO SALAD WITH CUCUMBER

Arrange sliced tomatoes on a bed of lettuce leaves with cucumber cubes, cut one-half inch square on each side of tomato; serve with French or mayonnaise dressing and crackers buttered, grated cheese on top and browned in the oven.

FRENCH DRESSING

$\frac{1}{2}$ tsp. salt	3 tbsp. olive oil
$\frac{1}{4}$ tsp. pepper	2 tbsp. vinegar

Mix ingredients and stir until well blended.

Miss Delia Coakley

SOME VARIATIONS OF FRENCH DRESSING

Use grapefruit juice in place of vinegar for grapefruit salads.

Add mashed Roquefort, cream, or American cheese to French dressing for plain lettuce salad.

Add minced hard-cooked egg for cucumber salad.

Add chopped olives, pimentos, or chives for a mixed vegetable salad.

Add chili sauce and green pepper for a cold-weather salad. In making a salad always hold the mixing fork loosely.

Mix the salad vegetables, meat, fish, or fruit, at least half an hour before using as it "sets together" better. Do not put the salad on the lettuce leaves until immediately before serving, however.

Fruit salads are delicious and as they are lighter than many other mixtures are good to serve with a rather heavy dinner. Any combination of fruit may be used plain or molded in gelatin. The addition of a little pineapple to a fruit salad helps to make it digestible as well as to add a delicious flavor to the combination. One of the nicest dressings for a fruit salad is made with pineapple juice as a base.

Mrs. W. H. McGilpin

COLD DESSERTS

"Then farewell heat and welcome frost"

BANANA CHARLOTTE RUSSE

Press through a sieve enough bananas to make a c., add $\frac{1}{4}$ c. powdered sugar, 2 tsp. lemon juice and fold in $\frac{1}{2}$ pt. cream which has been whipped. Line a mould with sponge cake, fill with the cream and chill. Mrs. T. P. Jowett

PINEAPPLE CREAM

To $\frac{1}{2}$ can shredded pineapple add 1 c. water and cook 20. min. Add 2 eggs and $\frac{1}{2}$ c. of sugar beaten together. Cook until it forms a custard. Add 1 tbsp. of pulverized gelatine which has been soaked in $\frac{1}{2}$ c. of cold water. When cooked take from fire and when it begins to harden add 1 c. of cream which has been whipped stiff.

Mrs. E. T. Heffernan

COLLEGE PUDDING

Cook $\frac{1}{4}$ c. rice in boiling water. Drain and add 1 pt. of boiling milk. Boil until soft in double boiler. Add 1 c. sugar and 1 tbsp. of gelatine dissolved in a little cold water. Cool. When beginning to set add $\frac{1}{2}$ pt. whipped cream. Flavor with vanilla. Serve with crushed strawberries or custard sauce. Add 1 or 2 candied cherries on each serving.

Mrs. E. T. Heffernan

BANANA SHERBET

4 bananas, cut in small pieces; juice of 2 lemons, 1 pt. sugar. Let stand for a few minutes. Then stir in 1 qt. of fresh milk. Freeze the same as ice cream. Very nice.

Mrs. Frederick Renaud

MOULDED RICE

$\frac{1}{4}$ c. of rice, cooked in milk 2 hours; 1 tbsp. Knox gelatine, soaked in cold water, then add to hot milk and rice, $\frac{3}{4}$ c. of sugar, a little salt, and cool. Then add a $\frac{1}{2}$ pt. of cream whipped stiff; mould. Serve with chocolate sauce.

Miss Delia Cookley

TUTTI FRUTTI JELLY

Soak $\frac{1}{2}$ box gelatine in $\frac{1}{2}$ pt. cold water. Dissolve with 1 pt. boiling water. Add juice of 3 lemons, $1\frac{1}{2}$ c sugar. Strain. When beginning to stiffen, put a layer of jelly in a dish, then a layer of sliced bananas, another of jelly, 1 of sliced oranges, 1 of jelly and 1 of grated coconut, and finish with jelly.

Mrs. T. P. Wixted

COFFEE SPONGE

2 tbsp. granulated gelatine	$\frac{1}{2}$ c. sugar
2 c. coffee	$\frac{1}{4}$ tsp. vanilla
	2 egg whites

Soak gelatine in cold water to cover 5 min. Then dissolve the sugar in boiling hot coffee; add the gelatine and stir over hot water until the gelatine is dissolved. When beginning to congeal add the egg-whites, stiffly beaten and flavored with vanilla. Whip until creamy in color, and let stiffen in a wet mould. Serve with cream (cold,) or soft custard.

Mrs. Oswald Laliberte

COFFEE SOUFFLE

$1\frac{1}{2}$ c. coffee infusion	3 eggs
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ tsp. vanilla
$\frac{2}{3}$ c. sugar	1 tbsp. granulated gelatine
$\frac{1}{4}$ tsp. salt	

Mix coffee infusion, milk, $\frac{1}{2}$ of the sugar and gelatine, and heat in double boiler, add remaining sugar, salt, and yolks of eggs, slightly beaten. Cook until mixture thickens, remove from range; add whites of eggs beaten until stiff, add vanilla. Mould and serve with cream.

Mrs. Frank J. Powers

PRUNE WHIP

1 c. prune pulp	2 c. egg whites
$\frac{1}{4}$ c. powdered sugar	$\frac{1}{2}$ c. nut meats
$\frac{1}{8}$ c. cinnamon	whipped cream

Force stewed prunes through a sieve to make the pulp. Add the powdered sugar, the cinnamon, the egg-whites beaten light, and the nut meats chopped. Chill and place a spoonful of whipped cream on each serving.

