

**365 LUNCHEON
DISHES**

BCSM, TT & OTHERS

365 LUNCHEON DISHES



365 Luncheon Dishes

A Luncheon Dish for every day in the year

Selected from

MARION HARLAND, CHRISTINE TERHUNE HERRICK,

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AND OTHERS.

PHILADELPHIA

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JANUARY

There are some salad dressings you should never eat,

try this [Super Healthy Salad Recipe](#) instead and start improving your meals.

1. Stewed Breast of Lamb

Cut a breast of lamb into small pieces, season, and stew until tender in enough gravy to cover the meat. Thicken the sauce, flavor with a wine-glass of wine, pile in the center of a platter and garnish with green peas.

2. Chicken Creams

Chop and pound $\frac{1}{2}$ a lb. of chicken and 3 ozs. of ham; pass this through a sieve, add 1 oz. of melted butter, 2 well-beaten eggs, and $\frac{1}{2}$ a pint of cream, which must be whipped; season with pepper and salt. Mix all lightly together, put into oiled molds and steam fifteen minutes, or if in one large mold half an hour.

3. Herring's Roes on Toast

Have rounds of toast buttered and seasoned with salt and pepper, on each piece place $\frac{1}{2}$ the soft roe of a herring which has been slightly fried and on the top of this a fried mushroom. Serve very hot.

4. French Omelet

For a very small omelet beat 2 whole eggs and the yolks of two more until a full spoonful can be taken up. Add 3 tablespoonfuls of water, $\frac{1}{4}$ of a teaspoonful of salt, and a dash of pepper, and when well mixed turn into a hot omelet pan, in which a tablespoonful of butter has been melted, lift the edges up carefully and let the uncooked part run under. When all is cooked garnish with parsley.

5. Cheese Ramequins

Melt 1 oz. of butter, mix with $\frac{1}{2}$ oz. of flour, add $\frac{1}{4}$ of a pint of milk, stir and cook well. Then beat in the yolks of two eggs, sprinkle in 3 ozs. of grated cheese, add the well-beaten whites of three eggs. Mix in lightly and put in cases. Bake a quarter of an hour.

6. Scotch Collops

Cut cold roast veal into thin slices, and dust over them a little mace, nutmeg, cayenne, and salt, and fry them in a little butter. Lay on a dish and make a gravy by adding 1 tablespoonful of flour, $\frac{1}{4}$ of a pint of water, 1 teaspoonful of anchovy sauce, 1 tablespoonful of lemon juice, $\frac{1}{4}$ of a teaspoonful of lemon peel, 3 tablespoonfuls of cream, and 1 of sherry. Let boil up once and pour over the meat. Garnish with lemon and parsley.

7. Orange Salad

Slice 3 sweet oranges, after removing the skin and pith, make a dressing with 3 tablespoonfuls of olive oil, a tablespoonful of lemon juice, and a pinch of salt. Serve on lettuce leaves.

8. Oyster Potpie

Scald one quart of oysters in their own liquor. When boiling take out the oysters and keep them hot. Stir together a tablespoonful of butter and two of flour, and moisten with cold milk. Add two small cups of boiling water to the oyster liquor, season with salt and pepper, and stir in the flour mixture, and let it cook until it thickens like cream.

Make a light biscuit dough and cut out with a thimble. Drop these into the boiling mixture, cover the saucepan and cook until the dough is done. Put the oysters on a hot dish and pour biscuit balls and sauce over them.

9. Chicken Cutlets

Chop cold chicken fine; season with onion-juice, celery salt, pepper, and chopped parsley. For 2 cupfuls allow a cupful of cream or rich milk. Heat this (with a bit of soda stirred in) in a saucepan, and thicken with a tablespoonful of butter rubbed in, one of corn-starch, stirred in when the cream is scalding. Cook one minute, put in the seasoned chicken, and cook until smoking hot. Beat two eggs light; take the boiling mixture from the fire and add gradually to these. Pour into a broad dish or agate-iron pan and set in a cold place until perfectly chilled and stiff. Shape with your hands, or with a cutter, into the form of cutlets or chops. Dip in egg, then in cracker-crumbs. Set on the ice an hour or two and fry in deep boiling fat. Send around white sauce with them.—From "The National Cook Book," by Marion Harland and Christine Terhune Herrick.

10. Coconut Ice Cream

Put 1 pint of milk over the fire in a double boiler with the grated yellow rind of a lemon and three well-beaten eggs. Stir until the mixture begins to thicken. Remove from the fire; add a cup and a half of sugar, and 1 qt. of

cream. Then add a grated coconut. Stir until the custard is cold, add the lemon juice and freeze.

11. Loaf Corn Bread

Mix together 2 cupfuls of corn-meal, 1 cupful of flour, 1 teaspoonful of salt, and 2 of baking powder. Beat together 3 eggs until thick and light. Add 2½ cupfuls of milk and stir into the dry mixture, adding 2 tablespoonfuls of sugar, and 2 tablespoonfuls of melted butter, and beating well until the batter is smooth. Grease the pans well, or it will stick. Have the batter a little more than 2 inches deep in the pans and bake in a hot oven for about half an hour.—"Table Talk," Phila.

12. Beef Ragout

Cut cold roast beef into large slices. Put it into a saucepan with 2 slices of onion, salt and pepper. Pour over it ½ a pt. of boiling water and add 3 tablespoonfuls of soup stock. Stew gently until cooked.

13. Curried Rice

Boil 1 cup of rice rapidly for half an hour, drain in a colander and stand in the oven for a few minutes to dry out the rice. Put 2 tablespoonfuls of butter and a slice of onion into a saucepan. Stir until the onion is a golden brown, add a tablespoonful of flour. (Take out the slice of onion.) Stir until smooth, then add a teaspoonful of curry powder, bring to a boil, add salt. Pour over the rice and serve hot.

14. Tapioca Soup

One qt. of veal or chicken broth, 1 pt. of cream or milk, 1 onion, a little celery, 1/3 of a cupful of tapioca, 2 cupfuls of cold water, 1 tablespoonful of butter, a small piece of mace, salt and pepper. Wash and soak the tapioca

over night. Cook it in the broth for an hour. Cook milk, onion, mace and celery together for 15 minutes, then strain into the tapioca and broth; add the butter, salt and pepper.

15. Haddock Roes and Bacon

Haddock roes are much cheaper than shad roes, and are very nice prepared in this way. Soak for an hour in water and lemon juice, then parboil in salt and water for ten minutes. Fry brown in a little lard and butter mixed. Fry the bacon in a separate pan until brown, remove from the pan and put it in the oven for a few minutes to crisp it. Put the roes in the center of a hot platter and garnish the bacon around it.

16. Rice molds

Wash a teacupful of rice in several waters, put it into a saucepan and just cover with cold water, and when it boils, add two cupfuls of milk, and boil until it becomes dry; put it into a mold and press it well. When cold serve with a garnish of preserves around it or with a boiled custard.

17. English Muffins

Scald 1 pt. of milk and add 1 oz. of butter and let cool; when cool add $\frac{1}{4}$ of a yeast cake, a teaspoonful of salt and three cups of flour, beat well, cover and let rise about two hours. When light, add sufficient flour to make a soft dough; work lightly and divide into small balls; put each one into a well-greased muffin ring and let rise again. Then bake on a hot griddle. When ready to eat tear them open and butter.

18. Minced Veal and Macaroni

Mince $\frac{3}{4}$ of a lb. of cold veal and 3 ozs. of ham, wet with 1 tablespoonful of gravy. Season with salt and pepper, a little nutmeg, a quarter of a lb. of

bread crumbs and a well-beaten egg. Butter a mold and line it with some boiled macaroni. Mix more macaroni with the veal mixture, fill the mold, put a plate on it and steam for $\frac{1}{2}$ an hour. Turn out carefully, pour a good brown gravy around it.

19. Baked Beans and Tomato Salad

Stir 3 tablespoonfuls of vinegar very gradually into 6 tablespoonfuls of oil and a dash of paprika. Add salt, if the beans have not been seasoned. The oil and vinegar will not unite perfectly. Pour gradually over a pint of cold baked beans such portions of the dressing as they will absorb, toss together and arrange on a serving dish. Make a border of sliced tomatoes around the beans and over these pour the rest of the dressing.—Janet Hill in "Boston Cooking School Magazine."

20. Tomato Croquettes

Stew together for 20 minutes $\frac{1}{2}$ a can of tomatoes, 1 tablespoonful of chopped onion, 1 sprig of parsley, $\frac{1}{2}$ a bay leaf, 4 cloves and enough salt and pepper to season highly. Rub through a sieve. In a clean saucepan melt together 2 tablespoonfuls of butter and 5 tablespoonfuls of flour. Add 2 cupfuls of the strained tomato and stir and cook for ten minutes. Take from the fire and set aside until cold. Flour the hands and carefully mold into small croquettes. Dip each into slightly beaten egg and roll in fine bread crumbs. Let stand for 20 minutes, then repeat the dipping and rolling in crumbs. Fry at once in very hot fat and drain on unglazed paper.—"Table Talk," Phila.

21. Eggs on Rice

Cover a platter an inch deep with hot well-boiled rice, to which has been

added 1 tablespoonful of melted butter. On this serve six well-poached eggs.

Garnish with parsley.

22. Baked Celery

Parboil a bunch of celery, using only the stalks; cut into two inch lengths, put them into a baking dish. Rub smooth 2 tablespoonfuls of butter and 2 of flour, then beat in the yolks of 3 eggs; stir this into 1 qt. of veal stock and pour it over the celery, cover with grated bread crumbs and dust the top with grated cheese.

23. Stewed Steak and Oyster Sauce

Wash 1 pt. of small oysters in a little water, drain into a saucepan and put this water on to heat. As soon as it comes to a boil skim and set back. Put 3 tablespoonfuls of butter into a frying pan and when hot, put in 2 lbs. of round steak; cook ten minutes. Take out the steak and sift 1 tablespoonful of flour into the butter, stir until browned. Add the oyster liquor and boil 1 minute, season; put back the steak, cover and simmer $\frac{1}{2}$ an hour, then add the oysters and 1 tablespoonful lemon juice. Boil for 1 minute and serve.

24. Barley Stew

Cut $\frac{1}{2}$ a lb. of cold meat into dice; wash $\frac{1}{4}$ of a cupful of barley, chop 2 onions very fine, put all into a saucepan and dredge with flour, season with salt and pepper. Add a qt. of water and simmer about 2 hours. Pare and slice 5 potatoes, add them to the stew and simmer an hour longer.

25. Bread Omelet

Beat 3 eggs separately. To the yolks add $\frac{1}{2}$ a cup of milk, pinch of salt, pepper and $\frac{1}{2}$ a cup of bread crumbs. Cut into this very carefully the well beaten whites; mix lightly. Put 1 tablespoonful of butter into a frying pan;

and as soon as it is hot turn in the mixture. Set it over a good fire, being careful not to burn. When half done, set the pan in the oven for a few minutes to set the middle of the omelet. Turn onto a hot platter and serve.

26. Calf's Liver Fried in Crumbs

Wash and parboil slices of liver, then roll each piece, in crumbs, then in beaten egg, then in crumbs again. Fry in hot lard.

27. Toad in a Hole

Cut 1 pt. of meat into 1 inch pieces and put them into a greased baking dish. Beat 2 eggs very light, add to it 1 pint of milk and pour it gradually into 6 tablespoonfuls of flour, beating all the time. Strain, add salt and pepper and pour it over the meat. Bake an hour and serve at once.

28. Shrimp Salad

Shell 1 can of shrimps, arrange on lettuce leaves, serve with French dressing.

29. Creamed Corn Beef

Scald 1 pt. of milk with slice of onion and stalk of celery. Stir into this $\frac{1}{4}$ of a cup each of butter and flour creamed together, let cook 15 minutes, stirring until thickened and then occasionally add a dash of paprika and strain over 1 pt. of cold cooked corn beef, cut into cubes. Turn into a pudding dish and cover with half a cup of cracker crumbs, mixed with 3 tablespoonfuls of melted butter. Set into the oven to reheat and brown the crumbs.—Janet M. Hill in "Boston Cooking School Magazine."

30. Potted Beef

Take the outside slices left from boiled or braised beef, cut up into small pieces and pound it thoroughly with a little butter in a mortar; add salt, pepper and a little powdered mace. Mix thoroughly. Put it into jelly glasses,

pour a coating of clarified butter over the top. Cover with paper until wanted.

31. Carolina Philpes

One gill of rice, boiled soft; when cold, rub it with a spoon. Moisten with water a gill of rice flour, and mix it with the rubbed rice. Beat 1 egg, very light, and stir in. Bake on a shallow tin plate, split and butter while hot.

FEBRUARY

Enjoy this [Mexican Fat-Burning Lunch Recipe](#)

(One of my secret favorite healthy meals).

1. Oyster Loaf

Take a loaf of bread, cut off the crusts, dig out the center, making a box of it, brush it all over with melted butter and put into the oven to brown. Fill with creamed oysters, cover the top with fried bread crumbs, put into the oven for a minute and serve. Garnish with parsley.

2. Broiled Sweetbreads

For these use veal sweetbreads. Wash and parboil them and cut in half lengthwise. When cold, season with salt and pepper, and pour over them a little melted butter. Broil over a clear fire about 5 minutes. Serve with melted butter and chopped parsley poured over them.

3. Liver and Onions

Take 1 lb. of liver, cover it with boiling water and let it stand for five minutes, then cut it into dice. Into a frying pan put 3 slices of fat bacon and fry. When the fat is fried out add the liver and 4 onions, sliced thin; cook until done. Add a tablespoonful of flour, salt, and pepper. Mix well and serve.

4. Broiled Beef and Mushroom Sauce

Stew $\frac{1}{2}$ a can of mushrooms in 1 oz. of butter, salt, and cayenne pepper.

Have ready mashed potatoes. Put them in a mound in the center of a hot dish; make a hole in the center, pour in the mushrooms, lay against the outside of the mound slices of cold roast beef.

5. Kornlet Omelet

Melt 1 tablespoonful of butter; cook in this 1 tablespoonful of flour, $\frac{1}{4}$ of a tablespoonful each of salt and pepper, then add gradually $\frac{1}{2}$ a cup of

kornlet. When the mixture boils, remove from the fire and stir in the yolks of three eggs beaten until thick, then fold in the whites of the eggs beaten

dry. Turn into an omelet pan, in which two tablespoonfuls of butter have

been melted. Spread evenly in the pan and let cook until "set" on the bottom, then put into the oven. When a knife cut down into the omelet

comes out clean, score across the top at right angles to the handle of the

pan. Fold and turn onto a heated dish.—Janet M. Hill, in "Boston Cooking

School Magazine."

6. Liver Rolls

Have $\frac{1}{2}$ a lb. of calf's liver cut in thin slices, parboil for 5 minutes, wipe

each piece dry, lay a thin slice of bacon on each slice of liver, season with

salt and pepper, roll up and fasten with a wooden toothpick, dredge with

flour and fry until done in bacon fat or drippings. When done take out the

rolls and thicken the gravy with a little brown flour. If there is not gravy

enough add a little boiling water. A teaspoonful of mushroom ketchup

added to the gravy is an improvement or a squeeze of onion juice.

7. A Box of Chestnuts

Shell 1 qt. of chestnuts and cover with boiling water; leave them for fifteen

minutes, then rub off the brown skins. Put them into a saucepan, cover them with soup stock and let them boil $\frac{1}{2}$ an hour; when done, drain. Save the stock. Into a frying pan put 1 tablespoonful of butter and when melted add 1 of flour; cook until browned, then add the stock and stir until it boils; add salt and pepper to taste. Lay the chestnuts in a box made of fried bread and pour the sauce over.

To make the box, take a loaf of bread, cut off the crust and leave the sides as smooth as possible. Cut out the center, leaving a box shaped piece. Fry this in deep fat.

8. Curried Hare

Clean and cut the hare or rabbit as for fricassee. Simmer slowly in just enough water to cover, add a thickening of 1 tablespoonful each of butter and flour, season with salt, pepper, and 1 tablespoonful of curry powder.

9. Scrambled Eggs with Shad Roes

When you have shad for dinner scald the roes ten minutes in boiling water (salted), drain, throw into cold water, leave them there three minutes, wipe dry, and set in a cold place until you wish to use them. Cut them across into pieces an inch or more wide, roll them in flour, and fry to a fine brown.

Scramble a dish of eggs, pile the roes in the center of a heated platter, and dispose the eggs in a sort of hedge all around them.—From "The National Cook Book," by Marion Harland and Christine Terhune Herrick.

