Greetings
“Dere’s mor’ dan fruits an’ vegterbles at de market yo’l find,
For dere yo’ met de quality folks dat air so good an’ kind.”

THE OLD VIRGINIA MARKET
FAMOUS RECIPES FROM OLD VIRGINIA

BY
THE GINTER PARK WOMAN'S CLUB
RICHMOND, VIRGINIA

Illustrated by
MARGARET DASHIELL

1935
FAMOUS RECIPES FROM OLD VIRGINIA

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1935
A Prayer Found in Chester Cathedral

(This prayer was found in the old Cathedral at Chester, England, on the River Dee, sixteen miles southeast of Liverpool.)

Give me a good digestion, Lord.
    And also something to digest.
Give me a healthy body, Lord,
    With sense to keep it at its best.
Give me a healthy mind, good Lord,
    To keep the good and pure in sight;
Which seeing sin is not appalled,
    But finds a way to set it right.

Give me a mind that is not bored,
    That does not whimper, whine or sigh,
Don’t let me worry over much
    About the fussy thing called I.
Give me sense of humor, Lord;
    Give me the grace to see a joke;
To get some happiness from life
    And pass it on to other folk.
"De missus done buy de new cook book.
I'se hope she don' think I cyan' cook."

FOREWORD

In giving to the world another cook book we hope not only to give you what we have learned from our many experiences, but things that have been handed down to us from our parents and grandparents—things they have tried and found true, and things we have tried again and again, and found always equally true. We know that the world has had many cook books offered it, but we do hope that some new ideas may come from this one that the Ginter Park Woman's Club has compiled that will make it an adventure well worth our time. And, to our many friends from far and near who have so gladly contributed of their own, we send our sincere thanks for their co-operation. It is just one more bond to hold Old Virginia to her many children and friends who have wandered far away.
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"Ash cake, sweet 'laters, an' meat on de spit,  
In de ole Lee kitchen dey sur' did cook a bit."

RECIPIES POPULAR IN EARLY VIRGINIA

MISS KATHERINE RHoads, Chairman

TO MAKE EXCELLENT BREAD WITHOUT YEAST

Taken from “The Virginia Almanack” for the year of our Lord 1795, being the third after leap year and the nineteenth of American Independence

Scald about a double handful of Indian meal, into which put a little salt and as much cold water as will make it rather warmer than new milk; then stir in wheat flour till it is as thick as a family pudding, and set it down by the fire to rise. In about an hour it generally grows thin; you may sprinkle a little fresh flour on the top and mind to turn the pot around, that it may not bake on the side of it. In three or four hours, if you mind the above directions, it will rise and ferment as if you had set it with top yeast; when it does, make it up in a soft dough; flour a pan, put in your bread, set it before the fire, covered up. Turn it around to make it equally warm, and in about half an hour it will be light enough to bake. It suits best to bake at home in a Dutch oven, as it should be put into the oven as soon as it is light.

* * *

TO ROAST A TURKEY

From “The Virginia Housewife or Methodical Cook,” by Mary Randolph—1828

Make the forcemeat thus: Take the crumb of a loaf of bread, a quarter of a pound of beef suet shred fine, a little sausage meat or veal scraped and pounded very fine, nutmeg, pepper and salt to your taste. Mix it lightly with three eggs; stuff the craw with it; spit it, and lay it down a good distance from the fire, which should be clear and brisk. Dust and baste it several times with cold lard—it makes the froth stronger than basting it with the hot out of the dripping pan and makes the turkey rise better. When it is enough, froth it up as before, dish it, and pour on the
same gravy as for the boiled turkey, or bread sauce; garnish with lemon and pickles and serve it up. If it be of a middle size, it will require one hour and a quarter to roast.

* * *

TO ROAST A PIG
From “The Virginia Housewife or Methodical Cook, by Mary Randolph—1828

The pig must be very fat, nicely cleaned, and not too large to lie in the dish. Chop the liver fine and mix it with crumbs of bread, chopped onion and parsley, with pepper and salt. Make it into a paste with butter and an egg; stuff the body well with it, and sew it up; split it, and have a clean fire to roast it. Baste with salt and water at first, then rub it frequently with a lump of lard wrapped in a piece of clean linen; this will make it much more crisp than basting it from the dripping pan. When the pig is done, take off the head, separate the face from the chop, cut both in two, and take off the ears, take out the stuffing, split the pig in two parts lengthways, lay it in the dish with the head, ears and feet; put the stuffing in a bowl with a glass of wine and as much dripping as will make it sufficiently liquid; put some of it under the pig, and serve the rest from a boat.

* * *

TO DRESS PIGS’ PETTY-TOES
From “The Art of Cookery,” by Mrs. Glasse—1812

Put your petty-toes into a saucepan with half a pint of water, a blade of mace, a little whole pepper, a bundle of sweet herbs, and an onion. Let them all boil five minutes, then take out the liver, lights and heart, mince them very fine, grate a little nutmeg over them, and shake a little flour on them; let the feet do till they are tender, then take them out and strain the liquor, put all together with a little salt and a piece of butter as big as a walnut, shake the saucepan often, let it simmer five or six minutes, then cut some toasted sippets and lay around the dish; lay the minced meat and sauce in the middle and the petty-toes split round it. You may add the juice of half a lemon or a very little vinegar.