Mrs. T. O'Hara

FRENCH ICE CREAM

2 c. milk	6 egg yolks
2 c. cream	1 tbsp. vanilla
1 c. sugar	$\frac{1}{4}$ tsp. salt

Make a soft custard of milk, sugar and yolks of eggs. When cool add cream whipped, salt and flavoring. Freeze.

Bessie Monahan

STRAWBERRY ICE CREAM

3 pts. thin cream	2 c. sugar
2 boxes berries	a few grains of salt

Mash and hull berries, sprinkle with sugar, let stand one hour, mash and rub through strainer, add 1 c. milk to cream, salt, then add juice of berries with sugar gradually, freeze, serve black coffee and fancy cakes.

Miss Delia Coakley

CARAMEL ICE CREAM

1 pt milk	3 eggs
1 pt. cream	

Scald milk, add slowly to beaten eggs, cook in double boiler, stirring constantly until custard coats spoon, then add hot caramel and stir until dissolved. When cool whip cream and add to caramel mixture and freeze.

To make caramel, put 1 c. sugar with $\frac{1}{2}$ c. water into a saucepan, stir until sugar is dissolved, then without touching, let it cook until a golden color. Mrs. D. T. Merrill

PINEAPPLE CREAM

Soak $\frac{1}{2}$ box of gelatine in $\frac{1}{2}$ c. cold water. Stew 1 can of pineapple cut up fine with $\frac{1}{2}$ c. cold water, 1 c. of sugar for 10 min. Dissolve the gelatine in $\frac{1}{2}$ c. of boiling water, add to the pineapple, stir as it cooks, and cool. When nearly stiff; add 1 pt. of whipped cream. Mrs. M. F. Maloney

STRAWBERRY CRUSH

1 box strawberries	crush $\frac{1}{2}$ box of straw-
1 c. sugar	berries
2 half-pint bottles of cream	

Whip cream fairly stiff; add sugar, crushed strawberries, and balance of whole berries. Pack in ice for 3 hours.

Mrs. George Silk

MAPLE MOUSSE

Beat the yolks of 4 eggs, add 1 c. maple syrup and boil about 3 min. Then add when cold 1 pt. whipped cream and lastly add the whites beaten stiff. Pack in ice and salt 3 or 4 hours before serving.

Mousse—1 c. milk, boil; 1 square chocolate, 2 eggs beaten, $\frac{3}{4}$ c. sugar in eggs. Stir in milk, cook to custard, let cool, then stir in 1 jar of whipped cream. Pack 3 hours.

For coffee mousse, use 1 c. of coffee instead of milk.

Mrs. P. J. Breen

STRAWBERRY MOUSSE

1 box strawberries	2 tbsp. cold water
1 c. sugar	3 tbsp. boiling water
$\frac{1}{4}$ box or 1 tbsp. granulated gelatine	1 qt. cream

Wash and hull berries, sprinkle with sugar and let stand 1 hour; mash and rub through fine sieve; add gelatine which has been soaked in cold water and dissolved in the boiling water. Set in pan of ice water and stir until it begins to thicken; fold in whipped cream. Put into mold, cover, pack in salt and ice, 1 part salt, 3 parts ice; allow to stand 4 hours. Raspberries or peaches or shredded pineapple may be used instead of strawberries.

C. Holden

UNIVERSITY OF MICHIGAN

PICKLES AND PRESERVES

The kindly Fruits of the Earth

MUSTARD PICKLE

2 qts. small onions	6 little red peppers
6 green peppers	2 qts. cucumbers
2 cauliflowers	2 qts. green tomatoes

Soak over night in 1 c. salt and 4 qts. water. Scald in same and drain.

Mrs. Wm. P. Brennan

PASTE

1 heaping c. of flour	1 tbsp. tumeric powder
6 scant tbsp. mustard	$\frac{1}{2}$ oz. celery seed

Make into a smooth paste with cold vinegar. Add 2 c. of sugar and enough vinegar to make 2 qts. and stir until it thickens. Pour over pickles and put in jars.

Mrs. Wm. P. Brennan

SPICED CRANBERRIES

Pick over and wash 1 qt. cranberries. Add 1 c. boiling water and let boil until cranberries are soft. Rub thru a sieve and add 2 c. sugar, $\frac{1}{2}$ c. cold water, $\frac{3}{8}$ -inch stick cinnamon, 24 whole cloves, and 6 allspice berries. Again bring to a boiling point and let simmer 15 minutes. Add a few grains of salt, turn into a mould and chill.

M. G. Butler

CHILE SAUCE

24 ripe tomatoes	3 tbsp. salt
4 peppers	3 c. brown sugar
4 onions	3 c. vinegar

Boil 2 hours.

Mrs. John Glover

PICKLED RED CABBAGE

Shred 2 large red cabbages, cover with 2 c. salt and let drain on tilted board over night. In morning cover in earthen jar with 2 qts. of vinegar in which $\frac{1}{4}$ lb. whole ginger, $\frac{1}{4}$ lb. whole cloves, $\frac{1}{4}$ lb. whole allspice, have boiled for 1 hour. Put bag of spices in center of jar and cover all with hot vinegar. Good to eat after two weeks.

Mrs. J. Butler

CANNED RED PEPPERS

Wash 1 peck of red peppers. Cut a slice from stem end of each and remove seeds, then cut in thin strips by marking around and around the peppers, using scissors or a sharp vegetable knife. Cover with boiling water, let stand 2 minutes, drain and plunge into ice water. Drain and pack solidly in pt. jars. To 1 qt. of vinegar add 2 c. sugar, bring to boiling point and boil 15 min., pour over the peppers to overflow, seal tight. Delicious with cold meats or winter salads.