10. Chicken in Celery Sauce

Take the roots of a bunch of celery, clean and cut it into small pieces, put them into a saucepan and cover with cold water, about a pint, stew slowly and when tender put through a vegetable press. Into a saucepan put 1

tablespoonful each of flour and butter. When melted and rubbed smooth add $\frac{1}{2}$ a cup of milk and the celery. Stir well and when it boils add salt and pepper. Have 1 pt. of cold chicken cut into dice, and add them to the boiling sauce when all is hot. Serve with toast points.

11. Fig Ice Cream

Put $3\frac{1}{2}$ cupfuls of milk in a double boiler and as soon as it comes to a boil stir in two tablespoonfuls of corn-starch that has been mixed with $\frac{1}{2}$ a cupful of cold milk. Cook for ten minutes. Beat together 3 eggs and a cup and a half of sugar. Pour the cooked corn-starch and milk on this, stirring all the time. Put back again on the fire, and add 1 tablespoonful of gelatin which has been dissolved in 4 tablespoonfuls of cold water. Cook three minutes. Set away to cool. When cold add 1 pt. of cream and 1 tablespoonful of vanilla and freeze. When the mixture has been freezing for ten minutes, take off the cover and add 2 cupfuls of chopped figs. Cover again and freeze hard.

12. Souffle Biscuit

Rub 4 ozs. of butter with a qt. of wheat flour, add a little salt. Make it into a paste with $\frac{1}{2}$ a pt. of milk. Knead it well: roll it as thin as paper. Cut it out with a tumbler, and bake brown.

13. Fish Chowder

Put $\frac{1}{4}$ of a lb. of bacon into a frying pan with 1 onion sliced; fry a light brown. Into a saucepan put a layer of potatoes, a layer of fish, then a few slices of the onion and bacon, then season. Continue until all has been used. Add 1 qt. of water, cover and let simmer 20 minutes without stirring. In a double boiler put 1 pt. of milk and break into it 6 water crackers; let it stand

a few minutes then add to the chowder. Let it boil up once and serve. Use 3 lbs. of chopped fish and 3 potatoes for this.

14. Cold Duck and Chestnut-Border

Arrange slices of cold duck on a platter. Shell and blanch 1 qt. of chestnuts, then boil until soft, drain and put them through a colander. Add a tablespoonful of butter, salt and pepper to taste, arrange around the cold duck. Garnish with olives or bits of red currant jelly.

15. Oysters with Madeira Sauce

Into a saucepan put 2 tablespoonfuls of butter and 1 of flour, $\frac{1}{2}$ a cup of milk, a teaspoonful of salt and a dash of cayenne. Stir until smooth, then add 25 oysters that have been washed and drained. When cooked take from the stove and add 2 tablespoonfuls of Madeira wine.

16. Chicken Fritters

Season well, pieces of cold roast chicken. Make a fritter batter, stir the pieces in. Drop by spoonfuls into boiling fat. Lemon juice added to the seasoning is an improvement.

17. Baked Rice Cake

One pt. of cold boiled rice, mixed with a cup of cold milk, 1 egg, about $\frac{1}{2}$ a pt. of flour just sufficient to hold it together. Put into a deep pan and bake $\frac{1}{2}$ an hour.

18. Cheese and Tomato Rarebit

(Chafing Dish)

Put a tablespoonful of butter in the blazer and let the melted butter run over the bottom. Then add 2 cups of cheese grated or cut into dice. Stir until melted, then add the yolks of 2 eggs, beaten and diluted with $\frac{1}{2}$ a cup of

tomato purée, $\frac{1}{4}$ of a teaspoonful each of soda, salt, and paprika. Stir constantly until the mixture is smooth, then serve on bread toasted upon but one side.—Janet M. Hill in "Boston Cooking School Magazine."

19. Onion Souffle

Cook 3 tablespoonfuls of flour in four of butter; add $\frac{1}{2}$ a cup of milk, season with salt and pepper. Mix this with 1 cupful of cooked onions put through a sieve; add three eggs beaten very light. Turn into a baking dish and stand in a pan of hot water. Bake $\frac{1}{2}$ an hour.

20. Hungarian Chicken

Joint a fowl as for fricassee; put it on the fire in enough cold water to cover it; bring it to a boil slowly, and cook until tender. Unless the chicken is quite young this should require from 2 to 3 hours. When it has been simmering about an hour put in a sliced onion, 2 stalks of celery, 3 sprigs of parsley, and a teaspoonful of paprika. When the chicken is done, arrange it in a dish, add to the gravy salt to taste and the juice of $\frac{1}{2}$ a lemon and pour it over the chicken.—From "The National Cook Book," by Marion Harland and Christine Terhune Herrick.

21. Bean Croquettes

Soak 1 qt. of white soup beans over night. In the morning, drain, cover with fresh cold water, bring to a boil, drain, and cover with 1 qt. boiling water; boil slowly for about an hour. When the beans are tender press through a sieve then add 1 tablespoonful of vinegar, 2 of molasses, 2 of butter, salt and cayenne to taste, let the mixture get cold, when form into croquettes, dip in egg and in bread crumbs and fry in boiling fat.

22. Potato Balls

Beat the yolks of 2 eggs and add them to 2 cups of mashed potatoes, then add 1 tablespoonful of chopped parsley, a teaspoonful of onion juice, 2 tablespoonfuls of cream or milk, 1 tablespoonful of butter; mix well, form into small balls, and egg and bread crumb them. Fry in deep fat.

23. Bologna Sandwich

Take off the skin from a bologna sausage. Rub to a paste. Spread slices of rye bread with butter and if liked, a little French mustard, then a layer of the bologna. Put two slices together.

24. Breaded Ham Saute

Cut cold boiled ham into rather thick slices, cover with a mixture of pepper, olive oil, and mustard; dip in egg, then in cracker crumbs and set in a cold place. Fry slices of fat bacon or pork crisp, take them out and put the breaded ham into the hissing fat. Turn when the lower side is brown and cook the upper. Garnish with hard-boiled eggs cut in slices, serving a slice upon each portion of ham.—From "The National Cook Book," by Marion Harland and Christine Terhune Herrick.

25. Potato Stew

Peel and slice 8 large potatoes. Into a deep saucepan put 3 slices of salt pork cut into small pieces, fry them, and then add the potatoes with salt, pepper, and 1 large peeled tomato, sliced, cover with water and let cook until the potatoes are done.

26. Codfish Hash

Freshen 1 pt. of salt codfish, add to it 1 qt. chopped, boiled potatoes, mix well, cut three slices of salt pork in very small pieces and fry brown; remove half the pork and add the fish and potatoes to the remainder; let it stand and steam five minutes without stirring; be careful not to let it burn;

then add 1/3 cup of milk, and stir well. Put the remainder of the pork around the edge of the pan, and a little butter over it; simmer slowly for ½ an hour, until a brown crust is formed, then turn on a platter and serve.

27. Sugared Sweet Potatoes

Boil 6 sweet potatoes, peel them, and let them get cold, then cut in two lengthwise; lay them with the rounded side down in a baking dish, put a bit of butter and salt and pepper on each piece. Sprinkle granulated sugar over all and put in a quick oven to brown for ½ an hour.

28. Cracker Custard

Take a dozen milk crackers, break them up in small pieces and put into a pudding dish. Heat 1 qt. of milk, until boiling, sweeten and flavor to taste with vanilla, lemon or orange, and stir into it three well-beaten eggs. Take the milk from the fire at once and pour over the broken crackers. When cool stand on the ice and serve icy cold.

MARCH

Do you like Restaurants? Me too!

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without getting fat (and sick).

1. Veal mold

Boil 3 eggs, cut in slices crosswise and line the bottom and sides of a mold. Place in the mold alternate layers of thin slices of cold veal and ham. Cover with stock well boiled down. Set into the oven for ½ an hour; when cold turn out of mold and garnish with parsley.

2. Halibut Rechauffe

Cut an onion into a saucepan, add a cup of water, a little mace and parsley.

When thoroughly boiled, add 1 cup of cream or milk, 1 small spoonful of butter, 1 tablespoonful of flour, and strain all through a sieve. Take cold halibut, remove the bones and skin, and flake it, butter a dish and put in a layer of fish then one of the dressing, alternately, until the dish is full. Put grated bread crumbs on top and bake half an hour.

3. Yorkshire Pork Pie

Chop lean pork somewhat coarsely; butter a pudding dish and line with good paste; put in the pork interspersed with minced onion and hard boiled eggs, cut into bits and sprinkle with pepper, salt, and powdered sage. Now and then dust with flour and drop in a bit of butter. When all the meat is in, dredge with flour and stick small pieces of butter quite thickly all over it. Cover with puff paste, cut a slit in the middle of the crust and bake $\frac{1}{2}$ an hour for each lb. of meat. When it begins to brown, wash the crust with the white of an egg. It will give a fine gloss to it.—From "The National Cook Book," by Marion Harland and Christine Terhune Herrick.

4. Coffee Fritters

Cut stale bread into finger-shaped pieces, mix $\frac{3}{4}$ of a cup of coffee infusion, 2 tablespoonfuls of sugar, $\frac{1}{4}$ of a teaspoonful of salt, 1 egg slightly beaten, and $\frac{1}{4}$ of a cup of cream. Dip the pieces of bread into the liquid and "egg and bread crumb," and fry in deep fat. Drain on soft paper at the oven door. Serve at once, with sauce.—Janet M. Hill, in "Boston Cooking School Magazine."

Coffee Sauce.—Scald $1\frac{1}{2}$ cups of milk, half a cup of ground coffee, and let stand 20 minutes. Strain and add the infusion slowly to $\frac{1}{3}$ of a cup of sugar, mixed with $\frac{3}{4}$ of a tablespoonful of arrowroot and a few grains of

salt. Cook 5 minutes. Serve hot.—"Boston Cooking School Magazine."

5. Finnan-haddie

Wash the fish thoroughly, soak $\frac{1}{2}$ an hour in cold water, skin side up; then cover with boiling water and let stand 5 minutes. Drain carefully, then remove the skin and bone. Put the flaked fish into a buttered serving dish and pour over it white sauce equal in quantity to that of the fish; cover with buttered crumbs and bake in a hot oven long enough to brown the crumbs.

—Janet M. Hill, in "Boston Cooking School Magazine."

6. Roast Pigeons with Bread Sauce

Stuff the pigeons with ordinary force meat. Roast and serve around a pyramid of baked tomatoes, and serve with the following sauce.

Sauce.—Simmer three small onions, sliced, in $\frac{1}{2}$ a pint of milk for an hour.

Take out the onions, put in grated bread, a small lump of butter, pepper, salt, a dessertspoonful of chopped parsley, 1 chili and 1 anchovy (washed and boned) shredded fine. Make it the consistency of bread sauce.

7. Oyster Chartreuse

Boil and mash fine 6 potatoes, add a cupful of milk, salt and pepper to taste, a little butter, and the whites of 4 eggs beaten to a stiff froth. Have a plain mold well buttered and sprinkle the bottom and sides with bread crumbs.

Line the mold with the potatoes and let stand for a few minutes. Put a slice of onion and 1 pt. of cream or milk to boil. Mix two tablespoonfuls of flour with a little cream or milk, and stir into the boiling cream. Season well with salt and pepper and cook eight minutes. Let the oysters come to a boil in their own liquor, skim them out and add to the cream, take out the piece of onion. Season and turn carefully into the mold. Cover with mashed potato,

being careful not to add too much at once. Bake $\frac{1}{2}$ an hour. Take from the oven about ten minutes before dishing and let it cool a little. Then place a large dish over the mold and turn out carefully. Caution should be taken that every part of the mold has a thick coating of the potato, and when the covering is put on, no opening is left for the sauce to escape.

8. Potatoes au Gratin

Slice eight boiled potatoes, and put a layer of them in a buttered baking dish; make a white sauce with 1 tablespoonful each of butter and flour and a cup of milk; season with cayenne and salt; cover the layer of potatoes with a layer of sauce, and so continue until the dish is full. Sprinkle the top with bread crumbs and grated cheese; bake about 20 minutes.

9. Mutton Kidneys

Cut some mutton kidneys, open down the center, do not separate them; peel, and pass a skewer across them to keep them open, season and dip them in melted butter, broil over a clear fire, doing the cut side first; remove the skewers; have ready a little butter mixed with some chopped parsley, salt, pepper and a little lemon juice and a dash of nutmeg; put a small piece of this butter in the center of each kidney and serve hot.

10. Beefsteak and Kidney Pudding

Cut 2 lbs. of round steak into small pieces and slice one beef kidney. Line a deep dish with suet crust, leaving a small piece of crust to overlap the edge, then cover the bottom with a portion of the steak and kidney, season with salt and pepper, then add more steak and kidney, season again. Put in sufficient stock or water to come to within 2 inches of the top of the dish. Moisten the edges of the crust with cold water, cover the pudding over,

press the two crusts together that the gravy may not escape and turn up the overhanging paste. Steam for 3 or 4 hours.

11. Hot Pot

Cut nice pieces of cold pork and put them into a deep pan. (If there are bones put them on to simmer and make a gravy, if not, use stock.) Parboil some potatoes and onions, cut them into rather large pieces and mix them in well with the meat, season with pepper, salt and a little sage, and add the gravy. Put a layer of potatoes on the top and brown in the oven.

12. Lobster Patties

Mince the boiled lobster meat, add to it 6 drops anchovy sauce, lemon juice and cayenne to taste and 4 tablespoonfuls of béchamel sauce. Line patty pans with light paste. Stir the lobster mixture over the fire for 5 minutes and put in the cases.

Béchamel Sauce.—One small bunch of parsley, 2 cloves, small bunch of herbs, salt to taste, 1 cup white stock and 1 cup of milk, 1 tablespoonful of arrowroot.

13. Curried Fowl

Chop fine pieces of cold fowl, and brown 2 onions in 2 ozs. butter, add 1 teaspoonful flour, 1 dessertspoonful curry powder, 1 tablespoonful lemon juice, ½ pint gravy, season with salt and pepper. Stew 20 minutes.

14. Minced Collops

Mince very fine 1 lb. of beef, 1 onion, 2 ozs. suet; add a little flour, pepper and salt. Stew half an hour, stirring frequently.

15. Crescent Croquettes

Roll some light pie crust very thin and cut in half moons. Chop beef or

mutton very fine, add a little summer savory, parsley, salt and pepper. Lay some of this between two layers of paste. Egg and bread crumb them and fry in boiling fat for ten minutes.

16. German Way of Cooking Chickens

Stuff the chickens with a force meat made of French rolls, a little butter, egg, finely-chopped onion, parsley, thyme, and grated lemon peel; then lard and bread crumb them, putting a piece of fat over the breasts that they may not become too brown. Place them in a stewpan with 1 oz. of butter, leave uncovered for a short time, then cover and bake about 1½ hours. Half an hour before serving add a small cup of cream or milk and baste thoroughly over a hotter fire.

17. Breast of Lamb Broiled

Heat and grease a gridiron, broil a breast of lamb first on one side, then on the other. Rub over with butter, pepper and salt. Serve on a hot dish with mint sauce.

18. Onion Soup

Simmer 2 finely minced onions for ¾ of an hour in a qt. of stock. Rub through a colander and put back again on the stove. Stir 2 tablespoonfuls each of flour and butter together until smooth; add to the soup. In another saucepan heat a cup of milk and a pinch of soda, add this to the stock, beat in the white of an egg, season with salt and pepper, and minced parsley.

19. Saratoga Corn Cake

Sift together 2 cups of pastry flour, 1½ cups of granulated yellow corn-meal, ½ a cup of sugar, ½ a teaspoonful of salt, and 1 teaspoonful of soda. Beat 2 eggs without separating, add 2 cups of thick sour cream or milk, and

three tablespoonfuls of melted butter, and stir into the dry mixture. Beat thoroughly and bake in a large shallow pan for 25 minutes.—Janet M. Hill, in "Boston Cooking School Magazine."

20. Clam Pie No. 1

(An old New England seashore dish)

Chop the clams if large, saving the liquor that runs from them. Heat, strain, and season this and cook the chopped clams for 10 minutes in it. Have a thick top crust of good pastry, but none at the bottom of the bake dish. Fill with alternate layers of the minced clams, season with salt, pepper, a few drops of onion juice, some bits of butter and a few teaspoonfuls of strained tomato sauce, and thin slices of boiled potatoes. Dredge each layer of clams with flour. Lastly, pour in a cupful of clam juice, put on the crust and bake half an hour in a quick oven.—From "The National Cook Book," by Marion Harland and Christine Terhune Herrick.

21. Collared Head

Boil $\frac{1}{2}$ a pig's head until the meat comes from the bone, chop it fine and add salt and pepper and a slice of onion minced very fine. Stir all well together and turn into a mold. Serve cold.