* * *

WHAFLES
From “The Art of Cookery,” by Mrs. Glasse—1812

One pound of sugar, one pound of flour, one pound of butter, half an ounce of cinnamon, one glass of rose water. Make it in balls as big as a nutmeg, and put them into your whafle iron to bake.
RECIPE TO MAKE THE FAMOUS THIEVES VINEGAR
From "The Art of Cookery," by Mrs. Glasse—1812

Take of wormwood, thyme, rosemary, lavender, sage, rue and mint each a handful; pour on them a quart of the best wine vinegar; set them eight days in moderate hot ashes; shake them now and then thoroughly, then squeeze the juice out of the contents through a clean cloth, to which two ounces of camphire add. To use thereof is to rinse the mouth and wash therewith under the armpits, neck and shoulders, temples, palms of the hands and feet morning and evening and to smell frequently thereat has its salutary effects.

N. B.—The above recipe did prove an efficacious remedy against the plague in London when it raged there in the year 1665.

* * *

A RICH FRUIT CAKE
From "The Virginia Housewife or Methodical Cook"—1828

Have the following articles prepared before you begin the cake: four pounds of flour dried and sifted, four pounds of butter washed to free it from salt, two pounds of loaf sugar pounded, a quarter of a pound of mace, the same of nutmegs powdered. Wash four pounds of currants clean, pick and dry them; one pound of sweet almonds, cut them in very thin slices; stone two pounds of raisins, cut them in two, and strew a little flour over to prevent their sticking together; add two pounds of citron sliced thin; break thirty eggs, separating the yolks and whites; work the butter to a cream with your hand and put in alternately flour, sugar, and the froth from both whites and yolks, which must be beaten separately, and only the froth put in. When all are mixed and the cake looks very light, add the spice, with a pint of brandy, the currants and almonds; butter the mould well, pour in part of the cake, strew over it some raisins and citron—do this until all is in; set it in a well-heated oven; when it has risen and the top is colored, cover it with paper; it will require three hours baking—it must be iced.

* * *

GEORGE WASHINGTON WEDDING CAKE
This recipe, as near as can be figured out, is 225 years old. But as it has been handed down from generation to generation, it has been somewhat changed

Cream one and one-half pounds of butter until light; add gradually one and one-half pounds sugar, creaming continuously. Fold in eighteen egg yolks that have been beaten light, thick and lemon colored. Do not stir. Add one-half cup of wine and grated rind of three lemons—then after chopping add two cups
almonds and eight cups currants and one cup candied fruits with which you have sifted five cups flour. Beat well. Add another five cups flour with which spices (such as a fruit cake needs) have been sifted. Beat again, then carefully fold in stiffly beaten egg whites (eighteen). Bake in moderate oven three and one-half to four hours.

* * *

HOW TO MAKE WHITE CAKES LIKE CHINA DISHES
From "The Art of Cookery," by Mrs. Glasse—1812

Take the yolks of two eggs and two spoonfuls of sack and as much rose water, some caraway seed, and as much flour as will make it a paste stiff enough to roll very thin. If you would have them like dishes, you must bake upon dishes buttered; cut them out into what work you please to candy them; take a pound of fine searched sugar perfumed, and the white of an egg, or three or four spoonfuls of rose water; stir it till it looks white, and when that paste is cold, do it with a feather on one side. This candied, let it dry, and do the other side so and dry it also.

* * *

TO MAKE A RICH SEED CAKE CALLED THE NUN’S CAKE
From "The Art of Cookery," by Mrs. Glasse—1812

You must take four pounds of the finest flour and three pounds of double refined sugar beaten and sifted; mix them together and dry them by the fire until you prepare the other materials. Take four pounds of butter, beat it with your hand till it is soft like cream; then beat thirty-five eggs, leave out sixteen whites, strain off your eggs from the threads and beat them and the butter together till all appears like butter; put in four or five spoonfuls of rose or orange flower water and beat again; then take your flour and sugar with six ounces of caraway seeds and stew them in by degrees, beating it up all the time for two hours together. You may put in as much tincture of cinnamon or amber-grease as you please; butter your hoop and let it stand three hours in a moderate oven. You must observe always in beating of butter to do it with a cool hand, and beat always one way in a deep earthen dish.
"Twenty-five yers ago de ladies starts a club,
Had to mind dey's chilluns in an awful hubbub."

**RECIPEs THAT WERE pOPULAR WHEN**
**THE CLUB WAS FOUNDED**

---

**MRS. THOS. W. GARDNER, Chairman**

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**BEEFSTEAK WITH OYSTERS**

Wipe a sirloin steak, cut one and one-half inch thick, broil five minutes, remove to flat pan, spread with butter and sprinkle with pepper and salt.
Clean one pint of oysters, cover steak with same, sprinkle oysters with butter. Place pan on grate in hot oven and cook until the oysters are plump.