Mrs. W. H. McGilpin

ORANGE DELIGHT

Slice 3 seedless oranges very thin and 1 lemon, pour over it 11 tumblers of cold water and set aside for 24 hours, then let boil slowly for 1 hour, after boiling add 4 lbs. of sugar, set away for 24 hours more. Then boil 1 hour and 25 min. Put in tumblers.

Mrs. Delia Coakley

VERY NICE CHOPPED PICKLE

Chop:

1 pk. green tomatoes	6 onions
8 peppers	1 c. grated horse radish

Let stand over night with 1 c. salt. In the morning drain.

Add:

2 qts. vinegar	2 oz. cloves
1 pt. sugar	2 oz. allspice
2 oz. mustard seed	2 oz. cassia

Tie spices in muslin bag. Scald and seal.

Mrs. T. P. Wixted

TOMATO CATSUP

- | | |
|--------------------------|-----------------------------|
| 1 pk. of ripe tomatoes | 1 tsp. of red pepper |
| 4 large onions sliced | 1 tbsp. allspice |
| $\frac{3}{4}$ c. of salt | $\frac{1}{2}$ tbsp. cloves |
| 2 tbsp. of black pepper | add sugar to suit the taste |

Mix all together, stew them until very soft about 2 hrs. Just before taking from the fire add 1 qt. vinegar. Rub through colander. Put to boil again, then seal at once.

Mrs. John Glover

PEAR CHIPS

- | | |
|--|--------------|
| 8 lbs. pears | 4 lbs. sugar |
| $\frac{1}{4}$ lb. canton ginger or 1
tsp dry ginger | 4 lemons |

Peel and slice pears. Add sugar and ginger and let stand over night. In morning add lemons cut in small pieces, rind and all. Cook slowly 3 hours. Put in jars.

Mrs. P. F. Cuddihy

SWEET CANTALOUPE PICKLE

7 lbs. melon, nearly ripe, but not yellow. Lay in weak brine all night; then take lump of alum size of hickory nut and drop in water. Boil for half an hour. Add to fruit 3 lbs. of sugar, 2 oz. cinnamon, 1 oz. cloves. Boil vinegar, sugar and spice and pour boiling hot over the fruit. If you want the pickles to keep well put the whole on the fire and scald 20 min. It is then fit for the table.

Mrs. Borgeson

CHILE SAUCE

- | | |
|------------------|----------------------|
| 24 ripe tomatoes | 12 tbsp. brown sugar |
| 8 onions | 4 tbsp. salt |
| 2 green peppers | 2 tsp. ground cloves |
| 4 c. vinegar | 4 tsp. cinnamon |

Peel tomatoes and chop onions and peppers. Boil all in vinegar 3 hours. Put up in glass jars with rubbers while hot and invert to cool.

Mrs. W. J. Richardson

PICKLE FOR FRESH HAM

4 gallons water 2½ lbs. sugar
6 lbs. salt 2½ oz. saltpetre

Boil and skim; put the hams in when perfectly cold; let them remain in the pickle 6 weeks. This is sufficient for 50 or 60 lbs. Mrs. T. P. Wixted

PLUM CONSERVE

5 lbs. plums (stoned) 2 lbs. raisins
5 lbs. sugar

Pulp and grated rind of 2 oranges. Boil till thick. Mrs. T. P. Wixted

CHILE SAUCE

18 large ripe tomatoes 4 c. of vinegar
4 green peppers 3 tbsp. salt
6 large onions 12 tbsp. sugar

Chop onions, tomatoes and peppers, add other ingredients and boil until thick. Mrs. Delia Cookley

CANNED CURRANTS

2 qts. red currants 2 lbs. sugar

Mash currants and cover with sugar, let stand over night, stir occasionally. In the morning put in hot sterilized jars. Seal.

Strawberries may be canned the same way.

Mrs. T. P. Wixted

SPICED GRAPES

Take the pulp from grapes preserving the skins. Boil the pulp and rub through colander to get out the seeds; add skins and boil with sugar, vinegar and spices. To every 7 lbs. of grapes use 4½ lbs. of sugar, 1 pt. vinegar, spice highly with ground cloves and allspice and a little cinnamon. Mrs. T. F. O'Hara

CURRANT CONSERVE

5 lbs. red currants	2 lbs. of rhubarb cut in
2 lbs. seeded raisins	small pieces
7 lbs. sugar	

Boil until thick.

Mrs. T. P. Wixted

YELLOW TOMATO MARMALADE

6 large yellow tomatoes	$\frac{1}{2}$ tsp. ginger
$\frac{1}{2}$ lemon	3 c. sugar
$\frac{1}{2}$ orange	

Peel tomatoes, cut in small pieces, remove seeds, slice lemon and orange thin, cut in pieces, add sugar and ginger. Cook until thick.

Katherine Ryan

CARROT MARMALADE

2 carrots	1 orange
1 lemon	3 cups sugar

Boil carrots and mash, grate lemon and orange, boil thick. Use water carrots are boiled in.

C. Holden

CRANBERRY RELISH

2 qts. cranberries	juice of two oranges
$3\frac{1}{2}$ lbs. sugar	1 c. vinegar
1 lb. seeded raisins	1 tsp. each of ginger,
rind of two oranges chop- fine	cloves and cinnamon

Cook all to a marmalade and put in sterilized jars while hot.

Mrs. T. P. Wixted

CRAB APPLE RELISH

6 lbs. crab apples	$\frac{1}{2}$ tsp. cloves
6 lbs. sugar	2 tsp. cinnamon
2 lbs. raisins	2 oranges
1 pt. vinegar	

Cut crab apples into small pieces leaving skins on or put through food chopper, also cut oranges same way. Heat vinegar and spices. Pour on crab apples and cook until soft about 45 min. Jar while hot.