22. Lobster Creams

Whip $\frac{1}{2}$ a pint of cream stiff, season it highly with cayenne and salt. Cut up $\frac{1}{2}$ a boiled lobster and mix with the cream. Put into cases. Garnish with parsley and some of the lobster coral.

23. Western Balls

Put $\frac{1}{2}$ a pound of boiled potatoes through a sieve, mix with them 2 ozs. of grated ham, a little butter, a well-beaten egg, cayenne and salt to taste; if not

moist enough, add a little cream, form into small balls, egg and bread crumb them and fry a golden brown in deep fat.

24. Zephyr Eggs

Beat four eggs very light, add to them a pint of cream, season with salt and pepper. Butter small molds and pour in the mixture, stand the molds in a pan with about 2 inches of water, steam 20 minutes. Turn them out and pour a rich brown gravy around them. Garnish with chopped olives and red chilies.

25. English Bread Pudding

Grease small cups and fill 2/3 full with bread crumbs and a little chopped candied fruit; beat 2 eggs without separating and 2 tablespoonfuls of sugar and 1½ cups of milk. Pour this carefully over the crumbs and stand the cups in a pan of boiling water and bake in a moderate oven 15 minutes. Turn out and serve with a vanilla or wine sauce.

26. Tomato Jelly Salad

Cook a can of tomatoes with ½ an onion, a stalk of celery, a bay leaf and pepper and salt. Dissolve ¾ of a box of gelatin in ½ a cup of cold water.

Add the gelatin to the tomato and strain into small round molds; serve each one on a lettuce leaf with a circle of mayonnaise dressing around.

27. Clams Sauteed and Creamed

Chop fine two strings of soft shell clams after washing them. Melt one large tablespoonful of butter in a frying pan, add the clams and stir frequently until they are nicely browned. Keep well broken with a spoon. When browned dredge over them 1 heaping tablespoonful of butter and stir again until it is absorbed and browned, then add gradually 1 cupful of milk,

stirring until it is smooth and thick. Season well with salt and pepper, simmer for 5 minutes and serve on toast.—"Table Talk," Phila.

28. Cheese Fondue No. 1

Beat 5 eggs without separating. When light, add 1 cupful of grated Swiss or mild American cheese, $\frac{1}{2}$ a teaspoonful of salt, $\frac{1}{4}$ of a teaspoonful of white pepper, and three tablespoonfuls of butter cut into bits. Cook in a double boiler until the cheese has melted and the mixture is smooth and as thick as custard. Pour over hot buttered toast and send at once to the table.—"Table Talk," Phila.

29. Beef Cutlets

Trim and cut like cutlets some slices of beef; season. Fry on both sides until done; sprinkle over them chopped parsley, place on a dish and serve with a brown gravy.

30. German Prune Cake

For this use a recipe for short cake adding more milk to make it into a thick batter. Turn into a shallow, oblong pan and over the top press lightly into the mixture a close layer of partly cooked prunes. Sprinkle thickly with granulated sugar and bake in a quick oven. Serve hot.—From "Table Talk," Phila.

31. Dormers

Chop cold beef very fine, and season it with salt and pepper, then add some onion chopped fine and fried previously, also some rice boiled very dry. Mix all well together and make into small rounds, flour them and fry until brown. Serve with a hot gravy poured over them.

APRIL

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1. Potato and Meat Turnovers

Mix with mashed potatoes a few spoonfuls of flour, a little salt and baking powder in the proportion of half a teaspoonful to $\frac{1}{2}$ a cupful of flour. Use only sufficient flour to roll out in a $\frac{1}{2}$ inch sheet. Cut into circles the size of a saucer, lay on each a spoonful of seasoned meat, fold over and pinch the edges together. Lay on a greased pan, brush each with milk and bake brown in a hot oven.—From "Table Talk," Phila.

2. Browned Potato Puree

Put 3 tablespoonfuls of good dripping into your soup-kettle and fry in it 1 dozen potatoes which have been pared, quartered, and laid in cold water for an hour. With them should go into the boiling fat a large, sliced onion. Cook fast but do not let them scorch. When they are browned add two quarts of boiling water, cover the pot, and simmer until the potatoes are soft and broken. Rub through a colander back into the kettle and stir in a great spoonful of butter rolled in browned flour, a tablespoonful of browned parsley, salt and pepper to taste. In another saucepan make a sugarless custard of a cup of boiling milk and 2 well-beaten eggs; take from the fire and beat fast for 1 minute, put into a heated tureen, beat in the potato and serve.—From "The National Cook Book," by Marion Harland and Christine Terhune Herrick.

3. Buttered Lobster

Mince fine the meat of a boiled lobster, mix the coral with it, and the green fat, 2 tablespoonfuls of vinegar, $\frac{1}{4}$ of a lb. of butter and a saltspoon each of

cayenne and made mustard. Let all get very hot. Serve on a hot dish with lettuce leaves and hard boiled egg.

4. Tomato Croutes

Take small tomatoes, scald and peel them, then cut a slice from the stem end. Place them, the cut side down, on slices of buttered bread, put them in a buttered baking tin, season with salt and pepper, bake $\frac{1}{2}$ an hour. Serve with cold roast beef.

5. English Monkey

Soak 1 cup of stale bread crumbs in 1 cup of milk for 15 minutes. Into a saucepan put 1 teaspoonful of butter and $\frac{1}{2}$ cup cream cheese, melt and add the crumbs, also a well-beaten egg, $\frac{1}{2}$ teaspoonful salt and a pinch of cayenne. Cook for 3 minutes and pour it on toasted crackers.

6. Shad Roe Croquettes

Boil the roe for 15 minutes in salted water; then drain and mash. Mix 4 tablespoonfuls each of butter and corn-starch and stir into a pint of boiling milk. Add to this the roe and 1 teaspoonful of salt, the juice of a lemon, cayenne and a grating of nutmeg. Boil up once and let get cold. Shape into croquettes and fry.

7. Cerkestal (Turkish)

Take pieces of cold chicken. Make a sauce with 1 onion, sliced, 6 walnuts, chopped, $\frac{1}{2}$ cup stock, cayenne and salt. Cook the chicken in this and when hot take it out and thicken the gravy with a little flour.

8. Squash Bread

Take 1 cup of stewed and strained squash, add to it 2 tablespoonfuls of sugar and 1 teaspoonful of salt; melt 1 tablespoonful of butter in $1\frac{1}{2}$ cups of

scalded milk, and when lukewarm, add $\frac{1}{2}$ cup yeast, and flour enough to knead; knead $\frac{1}{4}$ hour, let rise until light; knead again and put it into greased tins, let rise again and bake.

9. Fried Whitebait

Clean, wash and wipe dry, season with salt, roll in flour and fry in hot fat.

Melt 1 tablespoonful of butter, add a squeeze of lemon juice and a little chopped parsley, pour this over the fish and serve.

10. Zephyrs

Whip $\frac{1}{4}$ of a pt. of cream. Dissolve 1 good tablespoonful of gelatin in $\frac{1}{2}$ a pt. of milk. Warm the milk in which the gelatin is dissolved, add 2 ozs. of grated Parmesan cheese. Stir on the fire for a few moments, take it off, season with pepper and salt, add the whipped cream, pour into small molds and let it set. When cold turn out and garnish with aspic cut into dice.

11. Spider Cake

Beat 2 eggs very light, add 1 cup sour milk and 1 cup of sweet milk; stir into this 2 cups corn-meal and $\frac{1}{2}$ cup of flour, 1 tablespoonful of sugar and 1 teaspoonful each of salt and soda. Mix, and heat thoroughly, and then pour it into the spider; pour over it 1 cup of sweet milk, but do not stir it into the batter. Bake in a hot oven $\frac{1}{2}$ an hour. Slip it carefully onto a platter and serve at once.

12. Hungarian Patties

Make a paste with $\frac{1}{2}$ a lb. of flour, $\frac{1}{4}$ of a lb. of lard, the yolk of 1 egg, $\frac{1}{2}$ a teaspoonful of lemon juice, and $\frac{1}{2}$ a teaspoonful of baking powder. Line some patty pans with this paste and fill with the following mixture. Mince 2 ozs. of chicken and 6 mushrooms, and an anchovy, season with cayenne,

salt, and a little lemon peel. Mix enough white sauce with this, put into the patty pans, cover with paste, brush them over with an egg, bake in a hot oven.

13. Clam Pie, No. 2

Put the required number of small, soft-shell clams into a saucepan, and bring to a boil, in their own liquor. Cut cold boiled potatoes into small cubes. Line a pudding-dish with pie-crust around the sides, and put a tea-cup in the center of the dish to support the top crust when it is added. Put a layer of clams, then the potatoes, salt and pepper, and bits of butter; dredge with flour when all the clams and potatoes are used. Add the liquor and a little water if necessary. Put on the top crust, cutting several slits in it for the steam to escape. Bake 45 minutes.

14. Broiled Live Lobster

Kill the lobster by inserting a sharp knife in its back between the body and tail shells cutting the spinal cord. Split the shell the entire length of the back, remove the stomach and intestinal canal, crack the large claws and lay the fish as flat as possible. Brush the meat with melted butter, season with salt and pepper, place in a broiler, and with the flesh side down, cover and broil slowly until a delicate brown, about 20 minutes. Turn the broiler and broil 10 minutes longer. Serve hot, with a sauce of melted butter.

15. Cheese Fondue, No. 2

One cup of bread-crumbs very fine and dry, 2 scant cups of fresh milk, $\frac{1}{2}$ a lb. of grated cheese, 3 eggs beaten very light, a small spoonful of melted butter, pepper and salt, a pinch of soda dissolved in hot water and stirred into the milk. Soak the crumbs in the milk, beat into these the eggs, and

butter a baking dish. Pour the fondue into it, then sprinkle crumbs over the top. Bake in rather a quick oven until a delicate brown. Serve at once, as it will fall.

16. Mutton Custard

Fill a buttered custard cup lightly with stale bread-crumbs (center of the loaf), and cooked mutton (chicken is more dainty), finely chopped. Beat an egg, add $\frac{1}{2}$ a cup of milk, and a few grains of salt; pour the mixture over the bread and meat. Bake in a pan of hot water, or cook on the top of the stove, until the egg is lightly set. Do not allow the water about the egg to boil.—

Janet M. Hill, in "Boston Cooking School Magazine."

17. Grape Fruit Salad

Cut a grape-fruit in half, and scoop out the pulp in as large pieces as possible, and lay them on lettuce leaves. Make a dressing with two

tablespoonfuls of sherry wine, and sugar to taste.

18. Asparagus in Rolls

Cut off the tips of a well-boiled bunch of asparagus, mix with a thick cream sauce, season well, and fill with this the crusts of baker's rolls.

19. Walnut Salad, No. 1

Crack and parboil $\frac{1}{2}$ a lb. of English walnuts, rub off the brown skin and when cold serve on lettuce leaves, with a French dressing.

20. Oatmeal Bread

Boil 2 cups of oatmeal as for porridge, add $\frac{1}{2}$ teaspoonful salt, and when cool, $\frac{1}{2}$ cup molasses, and $\frac{1}{2}$ a yeast cake; stir in enough wheat flour to make as stiff as it can be stirred with a spoon; put it into 2 well-greased tin pans and let stand in a warm place until very light; bake about an hour and a quarter.

Do not cut until the next day.

21. Kidney Omelet

Take 3 eggs, 1 kidney, 2½ ozs. of butter; skin the kidney and cut it very small, fry it in some of the butter until cooked. Mix 3 eggs, beating yolks and whites separately, add salt and cayenne, and the kidney, melt the butter in the pan and fry the omelet until done, turn and serve.

22. Deviled Cheese

Melt in a saucepan ½ a lb. of dairy cheese, add ¼ of a cupful of cream or milk, a small piece of butter, 1 beaten egg, 1 teaspoonful Worcestershire sauce, a tablespoonful finely chopped cucumber pickle; season highly with salt and cayenne. Melt the cheese over hot water and stir all the ingredients until thick and smooth. Serve at once on buttered toast.

23. Veal and Ham Pates

Mince cold cooked veal and ham in the proportion of 2/3 veal and 1/3 ham. A few mushrooms are a pleasing addition. To each cup of the mixture allow a tablespoonful of fine crumbs; season highly with salt, a dash of cayenne, a little lemon juice, and a teaspoonful of ketchup. Wet up with stock, or butter and water, and heat in a vessel set in another of hot water, to a smoking boil. Take from the fire, stir in a beaten egg and a glass of sherry, and fill in shells of pastry that have been baked empty.

The shells should be hot when the mince goes in. Set in the oven for 2 or 3 minutes, but the mixture must not cook.—From "The National Cook Book," by Marion Harland and Christine Terhune Herrick.

24. Asparagus Salad

Boil a bunch of asparagus in rapid boiling salted water. When cooked put on

a dish to cool. Cut off the tender part and place four or five stalks on a large lettuce leaf. Put a teaspoonful of thick mayonnaise dressing on the end of each bunch and serve.

25. Chicken Pie (Concord Style)

Roll puff paste $\frac{1}{4}$ of an inch thick, cut in diamond shaped pieces, chill thoroughly, and bake about 15 minutes. Put a stewed or fricasseed chicken into a serving dish, reheat the pastry and arrange on top of the chicken.—

Janet M. Hill in "Boston Cooking School Magazine."

26. Parmesan Puffs

Put 4 ozs. of fine bread crumbs, 4 ozs. of grated Parmesan cheese, 2 ozs. of butter and a little salt and cayenne into a mortar, and pound them thoroughly. Bind the mixture together with a well-beaten egg and form into small balls, egg and bread crumb them and fry a light brown. Drain them and serve very hot.

27. French Bean Omelet

Cut up 2 tablespoonfuls of boiled French beans and stir them into 4 well-beaten eggs; add 2 tablespoonfuls of grated Parmesan cheese, salt and pepper to taste. Mix well, put into an omelet pan with 2 ozs. of butter, and fry until done. Serve very hot.

28. Curry of Lobster

Remove the meat from a 3 lbs. boiled lobster and cut into 2 inch pieces; season with salt and a little cayenne, and set away where it is cold. Heat hot in a frying pan, 3 tablespoonfuls of butter, and then add 2 of flour and 1 small teaspoonful of curry powder. Stir this until browned and then add gradually $1\frac{1}{2}$ cupfuls of stock and season to taste. Add the lobster, cook 6

minutes, then pour over toast arranged on a warm dish. Garnish with parsley. If onion is liked a few slices may be fried with the butter before the flour and curry powder are added.

29. Champignons en Caisse

Peel and cut small 12 large mushrooms, put them into well buttered china cases. Add pepper, salt and chopped parsley.

30. Potato and Meat Puffs

Take 1 cup cold meat, chopped fine, and season with salt and pepper. Make a paste with 1 cup of mashed potato and 1 egg, roll out with a little flour, cut it round with a saucer, put the meat on 1 half, fold it over like a puff, pinch the edges together in scallops, fry a light brown.

MAY

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1. Kedgeree (Fish)

Take equal parts of cold fish (free from skin and bone) boiled rice and some hard boiled eggs. Chop the fish and eggs; mix with the rice, add bits of

butter, about a tablespoonful in all, season with salt and pepper, and a sprinkle of curry powder. Warm in a saucepan and serve as hot as possible.

2. Veal Eggs in a Nest a la Turin

Mince cold veal, season to taste, and wet slightly with a good gravy. To each cupful allow a tablespoonful of finely minced blanched almonds, or the same quantity of chopped mushrooms. Bind the mixture with a beaten egg, stir over the fire one minute and set aside to cool.

Flour your hands and form into balls the size and shape of an egg; let them get cold, roll in egg and cracker-dust and fry in deep fat. Arrange upon a

platter a border of spaghetti, boiled tender in salted water and drained.

Butter plentifully and pour carefully over it a cupful of strained tomato sauce. Heap the eggs in the center.—From "The National Cook Book," by Marion Harland and Christine Terhune Herrick.

3. Baked Cheese and Rice

Make a white sauce with one heaping tablespoonful each of flour and butter, 1/3 of a teaspoonful of white pepper and 1 cupful and a half of milk. In a deep baking dish place alternate layers of rice, sauce, and grated cheese, having the last layer cheese. Place in a hot oven until brown.—From "Table Talk," Phila.

4. Stewed Trout

Wash and wipe the fish dry. Lay it in a saucepan with half an onion; cut in thin slices, parsley, two cloves, 1 blade of mace, two bay leaves, thyme, salt and pepper, 1 pint of meat stock, a glass of claret or port wine. Simmer gently for ½ an hour. Take out the fish, thicken the gravy with a little flour and butter rubbed together. Stir for five minutes. Pour over the fish and serve.