—MRS. S. H. HAWES.*

---

* **JELLIED VEAL LOAF**

1 shin of veal (meaty)  
1 small slice raw ham  
2 onions  
½ stalk celery  
Salt and pepper  
Parsley

Wash shin, put in pan and partially cover with water. Cut up onions and celery; add 1 teaspoon salt and black pepper. Boil about three-quarters of an hour, then drop slice of ham in; continue cooking until thoroughly done. Cool, then grind meat fine. Boil juice down until about two cups; strain into ground meat. Season to taste with salt, pepper, paprika, 2 teaspoons Worcester sauce, 1 teaspoon tomato catsup. Pack in deep vegetable dish. Put in refrigerator for two or three hours to jell.

—MRS. ALEXANDER F. RYLAND.

---

* **SAUSAGE**

Never wash your meat. Cut into small pieces and weigh before seasoning. Mix seasoning in before grinding. To every

*Deceased,*
40 pounds of meat mix in 13 ounces of salt, 4 ounces black pepper, one teaspoonful red pepper.

—SALLY CABELL PARKER.

* * *

OYSTER STUFFING FOR TURKEY

Make a stuffing for turkey in the ordinary way of dried bread crumbs, season with parsley, thyme and sweet marjoram, and moisten with melted butter. To this add twenty small oysters chopped fine, and with this stuff the breast of the turkey.

Or to the ordinary seasoned bread stuffing for a turkey add two dozen small oysters, moisten the crumbs slightly with the oyster liquor, and fill the breast of the turkey with the mixture.

—MRS. JOHN H. REED.*

* * *

ROAST LAMB WITH HERBS

1 leg lamb
1 peeled clove garlic, minced
1 teaspoon salt
1 tablespoon olive oil or butter

½ teaspoon pepper
1 bay leaf, crushed
½ teaspoon each thyme, ginger, sage, and marjoram

Wipe lamb with damp cloth; cut small gashes top and bottom. Rub all ingredients except oil into lamb, then cover with oil. Roast twenty-to twenty-five minutes to pound.

—MRS. GEO. CALL.

* * *

MINT SAUCE FOR LAMB

One cup finely chopped mint. Moisten well with boiling water. Cover tight and let stand. When cold stir in one cup orange marmalade.

—MRS. GEO. CALL.

* * *

SALLY LUNN MUFFINS

2 eggs
1 pint milk
1 quart flour

½ cup sugar
1 teaspoon salt
¼ yeast cake

Butter size of egg

Scald milk and dissolve butter in it. When luke-warm dissolve yeast. Add beaten eggs, sugar and sifted flour. Mix well and let stand until well risen. Work again and put in muffin rings. After they are risen bake in moderate oven.

—MRS. LEE RODEN.

*Deceased.
BATTER BREAD

3/4 cup of meal  1/2 teaspoonful salt
1 pint milk (or 1/2 water and 1/2 milk)  2 eggs

Put meal in milk and put on the fire and let boil. Remove from fire and add eggs and salt and beat all together.

Grease a warm baking dish with one-half inch of a stick of butter. Pour the mixture into this and bake in moderate oven about twenty-five minutes.

—Mrs. Oscar Redford.

RISEN BUCKWHEAT CAKES

3/4 qt. Virginia buckwheat  1/4 qt. meal
1/2 yeast cake  1 teaspoon salt

Beat to a stiff batter in a pitcher and let rise over night. In the morning add 2 eggs well beaten, 1 tablespoon molasses, and enough milk to make a nice consistency.

—Mrs. C. E. Picot.

CREAM WAFFLES

2 cups of flour  2 teaspoons sugar
4 teaspoons baking powder  1/2 teaspoon salt
1/2 cup melted butter  2 eggs
1 1/4 cups of milk

Mix and sift dry ingredients; add milk, which has been mixed with egg yolks beaten until thick; then add melted butter. Beat until all lumps have disappeared and there is a smooth, creamy mixture. Fold in the egg whites beaten until stiff. Have your waffle iron hot (it takes about ten minutes to pre-heat waffle iron). Put in the correct amount of batter and bake three minutes or until steam has ceased issuing from the iron. Serve at once. It is best to try a small amount of the batter in the iron at first to get the heat for the waffles.

—Mrs. David Kemper Kellogg.

CHICKEN CROQUETTES

1 cup finely minced chicken  1 cup milk
1/2 cup bread crumbs  1 egg
Butter size of an egg  Chopped parsley to taste

Let butter heat to bubbling point and to it add a thick cream sauce made with the milk and flour. Cook thoroughly and then add the beaten egg and other ingredients. Season with salt and
pepper. When this mixture is cold form into croquettes, dip in crumbs, then in egg, and finally in crumbs again. Fry in a deep fat. Lobster may be substituted for chicken if desired. This makes twelve croquettes.

—MRS. W. EARL MILLER.

* * *

LOBSTER A LA NEWBURG

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<th>1 1/2 cups lobster meat</th>
<th>Yolks of 2 eggs</th>
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<td>1 tablespoon butter</td>
<td>1/2 teaspoon salt</td>
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<tr>
<td>1 tablespoon flour</td>
<td>1 cup rich milk</td>
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Mince lobster. Rub flour and butter together. Heat milk, add butter and flour. Add egg yolks and salt; also a few grains of cayenne pepper and nutmeg, then lobster and 2 tablespoons sherry wine. Serve hot.