Mrs. Harriet Tully

COLORADO PICKLED PEACHES

4 lbs. sugar	2 tsp. cinnamon
7 lbs. peaches	2 tsp. cloves
1 qt. vinegar	2 tsp. allspice

Tie spices in bag and add a few pieces of stick cinnamon. Make a syrup of sugar and vinegar. Let boil half an hour then put the peaches in, let come to a boil; remove the peaches and boil syrup five or ten minutes longer. If clings are used, boil peaches the same way. Crab-apples should be steamed before being put into the syrup.

Mrs. Borgeson

OLD FASHIONED PICKLED ONIONS

Select small sized white onions and peel holding them under water, so as not to trouble the eyes. Soak onions in a very strong salt brine for 2 days, make a new brine and boil onions from 5 to 10 min. (Put the onions in when at boiling point.) After boiling onions put into cold fresh water and soak 5 hours. When thus freshened, drain and place in jars. Fill jars with scalding vinegar, vinegar sweetened with 1 c. of sugar to each gallon of vinegar. Seal while hot. Do not open for 3 months or more.

Mrs. T. J. Carey

WATERMELON PICKLE

Peel rind of 1 small or $\frac{1}{4}$ large melon, and cut in strips suitable to serve, say $1 \times 2\frac{1}{2}$ inches. Cover with cold water, add 1 tsp. of soda and let stand over night. Next morning drain and add 2 tsp. of powdered alum to each qt. of water and boil fruit 10 min. Dissolve alum before putting fruit in. Strain, cover with cold water, add 2 tbsps. of ground ginger, boil 20 min. and strain. Measure water, to determine amount of vinegar to use, and to 1 qt. of vinegar add 3 lbs. of granulated sugar. Add fruit, and boil until clear. When done put in stone crock and cover with the syrup. Should be firm and very crisp when cold. Ripe cucumbers can be made from this rule. Add stick of cinnamon and whole cloves to make good and spicy.

Mrs. W. H. McGilpin

PICCALILLI

Take 1 peck of green tomatoes, cut them in very thin slices, sprinkle them with salt and let them stand one day. Twelve onions sliced the same way, $\frac{1}{2}$ lb. mustard seed, 1 oz. cloves, 1 oz. ground pepper, 1 oz. ground ginger, 1 oz. allspice and 1 bottle ground mustard. Mix the spices and the onions together. Place in your kettle layers of tomatoes and spices alternately, cover them with vinegar and allow them to simmer until the tomatoes look clear. Then put them away in jars.

Mrs. Borgeson

CANNED BEETS

Cook beets until tender. While they are cooking, heat 2 c. of best cider vinegar, 1 c. of water, and 1 c. of sugar. When beets are done slip skin off and put them quickly into hot jars, fill with the boiling vinegar and seal. Large beets may be sliced.

Mrs. T. J. Carey

TOMATO CATSUP

1 large onion peeled	1 tbsp. salt
2 large green peppers	1 tbsp. brown sugar
6 tomatoes (ripe)	2 c. vinegar

Boil until thick and bottle and seal while hot.

Mrs. Josephine Delehanty

RIPE TOMATO MARMALADE

Twelve medium sized tomatoes, peeled and thinly sliced; $1\frac{1}{2}$ lemons sliced; $1\frac{3}{4}$ c. sugar. Place in stew-kettle in layers. Cook in covered vessel until tender. Simmer until mixture is of right consistency. Pack into sterilized jars and seal.

Mrs. Thomas Carey

PLUM CONSERVE

8 lbs. plums stoned	juice and grated rind 4
8 lbs. sugar	oranges
1 lb. walnut meats	1 lb. raisins chopped

Boil $\frac{1}{2}$ hour, turn into glasses and seal.

Mrs. W. H. McGilpin

PEPPER RELISH

12 green peppers	2 c. of sugar
12 red peppers	4 level tbsp. salt
12 onions	

Chop peppers and onions, cover with boiling water and let stand 5 min. Drain and add sugar and salt and 1 qt. vinegar. Boil 20 min.

Mrs. J. J. Hogan, Sr.

CUCUMBER PICKLE

Pare 7 lbs. large cucumbers, remove the seeds and cut into inch pieces, cover with vinegar and water half and half and add a large pinch of salt; boil until clear but not over done. Drain in a colander. To 1 pt. of good vinegar add $3\frac{1}{4}$ lbs. of brown sugar as soon as it comes to the boiling point, put the cucumbers back into the kettle and let the whole boil up again. Drain through a colander and when cold put them in layers in a jar. Sprinkle between the layers stick cinnamon cloves, allspice and a handful of raisins. Cover with the pickling liquid and seal.

Mrs. Della Coakley

PICKLES

1 pk. green tomatoes	1 tsp. cloves
3 qts. small onions	1 tsp. allspice
1 small cabbage	1 tsp. cinnamon
3 green peppers	

Cut vegetables up and arrange in layers, sprinkling each layer with salt. Let stand over night. In morning drain. Add 2 qts. of vinegar, 1 c. sugar and 4 tbsp. of mustard. Dissolve mustard in little vinegar and add to the rest. Put spice in bag and cook.

Mrs. W. H. Fraser

CUCUMBER PICKLES

Wash and wipe cucumbers dry (use small ones) pack in 2 qt. glass jars. Allow 1 tbsp. salt to 1 qt. of cucumbers, 1 tbsp. mixed spices. Fill jar up with vinegar.

Mrs. J. J. Hogan, Jr.