5. Squash Griddle Cakes

Mix 1 pt. of flour, 1 teaspoonful of baking powder, 1 teaspoonful of salt, and 2 tablespoonfuls of sugar together; sift them; add 2 well-beaten eggs, a pint of milk, and 2 cupfuls of boiled squash that has been strained. Beat until light. Bake on the griddle or add a little more flour and bake in muffin rings.

6. Jellied Chicken

Take a fowl, cut it up in joints, and put it in a saucepan with enough water

to cover it, a pinch of mace, a teaspoonful of salt and a little pepper. Let it stew until the meat will leave the bones. Then take the meat out, remove the bones and arrange the meat nicely in a mold. Season the liquor with a little more salt and pepper and dissolve in it $\frac{1}{4}$ of an ounce of gelatin. Pour over the chicken. The mold may be lined with slices of hard boiled egg.

7. Jambalayah (A Creole Dish)

Take 1 large cupful of cold meat, 1 of boiled rice and 1 of stewed tomatoes. Let these cook well, season highly; fill a baking dish, cover with crumbs and bits of butter, and brown in the oven.

8. Lobster (Southern Way)

Prepare as for salad, only cutting in larger pieces. One tablespoonful of flour, one of butter rubbed together, the yolk of an egg, one teaspoonful of curry powder, salt and pepper and a cupful of cream. Mix and pour over the lobster. To be either baked or stewed.

9. Rice Balls

To 1 pt. of boiled rice add, while still hot, $\frac{1}{2}$ a cup of thick white sauce, the well-beaten yolk of 1 egg, $\frac{1}{2}$ of a teaspoonful of salt, 3 tablespoonfuls of grated cheese and a dash of cayenne. Set aside until cold, then mold into small balls; dip each one into slightly-beaten egg, roll in fine bread crumbs and fry in smoking hot fat.—From "Table Talk," Phila.

10. Cod Fish Puffs

Take 4 cups of mashed potatoes, 3 cups of salt cod fish (which has previously been freshened) picked fine, a small lump of butter and 2 well-beaten eggs; beat all together very light, put into a greased baking dish, cover the top with cracker or bread crumbs and bits of butter; brown in the

oven and serve hot.

11. French Toast

To 1 egg well-beaten, add 1 cup of milk and a pinch of salt. Dip slices of bread into this mixture, allowing each slice to become very moist. Brown on a hot-buttered griddle, spread with butter and serve at once.

12. Cheese Scallop

Soak 1 cup of dry bread crumbs in fresh milk. Beat into this 3 eggs; add 1 tablespoonful of butter and half a pound of grated cheese; cover the top with grated crumbs and bake until well-browned. Serve with cold tongue.

13. Lobster a la Mode Francaise

Pick out the meat of one boiled lobster; cut into small bits. Put four tablespoonfuls of white stock, two tablespoonfuls of cream, a little pounded

mace, cayenne and salt into a stewpan. When hot, add the lobster and

simmer for six minutes. Serve in shells. Cover with bread crumbs; place

small bits of butter over, and brown.

14. Beet Salad

Slice and cut into fancy shapes cold boiled beets; heap them in a salad bowl;

cover with a thin sauce tartar. Garnish with young lettuce leaves.

15. Puree of Dried Beans

Mash and soak 1 qt. of dried beans in lukewarm water over night. In the

morning drain and cover with fresh cold water, boil an hour, drain again;

just cover with fresh water; add quarter of a teaspoonful of cooking soda, 1

lb. of ham, a bay leaf, an onion and a carrot; boil until soft. When done, take

out the ham and press the vegetables, (onion, carrot and beans) through a

sieve. Return them to the kettle, add a tablespoonful of butter and enough

milk to make the required thickness. Season with salt and pepper. Let boil

once and serve.

16. Sweetbread Salad

Take 6 beef sweetbreads, parboil and cut fine. Mix well with mayonnaise dressing, pile on lettuce leaves, garnish with hard boiled egg.

17. Anchovy Canapes

Cut stale bread a third of an inch thick and cut out with a small round cutter, and fry a golden-brown in butter or lard; boil two eggs hard, bone and fillet the anchovies and curl two fillets on each piece of toast and fill up the center with the white of the eggs chopped fine and the yellow rubbed through a sieve.

18. Beef Bubble and Squeak (English)

Fry thin slices of cold roast beef, taking care not to dry them up. Lay them on a flat dish and cover with fried greens. The greens are prepared from young cabbage, which should be boiled until tender, well drained and minced fine and placed until quite hot, in a frying-pan, with butter, a slice of onion and season with salt and pepper.

19. Planked Shad

Have a well-seasoned plank about 2 ft. long and 1½ wide, hickory is the best wood. Clean the fish, split it open and tack it to the plank with four good-sized tacks, skin side to the board. Dredge it with salt and pepper. Put the plank before the fire with the large end down. Then change and put the small end down; when done spread with butter and serve just as it is.

20. Cheese Timbales

Make a sauce with 2 tablespoonfuls each of butter and flour and half a cup each of thin cream, white stock and milk. Melt in this half a pound of grated

cheese, add a dash of salt and paprika and pour over three whole eggs and the yolks of 4 beaten until a spoonful can be taken up. Turn into buttered timbale molds and bake standing in a pan of hot water (the water should not boil), until the centers are firm. Serve hot with cream or tomato sauce.—
Janet M. Hill, in "Boston Cooking School Magazine."

21. Angels on Horseback

Cut the required amount of bacon into little squares (large enough to roll an oyster in), sprinkle over each one some finely chopped parsley, lay on the oysters, season with pepper and lemon juice, roll up and fasten with a skewer and fry in butter until the bacon is cooked. Cut stale bread into squares and fry a golden-brown and lay on each slice an oyster. Serve very hot.

22. Asparagus Omelet

Boil a bunch of asparagus and when tender cut the green ends into very small pieces, mix them with four well-beaten eggs and add a little salt and pepper. Melt a piece of butter, about two ounces, in an omelet-pan, pour in the mixture, stir until it thickens, fold over and serve with clear brown gravy.

23. Beef Collops

Have two pounds of rump steak, cut thin, and divide it into pieces about 3 inches long; beat these with the blade of a knife and dredge with flour. Put them in a frying-pan with a tablespoon of butter and let them fry for three minutes, then lay them in a small stewpan and pour over them the gravy, add a little more butter mixed smooth with a little flour, and a small onion chopped fine, a pickled walnut and 1 teaspoonful of capers.

Simmer for ten minutes and serve in a covered dish.

24. Fried Bananas

Cut lengthwise 3 bananas, roll them in flour and fry in butter until a light-brown. Serve with cold duck.

25. Philadelphia Relish

Mix 2 cups of shredded cabbage, 2 green peppers, cut in shreds or finely chopped, 1 teaspoonful of celery seed, $\frac{1}{4}$ of a teaspoonful of mustard seed, $\frac{1}{2}$ a teaspoonful of salt, $\frac{1}{4}$ of a cup of brown sugar, and $\frac{1}{4}$ of a cup of vinegar.—Janet M. Hill, in "Boston Cooking School Magazine."

26. Beignets Souffles

Boil 3 ozs. of butter in $\frac{1}{2}$ a pint of water and add flour enough to make the mixture stiff enough to leave the sides of the pan, then add the yolks of three eggs and beat the mixture well.

When cold, add the whites of the eggs, beaten to a stiff froth, with one dessertspoonful of sugar and a flavoring of vanilla; fry in spoonfuls in hot fat. Serve at once. Grated cheese and cayenne pepper may be substituted for the sugar and vanilla.

27. Waldorf Salad

Chop equal quantities of celery and apples, quite fine. Serve on lettuce leaves, with French dressing.

28. Beef Rissoles

Mince a pound of cold beef fine and mix with this three-quarters of a pound of bread crumbs, seasoned with salt and pepper and 1 teaspoonful of minced lemon peel. Make all into a thick paste with one or two eggs, form into balls and fry a golden-brown. Garnish with parsley and serve a brown sauce with

them.

29. Potatoes Cooked in Stock

Pare and slice six large potatoes, put in a saucepan, cover with stock, season, cook until potatoes are tender, add tablespoon butter and the same of chopped parsley. Stir carefully and serve with cold meat.

30. Spanish Rice

Boil $\frac{1}{2}$ a lb. of rice. Dry it well and fry it with a little butter until lightly browned. Stir into it two large toasted tomatoes and a tablespoonful of grated cheese. Season with pepper and salt. Serve very hot.

31. Clam Chowder

Take 1 qt. of clams and chop them fine. Fry two slices of salt pork in an iron pot. When the fat is fried out, take the brittle out, put into the fat 2 slices of onion, then a layer of sliced potatoes, then a layer of chopped clams, sprinkle well with salt and pepper, then a layer of onion, then the bits of fried pork, cut into small pieces, add a layer of broken crackers. Do this until all is used. Then add the clam liquor and enough water to cover. Cook 20 minutes. Add 2 cups of hot milk just before serving. Use for this 6 large crackers, 1 onion, 6 potatoes, 1 qt. Clams.

JUNE

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1. Stuffed Fillets of Flounders

Take fillets from a flounder weighing $2\frac{1}{2}$ lbs., season with salt and pepper, and a few drops of onion juice, if desired. Spread on one half of each fillet a

tablespoonful of mashed potato (about 1 cup should be prepared) mixed with the beaten yolk of an egg, and seasoned with 1 tablespoonful of butter, $\frac{1}{4}$ of a teaspoonful of salt and a dash of pepper. Fold the other half of each fillet over the potato, cover with crumbs, dip in the white of egg beaten with 2 tablespoonfuls of water, and again cover with crumbs and fry in deep fat.

Drain on soft paper, then insert a short piece of macaroni in the pointed end of each fillet and cover this with a paper frill. Garnish and serve with tomato sauce.—Janet M. Hill, in "Boston Cooking School Magazine."

2. Mutton Stew with Canned Peas

Cut a breast of mutton into small pieces; dredge with flour and sauté to a golden brown in drippings or the fat of salt pork; cover with boiling water and let simmer until tender, seasoning with salt and pepper during the latter part of the cooking. Take out the meat, skim off the fat and add one can of peas drained, reheated in boiling water, and drained again; add more seasoning, if needed, and pour over the mutton on the serving-dish.—Janet M. Hill, in "Boston Cooking School Magazine."

3. Potato Souffle

Bake 4 large potatoes; when soft scoop out the inside and rub through a fine sieve. Boil an oz. of butter and a quarter of a pint of milk; add the yolks of three eggs, one by one, beating well together with a wooden spoon. Beat the whites of the eggs and a pinch of salt in another dish, mix all together carefully, and bake in a well-greased tin, in a hot oven until it rises well, and is a pale brown in color. The tin should be only $\frac{1}{2}$ full. If it is desired for a dessert add 15 drops of vanilla, and sugar to taste.

4. Stewed Kidney with Macaroni

Take 3 kidneys, skin them, remove the fat and cut into thin slices, season

with salt, cayenne, and minced herbs; fry on both sides in butter, then stew in $\frac{1}{2}$ a pt. of gravy flavored with tomatoes. Turn in a dish and cover the top with 2 ozs. of boiled macaroni; sprinkle some Parmesan cheese over the top and brown.

5. Hot Ham Sandwiches

Spread bread cut for sandwiches with chopped ham, season with a little made mustard and press together in pairs. Beat an egg, add $\frac{1}{2}$ a cup of rich milk, and in the mixture soak the sandwiches a few moments. Heat a tablespoonful of butter, and in this brown the sandwiches, first on one side and then on the other. Drain on soft paper and serve at once.—Janet M. Hill, in "Boston Cooking School Magazine."

6. Friars' Eggs

Cook $\frac{1}{3}$ of a cupful of stale bread-crumbs in $\frac{1}{3}$ of a cupful of milk to a smooth paste. Add to it 1 cup lean ham, chopped fine, 1 teaspoonful made mustard, $\frac{1}{2}$ a saltspoonful cayenne pepper, and mix smooth with 1 raw egg. Remove the shells from 6 hard-boiled eggs, and cover them with this mixture. Fry in hot fat until brown, drain, and serve hot or cold on a bed of parsley.

7. Lobster in a Chafing Dish

Cut a small boiled lobster into small pieces, pour over them four tablespoonfuls of lemon juice, add salt and pepper, and mix well. Melt 2 tablespoonfuls of butter in the chafing dish, add the lobster and serve hot.

8. Asparagus a l'Indienne

Make a curry sauce as in curried macaroni, and heat in it a cup of asparagus tips. Serve with sippets of toast.—Janet M. Hill, in "Boston Cooking School

Magazine."

9. Chicken Short-cake

Mix 2 teaspoonfuls of baking powder with 1 pt. of flour. Rub it into a half cup of butter, add 1 cup of sweet milk. Bake quickly. Have prepared nice pieces of cold chicken, heat with gravy or a little soup stock, season well.

Add some chopped parsley, pour over the short-cake and serve at once.

10. Newport Tea Cakes

Sift together 3 cups of sifted flour and a teaspoonful of salt. Beat the yolks

of three eggs until very light, add 1 pt. of milk and stir into the dry ingredients. Then beat the whites of three eggs, beaten dry. Bake in small

buttered tins in a very hot oven.—Janet M. Hill, in "Boston Cooking School

Magazine."

11. Veal and Tomato Salad

Take thick slices of cold veal and remove all the fat. Cut into dice, chop up tomatoes in the same sized pieces. Mix well and cover with mayonnaise.

12. Fried Lobster

Take the meat out of a boiled lobster in large pieces. Dip each piece in egg, then in bread-crumbs. Fry in deep, hot fat. Serve with tartar sauce.

13. Crab Salad

Boil 6 crabs, pick the meat out carefully, arrange a head of lettuce on a round platter. Put the crab meat in the center, cover with mayonnaise dressing.

14. Tongue Toast

Mince cold boiled tongue fine; mix it well with cream and to every ½ pint of the mixture allow the well-beaten yolks of 2 eggs; place over the fire and let it simmer a few minutes. Serve on hot buttered toast.

15. Spanish Potatoes

Take two cups of mashed potato, form into balls, dip them into beaten egg, then into bread crumbs; fry in deep fat, stick a piece of the green stem of parsley into each one.

16. Fried Corn-Meal Gems

Pour 1 pt. of boiling water on 1 pt. of corn-meal, add 1 teaspoonful of salt and 1 heaping tablespoonful of sugar. Beat well and set away until morning in a cool place. When ready to use add 2 well-beaten eggs and 1 heaping tablespoonful of flour. Drop by spoonful into boiling fat. Cook ten minutes.

17. Scotch Eggs

Boil 6 eggs for 20 minutes, take the shell off, and when cold cover with the following: Cook $\frac{1}{2}$ a cupful of stale bread crumbs and $\frac{1}{2}$ a cupful of milk together until a smooth paste. Add 1 cupful of cooked lean ham chopped very fine, salt and pepper, and 1 beaten egg. Mix well and cover the hard boiled eggs with it. Fry in a frying basket in boiling lard for a minute.

18. Curried Lobster

Into a saucepan put the meat from a boiled lobster (broken into small pieces) and $\frac{1}{2}$ a cup of gravy and $\frac{1}{2}$ a cup of cream or milk, and half a blade of mace. Mix 2 teaspoonfuls of curry powder with one teaspoonful of flour and 1 oz. of butter; add this to the lobster and simmer for $\frac{1}{2}$ hour. After it is done add a squeeze of lemon juice and a little salt. Serve hot.

19. Parmesan Fritters

Boil together $\frac{1}{4}$ of a cup of water and 2 ozs. of butter, then shake in 2 ozs. of flour, stirring all the time; it must be well cooked. Add 2 ozs. of grated Parmesan cheese, salt and cayenne, stir well and mix in by degrees 2 well-

beaten eggs. Drop this mixture by the spoonful into hot boiling fat and fry a golden brown and serve at once.

20. Walnut Salad, No. 2

Crack $\frac{1}{2}$ a pound of English walnuts very carefully, to keep them in halves, make little balls of cream cheese and put half a walnut on each side (like the cream walnut candy) lay them on lettuce leaves, pour a French dressing over and serve with hot toasted crackers.

21. Benton Beef

Mix 1 tablespoonful of grated horse radish, 1 teaspoonful of made mustard, 1 teaspoonful of sugar, 4 tablespoonfuls of vinegar; pour over slices of hot roast or broiled beef.

22. Rice Border with Creamed Fish

Put one cupful of rice on to boil in 3 cupfuls of water. When it has been boiling for half an hour, add 2 tablespoonfuls of butter and a teaspoonful of salt. Let it just simmer for an hour. Mash it fine with a spoon and add 2 well-beaten eggs, and stir for 5 minutes. Butter a border mold and fill with the rice. Put in the oven for a few minutes. Turn out on a hot dish and fill the center with creamed fish.