—JANE MERRETT GOVER.

* * *

BLACK WALNUT CATSUP

Select walnuts when tender enough to pound in a marble mortar. To every dozen walnuts put 1 quart of vinegar. Stir well every day for a week, then put in a bag and press all the liquor through. To each quart put a teaspoon of powdered cloves, one of mace, and six cloves of garlic. Boil fifteen or twenty minutes and bottle or put in a stone jug.

This catsup is delicious on both fish and raw oysters.

—MRS. CHAS. E. PICOT.

* * *

COLD CATSUP—UNCOOKED

One-half peck tomatoes peeled and chopped. Drain for six hours and add: 1 root horseradish (ground), 2 tablespoons celery seed, 1/2 cup salt, 1 red pepper (chopped), 1/2 cup sugar, 1/2 cup yellow mustard seed, 1/2 cup ground mustard which has been made into a thin paste, 2 teaspoons black pepper, 1 tablespoon ground cinnamon, 1 tablespoon ground cloves, 1 quart vinegar. Put in jars and seal.

—MRS. WALTER WEST.

* * *

AMBROSIA

<table>
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<tr>
<th>1 cocoanut</th>
<th>8 oranges</th>
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<td>1 cup sugar</td>
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Grate cocoanut, then put oranges, cocoanut and sugar in bowl until it is filled. Pour over cocoanut water and serve.

—MRS. W. P. REDD.
ORANGE MARMALADE

3 oranges  
11 tumblers of water
2 lemons

Slice oranges and lemons paper thin and cover with water. Let stand twenty-four hours, then boil one hour. Add 4 pounds sugar and let stand over night. Then boil one hour and twenty minutes.

—Mrs. Howard Sutton.

* * *

EGG KISSES

Two egg whites, beaten stiff, and add gradually one cup sugar and vanilla flavoring. Beat with Dover egg-beater until very stiff. Drop from teaspoon in small rounds on baking sheet lined with wax paper. Cook thirty minutes in very slow oven. Nuts chopped and mixed in butter or grated cocoanut sprinkled on top of each kiss before cooking will offer variety.

—Mrs. A. F. Robertson.

* * *

CHESS OR TRANSPARENT PIES

1 cup butter creamed with 1½ cups sugar, to which add 4 egg yolks, beaten until light, and 2 tablespoons tart jelly. Bake in slow oven in muffin tins or in individual pie pans lined with pastry dough. Use whites of eggs as meringue if desired.

—Mrs. A. F. Robertson.

* * *

BROWN BETTY

2 cups stale bread crumbs  
10 tart apples  
2 cups brown sugar
1 cup melted butter  
1 lemon

Saute bread crumbs in ½ cup melted butter and put a layer in bottom of baking pan. Pare and slice apples very thin and spread on top of the crumbs. Combine ½ cup melted butter and 1 cup brown sugar and juice of ½ lemon and pour over apples. Repeat and bake in moderate oven until apples are thoroughly done.

—Mrs. Lucian R. Curry.

* * *

PLUM PUDDING

Soak 1 loaf stale bread in 1 quart of milk. Put on fire and scald. Dissolve ½ teaspoon of soda in a little hot water and pour over bread. To this add:
4 eggs 1 pint of flour
1/2 teaspoon salt 1 pound seeded raisins
1/2 pound citron and a small piece of orange and lemon peel
Make mixture thick enough to drop. Put in a well-floured bag, tie tight, and boil 3 hours.
—Mrs. Lee Roden.

* * *

NAN'S PUDDING
4 tablespoons corn starch 1 cup sugar
1 tea cup cold water 2 lemons
1 pint boiling water 3 eggs
Dissolve corn starch in cold water and pour slowly into boiling water, stirring constantly for one minute. Then add the sugar and the grated rind of 1 lemon and the juice of 2. Beat this hot mixture gradually into the stiffly beaten whites of eggs. Pour into mold and chill. Serve with cold custard sauce, using the yolks.
—Mrs. O. F. Ostergren.

* * *

CHESS CAKES
Yolks of 6 eggs 1/4 pound butter
1 cup sugar Juice of 2 lemons
Cream butter and sugar together. Add well-beaten egg yolks. Then add lemon juice and beat thoroughly. Make pastry. Line individual pie pans with pastry, put in filling, and cook all together as pies until brown. This quantity makes about fifteen very small ones.
—Mrs. Oscar Redford.

* * *

SPONGE CAKE
1 cup sugar 1/2 teaspoon cream of tartar
3/4 cup sifted flour 2 teaspoons vanilla, or
6 eggs 1 teaspoon lemon extract
Beat eggs separately; when whites are half beaten add cream of tartar; beat stiff. Add 1/2 cup sugar to whites and 1/2 cup sugar to yolks. Mix together and add flour. Bake in cake mold in slow oven not over 300°.
—Mrs. A. F. Ryland.
ALAKUMA

Whites of 2 eggs  
2 cups sugar  
1 cup water  

1/2 cup thick corn syrup  
1/4 lb. conserve cherries  
1/4 lb. conserve pineapple  
1 cup nut meats

Mix sugar, water and syrup; cook until it hardens in cold water. Stir slowly into well beaten whites of eggs. Add fruit and nuts chopped fine, and beat until it begins to cream. Drop from teaspoon to plates or wax paper.