PEPPER RELISH

12 red peppers	1 qt. vinegar
12 green peppers	3 c. sugar
16 onions	$\frac{1}{4}$ c. salt

Remove seeds from peppers, turn boiling water over the peppers and let stand 3 min., turn off water and repeat, let stand 10 min. then drain, chop all fine and cook 15 min. Put into air-tight jars. A. S. Kane

PINEAPPLE AND STRAWBERRY PRESERVE

1 pt. chopped pineapple	boil 15 min.
$\frac{3}{4}$ pt. sugar	

Hull 3 boxes strawberries and weigh, add $\frac{3}{4}$ weight in sugar. Add to pineapple and boil 20 min. longer. Put up in air-tight jars. Mrs. W. H. McGilpin

ROYAL CONSERVE

1 qt. cranberries	1 pkg. of seedless raisins
2 c. cold water	4 c. sugar
$\frac{1}{2}$ lb chopped walnuts	

Cook cranberries until soft. Press through a sieve. Add the rest of ingredients except the nuts. Bring to a boil and then cook slowly for 40 min. Remove from fire and add nuts. Put in hot sterilized glasses.

Mrs. T. F. Wixted

GRAPEFRUIT MARMALADE

1 grapefruit	1 lemon
1 orange	

Cut each into quarters first, and then slice very thin through pulp and rind, discarding all seeds. Weigh the prepared fruit, and to each pound add 3 pts. of cold water. Set aside for 24 hours. Let boil gently until rind is perfectly tender. Set aside until next day. Equal measurements of sugar and fruit. Cook, stirring occasionally to avoid burning. Cook until jells, about 2 hours.

Mrs. W. H. McGilpin

ORIENTAL MARMALADE

2 c. dried apricots	4 c. cold water
1 c. dried figs	1½ c. brown sugar
1 c. dates	2 lemons
2 c. seeded raisins	

Cut apricots, figs and raisins in pieces. Cover with cold water and soak over night. Add sugar and juice from lemons and cook slowly until thick. Pour into sterilized glasses and seal with paraffin. This makes about six glasses.

Mrs. T. P. Wixted

CITRON PRESERVE

Select sound fruit, pare it, divide into quarters, carefully take out the seeds, and cut in very small pieces and shape the way you desire and weigh it; to every lb. of fruit allow ½ lb. of sugar; put the citron on to cook until it is quite clear, then remove it from the kettle where it can drain, and pour out the water it was cooked in; then put in the weighed sugar with water enough to wet it through; let it boil until very clear, and before putting in the citron again add to the syrup 2 large lemons, sliced, and a small piece of ginger root, to give it a fine flavor; then add the citron and let all cook together about 15 min.; fill the jars with citron and pour over the hot syrup, then seal.

Mrs. T. P. Wixted

CANDY

Sweets to the Sweets

PINOCHÉ

1 c. brown sugar	1 c. cocoanut
$\frac{1}{2}$ c. white sugar	$\frac{1}{4}$ tsp. vanilla
$\frac{2}{3}$ c. milk	a little salt
1 c. broken walnut meats	

Heat sugar, milk and butter slowly over fire, until it boils and forms a soft ball in cold water. Do not stir. When done add nut meats, vanilla and salt. Beat until thick and creamy. Pour into buttered pan and cut into squares when nearly cold.

Miss Josephine Delehanty

SALTED ALMONDS

Blanch nuts by pouring boiling water over them, turning off in a few minutes. Beat egg-white slightly, put nuts in and let adhere to them as much as possible. Then sprinkle with salt and put in a moderately hot oven.

Bessie Monahan

BUTTER SCOTCH

2 c. brown sugar	2 tbsp. water
$\frac{1}{2}$ c. butter	2 tbsp. vinegar
4 tbsp. molasses	

Boil 15 minutes, then pour in a buttered tin, marking in squares when cool enough.

Florence I. Wixted

PINOCHÉ

2 lbs. brown sugar	butter size of walnut
$\frac{2}{3}$ c. of milk	

Boil about 20 min. Then take off stove and beat, add $\frac{1}{2}$ lb. chopped nuts.

Mrs. Margaret Moriarty

MAPLE CANDY

1 c. maple sugar	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ c. brown sugar	1 tsp. vanilla
1 tbsp. butter	1 c. water

Dissolve sugar in water in saucepan over fire, when boiling add butter and salt and boil until it hardens when dropped in cold water. Remove from fire and add vanilla. Pour into buttered tins. When half cold mark into squares. Wrap in waxed paper. Julia A. Moriarty

CHOCOLATE FUDGE WITH FRUIT

2 c. of sugar	$\frac{1}{2}$ c. of molasses
$\frac{1}{2}$ c. of milk	$\frac{1}{2}$ c. of butter

Mix all and boil seven minutes; add $\frac{1}{2}$ cup of Baker's chocolate and boil seven minutes longer. Then add 2 tablespoonfuls of raisins, 2 tablespoonfuls of figs, $\frac{1}{2}$ cup of English walnuts and 1 teaspoon of vanilla. Pour on buttered tin and cut in squares. Florence I. Wixted

PEANUT BUTTER FUDGE

3 c. sugar	piece of butter size of an
1 c. milk	egg

Melt the butter in a saucepan over the fire, when melted add $\frac{1}{2}$ c. of cocoa and a pinch of salt. Boil until it forms a soft ball when dropped in water. Remove from fire and add $1\frac{1}{2}$ tsp. vanilla and 4 tbsp. peanut butter. Beat until creamy then pour into buttered pans to cool and when cold cut into squares. Mrs. Margaret Moriarty

CREAM WALNUTS

white of an egg	2 c. confectionery sugar
$\frac{1}{2}$ tbsp. cold water	English walnuts
$\frac{3}{4}$ tsp. flavoring	

Put egg water and flavoring in a bowl, beat until well blended. Add sugar until stiff enough to knead, shape into balls. Flatten and place half a nut on each side.