23. Wigs

A lb. of flour, $\frac{1}{4}$ of a lb. of butter, 2 ozs. of sugar, 3 eggs, $\frac{1}{2}$ a pint of milk, $\frac{1}{2}$ a gill of yeast. Melt the butter and sugar in the milk and mix several hours

before baking. Bake in muffin rings.

24. Orange Marmalade Sandwiches

Spread orange marmalade on buttered bread. Put four slices on top of each other. Put under a weight and when well pressed trim off the crusts and cut down in thin slices so they will look like jelly cake.

25. Fish Salad

Take cold baked or boiled fish. Pick into small pieces. Cover with mayonnaise dressing. Garnish with sliced cucumber and serve.

26. Creme de Fromage

Take 2 tablespoonfuls of grated Parmesan cheese and 2 scant ones of cream, a little cayenne and salt. Mix into a smooth cream and spread on rounds of thin puff paste; double it over, press the edges well together, dip them in egg and chopped vermicelli; fry in boiling fat. Serve very hot.

27. Cauliflower au Gratin

Boil a cauliflower, drain well and put it on a round platter. Make the sauce.

Melt 1 oz. of butter, add 1 oz. of flour and a cupful of milk, and boil; sprinkle in 2 ozs. of grated Parmesan cheese, cayenne and salt to taste.

Press the cauliflower together, pour the sauce over, sprinkle a little more cheese on top and put into the oven to brown.

28. Franklin Eggs

Take out the yolks from four hard boiled eggs. Pass them and 8 olives and 4 red chillies through a wire sieve; add a little salt. Put this paste back into the whites of the eggs which have been cut lengthwise. Serve on fried bread; hot or cold.

29. Savory Tomatoes

Take three large tomatoes and cut them in halves, take out the insides and mix thoroughly with two tablespoonfuls of bread crumbs, 1 tablespoonful of grated cheese, a gill of cream, $\frac{1}{2}$ a teaspoonful of sugar, salt and cayenne to taste. Fill the tomatoes with this and on top of each piece put a thin slice of bacon. Put into the oven to cook and when the bacon is done, serve each one on a thin slice of toast.

30. Rhubarb Puffs

One cupful of finely-chopped rhubarb, 1 cupful of sugar, 2 tablespoonfuls of butter, 1 teaspoonful of baking powder, $\frac{1}{4}$ of a cupful of milk, 2 eggs, sufficient flour to make a thick batter; cream the butter and sugar, add the well-beaten eggs, the milk, flour, rhubarb and baking powder. Half fill well-greased cups and steam $\frac{1}{2}$ an hour.

Sauce.—Cream together $\frac{1}{2}$ a cup each of butter and powdered sugar, then add by degrees one beaten egg, beating until perfectly smooth. The last thing before serving stir in 3 tablespoonfuls of boiling water.—"Table Talk," Phila.

JULY

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1. Cherry Salad

Take large ripe cherries, stone them and lay them on young lettuce leaves. Sprinkle over them finely chopped blanched nuts, almonds or English walnuts. For the dressing use 2 tablespoonfuls each of lemon and orange juice.

2. Italian Asparagus

Boil 1 bunch of asparagus, when cooked lay one layer of the tender part in a baking dish, sprinkle over grated cheese, then another layer of asparagus, so on until the dish is full. Pour over this 2 tablespoonfuls of melted butter, a little onion juice. Cover with a layer of fine dried bread crumbs. Bake a light brown.

3. Cherry Fritters

Remove the stems and stones from some ripe cherries. Roll each one in the white of an egg, beaten with a tablespoonful of water; then in chopped blanched almonds; dip them one by one in a thick fritter batter, arrange in a frying basket and plunge into very hot fat. When brown, remove, drain on blotting paper and serve on a folded napkin.—"Table Talk," Phila.

4. Tomato Ice Salad

Into a saucepan put 1 white onion sliced, and 1 qt. of sliced tomatoes, $\frac{1}{4}$ of a green pepper, 1 sprig of parsley, 4 cloves and a teaspoonful of sugar, salt and pepper to taste. Cook all together until the onion is tender. Then strain through a fine sieve to remove all the seeds. Let it cool, then pour into a mold and freeze. Serve on lettuce leaves, with mayonnaise dressing.

5. Calf's Brains on Toast

Boil the brains of a calf, and chop them up with 2 ozs. of ham, 2 gills of cream, salt and cayenne. Serve on fried toast with fried bread crumbs on top of each.

6. Ham and Asparagus

Take equal quantities of cooked asparagus, cut into bits, and cold cooked ham cut into small cubes. For each cup of material make a sauce of 2 tablespoonfuls each of butter and flour, a cup of the liquid in which the

asparagus was cooked, a teaspoonful of lemon juice with salt and nutmeg to taste.

Add 2 beaten eggs, also the ham and asparagus. Turn into small buttered cups, cover the tops with buttered cracker crumbs and bake in the oven until a golden brown.—Janet M. Hill, in "Boston Cooking School Magazine."

7. Strawberry Jelly

Soak $\frac{1}{2}$ box of gelatin in $\frac{1}{2}$ a cupful of cold water until soft. Add $\frac{1}{2}$ a cupful of boiling water. Crush 1 qt. of strawberries and strain out the juice. Add to it 1 cupful of sugar and the juice of 1 lemon. Add this syrup to the hot gelatin. Strain through a flannel bag and mold in a porcelain dish. Serve with whipped cream.—From "Good Housekeeping."

8. Spring Salad

Arrange lettuce leaves on a round platter, pile neatly in the center a dozen red radishes sliced thin with the red peel left on. Around these a row of sliced hard boiled eggs, then a row of sliced cold boiled beets; pour a French dressing over all.

9. Normandy Shrimps

Shell 1 pt. of shrimps. Into a stewpan put one oz. of butter and when melted add 1 tablespoonful of ground rice, and $\frac{1}{2}$ a pt. of milk. Stir until smooth, then add the shrimps. When boiling hot pour over toast and serve.

10. Sardine Sandwiches

Take half a box of sardines, remove the bones and skin, mash to a paste, spread on buttered bread. Squeeze a little lemon juice on each. Put two together and serve with dressed lettuce.

11. Shredded Wheat Biscuit and Apples

Wash, pare and cook in three cups of water, 6 apples, until tender. Dip the tops of 6 shredded wheat biscuits in 1 pt. of milk, strain them and shape into 6 cups. When the apples are tender remove to a colander to drain, then put one in each of the shredded wheat cups.

Add to the water in which the apples were cooked 1 cup of sugar and $\frac{1}{4}$ box of pink gelatin which has previously been soaked in $\frac{1}{4}$ cup of cold water, and the grated rind and juice of a lemon; let cook until reduced one third.

Turn this mixture over the apples until the cups are filled. When cold turn out and serve with cream.

12. Guava and Cheese Sandwiches

Butter twelve slices of bread; spread six of them with guava jelly and the other six with cream cheese. Put a guava and a cream cheese together. Press them and trim the edges.

13. Veal Loaf

Chop fine, $3\frac{1}{2}$ lbs. of veal and 1 lb. of fat pork. Mix well with 4 soda crackers rolled fine, 3 well-beaten eggs, 1 tablespoonful of salt, 1 oz. of pepper, 1 nutmeg and a small piece of butter. Make it into a loaf, and bake without water. Quick heat at first. A little grated lemon peel is an improvement.

14. Fig Sandwiches

Cook twelve figs in as little water as possible. When tender drain dry. Chop the figs fine, spread on slices of buttered bread. Put two together. Press them and trim.

15. Fried Green Tomatoes

Slice green tomatoes in thin slices, roll in flour. Heat and butter the griddle,

fry the slices on it and when cooked sprinkle with powdered sugar. Serve with fish.

16. Okra and Corn Fricassee

In a skillet melt and heat $\frac{1}{2}$ of a cupful of lard or bacon fat. When smoking turn in 1 pt. of sliced okra and stir occasionally until it begins to color. Add three cupfuls of sliced raw corn and when it is lightly browned pour off nearly all the fat. Dredge in 1 tablespoonful of flour, stir until it is absorbed, then add $\frac{2}{3}$ of a cupful of milk and stir occasionally for 15 minutes, seasoning to taste.—From "Table Talk," Phila.

17. Boiled Cucumber Salad

For those who cannot eat raw cucumbers a very nice salad is made by peeling and then boiling until tender, the cucumbers. When icy cold slice thin, lay the slices on lettuce leaves and pour a mayonnaise dressing over. Garnish with a few round, red radishes.

18. Frozen Pudding

A quart of milk, 1 tablespoonful gelatin dissolved in a little of the milk, 4 eggs, a pinch of salt, a cup of sugar, a wine-glass of wine, a lb. of English walnuts and a lb. of figs; make a custard of the milk and eggs and the gelatin, strain into a bowl and freeze. Vanilla may be used instead of wine.

19. Lobster Salad

Pick the meat from a boiled lobster, break up into small pieces, mix with a French dressing, pile neatly on lettuce leaves, and cover over with mayonnaise dressing.

20. Strawberry Puffs

Mix well 1 pt. of flour, 2 level teaspoonfuls of baking powder and a little salt. Make into a soft dough with milk, about 1 cupful. Put a spoonful of the

dough into well-greased cups, then a spoonful of straw berries, then another of dough. Steam for 20 minutes. Turn out onto a platter and serve with strawberry sauce.

Sauce.—Cream 2 tablespoonfuls of butter, add gradually 1 cupful of powdered sugar and a little lemon juice. Beat in as many crushed berries as the mixture will hold and serve cold or melt over hot water and serve hot.—

From "Good Housekeeping."

21. Mushroom Toasts

Fry rounds of bread crisp, and cover with the following: Mince 12 large mushrooms fine, add pepper and salt, $\frac{1}{2}$ a gill of cream and stew until tender. When cooked heap the mushrooms high on the rounds of toast; sprinkle Parmesan cheese over each, brown and serve very hot.

22. Dutch Sauce and Cold Meat

Beat up the white of an egg, with salt and pepper, a spoonful of chopped parsley, a small onion and a teaspoonful of olive oil. Beat well and add a spoonful of tarragon vinegar. Serve with cold meat.

23. Cream of Chicken Sandwiches

Take $\frac{1}{2}$ a cupful of finely-chopped chicken and pound it fine. Dissolve a teaspoonful of gelatin in 2 tablespoonfuls of cold water. Whip $\frac{1}{2}$ a pt. of cream to a stiff froth. Add the liquid gelatin to the chicken; season with salt and a teaspoonful of grated horse radish (if liked). Stir until it begins to thicken, add the whipped cream a little at a time, and stand away until very cold. Cut bread into fancy slices and spread with the mixture.

24. Cauliflower with Cheese

Boil a cauliflower whole, pour a white sauce over it. Cover this with grated

cheese, and place in the oven and brown.

25. Cucumber and Lobster Salad

Cut a slice off the cucumbers lengthwise, scoop them out, fill with boiled lobster meat. Arrange the lobster claws across the top. Ornament with mayonnaise dressing.

26. Horseshoe Cakes

Beat together very light $\frac{3}{4}$ of a lb. of sugar and the same of butter, add 4 eggs and mix in $1\frac{1}{4}$ lbs. of flour. Mix $\frac{1}{4}$ of a lb. of sugar and flour together, and lay in on the bread board. Take a small spoonful of the mixture and roll it with a broad-blade knife in the flour and sugar. When rolled to the right length lay on tin sheet in the form of a horseshoe and bake.

27. Lettuce Sandwiches

Wash and dry the young and tender leaves of a head of lettuce. Butter slices of graham bread, spread with a thick layer of mayonnaise dressing, lay lettuce leaves between two slices.

28. Sally Lunn

Heat 1 pt. of milk blood warm, add 3 tablespoonfuls of butter, melted, 2 well-beaten eggs, and $\frac{1}{2}$ a yeast cake dissolved in 3 tablespoonfuls of cold water. Pour gradually on the flour and beat into a smooth batter; then add 1 teaspoonful of salt and 2 tablespoonfuls of sugar. Butter baking pans and pour half full. Let it rise for 2 hours in a warm place. Bake $\frac{1}{2}$ an hour.

29. Lobster Fritanella

Take half a loaf of stale bread, crumb, and soak in cold water. When soaked, squeeze dry in a cloth. Chop a very little onion fine, add two tablespoonfuls of butter; stir together over the fire until a good brown; add the bread; stir

well; put into this the chopped meat of a large lobster; salt, cayenne and nutmeg. When very hot, add the yolks of two eggs; stir hard, and then turn out to cool. When quite cold, form into rolls with a little flour; egg and bread-crumbs and fry.

30. Frenchman's Pie

Boil 1½ lbs. of calf's liver; when cold put it through the chopping machine twice, put it in a mortar with cayenne pepper, salt, nutmeg, mace and black pepper to taste. Line a china mold with very thin slices of fat bacon, then put a layer of cooked veal or chicken, cut in very thin slices, next a layer of the pounded liver, and so on until the mold is full. Pour in a pint of good gravy or stock in which 1½ ozs. of gelatin has been melted. Bake in a moderate oven for two hours. When quite cold, turn out on a platter.

31. Scalloped Corn

Cut corn from the cob, spread a layer in a baking dish, season, put on a layer of sliced tomatoes, season, and so on with alternate layers until the dish is nearly full; then fill the dish with rich milk in which dissolve a little soda and bake an hour.

AUGUST

Make your body a Fat-Burning Machine

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1. Mock Crabs

Cook a teaspoonful of finely chopped onion in 2½ tablespoonfuls of butter in the blazer of a chafing dish 5 minutes. Add 4 tablespoonfuls of flour, and when blended with the butter, stir in ¾ of a cup of milk. When the mixture boils, add 1 cup of ketchup, 1¼ teaspoonfuls of Worcestershire sauce, 1/3 of

a teaspoonful of mustard, $\frac{1}{4}$ of a teaspoonful of paprika, and a few grains of cayenne. When again boiling, set over hot water and stir in 1 beaten egg.

Serve on thin crackers.—Janet M. Hill, in "Boston Cooking School Magazine."

2. Rice Waffles

Warm $1\frac{1}{2}$ cups of boiled rice in a pt. of milk; stir in a pint of cold milk, add an egg, a little salt, and flour enough to make a thin batter. Bake in waffle irons well buttered.

3. Chicola

Cut or grate 3 ears of corn, add a large piece of butter, and the yolk of one egg, well beaten. Cut the outside of a green pepper into small pieces. Stir all well together, bake $\frac{1}{2}$ an hour, or until brown.

4. Buttered Shrimps

Shell some shrimps and put them in a saucepan with a little butter, a seasoning of salt and pepper and stir over the fire until hot. Fry some thin pieces of bread in butter or lard. Drain, place them on a hot platter, pile the buttered shrimps on top and serve.

5. Lobster Sandwiches

Pick fine the meat of a boiled lobster, mix well with mayonnaise dressing. Butter slices of white bread. Lay a small lettuce leaf on each and the lobster on that; put a slice of plain bread and butter on top; press together; trim off the crust.

6. Potato Border with Meat Filling

Pare, boil and mash 6 potatoes, add 1 tablespoonful of butter, salt and pepper and well-beaten eggs. Butter a border mold and pack the potato in it.

Let this stand for fifteen minutes, then turn out on a dish and brush over with a well-beaten egg. Brown in the oven and fill with any kind of meat cut into blocks and seasoned well; cook in either a white or brown sauce.

7. Cold Slaw

Cut the center of a cabbage very fine. Put 2 tablespoonfuls of vinegar on to boil, beat 2 eggs light, add to them $\frac{1}{2}$ a cup of sour cream or milk, a tablespoonful of butter. Pour the boiling vinegar on to these. Stir over the fire until boiling hot, add salt and pepper and pour over the cabbage. Serve cold.

8. Cucumber Salad

Peel and slice 3 cucumbers; leave them in ice water until wanted, then cover with French dressing.

9. Corn Pudding

One pint of uncooked green corn either grated or cut from the cob, 2 tablespoonfuls of flour, pint of milk, three eggs, three tablespoonfuls of melted butter, 1 teaspoonful of salt and $\frac{1}{4}$ of a teaspoonful of pepper. Bake in a moderate oven until firm in the center.

10. Savory Trifles

Mince fine 2 ozs. of cold game or chicken with 12 pickled mushrooms and a gill of cream; season with salt and pepper. Serve on slices of fried bread.

11. Corn Chowder

Pare and slice 4 potatoes and 2 onions. Cut $\frac{1}{2}$ a pound of bacon into small pieces. Fry the bacon and onion until a light brown. Into a saucepan put the potatoes, 1 qt. of grated corn, the bacon and seasoning.