—MRS. ROBERT M. KENT.

* * *

TIPSY FINGERS

2 1/2 doz. lady fingers  
1 doz. macaroons  
1 pint XX cream  

1 quart milk  
5 eggs  
1 1/2 cups sugar  
1 small cup cherry wine

Make a thick custard with the milk and eggs, and whip the cream. Break lady fingers in half and dip in sweetened wine (allow 2 to each cup). Crumble one macaroon over each cup, and fill cup with custard. Top with whipped cream and put in ice box to chill.

—MRS. G. CARLETON JACKSON.

* * *

POUND CAKE

1 lb. butter creamed well before adding 1 lb. sugar sifted three times. Cream with sugar until very light. 11 eggs added, one at the time. 1 lb. flour sifted three times, with 1/4 teaspoon baking powder and pinch of salt. 1 teaspoon vanilla. Bake two hours in very slow oven.

—MRS. VANCE TERRELL.

* * *

SYLLABUB

(Same as Sillibub)

1 pint of milk  
1 pint of cream (whipping)  

2 gills of wine  
1 tablespoon good whiskey  
Sugar to taste

Mix all together in pitcher. With syllabub churn, churn until bubbles rise on top. Take bubbles off with tablespoon and gradually fill glasses. Serve cold and sprinkle nutmeg on top.

—MRS J. E. COX.
WINE JELLY

1 package gelatine. Pour on it 1 pint cold water and let stand 1 hour. Add 3 pints boiling water, with 2 pounds granulated sugar and a few pieces of mace. Stir until thoroughly dissolved, then add 1 1/2 pints wine and the strained juice of 3 lemons.

—Recipe of the Mother of Mrs. C. P. Cadot.

* * *

CHARLOTTE RUSSE

Soak 1 tablespoon gelatine in 3 tablespoons cold water until well dissolved. Add this to 1 pint cream whipped to a stiff froth, into which 2 tablespoons powdered sugar, whites of 2 eggs beaten stiff and 1/2 teaspoon vanilla have been beaten. Continue the beating until the mixture begins to stiffen and then turn it into a mold lined with sponge cakes.

—Mrs. C. P. Cadot.

* * *

FLOATING ISLAND

1/2 cup gelatine 2 1/2 cups water
(granulated or shredded) 1 1/2 cups sugar
2 lemons 1 orange

Soak gelatine in 1 cup cold water and then add 1 1/2 cups boiling water, the sugar and strained juice of lemons and orange. Place this in the refrigerator until it becomes the consistency of soft jelly. To this add the well beaten whites of 4 eggs and 4 tablespoons of sugar. Pile lightly on dish.

* * *

CUSTARD FOR FLOATING ISLAND

Yolks of 4 eggs 1 cup sugar
1 quart rich milk

Scald milk; add the sugar and egg yolks well beaten and cook in a double boiler until it is thick. Flavor with vanilla. When this is cold pour around the jelly. Serve cold.

—Mrs. J. B. Barker.

* * *

BLACKBERRY DUMPLINGS

1 qt. blackberries 1 lb. sugar
Pastry dough

Make a pastry, roll thin, fill with blackberries and sugar. Pinch at top. Bake in hot oven and serve with hard sauce.

—Mrs. F. Lawton Crutchfield.
LEMON CREAM PIE

3 tablespoons butter  4 heaping tablespoons lemon juice
1 cup sugar           1/3 cup flour
3 eggs               1 cup milk
Grated rind of 1 lemon  1 cup rich cream

Cream together butter and sugar; add yolks of eggs, grated rind of lemon, lemon juice and flour. Stir in milk and last of all, cream. Put in double boiler and cook until thick, stirring constantly. Let cool and then add well beaten egg whites, to which have been added three tablespoons sugar and a pinch of salt. Pour mixture into a baked pie crust. Slip into a slow oven and cook until crusted over.

—MRS. F. V. GUNN.
“Interestin' folks all likes to cook,  
An' dey's sendin' recipes fo' de new cook book.”

FAVORITE RECIPES FROM INTERESTING PEOPLE

MRS. MEADE FERGUSON—MRS. A. S. WINSTON, JR., CHAIRMAN

INTERNATIONAL

CHICKEN WATERZOI

1 fat pullet, cut in large pieces 1 onion
2 large leeks ½ stalk of celery
1 teaspoon chopped chervil Salt and pepper
2 decilitres of cream 2 eggs
1 bunch of parsley root, thyme and bay

Shred and brown the vegetables in the butter in a covered pan for 10 minutes. Then add the chicken and let it stew for 10 minutes more. Add enough bouillon or water to cover the chicken well. Add salt and pepper, and cook, covered, for 45 minutes. Place the chicken in a soup-tureen. Add to the liquid 1 spoonful of chopped chervil. Let the liquid boil 1 or 2 minutes longer, then remove from the fire and add while stirring 2 decilitres of cream, mixed with the yolks of 2 eggs. Pour into the soup-tureen over the chicken and serve very hot.