Gertrude M. Wixted

POTATO CANDY

1 medium sized potato	1 tsp, vanilla
boiled and mashed	stir in 1 lb. powdered
add 2 tsp. butter	sugar
$\frac{1}{4}$ lb. cocoanut	beat until creamy

Put down in a buttered tin until hard. Make 1-inch thick and pour over it 2 squares bitter chocolate (melted). Put in cold place for 2 hours and cut in squares.

Mrs. Oswald Laliberte

DIVINITY FUDGE

$2\frac{1}{2}$ c. sugar	whites of 2 eggs
$\frac{1}{2}$ c. Karo syrup	1 c. broken walnuts
$\frac{1}{2}$ c. water	

Mix sugar, syrup and water and boil until when dropped in cold water it will form a hard ball. Beat the eggs stiffly, pour half the mixture over the eggs beating constantly. Return the remaining half of mixture to stove and boil for five minutes. Then remove from stove and pour slowly in the first half beating constantly. Add nuts and vanilla pour into a buttered pan and cut in squares.

A. Blute

FONDANTS

2 c. sugar	1-16 tsp. cream of tartar
$\frac{1}{2}$ c. water	

Let come to a boil without stirring until a soft ball may be formed, when done pour on unbuttered dish. Beat until thick and creamy. Make into balls and knead with hand. May be colored and flavored to taste.

Gertrude M. Wixted

MOLASSES CANDY

$1\frac{1}{2}$ c. molasses	butter size of an egg
1 c. of sugar	2 tbsp. vinegar

Boil until it is brittle, when dropped in cold water, pour on buttered tins and pull as soon as it is cool enough to handle. Cut in small pieces with shears. Alice E. Wixted

FUDGE

2 c. of sugar	$\frac{3}{4}$ c. of milk
1 tbsp. of cocoa	butter size of a walnut

Boil from 8 to 10 minutes, until forms a soft ball in water.

1 tsp. vanilla	3 tbsp. of marshmallow
1 c. of chopped nuts	

R. McGrath

PEANUT BUTTER FUDGE

2 tbsp. cocoa	2 tbsp. peanut butter
2 c. sugar	$\frac{3}{8}$ c. milk
butter size of a walnut	

Cook six minutes and beat. Miss Josephine Delchanty

PEPPERMINT CANDY

2 c. granulated sugar	3 drops peppermint
$\frac{1}{2}$ c. water	

Boil 5 minutes, beat until creamy; drop on wax paper.
Miss Josephine Delchanty

MISCELLANEOUS

"An infinite deal of nothing"

OMELET

4 eggs	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. milk	1 pinch pepper
1 tbsp. flour	

Beat yolks and whites separately and put whites in just before cooking.

Mrs. C. L. Carney

ROYAL OMELET

6 eggs	2 tbsp. of water
small glass of grape jelly	

Separate yolks and whites. Beat yolk until light, add 2 tbsp. of water. Cook in frying pan until firm add glass of jelly and fold. Then beat whites until stiff spread on the omelet and set in the oven three minutes. This will serve four people.

Mrs. Harry Carruthers

CHEESE SOUFFLE

2 tbsp. butter	$\frac{1}{4}$ c. grated Old English
3 tbsp. flour	or Young American
$\frac{1}{2}$ cup scalded milk	cheese
$\frac{1}{2}$ tsp. salt	yolks 3 eggs
few grains cayenne	whites 3 eggs

Melt butter, add flour and when well mixed add gradually scalded milk. Then add salt, cayenne and cheese. Remove from fire; add yolks of eggs beaten until lemon colored. Cool mixture, and cut and fold in whites of eggs beaten until stiff and dry. Pour into a buttered baking-dish, and bake 20 minutes in a slow oven. Serve at once.

Mrs. W. W. Buckley

BAKED CHEESE PUFF

Grease a pudding dish and put into it a layer of stale bread, then a layer of American cheese; next a layer of bread, then a layer of cheese. When pudding dish is nearly full beat 1 egg light and stir it into 1 pt. of milk that has been warmed; salt slightly and pour over the bread and cheese. Set in oven about 45 min., or until browned. Serve immediately. This is an inexpensive dish and will take a place at luncheon or supper.

Miss Delia Cookley

TOMATO RAREBIT

2 tbsp. butter	2 c. grated cheese
2 tbsp. flour	2 eggs
$\frac{3}{4}$ c. milk	1 tsp. salt
$\frac{1}{4}$ tsp. soda	dash of cayenne pepper
$\frac{3}{4}$ c. tomato puree	

Melt butter, stir in flour and cook. Add milk and when mixture thickens add tomato and soda. Stir in the cheese, the eggs slightly beaten and the seasoning. Serve on toast or crackers.

Mrs. T. F. O'Hara

CROQUETTES

Grind your meat. Mix with the following sauce: 1 tbsp. butter; 1 tbsp. flour, 1 c. milk. Mix the above first. Add 1 yolk of egg just before sauce is taken from the fire. Season the mixture with 1 tsp. chopped parsley, celery salt, red pepper and onion juice to taste. One cup of sauce is sufficient for three cups of ground meat. Fry in deep lard or olive oil. Do not ruin by frying in a skillet.

Mrs. Borgeson

WILD OR CHOKE CHERRY JUICE

Take any quantity of fruit and cover with cold water, boil until cherries are soft and mushy. Strain and to each qt. of juice, add 1 c. of white sugar; return to kettle and let come to a boil, bottle and seal hot. Grape juice made the same way is good.

Mrs. J. W. Smythe

SANDWICH FILLINGS

Raisin and Nut

Chop equal parts raisins (or dates) and walnuts fine, mix with salad dressing, and spread between thin slices buttered bread.

Cream Cheese

Cream cheese, six stuffed olives, six walnuts, cream to moisten to right consistency to spread. Chop olives and nuts very fine, add to cheese and cream.