Put these in, in layers, potatoes, bacon, corn, and continue in that way until

all is used. Now add $\frac{1}{2}$ a pint of boiling water and let simmer for $\frac{1}{2}$ an hour.

Add 1 pint of hot milk. Thicken with 1 tablespoonful of butter and 2 of flour rubbed smooth. Add 6 broken water crackers. The last thing add the beaten yolk of an egg and serve at once.

12. Cauliflower Salad

Save part of a boiled cauliflower and cover with mayonnaise, arrange on lettuce leaves and serve.

13. Corn Omelet

Grate 12 ears of green corn, add 1 cup sweet milk, a tablespoonful of sugar, salt and pepper to taste, and the yolks of 4 well-beaten eggs. Beat the whites and stir in the last thing, put bits of butter on top and bake a rich brown.

14. Pea-pod Soup

Wash the peas before shelling, and save the pods. Cover the pods with as little water as will cover them, let boil until tender, strain all and press through a colander. Add to this (water and pods) a pint of milk and a thickening of 2 tablespoonfuls of flour and 2 of butter, a teaspoonful of sugar, salt and pepper to taste. Stir and cook until thickened. Serve with croutons.

15. Salade a la Russe

A boiled carrot, a boiled turnip, two boiled potatoes, a head of celery, a boiled beet, four olives, four anchovies, yolks of two eggs, a tablespoonful of vinegar, a teaspoonful of tarragon vinegar, one teaspoonful of salt, $\frac{1}{2}$ of pepper. Put the eggs into a bowl, and drip salad oil slowly over them and beat to a cream; add the vinegars, pepper and salt. Cut the vegetables into small dice and pour the dressing over.

16. Shrewsbury Cakes

Sift a lb. of sugar, some cinnamon and a nutmeg into 3 lbs. of flour; add a little rose water, and 3 eggs beaten light and mix well with the flour; then pour into it as much melted butter as will make it a good thickness to roll out. mold it well, roll thin and cut it into shapes. Bake on tin sheets.

17. Potato Salad

Slice cold boiled potatoes. Rub a bowl with garlic; put in the potatoes; add half a pint of finely chopped small onions, a tablespoonful of finely chopped parsley, a teaspoonful each of salt and pepper.

Mix a teacupful of chicken broth, four tablespoonfuls each of oil and vinegar, and toss up lightly with the potatoes, so as to break them as little as possible. Serve on lettuce leaves and garnish with slices of beets cut in shapes or hard boiled eggs sliced.

18. Fricadelles

Chop fine some cold cooked beef and a slice of onion; season with salt and pepper, a little lemon juice and parsley, add $\frac{1}{4}$ as much boiled rice or bread crumbs as there is meat; add 1 beaten egg and sufficient water to make a paste. Form into balls and fry in deep fat.

19. Eggs Stuffed with Sardines

Skin and bone a small box of sardines, chop fine 6 hard boiled yolks of eggs, a little chopped parsley, salt, pepper and a tablespoonful of butter, rub all to a paste and fill in the cavities of the white of eggs. Garnish with watercress. Serve cold.

20. Ham Sandwich

Toast saltine biscuit, butter and spread with potted ham. Put two together, serve hot.

21. Laplander Cakes

One pt. of milk, 1 pt. of flour, 2 eggs well beaten, a tablespoonful of butter, a pinch of salt, a tablespoonful of sugar. Have the pans very hot before filling.

22. Ham Canapes

Cut six slices of bread and toast to a golden brown. Put them on a platter. Cover each piece with a slice of lean cooked ham, spread a little mustard over it, then chopped parsley and fine bread crumbs, and a little Parmesan cheese. Place in a hot oven for ten minutes and serve.

23. Veal Rissoles

Mince a few slices of cold veal fine and the same quantity of ham or bacon; add one tablespoonful of minced parsley and one of herbs, a very little nutmeg, cayenne and salt. Mix into a paste with a well-beaten egg. Form into balls, egg and bread crumb them and fry in hot fat.

24. Savory Toast

Take the yolk of an egg and beat it well, pour into it stirring all the time a dessert spoonful of Worcestershire sauce, a teaspoonful of anchovy sauce, a piece of butter the size of a walnut, a large tablespoonful of finely minced meat (fowl is better) a dash of red pepper, salt and black pepper to taste and a dash of nutmeg. Mix all well together until it becomes a paste. Spread it on slices of toast, place it in the oven a few minutes and serve hot.

25. Scalloped Tongue

Take the ends and poorer parts of a boiled tongue, chop quite fine, add a little parsley, a little seasoning of salt and cayenne. Butter a baking dish. Put in a layer of bread crumbs, a layer of the tongue; fill the dish in this way.

When nearly full pour over the whole $\frac{1}{2}$ a cup of stock. Then finish with a layer of bread crumbs and bits of butter. Brown in the oven.

26. Egg Sandwiches

Butter slices of graham bread. Put 4 hard boiled eggs through a sieve, add salt and a tablespoonful of cream or milk, rub to a paste, spread on the bread, put two slices together, trim neatly and serve with lettuce salad.

27. Corn-meal Puffs

Scald 4 tablespoonfuls of corn-meal in a little water. While hot, stir in two tablespoonfuls of butter. When cool, add 2 eggs, well beaten, 2 cups of milk, 8 tablespoonfuls of wheat flour and a little salt. Bake in cups in a quick oven.

28. Potted Chicken

Take the good meat from a cold roast or boiled chicken and to every lb. allow $\frac{1}{4}$ of a lb. of butter, 1 teaspoonful of pounded mace, and $\frac{1}{2}$ a small grated nutmeg; salt and pepper to taste. Cut the meat in small pieces, pound it well with the butter, sprinkle in the spices gradually and keep pounding until reduced to a paste.

Put it into small jars and cover with clarified butter and seal tight.

29. Chocolate Cream

Beat well the yolks of four eggs, put them into a dish with 3 ozs. of grated chocolate, $\frac{1}{4}$ of a lb. of sugar, and 1 pt. of milk; stir these well and pour them into a pitcher set in a saucepan of boiling water; stir one way carefully but do not let boil or it will curdle. Strain the cream through a sieve into a dish and add $1\frac{1}{2}$ ozs. of gelatin and $\frac{1}{2}$ a pt. of well whipped cream. Pour into a mold and set on ice until ready to use.

30. Spanish Buns

1¼ lbs. of flour, 1 lb. of sugar, ½ a lb. of butter, 4 eggs, a teacup of cream or milk, warmed sufficiently to melt the butter, a tablespoonful of rose water, 2 of wine, a grated nutmeg. Make into buns and bake.

31. Chicken Salad

Cut very fine the good parts of a cold boiled chicken; chop up celery in the proportion of 2/3 to 1/3 of chicken and mix well. Let it stand for an hour or two with a French dressing poured over it. When it is well soaked up, cover with a mayonnaise dressing and garnish with celery tops. Serve on lettuce leaves.

SEPTEMBER

Learn how to prepare this healthy dessert:

[**Peach-Protein Ice Cream Recipe.**](#)

and enjoy it before or after any meal.

1. Banana Croquettes

Cut 3 bananas into 2 inch lengths, roll lightly in fine bread crumbs and put on ice to harden. Fry carefully in a frying basket in deep hot fat. Serve with hot or cold chicken.

2. Celery au Gratin

Cook until tender a large bunch of celery cut into one inch lengths. Drain, return to the saucepan and cover with a cupful of white sauce. Season with salt and pepper and chopped parsley. When cold butter a baking dish and cover the bottom with crumbs. When the celery is cold add to it 2 well beaten eggs. Cover with crumbs and bits of butter. Bake ½ an hour.

3. Boiled Partridge with Celery Sauce

Dress the partridge as for roasting, make a stuffing with $\frac{1}{2}$ cup of bread crumbs, $\frac{1}{2}$ cup of chopped celery seasoned with a little butter and celery salt. Cover with boiling water, cook until tender. Make a sauce with 1 tablespoonful of butter in which fry 2 tablespoonfuls of bread crumbs, $\frac{1}{2}$ cup of chopped celery, 1 cup milk, salt and pepper. Let this boil up once.

4. Rice and Apples

Parboil 1 cup of rice for 10 minutes in boiling water, then drain and rinse with cold water. Return to a saucepan and cover with fresh water, add $\frac{1}{2}$ teaspoonful salt, 1 tablespoonful of sugar. Pare, peel and chop fine 6 apples, add them to the rice and cook until done. Serve as a border for hot or cold slices of pork.

5. molded Chopped Meat

Take any kind of cold meat, chop it very fine. Dissolve $\frac{1}{2}$ a box of gelatin in $\frac{1}{2}$ a cup of cold water. Slice two hard boiled eggs, wet a mold and lay the slices of egg in the bottom and on the sides, then put in the chopped meat. Dissolve one Anker's Bouillon Capsule in 1 cup of boiling water. When dissolved add this to the gelatin, stir well and pour over the meat.

6. Curry Sandwiches

Make a paste with four hard boiled eggs, a tablespoonful of stock and a teaspoonful of curry powder. Spread on slices of buttered bread. Put two together and serve.

7. Pickled Salmon

After the fish has been boiled and drained add the following sauce: Take equal quantities of water in which the fish was boiled and vinegar. Add a few pepper corns, a little mace, a very little allspice; boil for a few minutes

and pour over the fish.

8. Boston Cookies

Cream one cup of butter, add gradually $1\frac{1}{2}$ of sugar and 3 eggs well beaten.

Add 1 teaspoonful of soda dissolved in $1\frac{1}{2}$ tablespoonfuls of hot water. Sift together $3\frac{1}{4}$ cups of flour, half a teaspoonful of salt and 1 teaspoonful of cinnamon.

Add $\frac{1}{2}$ of this to the thin mixture, then 1 cup of chopped English walnut meat, $\frac{1}{2}$ a cup of currants and $\frac{1}{2}$ a cup of chopped and seeded raisins. Put in the rest of the flour and beat well. Drop by spoonfuls 1 inch apart on a buttered sheet and bake in a moderate oven.—From "Good Housekeeping."

9. Maple Sugar Sandwiches

Cut and butter slices of white bread, scrape maple sugar and spread thickly on the bread. Cut with a maple leaf cutter and serve with hot coffee.

10. Stuffed Egg Plant

Cut off the top and scoop out the inside; lay the shell in salt and water for $\frac{1}{2}$ an hour. Boil the inside part in about $\frac{1}{2}$ a cup of water and put through the colander. Then mix it with $\frac{1}{2}$ a teacup of bread crumbs, 1 large tablespoonful of butter, salt and pepper to taste. Wipe dry the inside of the shell and put the mixture in. Bake 20 minutes and sprinkle top with bread crumbs and butter.

11. Corn Fritters

Grate the corn; allow an egg and a tablespoonful of cream for every cupful. Beat the eggs well; add the corn by degrees, beating very hard, salt to taste; put in a tablespoonful of melted butter to every pint of corn; stir in the milk, thicken with just enough flour to hold together, say 1 tablespoonful for

every two eggs, cook on the griddle. Serve with lamb or pork chops.

12. Jellied Veal

Cut up a knuckle of veal and cover it with 2 quarts of cold water, bring it slowly to boiling point and simmer slowly for 2 hours. Add 2 sliced onions, a bay leaf, a few pepper corns, 12 whole cloves and $\frac{1}{2}$ a teaspoonful of ground allspice. Let it simmer for an hour longer. Take out the meat, remove all the bones and pick the meat into small pieces. Put it into a mold, reduce the liquor to 1 qt., add salt and pepper. Turn over the meat and stand away for 12 hours or more to harden.

13. Coburg Puddings

Mix 6 ozs. of flour and 1 pt. of milk to a smooth batter, add 6 ozs. of sugar, 6 ozs. of butter, 6 ozs. of currants and brandy to taste. When all are well mixed turn into small cups, previously well buttered, and bake $\frac{3}{4}$ of an hour. Only fill the cups half full, as it rises very light. Turn out on a dish and serve with wine sauce.

14. Maple Sugar Tea Biscuit

Sift together 1 qt. of sifted flour, 1 teaspoonful of salt and 3 level teaspoonfuls of baking powder. Work into these ingredients 2 tablespoonfuls of butter and then mix to a dough with milk or milk and water. Cut the dough until light and spongy, then pat out into a rectangular sheet with the rolling-pin; spread with maple sugar and roll up like a jelly roll. Cut from the end in rounds. Bake in a buttered pan and serve hot with butter.

15. Tomato Salad

Scoop out the centers of 6 tomatoes, fill with chopped watercress and the inside of the tomato and pour a French dressing on. Serve on lettuce leaves.

16. Tongue Squares

Fry squares of bread, sprinkle grated Parmesan cheese on them, season highly with pepper and salt. Pile grated tongue in a pyramid on each square.

Serve either hot or cold.

17. Cheese Straws

Grate 2 ozs. of cheese, and mix well with 2 ozs. of butter, 2 ozs. of flour, 2 ozs. of bread crumbs, season with cayenne and salt to taste. Roll out very thin and cut into strips $\frac{1}{4}$ of an inch wide and 6 long. Lay on a buttered tin and bake brown.

18. Cinnamon Wafers

One cup of butter, 2 cups of sugar, 4 of flour, 3 eggs, a cup of sweet milk or, better, sour milk with a teaspoonful of soda dissolved in it. Spread with a spoon thin on tin sheets either in small cakes or one large one, which can be cut after baking. When half baked, draw to the front of the oven and sift granulated sugar mixed with cinnamon over them.

19. A Pretty Salad

Boil six young beets, and when cooked, scoop out the centers and fill with asparagus tips which have been soaked in French dressing. Make a mayonnaise dressing, spread it evenly on a round dish, sink the beets into it, and garnish with young lettuce leaves.

20. Gatineau Trout (Baked)

Make a stuffing of fine bread crumbs, parsley or thyme, butter, salt and pepper. Have the fish carefully dried and cleaned, put in the stuffing and sew it up. Bake 20 minutes to half an hour. Baste well with drippings and serve with a garnish of parsley.

21. Southern Corn Pone

Sift a qt. of white corn-meal and add a teaspoonful of salt; pour on enough cold water to make a mixture that will squeeze easily through the fingers.

Work to a soft dough. mold into oblong cakes an inch thick at the ends, and a little thicker in the center. Slap them down on the pan and press them a little to show the marks of the fingers. Bake in a hot oven 20 minutes.

22. Valentia Rice

Chop fine 2 onions, fry in half a cup of rendered bacon. Do not let them burn. Take six tomatoes, pare, cut fine. Add to the onions and fry until done. Take two cups of rice, wash and put into a saucepan, pour the mixture over, and add as much water as will boil the rice well; then add two seeded green peppers, cut in quarters, salt to taste and boil until rice is soft. Take out the ends of the peppers. Serve with cold meat.

23. Stewed Black Fish

Take a four-pound fish; throw a little salt over it to harden it, and let it stand an hour. Score and brown it upon a buttered gridiron. Lay it upon a strainer with some fresh mushrooms, a white onion sliced, a sprig of parsley, a few pepper corns, four cloves, a little mace, a pinch of cayenne, the juice and grated rind of a lemon, a pint of claret, and one of water. Cover the kettle well, simmer slowly, and when done, lift the fish gently and strain the sauce over it, laying the mushrooms around it.

24. Alpine Eggs

Butter a shallow tin and line it with thin slices of cheese, break over this five eggs, being careful not to break the yolks, and season with salt and pepper. Grate a little cheese and chop fine a few sprigs of parsley, mix and

sprinkle over the top, put a few bits of butter over it and bake in a quick oven ten minutes.

25. Blanquette of Chicken

One pt. of cold chicken cut into small dice, $\frac{1}{2}$ a cup of stock, $\frac{1}{2}$ a cup of milk, 1 tablespoonful of flour, 1 of butter, yolks of 2 eggs. Rub the butter and flour smooth and put into a frying pan. Add the stock, milk and season with salt and pepper, stir until it boils; then add the chicken and stand over a moderate fire until hot. Take it from the fire and add the well-beaten yolks; do not let it boil after the eggs are added. Serve at once.

26. Chestnut Soup

Peel 1 qt. of large chestnuts and blanch them in hot water. Drain and rub off the inner skin and cook until tender in good stock, drain and rub them through a fine sieve. Add more stock and season with mace, cayenne and salt, and stir until it boils, then add $\frac{1}{4}$ of a pint of cream. Serve at once.

27. Eels with Tartare Sauce

Cut the eels into four-inch pieces. Let them stand in boiling water for 5 minutes, drain, season, dip in egg and bread crumbs and fry in hot fat. Serve with tartare sauce.

28. Lunch Sandwiches

Butter slightly, slices of white bread. Chop fine four stalks of celery, and the same quantity of cold meat. Make a mayonnaise dressing, stir it into the meat and celery, spread on the bread; put a plain slice of bread and butter on top.