—DAVE HENNEN MORRIS,  
(U. S. AMBASSADOR TO BELGIUM.)

* * *

EMPANADAS DE HORNO

4 tazas grandes de harina 1 taza de salmuera
3 huevos 3 cabezas de cebollas
1 taza grande de grasa 1 taza de grasa con aji de color
2 libras de posta

Se unen las 4 tazas de harina, los tres huevos, la taza de grasa y la taza de salmuera, dejándole caer la grasa y el agua al mismo
tiempo hasta que quede bien unida y dura. Se huslerea la masa hasta que quede bien delgadita; se rellena por partes con el pino poniendole aceitunas, pasas y huevos duros cortado.

El relleno se hace picando bien fina la cebolla y la carne cruda; se frie todo junto (en la grasa con aji de color que se ha puesto a calentar) hasta que la cebolla este bien cocida.

Se cierra apretando los bordes, y se pone en una sarten con grasa para hornas lentamente.

* * *

**BAKED EMPANADAS**

(English translation of the above recipe)

4 large cups of flour 1 cup of very salty water (brine)
3 eggs 2 lbs. of chopped steak or
1 large cup of suet, chicken
copped very fine 3 onions
1 cup of finely chopped suet mixed with sweet red pepper

Mix the flour, eggs and suet, while at the same time pouring the salt water into it until it assumes a mass capable of being rolled into very thin sheets.

Then chop 3 onions very fine with 2 pounds of meat or chicken; fry in the cup of suet mixed with red pepper. When the onions are well done fill the thin sheets with it, adding at the same time 1 or 2 olives, a few raisins and small pieces of hard-boiled eggs, to each Empanada.

Close by pressing edges, place in a well-greased pan in oven to bake slowly.

—Don Manuel Trucco,
(Ambassador to the U. S. from Chile.)

* * *

**DUKATOVE BUCHTICKY SE SEDO**

(Sweet Muffins with Wine Sauce)

(Serves 6 persons)

1 lb. of flour 2 tablespoons sugar
2 cakes of yeast 4 egg yolks
4 to 5 tablespoons of milk 3 ozs. of melted butter

Melt 2 cakes of yeast in 4 to 5 tablespoons of lukewarm milk and let rise. Then add to 1 pound of flour and mix well. Add 3 ounces of melted butter, 2 tablespoons sugar, a little salt, the rind of half a lemon (grated) and 4 egg yolks. Work the dough thoroughly. Place in warm spot and let rise for 2 hours. With a small spoon cut small portions and put into a buttered cake pan, brushing each portion of dough with butter. Buttering each piece carefully, it can be placed one on top of another, making
two or three layers of muffins. Bake in medium oven for about 20 to 25 minutes. Separate layers of muffins.

WINE SAUCE

(To be started 10 minutes before serving)

4 egg yolks
4 tablespoons sugar
1 stick of cinnamon
1 pint of white table wine

Mix egg yolks with sugar and add rind of 1 lemon finely cut. Add 1 stick of cinnamon and 1 pint of white wine. Beat quickly and continually over medium flame until mixture foams. It must not boil. When it thickens, pour into a dish or pitcher and serve hot as sauce for muffins.

—Dr. Ferdinand Veverka,
(Minister to the U. S. from Czechoslovakia.)

CANARD A L'ORANGE

Bien nettoyer le canard, le ficeler. Mettre un bon morceau de huerre dans la casserole-chauffer-faire revenir le canard avec un oignon et une carotte-dorer-assaisonner avec sel et poivre-ajouter un bouquet (persil, thym, laurier).

Mouiller avec un bon jus de veau, faire braiser c’est-a-dire mettre a couvert dans un four assez chaud pendant 1 1/2 a 2 heures jusqu a complete cuisson.

Retirer le canard-prendre le jus, bien le degraisser ajouter le jus d’une orange et un peu de zest finement coupe-lier le jus avec un peu de farine d’arrow-root delayee a l’eau.

D’autre part preparer 4 oranges epluchees et coupees en quartiers que l’on met a chauffer au bain Marie.

Au moment de servir decouper le canard, dresser sur un plat, egoutter les oranges, les placer autour et napper de sauce. Servir la sauce dans une souciere a part. (1 canard peut faire pour 4 a cinq personnes.)

—Madame Andre de Laboulaye, for
MR. ANDRE DE LABOULAYE,
(French Ambassador to the U. S.)

DUCK A L’ORANGE

(English translation)

Butter
1 onion
1 carrot
Salt and pepper
Meal of arrow root
4 oranges, peeled and cut in sections

Parsley, thyme and bay leaves
Veal stock
Juice of 1 orange
Pinch of the rind,
finely peeled
Pare and clean a tender duck. Melt a large piece of butter in a roaster, add duck, onion and carrot, and saute until golden in color. Then add salt, pepper, parsley, thyme and bay leaves. Drop little by little some good veal stock. Then put in medium hot oven, covered. Cook from 1½ to 2 hours, until the meat is tender.