Sardine

Remove bones and mash very fine; mix with one teaspoon chopped parsley, one teaspoon lemon juice, dash paprika, and two teaspoons creamed butter.

Celery

One cup white stalks celery, $\frac{1}{4}$ cup olives. Chop all very fine, mix with mayonnaise, spread between thin slices brown bread.

Lobster

Chop lobster very fine; mix with mayonnaise, add salt, paprika, and lemon juice, as needed to season.

A. S. Kane

GINGER PUNCH

Tinct. ginger 3 dr.
Tinct. capsicum, 1 dr.
Tinct. orange 1 dr.
Tinct. lemon 1 dr.

Tartaric acid $\frac{3}{4}$ oz.
caramel 1 oz.
3 lbs. sugar
5 qts. boiling water

Mrs. W. H. McGilpin

DANDELION WINE

Five quarts of Dandelion blossoms, 1 gallon of water, Simmer for $1\frac{1}{2}$ hours. Strain and add 2 oranges, 2 lemons sliced. Boil for 15 minutes. When cool add one compressed yeast cake. Either bottle or jug, leaving stoppers off till through working.

Mrs. Frederick Renaud

NUT CROQUETTES

(A substitute for meat)

1 c. of milk	5 tbsp. dry crumbs
1 tbsp. of butter	5 tbsp. ground nuts

Boil milk and butter together; add dry crumbs and work until mixture no longer sticks to sauce pan, cool add ground nuts and seasoning, shape into cones or balls; roll in crumbs, egg and crumbs, fry in deep fat. Drain on brown paper and serve hot. Good with tomato sauce.

Margaret T. Merrill

PUNCH

(50 People)

1 pt. water	juice of 6 oranges
1 pt. sugar	1 small can grated pine- apple
1 pt. strong Orange Pekoe Tea	1 medium bottle cherries
2 c. strawberry syrup	1 bottle gingerale
juice of 6 lemons	

Add ginger ale just before you are ready to serve.

Mrs. Frank J. Powers

SODA WATER

1 lb. sugar	1 oz. tartaric acid
1 egg white	1 pt. water

Bring water to boil, add sugar and tartaric acid and allow to cool. Add egg white and beat three minutes. Bottle. Into a common drinking glass put two tablespoonfuls of syrup, one salt spoonful of flavoring, or two tablespoonfuls of fruit juice, fill two-thirds full with cold water, and add one saltspoon of baking soda. This makes a delicious foamy drink.

Mrs. Waldo Thresher

HOUSEHOLD HELPS

ONE TABLESPOON of extract will flavor one quart of mixture to be frozen.

ONE LEVEL TEASPOON of salt will season one quart of soup, sauce or vegetables.

ONE TABLESPOON of water or milk should be allowed for each egg in an omelet.

RICE will absorb three times its measure of water and a larger quantity of milk or stock.

THE ORDINARY FRENCH dressing (three tbsp. oil, $1\frac{1}{2}$ tbsp. vinegar, $\frac{1}{4}$ level tsp. salt, $\frac{1}{8}$ level tsp. pepper) will moisten one pint of salad.

EQUIVALENTS

- 3 teaspoons equal 1 tablespoon
- 4 tablespoons equal $\frac{1}{4}$ cup
- 2 cups equal 1 pint
- 2 pints equal 1 quart
- 4 quarts equal 1 gallon
- 4 cups of flour equal 1 pound
- 4 cups entire wheat flour equal 1 pound
- 3 cups (scant) cornmeal equal 1 pound
- $2\frac{2}{3}$ cups oatmeal equal 1 pound
- 6 cups rolled oats equal 1 pound
- $4\frac{1}{2}$ cups rye meal equal 1 pound
- 2 cups rice equal 1 pound
- 2 cups granulated sugar equal 1 pound
- $2\frac{2}{3}$ cups brown sugar equal 1 pound
- $2\frac{3}{4}$ cups powdered sugar equal 1 pound
- $3\frac{1}{2}$ cups confectioners' sugar equal 1 pound
- 2 cups milk equal 1 pound
- 2 cups butter equal 1 pound
- 2 cups finely chopped suet equal 1 pound
- 2 cups chopped meat equal 1 pound
- 3 cups raisins equal 1 pound
- $4\frac{1}{3}$ cups of coffee equal 1 pound
- 2 1-7 cups pearl tapioca equal 1 pound
- $1\frac{1}{2}$ cups instant tapioca equal 10 oz.
- $1\frac{1}{2}$ cups minute tapioca equal 10 oz.
- 40 small prunes equal 1 pound
- 28 large prunes equal 1 pound
- 75 apricot pieces equal 1 pound
- 3 large bananas equal 1 pound

TABLE OF MEASURES

- 60 drops equal 1 tsp.
 3 teaspoons equal 1 tbsp.
 4 tablespoons equal $\frac{1}{4}$ cup.
 1 cup equals $\frac{1}{2}$ pint.
 1 round tablespoon butter equals 1 ounce.
 1 solid cup butter, granulated sugar, milk, chopped meat equals $\frac{1}{2}$ pound.
 2 cups flour equal $\frac{1}{2}$ pound.
 9 large eggs equal 1 pound.

TABLE OF PROPORTIONS

- 1 cup liquid, 3 cups flour for bread.
 1 cup liquid, 2 cups flour for muffins.
 1 cup liquid, 1 cup flour for batters.
 1 teaspoon soda to 1 pint sour milk.
 1 teaspoon soda to 1 cup molasses.
 $\frac{1}{4}$ teaspoon salt to 1 quart custard.
 1 teaspoon salt to 1 quart water.
 $\frac{1}{8}$ teaspoon salt is a pinch.
 $\frac{1}{4}$ square inch pepper is a shake.