29. Bread Dumplings

Soak stale bread in cold water for 15 minutes, then squeeze as dry as

possible. To each pt. add 2 tablespoonfuls of milk, 1 well beaten egg, 2 tablespoonfuls of melted butter, $\frac{1}{2}$ of a teaspoonful of salt and the same of sugar and sufficient flour to make of such consistence that the mixture will not fall apart when a small spoonful is dropped into boiling water. Have the water slightly salted and boiling hard. Test a spoonful of the mixture. When of the right consistency drop a number of spoonfuls at a time into the water and cook for 5 minutes. Lift out with a skimmer and arrange in a dish, keeping them hot over water until all are done.—"Table Talk," Phila.

30. Chopped Ham and Egg

Chop fine cold cooked ham. Toast and butter some slices of bread, spread the ham on the toast, put them in the oven for 3 or 4 minutes. Beat 4 eggs in a cup of milk, season with salt and pepper. Put 2 tablespoonfuls of butter in a saucepan, pour in the beaten eggs and stir over the fire until thick but do not let it boil. Pour the eggs over the ham and serve.

OCTOBER

[4 Foods that accelerate Aging in your Body](#)

(Try to avoid them as much as you can!)

1. Potato Croquettes

Four mashed potatoes, season highly with pepper and salt, butter and chopped parsley. Beat very well. Roll into balls, egg and bread crumb them and fry in boiling lard.

2. Brown Apple Sauce for Cold Pork

Put $\frac{1}{2}$ a pt. of gravy in a saucepan with 5 pared, cored and quartered apples. Simmer gently, until tender; beat to a pulp, season with cayenne and serve with cold roast pork.

3. Cod Cutlets

Make the following sauce and simmer the fish cutlets in it. One cupful of stock, pepper, salt, parsley, onion, a little lemon juice and a glass of sherry. Thicken with browned flour. Heat the cutlets slowly, do not let them boil.

4. Crumb Griddle Cakes

Put a large cup of bread crumbs to soak in a qt. of sour milk over night; in the morning rub through a sieve. Add the yolks of 4 eggs, well beaten, 2 teaspoonfuls of soda dissolved in a little water, 1 tablespoonful melted butter, and enough corn-meal to make it the consistency of ordinary griddle cakes. Add the whites of the eggs just before frying.

5. Fillets of Weakfish

Take a three lb. fish, cut off the head and tail, split the fish through the back and take out the bone, cut these two pieces into four or six, season with salt and pepper. Dip each piece into melted butter, then roll in crumbs and broil on both sides. Serve with tartare sauce.

6. Celery Sandwiches

Chop very fine a few stalks of celery, mix well with a mayonnaise dressing, spread on buttered bread, put two together; press and cut in any shape desired.

7. Cheese Fritters

One oz. of well boiled macaroni, cut very small, 1 large tablespoonful of grated cheese, 1 of cream; mix all together. Season with pepper and salt.

Roll out puff paste very thin, cut into rounds, place some of this mixture on each round, double them over, egg and vermicelli them, fry a light brown.

Serve hot.

8. Veal Salad

Chop cold veal very fine, season, mix well with mayonnaise dressing. Heap on lettuce leaves. Garnish with slices of hard boiled egg.

9. Fish and Rice

Bone and flake cold fish; season with salt and cayenne pepper. Stir in a stewpan with a good piece of fresh butter. When hot add a teacupful of ready boiled rice, and the yolks of 4 hard boiled eggs. Stir well together until hot. Dish and serve with pickles.

10. Curry of Macaroni

Melt 2 tablespoonfuls of butter, cook in it 2 slices of onion until the onion becomes of a pale straw color, then add two tablespoonfuls of flour, 1 tablespoonful of curry powder, $\frac{1}{4}$ teaspoonful of salt and a dash of pepper. When blended with the butter, add gradually 1 cup of milk and stir until smooth and boiling. Then strain over 1 cup of macaroni, cooked until tender in boiling salted water and then drained and rinsed in cold water. Reheat and serve.—Janet M. Hill in "Boston Cooking School Magazine."

11. Oyster Canapes

Into a saucepan put 1 dozen finely chopped oysters, a teaspoonful of cracker dust, a tablespoonful of butter and $\frac{1}{2}$ a cup of milk, season with salt and pepper. Stir and let the mixture simmer for a few minutes; pour the mixture over buttered toast and serve.

12. Dried Apple Cake

Soak 3 cups of dried apples over night; drain the water off and cut them up a little and put them over the fire with 2 cups of molasses; boil until thick; take off the fire and put into a bowl. Add a cup of shortening, a

tablespoonful of cinnamon, dessertspoonful of cloves, the same of allspice, a cup of sweet milk; when cold a tablespoonful of soda, dissolved in hot water, 4 cups of flour, added by degrees, 3 eggs well beaten, added last. Grease 3 pans well and bake.

13. Vegetable Soup

Cut fine 2 carrots, 1 turnip, 3 stalks of celery and half an onion; cook ten minutes in 4 tablespoonfuls of butter, stirring constantly. Add 1 cup of chopped potatoes, cover and cook five minutes, then add a qt. of boiling water and cook an hour. Mash the vegetables, add a tablespoonful of butter and a little chopped parsley. Season with salt and pepper.

14. Beef Salad

Chop very fine slices of cold roast beef, having first removed all fat; add six finely chopped cold potatoes, the same quantity of beets, a few slices of tomatoes, a few leaves of lettuce, a small bunch of parsley. Mix thoroughly, and chop all together, until the whole is almost reduced to a cream. Cover with a rich mayonnaise. Garnish with slices of tomato and lettuce leaves.

15. Corn-starch Cake

Beat well the whites of 4 eggs, beat the yolks, then beat them together. Cream a $\frac{1}{4}$ of a lb. of butter. Add to it gradually $\frac{1}{2}$ a lb. of granulated sugar and beat until light, then add the eggs and beat again. Mix 2 ozs. of corn-starch with a quarter of a lb. of wheat flour; add a teaspoonful of baking powder and sift, stir this into the cake. Add the grated rind of $\frac{1}{2}$ a lemon, bake in greased gem pans in a moderate oven 15 minutes.

16. Fried Celery

Cut it into inch lengths and boil until tender in slightly salted water, dip the

pieces in fritter batter and fry in smoking hot fat. Garnish with parsley and serve with tomato sauce.

17. Beef a la Mode

Take a round of beef, trim off the fat, cut fat bacon into strips and roll them in a mixture of sweet herbs, spice, salt and pepper. Lard the meat with these and rub the rest of the seasoning into the meat. Flour it, put in a deep pan, add a pt. of water and bake in a moderate oven. Baste often. Strain the gravy and if you like a little cooking wine may be added to the gravy. Serve hot or cold.

18. Potato Chowder

Pare and chop into dice 6 potatoes. Put into a frying pan 1 chopped onion and 2 slices of bacon cut into small pieces, fry until a light brown. Put the potatoes, bacon and onion, a little chopped parsley, salt and pepper into a saucepan. Add 1 pt. of water, cover and simmer 15 or 20 minutes. Then add 1 pt. of milk. Mix 1 tablespoonful each of butter and flour, add to the rest and stir carefully until it boils.

19. A Spanish Fish Dish

Bone some nice pieces of cold fish. Warm it in a cupful of olive oil, 1 clove of garlic, some Spanish red pepper and a wine-glass of tarragon vinegar. Lay tomatoes, cooked down to a thick purée, in a dish; lay the fish upon it, pour the sauce over and serve.

20. Stewed Celery in Brown Sauce

Cut the celery in six inch lengths, boil in salt and water, strain. Put ½ a pint of soup stock or gravy on the fire and cook the celery in it; add pepper and salt, a little nutmeg, 4 tablespoonfuls of cream, a little thickening of butter

and flour. Simmer only a few minutes.

21. Baked Oyster Dumplings

Drain the oysters and cover with a little lemon juice. Make a light puff paste and cut into pieces about 4 inches square; brush them over with white of egg. Place upon each square 2 or 3 of the prepared oysters and put a little piece of butter on them. Bring the four corners of the paste together and fasten them with a small wooden toothpick, leaving the crust open between the points. Bake in the oven until a nice brown, take out the toothpicks and serve.

22. Barbacued Lobster

Cut up and chop a large lobster; add both black and cayenne pepper, mustard, salt, a small cup of sweet oil, two or three powdered crackers or bread crumbs; a wine-glass of wine, lemon juice; mix well. Shape into a loaf and cover with bread crumbs. Bake half an hour.

23. Oyster Patties

Make a rich puff paste and bake it in small patty-pans. When cool turn out on a large dish. Stew the oysters with a few cloves, a little whole mace and the yolk of an egg boiled hard and grated, a little butter and enough oyster liquor to cover. When the oysters are cooked, set away to cool. When cold put two or three oysters and a little sauce in each patty-shell, serve with lettuce and French dressing.

24. Jellied Tongue

Make a jelly of $\frac{1}{4}$ a box of gelatin and a pint of soup stock; season highly when it begins to thicken. Wet a mold and lay slices of tongue all over the bottom and sides. When it begins to set fill the center with chopped chicken,

hard boiled eggs, or just use tongue alone. When cold and firm garnish with parsley.

25. Dolmas (A Turkish Dish)

Chop fine 1 cup of cold mutton and 1 small onion; add to this $\frac{1}{2}$ a cup boiled rice, salt and pepper, mix well. Take some cabbage leaves and put them into boiling water for a minute, and then roll the chopped meat mixture up in them like a sausage; then stew them in a little soup stock.

Serve hot with garnish of hard boiled egg.

26. Harlequin Sandwiches

Butter slices of both white and Graham bread. Spread each with Neuchatel cheese, chop fine a few English walnuts and sprinkle over. Put a white and a brown slice together.

27. Pickled Oysters

Take $\frac{1}{2}$ a pt. of white wine and $\frac{1}{2}$ a pt. of vinegar, 4 teaspoonfuls of salt, six of whole black pepper, and a little mace. Strain the oyster liquor and add the above ingredients. Boil up once and pour hot over the oysters. Let them stand ten minutes or until cold and then put in a jar and cover tightly.

28. Calas

Three gills of soft boiled rice, 1 gill of rice flour, a pinch of salt, 6 tablespoonfuls of sugar, 2 of wheat flour, 3 eggs, a little yeast. Fry quickly.

29. Potato Puff

Beat light, two cupfuls of mashed potatoes, add 2 tablespoonfuls of melted butter, salt, pepper, cream, 2 eggs beaten separately; beat all hard. Pile high on a dish; put into the oven to color and become light.

30. Beef Tongue (Fresh)

Boil a fresh beef tongue, fifteen minutes, skin it. Put in a pot, 1 carrot, 1 onion, thyme, bay leaf, salt and pepper, 2 cloves, glass of cooking wine, and a little water. Stew 4 hours. Strain out the vegetables and put in a little browned flour.

31. Salmon Salad

Take a qt. can of salmon, pick it over carefully, as there are a great many little bones. Season with salt and pepper and a little lemon juice. Pile neatly on a platter, arrange the tops of boiled asparagus around it and cover with mayonnaise dressing.

NOVEMBER

How to make [Guilt-Free Desserts](#) in your own home.

Never feel embarrassed with desserts again.

1. Turbot a la Creme

Take cold cooked bluefish, flake it and pick out the bones. Have ready the following sauce: Rub 2 large spoonfuls of flour, by degrees, into a qt. of milk; mix very smooth; add an onion, several sprigs of parsley, thyme, grated nutmeg, salt, pepper. Boil until it becomes a thick sauce; stirring always. Remove from the fire, add a quarter of a pound of fresh butter; strain through a sieve. Lay a little in the bottom of a pudding dish, then a layer of fish and so on until the dish is full. Sprinkle bread crumbs over the top. Heat and brown in the oven. Do not let it cook.

2. Oyster Fritters

Chop fine 25 oysters. Beat 2 eggs very light and add 1 cup of milk, 2 cups of flour, pinch of salt. Beat until free from lumps; add the oysters, and ½ a teaspoonful of baking powder. Mix well and drop by spoonfuls into boiling

fat; lift out with a skimmer, lay on brown paper and serve very hot.

3. Chops Masked with Potato

Broil 6 chops. Cover the meat part of each chop with a spoonful of mashed potato (which has been beaten up with 2 eggs); put into the oven and brown.

4. Cheese Pudding No. 1

Grate some cheese, mix it with half as much fine bread crumbs, add 1 beaten egg, a little seasoning and milk enough to make a thick batter. Turn into a well greased dish and bake $\frac{3}{4}$ of an hour.

5. Meat Pie with Potato Crust

Cut cold roast beef into thin slices, removing the fat and gristle; cover the bones and trimmings with cold water; add a few slices of onion and carrot, and a stalk of celery, if at hand; let simmer several hours; strain off the broth and simmer in it the slices of beef, until they are perfectly tender. Season with salt and pepper, and pour into a baking dish; cover with a round of potato crust in which there is an opening; bake until the crust is done (about 15 minutes).—Janet M. Hill in "Boston Cooking School Magazine."

Potato Crust.—Sift together 2 cups of flour, half a teaspoonful of salt, and 2 level teaspoonfuls of baking powder. With the tips of the fingers work in half a cup of shortening, and then 1 cup of cold mashed potatoes; add milk to make a soft dough, turn on to the board, handle as little as possible and pat and roll out to fit the dish.

6. Indian Trifle

Mix together 3 tablespoonfuls of rice flour and 3 of finely ground white Indian meal. Scald 3 cupfuls of milk, add then a portion of it to the dry mixture, stir all together and continue to stir over the fire until the milk is

very thick. Add 4 tablespoonfuls of sugar, cover and cook slowly for ten minutes; add 5 drops of cinnamon extract, and ½ of a cupful of shaved citron and turn into a mold or glass dish. Serve with a custard sauce.

—"Table Talk," Phila.

7. Shredded Wheat Fish Balls

Freshen ½ a lb. of salt codfish and pick it very fine, add 4 shredded biscuits rolled very fine, a pinch of white pepper, a tablespoonful of butter, and 1 pt. of hot milk. Stir well and let stand 5 or 10 minutes. Make into balls, roll in egg and shredded biscuit crumbs. Then drop in hot fat and fry a light brown.

8. Hoe Cake

Make a thin batter of corn-meal and milk, add a little melted butter, and a little salt. If sweet milk is used, add a teaspoonful of baking powder; if sour milk ½ a teaspoonful of soda. Put a little fat in a frying pan; when hot pour in the batter till ½ an inch in thickness; when brown on one side turn. Serve hot.

9. Canned Salmon Salad

Take a can of salmon, pick it out carefully and arrange on lettuce leaves with a mayonnaise dressing.

10. Cheese Polenta

Cook salted corn-meal for at least an hour; turn into a baking dish and add a cupful of grated cheese and season with pepper. Brown in the oven.

—"Table Talk," Phila.

11. Oysters a l'Indienne

Cook 1 doz. oysters until the gills curl. Take 1 dessertspoonful of curry powder, 1 of flour, a quarter of a pint of cream, a little onion, and a slice of

apple, chopped, half a teaspoonful of lemon juice. Stir all together and add the oysters. Turn into a rice border, when very hot, and serve.

12. Baked Pumpkin

Take a small pumpkin cut in half, and remove the seeds, scallop the edge.

Put in a baking dish in the oven and bake until tender. When done take it out and serve at once and help just as it is.

13. Hot Potato Salad

Fry two slices of bacon in a pan until all the fat is fried out, then add 2 tablespoonfuls of vinegar. Arrange lettuce leaves around a platter; slice 6 hot potatoes in slices and pile in the center; pour the bacon fat and vinegar over, sprinkle salt and pepper over, and chopped parsley. Serve with sausage.

14. St. Charles Indian Bread

Beat two eggs very light; mix alternately with them a pint of sour milk, and a pint of fine Indian meal; add a tablespoonful of melted butter, a teaspoonful of soda, dissolved in a little milk and added the last thing. Beat very hard, pour into a deep pan and bake in a quick oven.

15. Lobster Cream

Pour $\frac{1}{2}$ a pint of boiling milk over a small cupful of bread crumbs; when nearly cold add 3 well-beaten eggs, the lobster chopped fine, 2 teaspoonfuls of anchovy sauce, a pinch of cayenne. Stir well and mix in 3 tablespoonfuls of cream. Pour into a buttered mold, cover with buttered paper and steam for an hour. Serve with a good fish sauce.

16. Oysters in Puff Paste

Roll out some puff paste and cut it into round pieces. Chop some oysters,

mix them with the same amount of chopped hard boiled egg, a little

chopped parsley and a little grated lemon peel, season with salt and pepper

and a little pounded mace; moisten the mixture with a little cream and some

of the oyster liquor; put a spoonful on each round of paste; fold over, moisten the edges and press them together. Brush over with the yolk of one

egg and fry for fifteen minutes.