Take off the duck; skim the stock for any surplus fat. Add the juice of an orange, a pinch of the rind (finely peeled) and a little arrow root meal, carefully blended with water to make a smooth paste.

Peel and cut 4 oranges in sections, and heat on top of double-boiler.

When ready to serve, cut the duck. Put on a platter, drain the orange sections and place around the meat. Cover with a little of the sauce. Serve the remainder in a sauce-boat. (One duck will serve 4 to 5 persons.)

—Madame Andre de Laboulaye.

* * *

REHRUECKEN SAFTIG ZU BRATEN

Man nimmt einen rehruecken (genuegt fuer 10 bis 12 personen), saeubert ihn, haeutet ihn und spickt ihn zierlich mit ziemlich dicken speckstreifen.

In der pfanne laesst man 125 g speck in scheiben ausbraten, legt den gespickten rehruecken darauf, giesst 200 g heissgemachte butter darueber, bestreut ihn mit salz, setzt ihn in den maessig heissen ofen und bratet ihn unter fleissigem begiessen ¾ bis 1 stunde. Wird die butter zu braun, so giesst man ein wenig wasser oder besser die entfettete bruehe von ausgekochten Knochen hinzu. In der letzten halben stunde aber giesst man nach und nach 1 grosse tasse saure sahne hinzu, die sich braeunen muss, und schabt dabei den braunen satz von den waenden der pfanne los, damit er mit verkocht. Wird die sahne beim braten zu dick, so giesst man noch ein wenig wasser oder knochenbruehe hinzu.

Nach ¾ oder 1 stunde nimmt man den braten heraus, ruehrt den bratensatz mit etwas bruehe von der pfanne los, schoept das Fett ab, macht ihn, wenn noetig, mit etwas mehl saemig und haelt die sosse warm.

Der ruecken wird von beiden seiten in schoene schraege scheiben geschnitten und mit der sosse oder mit Cumberlandsosse zu tisch gegeben.

Ein rehruecken muss saftig gebraten werden und innen noch rosa sein und kann mit zarten gemuesen, wie spargelspitzen,
FAVORITE RECIPES FROM INTERESTING PEOPLE

**ROTE GRUETZE**

500 g rote johannisbeeren und 500 g himbeeren werden mit \( \frac{3}{4} \) l wasser ausgekocht und durch ein tuch gepresst. Der so gewonnene saft wird mit 180 g zucker und 6 fein geriebenen mandeln aufgekocht, mit 180 g zucker und 6 fein geriebenen mandeln (bittern) aufgekocht, mit 150 g mit wasser angefeuchtetem reisgrieb auf dem feuer zu einem nicht zu dicken brei abgeruehrt, in eine nassgemachte form gefuellt, nach dem erkalten gestuerzt und mit suesser sahne oder schlagsahne serviert.

Man kann auch unter den heissen brei den schnee von 4 eiweiss mischen und an stelle des reisgries tapioka oder perlsago verwenden, den man ganz langsam klar und dick ausquellen laesst.

**SUCCULENT ROAST VENISON**

(English translation of the above recipe)

Take venison (enough for 10 to 12 persons), clean it and skin it, interlard it with fairly thick strips of bacon, (fat).

Place about \( \frac{1}{4} \) lb. of fat bacon slices in the pan, allowing them to fry, put the roast in the pan and pour about \( \frac{1}{4} \) of a pound of melted butter over it. Sprinkle salt on it and roast for \( \frac{3}{4} \) to 1 hour, basting it continuously. If the butter becomes too brown pour a little water on it, or better still, the broth of a bone from which the grease has been removed. In the last half hour pour a large cup of sour cream gradually over it, scrape the grease sticking to the sides of the pan off, so that it cooks along. If the gravy is too thick, add a little water or broth.

Take the roast out after \( \frac{3}{4} \) to 1 hour, stir the gravy with broth loosening it from the pan, drain the grease off and thicken it, if necessary, with flour, keeping it hot.

The venison can be cut from both sides in nice slanting slices and may be served with the sauce or with Cumberland sauce.

Venison must be moistly roasted and pink inside. It may be garnished with vegetables, such as asparagus tips, young carrots and cauliflower, or may be served with stewed fruit and salad.

**RED GRITS**

Boil a pound of red currants and a pound of raspberries in \( \frac{3}{4} \) of a quart of water and strain them in a cloth. Boil this juice with \( \frac{3}{4} \) pound of sugar and six finely grated almonds and \( \frac{1}{4} \) pound of rice meal which has been moistened beforehand. Stir
on the fire, not letting it become too thick. Pour into a wet mould and serve with sweet or whipped cream. The white of 4 eggs, beaten, may also be added, and tapioca or sago may be used instead of rice meal.

—HANS LUTHER,  
(Ambassador from Germany to the U. S.)

**FRESH PEACHES**

Dr. Dodd denies knowing anything of the culinary art, but he kindly sent as his preference of all dishes—

Fresh peaches are certainly one of my favorite dishes. I am fond of them in the many delightful ways that they are served.