MENU OF THE "AGES"

An heir of the "Ark Builder".....	Ham
Rough and ready.....	Salt and Pepper
Woman's weapon.....	Tongue
The least and the greatest.....	Mustard
Support needed by Generals and Privates	Bread
Hot hemispheres.....	Rolls
Three fifths of a rabbit.....	Buns
Erbs of gold.....	Butter
What little girls are made of.....	Mince Pie
Eve's temptation hidden.....	Apple Pie
A President and his desert.....	Washington Pie
Darkest African	Fruit Cake
Imposition	Sponge Cake
Spring offering.....	Water
A once discarded exhilarant.....	Tea
Imported cordial from original packages	Coffee

USE A PAPER BAG FOR FLOURING CHICKEN

When you wish to flour chicken or solid croquettes for frying, use a paper bag. Fill the bag with flour that has been peppered and salted. Put the chicken into the bag; shake well. The piece of chicken will be thoroughly floured without soiling your hands or using an extra plate.

The Housewife

MENUS

DINNER MENU

Oyster Cocktail
Julienne Soup Imperial Sticks
Celery Salted Almonds Olives
Fish Crescents Delmonico Tomatoes
Fillet Mignon Mushroom Sauce
Duchess Potatoes Spinach Tambaes
Parker House Rolls
Horseshoe Salad Cheese Straws
French Ice Cream
Sponge Rings Silver Drops
Coffee Mints
Bessie Monahan

FISH DINNER

Celery Soup Croutons
Baked Stuffed Haddock Egg Sauce
Mashed Potatoes Spinach
Tomato and Celery Salad
Cheese Wafers
Orange Puffs Orange Sauce Cafe Noir
Mrs. Chas. Simpson

BREAKFAST

Cantaloupe
Pettijohns with Sugar and Cream
Dried Smoked Beef in Cream Mashed Brown Potatoes
Baking Powder Biscuit Coffee
Mrs. Charles Simpson

THANKSGIVING DINNER

	Celery Soup	
Celery		Olives
	Roast Turkey	
Dressing		Giblet Gravy
	Cranberry Sauce	
Creamed Onions	Mashed Potatoes	Squash
Pumpkin Pie		Mince Pie
Plum Pudding		Hard Sauce
	Caramel Ice Cream	
Fruit	Coffee	Nuts
		Mrs. D. T. Morrill

A COURSE DINNER

First Course

Oysters on half shell, with brown bread sandwiches. Pass Tabasco Sauce and Vinegar.

Second Course

Clear Soup with bread sticks. Radishes, Celery or Olives are passed with soup. Salted Almonds may be passed between any of the courses.

Third Course

Fish, baked, boiled, or fried. Dressed Cucumber or Cole-slaw. Potato Balls.

Fourth Course

Filet of Beef. Potatoes stuffed and baked. One other vegetable. Grape or Venison Jelly. Rolls and Butter.

Fifth Course

Lettuce and Tomato Salad with French or Mayonnaise Dressing. Cheese sticks or Crisp Cheese Crackers may be served with salad.

Sixth Course

Ice Cream	Fancy Cakes	Black Coffee
	Bonbons may be passed after this course	
		Miss Delia Coakley

DINNER

Oyster Cocktail
 Cream of Asparagus Soup
 Boiled Halibut Tomato Sauce
 Sliced Cucumbers on Lettuce
 Leg of Lamb, Roasted Currant Jelly
 Mashed Potatoes Cream Carrots
 Green Peas
 Pear Fritters Banana Salad
 Suet Pudding Brandy Sauce
 Coffee
 Mrs. Sarah Shattuck

MENU FOR HOME DINNER

First Course

Cream Celery Soup Croustons Olives

Second Course

Meat or Fish. Potatoes and two other vegetables. Pickles.
 Bread and Butter.

Third Course

A Vegetable Salad with French Dressing. Nut Bread.
 Sandwiches.

Fourth Course—Dessert

Apple-tarts Cheese Black Coffee
 Pass Sugar and Cream
 Miss Delia Conkley

DINNER MENU

Hamburg Steak Soup
 Codfish Steak (New England Style) Johnny Cake
 Roast Lamb Brown Potatoes
 Peas with Fruit Buttered Diced Carrot
 Egg and Olive Salad
 Delicate Pudding Egg Biscuit
 Tea Coffee Milk
 Ellen J. Whittaker

LUNCHEON

	Tomato Soup	
Veal Loaf		Stewed Potatoes
Russian Cream		Tea
		Mrs. C. L. Carney

LUNCHEON MENU

	First Course	
	Fruit Cup	
	Second Course	
Lamb Chops	French Fried Potatoes	Peas
Mint	Jelly Rolls	
	Third Course	
	Lettuce and Pineapple Salad with French Dressing	
	Crisp Crackers	
	Fourth Course	
	Lemon Pie and Tea	
		Miss Delia Coakley

LUNCHEON

Cream of Pea Soup		Crisp Crackers
Lamb Chops		Currant Jelly
	Baked Potatoes	
Turnip Cubes		White Sauce
	Pineapple Cream	
	Cafe Noir	
		Mrs. Charles Simpson

DINNER

	Split Pea Soup or Tomato Soup	
Roast Loin of Pork		Mashed Potatoes
Boiled Onions		Apple Sauce
French Fruit Salad		French Dressing
	Strawberry Shortcake with Whipped Cream	
		Mrs. P. J. Breen

BREAKFAST

Sliced Oranges

Coffee

Toast and Rolls

Veal Cutlets Breaded with Tomato Sauce

Baked Potatoes

Green Corn Custard with Green Peppers

Baking Powder Biscuit

Mrs. Sarah Shattuck

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