17. Veal Gumbo

In two tablespoonfuls of hot fat brown one chopped onion and quarter of a

pound of fat ham cut into dice. Add 1 qt. of boiling water, $\frac{1}{2}$ a can of

tomatoes, 3 lbs. of veal cut in pieces, and half a teaspoonful of salt. Stew for

2 hours; add 1 qt. can of okra and cook for an hour and a half longer, adding

seasoning as necessary $\frac{1}{2}$ an hour before it is done. Serve with a separate

dish of boiled rice.—From "Table Talk," Phila.

18. Florida Corn Cake

One egg, 1 cup of milk, 1 tablespoonful salt fat pork, 1 teaspoonful salt, 1 of

sugar, 2 cups white corn-meal, 1 tablespoonful baking powder. Mix all

thoroughly and bake in 2 thin cakes.

19. Laurentian Salad

Chop fine slices of cold roast beef and the same amount each of cold boiled

potatoes and beets, a few slices of tomatoes and a few leaves of lettuce. Mix

well. Cover with mayonnaise dressing and garnish with sliced red radishes.

20. Beef Pot Pie

Cut into small pieces, some beef from the chuck or round, put in a saucepan

and stew for two hours well covered; add a slice of fat pork or bacon, an

onion, salt and pepper to taste, and thicken with flour. Line a deep dish with

biscuit dough, pour in the beef, cover over the top with more of the dough.

Bake in a quick oven.

21. Tripe Baked with Potatoes

Put into an earthen dish 1 lb. of tripe cut into small pieces and four chopped onions, season with salt and pepper, cover with stock or water and bake in a slow oven 3 hours. Thicken with a little flour, cover over with mashed potatoes. Brown in the oven and serve.

22. Roast Oysters

Scrub the shells until perfectly clean. Put into pans and set them in the oven. Take them out as soon as the shells begin to open, and before the liquor is lost. Take the upper shells off and serve on a hot platter.

23. Beefsteak and Potatoes

Put $\frac{1}{2}$ a cup of drippings into a frying pan; let it get very hot; fry six potatoes in this, cut in long, thin slices. When done take out and drain. Broil the steak. Put 1 teaspoonful of finely chopped parsley, a little onion, salt and pepper into the drippings in which the potatoes were fried, pour it over the steak and pile the potatoes around it.

24. Tomato Timbales

Stew a can of tomatoes until quite thick, season with salt, pepper and onion juice and put away to cool. To one cupful of this add 3 well-beaten eggs; mix thoroughly, then fill well-buttered timbale molds. Stand them in a pan of hot water in the oven and cook slowly until firm in the middle as a baked custard would be.—From "Table Talk," Phila.

25. Oyster Kromeskys

Parboil a dozen oysters in their own liquor, remove the beards, strain the liquor and cut up the oysters in dice; melt a tablespoonful of butter and 1 of

flour; stir until smooth; add the oyster liquor, a little milk, the chopped oysters, a teaspoonful of chopped celery, a little nutmeg, salt and pepper. Take the saucepan off the fire, stir in the yolk of an egg. Garnish the dish with thin strips of well-cooked bacon. Serve very hot.

26. Chicken a la Merengo

Prepare a young chicken as for fricassee. Fry each piece in olive oil, add a sprig of parsley, a slice of onion, salt and pepper, and five mushrooms if you have them. Cook slowly about $\frac{3}{4}$ of an hour. Serve with cream sauce.

27. Hominy Waffles

To a pint of cold boiled hominy add 1 qt. sour milk, 2 beaten eggs, 2 tablespoonfuls of melted butter, sufficient flour to make a thick batter and 1 teaspoonful of soda.

28. Vermicelli Pudding

One cup of vermicelli, 2 tablespoonfuls of ground rice, a qt. of milk, 3 eggs, sugar to taste. Boil the vermicelli in the milk, until it is quite smooth; then add the other ingredients and thicken over the fire. Put into a mold and steam for an hour. Serve hot with any liquid sauce.

29. Potatoes Gruyere

Allow 1 large potato for each person. Wash and bake in a hot oven, then open and scoop into a heated bowl. Mash and for each potato, add $\frac{1}{2}$ a teaspoonful of Gruyere (Swiss) cheese, grated, salt and pepper to taste, and the stiffly whipped whites of three eggs for $\frac{1}{2}$ a dozen potatoes. Beat well, turn into a pastry bag and press out in heaps on a buttered pan. Brush with beaten egg yolk and brown in a quick oven.—From "Table Talk," Phila.

30. Eggs in Tomato Cases

Scoop out the centers of as many large firm tomatoes as there are people to serve. Drain, then sprinkle the inside of each with chopped tarragon (or tarragon vinegar), salt, pepper, dropping in carefully a raw egg and a quarter of a teaspoonful of butter. Place in a baking pan in a hot oven until the eggs are set and serve very hot.—From "Table Talk," Phila.

DECEMBER

1 unique Spice that beats Abdominal Fat.

Can this spice help to fight overweight and obesity?

1. Round of Beef, Southern Style

Take a 6 or 8 pound piece of round of beef. Heat a large skillet very hot, grease with a bit of fat from the meat and quickly sear and brown the meat on all sides. With a sharp knife cut gashes around the sides and sprinkle in each gash salt, pepper and a pinch of cloves. Place in a deep baking dish with 3 blades of mace, 1 cupful of capers or pickled nasturtium seeds, a bunch of parsley, 3 sliced lemons, and sufficient claret to almost cover the meat. Cover closely and bake in a moderate oven for 4 hours. Serve hot or cold. If hot slightly thicken the gravy, season to taste and serve.—From "Table Talk," Phila.

2. Nut Loaf

Chop fine sufficient nut meats to measure 1½ cupfuls, add one pint of stale breadcrumbs, 1 teaspoonful of salt and 1 of sweet herbs. Mix well, add sufficient boiling water to moisten, cover closely and let stand for 10 minutes to swell. Now add another cupful of hot water and turn into a well-greased loaf-pan. Bake for one hour in a moderate oven and serve hot with a brown sauce or serve cold with mayonnaise.—"Table Talk," Phila.

3. Sweet Potato Pone No. 1

To 3 lbs. of grated raw sweet potatoes add 2 lbs. of sugar, 1 dozen eggs, well beaten, 1 qt. and a pt. of milk, the juice and grated rind of 1 lemon, $\frac{1}{2}$ of a cupful of butter, melted, 1 tablespoonful of rose water, $\frac{1}{2}$ of a teaspoonful of nutmeg, $\frac{1}{2}$ of a teaspoonful of mace, 1 teaspoonful cinnamon, 1 scant teaspoonful of salt. Mix well, turn into 2 loaf-pans and bake for 2 hours in a moderate oven.—"Table Talk," Phila.

4. Breaded Sausage

Wipe the sausage and dip each piece in well-beaten egg and then in bread crumbs. Fry in boiling fat. Serve with lemon and parsley garnish.

5. Brown Betty

Chop 1 pt. of apples fine. Butter a baking dish. Put in a layer of bread crumbs, then a layer of apple, then bits of butter; continue until the dish is full, having the last layer crumbs and then bits of butter. If the pudding is desired sweet add a sprinkling of sugar over each layer of apple. Bake in a good oven $\frac{1}{2}$ an hour. Serve hard sauce with it.

6. Chestnut Puree

Shell 1 qt. of chestnuts, throw them into boiling water until the brown skins loosen, rub them off and put the chestnuts into a saucepan with a qt. of stock and boil gently for half an hour; mash them through a colander, return them to the saucepan; add 1 tablespoonful of butter, salt and pepper; stir until it boils, then serve.

7. Roast Clams

Three dozen clams in their shells. Wash and lay them in the dripping pan. Put them into the oven until the shells open. Take off the top shell and serve

in the lower one, with lemon or melted butter. Sprinkle salt over them.

8. Scalloped Oyster Plant

Scrape and cut the oyster plant into small pieces and boil until tender, in water with a teaspoonful of vinegar in it. When cooked, drain and put into a thick white sauce, to which add a little cayenne pepper and a very little anchovy sauce. Put this into shells and sprinkle fried bread crumbs over them. Heat very hot.

9. Steamed Indian Pudding

Sift together 1½ cups of Indian meal, ½ a cup of wheat flour, 2 teaspoonfuls (level) of baking powder, and half a teaspoonful of salt; add one generous cup of grated maple sugar and 1 cup of beef suet chopped fine; mix thoroughly, then add 1¼ cups of sweet milk; mix thoroughly and steam three or four hours.—Janet M. Hill, in "Boston Cooking School Magazine."

10. Broiled Mutton and Tomato Sauce

Take 6 tomatoes, cut and squeeze the juice out, put them in a pan with a little onion, 1 clove, a blade of mace, a little parsley, salt, cayenne, a half cup of gravy, and let them simmer gently until the tomatoes are tender enough to pulp. Rub the whole through a sieve. Boil for a few minutes and pour over some slices of mutton which have been salted and broiled.

11. Sausage Rissoles

Mash a cupful of potato, make into a paste with a little butter and flour. Roll out, cut in rounds, lay a cooked sausage in each one, turn one half the paste over, pinch the sides together, fry in hot fat.

12. Boudinettes

Chop fine a little cold meat and bacon; add chopped parsley and season.

Mash boiled potatoes, add butter and enough flour to make a paste. Line patty pans which have been well greased with the paste, fill with the chopped meat, put a piece of butter and a teaspoonful of gravy into each one and brown in the oven.

13. Eggs Cupped

Butter 4 teacups, sprinkle them with chopped parsley, add a little pepper and salt, and into each one break an egg. Cover with bread crumbs and set them in a saucepan of boiling water for about 5 minutes. Turn out carefully on buttered toast.

14. Polish Salad

Chop fine some cold meat, $\frac{1}{2}$ a head of lettuce, hard boiled eggs, boiled beets and an onion and pickled cucumber. Arrange lettuce leaves on a platter. Mix the chopped ingredients with a good French dressing. Heap on the lettuce leaves and ornament with a few slices of hard boiled egg and parsley.

15. Baked Spanish Onions

Put the onions in a pan in the oven and bake 4 hours. They will blacken on the outside, but that does not matter; when they begin to shrink try them with a knitting-needle, and if quite tender strip off the skin. Add a little butter, pepper and salt on top and set into the oven again for a few minutes.

16. Codfish with Potato Border

Boil and mash 6 potatoes, add 2 tablespoonfuls of butter, salt, pepper and a cup of milk, beat well and pile in a circle on a round platter. Freshen 1 pt. of codfish, pick into small pieces. Into a saucepan put 2 tablespoonfuls of butter and 1 of flour, mix well, add 2 tablespoonfuls of hot milk and a little

onion. Stir well, add the fish, cook for fifteen minutes. Turn into the potato circle. Serve hot.

17. Scotch Broth

Wash and clean a sheep's head and soak for 2 hours. Put it in a deep saucepan with just enough water to cover it. When the head is thoroughly

heated, add 2 qts. of water and boil for 2 hours. Take out the head and

remove the meat from the bones. Put back the bones into the saucepan with

an onion, a bunch of sweet herbs, salt and pepper. Simmer another hour.

Chop the meat into small pieces and add it to the soup ten minutes before serving.

18. Oyster Stew No. 1

Strain the juice from the oysters; let it come to a boil; remove the scum,

rinse the oysters in cold water, add them to the liquor, with a cup of cream,

small piece of butter and pepper and salt to taste. Serve the oysters on slices of hot buttered toast.

19. Sweet Rice Balls

Wash thoroughly 1 scant cupful of rice in cold water, put in a double boiler

with 1 pt. of milk, cover and cook until soft. Add 1 teaspoonful of butter, 2

tablespoonfuls of sugar, salt to taste and the well beaten yolk of an egg.

When cold mold into small balls, pressing into the center of each a raisin or a candied cherry. Dip in egg, roll in crumbs and fry in smoking hot fat.

Drain and roll in powdered sugar before serving.—From "Table Talk,"

Phila.

20. Stewed Eels

Skin and cut the eels into 2 inch pieces, cover with boiling water, add a

tablespoonful of vinegar and simmer for 10 minutes; drain. In a saucepan

melt 1 tablespoonful of butter and add 2 of flour, mix well; when smooth add 1 pt. of veal stock, 1 small sliced onion, 1 bay leaf, a little parsley, salt and pepper. Cook the eels gently in this for $\frac{1}{2}$ an hour. When done, dish the eels and pour the sauce over.

21. Beef Roll

1 $\frac{1}{2}$ lbs. of round steak, 2 eggs, salt, summer savory and pepper. Chop the meat fine, season. Beat the eggs well and add to the meat; when well mixed, roll it up closely, put into a dripping pan and bake an hour. To be eaten cold.

22. Turnip Cream Soup

1 qt. of mutton broth. Cook until tender in this 4 young white turnips; when tender rub through a sieve, return this to the fire, thicken with 2 tablespoonfuls of butter and 2 of flour, season with salt and pepper; beat in an egg and serve.

23. Oyster Croquettes

Chop $\frac{1}{2}$ a pt. of raw oysters and $\frac{1}{2}$ a pt. of cooked veal very fine. Soak 3 tablespoonfuls of bread crumbs in the oyster broth and then add a tablespoonful of butter, a little onion juice, the beaten yolks of 2 eggs. Mix all well together, shape into croquettes and fry.

24. Sweet Potato Pone No. 2

Peel and grate sufficient raw sweet potatoes to make 5 cupfuls. Add 3 cupfuls of best West Indian molasses, 2 cupfuls of butter, 1 cupful each of preserved ginger and candied orange peel cut fine, 2 tablespoonfuls of mixed spices (cinnamon, nutmeg and cloves), 1 tablespoonful of ground ginger, 1 scant teaspoonful of salt. Mix all well together, turn into a deep buttered earthen dish and bake slowly in a moderate oven for from 2 to 3

hours, according to thickness. When done a knife blade run down to the bottom of the dish will come out clean. Serve hot, cutting in thick slices. It can be reheated 2 or 3 times if necessary. This recipe is said to be over 200 years old.—"Table Talk," Phila.

25. Baked Turnips

Half boil 6 turnips, cut them in slices, butter a pudding dish, put in the turnips, add a little milk, season with salt and pepper, cover the top with bread crumbs and grated cheese. Bake until golden brown.

26. Oyster Stew No. 2

Boil $\frac{1}{2}$ a pint of milk and $\frac{1}{2}$ a pint of oyster juice, remove the scum, throw in the oysters, add 2 tablespoonfuls of butter, salt and pepper. When the edges curl they are done. Serve with small crackers and celery.

27. Apple Griddle Cakes

Put 1 cup finely chopped apple in 1 qt. of any griddle batter; stir well to keep the apple evenly distributed.

28. Turkey and Sausage Scallop

Butter a pudding dish and fill with alternate layers of cold minced turkey and cooked minced and cold sausage meat, seasoning slightly as you go. The sausage will supply nearly all the seasoning you wish. Pour in as much gravy or weak stock as the dish will hold; let it soak in for a few minutes and cover with a mush of bread crumbs, peppered, salted and soaked in cream or milk, then beaten smooth with an egg and a tablespoonful of butter melted. It should be half an inch thick. Cover and bake for $\frac{1}{2}$ an hour, then uncover and brown. Serve at once, as the crust will soon fall.—From "The National Cook Book," by Marion Harland and Christine Terhune Herrick.

29. Rice Johnny Cake

Take 2 cups of boiled rice and mix with a little cold milk, a little salt and flour enough to hold it together. Spread it a quarter of an inch thick on flat tin sheets, and brown it in front of the fire or put it in the oven. When brown butter it and cut in square slices and serve very hot.

30. Cheese Pudding No. 2

Mix well together $\frac{1}{2}$ a pint of bread crumbs, a little thyme and parsley, a teaspoonful of curry powder, 2 hard boiled eggs, chopped, a few slices of cheese broken up in small pieces, 2 ozs. of butter dissolved in a pint of warm milk and two raw eggs beaten well. Let this soak for $\frac{1}{2}$ an hour. Bake in a slow oven. Cover the top with a plate until half done, then remove it and brown the pudding. Bake an hour and a half.

31. Pease Pudding

Wash and soak $1\frac{1}{2}$ cupfuls of dried green peas over night. Put on in a kettle of cold water with 1 teaspoonful of salt and simmer slowly until very tender, drain and rub through a sieve, then set aside until cold. Season highly with salt and pepper, add 2 well-beaten eggs, turn into a floured pudding cloth, drop into salted boiling water and boil hard for an hour. Turn out on a hot dish and serve with butter.—"Table Talk," Phila.

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