—DR. WILLIAM E. DODD,  
(U. S. Ambassador to Germany.)

**CORN CAKES**

1 cup boiling water  
$\frac{1}{2}$ cup corn meal  
1 oz. melted butter  
1 egg, well beaten

$\frac{3}{4}$ cup flour  
Teaspoonful of salt  
3 teaspoonfuls baking powder  
Milk

Boil corn meal in boiling water for few minutes and let cool. Then proceed as for ordinary drop cakes, adding milk enough to make right consistency. Add baking powder last. Cook at once on very hot griddle.

—ROBERT WORTH BINGHAM,  
(Ambassador to Great Britain from the U. S. A.)

**SPAGHETTI**

Per fare dei buoni spaghetti ci vuole della buona pasta. Una libbra e $\frac{1}{4}$ o una libbra e $\frac{1}{2}$ basteranno per 4 persone.

In secondo luogo bisogna cuocere gli spaghetti in un recipiente grande; piu' acqua ci sara', meglio riusciranno. Mettete nell' acqua un cucchiaino di sale e fate bollire per 18 or 20 minuti in modo che gli spaghetti siano cotti bene, ma non troppo molli. Contrariamente a quanto si crede, in questo modo sono piu' digeribili. Fate poi scolare bene l'acqua ma non aggiungete acqua fredda. Versate in un catino e aggiungete una buona quantita' di formaggio parmigiano grattugiato. Mescolate bene e aggiungete la salsa che avrete preparato prima ma che deve essere calda. Gli spaghetti devono infatti essere serviti caldi.
FAVORITE RECIPES FROM INTERESTING PEOPLE

SALSA

2 cipolle di grandezza media  Un poco di basilico
Un po' di prezzemolo  Una manciata di funghi
$\frac{1}{4}$ di libbra di manzo magro  secchi
machinato  1 o 2 peperoncini secchi
Olio d'oliva  schiacciati
1 o 2 spicchi di aglio  Un pizzico di noce moscata
2 scatole grandi di pomodoro in pezzi (o l'equivalente
in conserva di pomodoro)

Triturate insieme cipolla, aglio, prezzemolo e basilico e cuocete
in parecchio olio d'oliva fino a che diventino dorati ma non seuri.
Aggiungete il pomodoro, le spezie, il sale e un po' di pepe. Lasciate
bollire piano per circa 3 ore. Intanto a parte rosolate la carne
in un po' di burro. Aggiungetela al pomodoro. Lavate molto
bene parecchie volte i funghi e tagliateli a pezzettini. Dopo
averli fritti per 2 o 3 minuti in olio, aggiungeteli alla salsa e
continuate a cuocere per un' altr' ora.

SPAGHETTI

(English translation of the above recipe)

To make good spaghetti, Italian style, it is necessary first of
all to have good paste. About $1\frac{3}{4}$ to $1\frac{1}{2}$ pounds is sufficient
for 4 persons.

Second, do not attempt to cook spaghetti in a small kettle.
The larger the quantity of water used, the better. An 8 or 10
quart preserving kettle is excellent for the above quantity. Bring
the water to a rapid boil. Add about a teaspoon salt and then
the spaghetti which must not be broken. Let it boil rapidly for
about 18 to 20 minutes. This is sufficient to cook it and yet
leave it slightly firm. Contrary to the general belief, it is more
digestible this way. Drain well, but do not run cold water over
it. Turn into a large bowl and add a generous quantity of grated
Parmesan cheese. Mix well and add the following tomato sauce
which should have been prepared beforehand and should not be
cold. In fact, spaghetti should be served while still hot.

SAUCE

2 medium sized onions  Small sprig of basilico (basil)
1 small bunch parsley  Dried mushrooms—enough to
About $\frac{1}{4}$ lb. of lean beef, ground  hold in the hollow of hand
Olive oil  1 or 2 peppercorns, crushed
1 or 2 cloves of garlic  A dash of ground mace or nutmeg
2 large cans tomatoes (or an equal quantity
of diluted tomato puree)
Chop together onions, garlic, parsley and basilico, and cook in a generous quantity of olive oil until soft but not brown. Add tomatoes, strained (or diluted puree), spices and salt and pepper to taste. Let simmer slowly for about 3 hours. Brown meat in a little butter. Add to above. Wash mushrooms through hot water several times, and chop fine. Cook 2 or 3 minutes in a little olive oil and add to the above. Continue cooking slowly another hour. (Mushrooms may be omitted.)

—Augusto Rosso,
(Ambassador from Italy to the U. S.)

**SUKIYAKI**
(Internationally famous Japanese dish)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ cup of rice</td>
<td>½ lb. of mushrooms</td>
</tr>
<tr>
<td>1¾ cup of water</td>
<td>1½ lb. of sirloin steak</td>
</tr>
<tr>
<td>1 lb. of onions</td>
<td>1 small can of bamboo shoots</td>
</tr>
<tr>
<td>1 bunch of green onions</td>
<td>½ cup of Showyou sauce</td>
</tr>
<tr>
<td>½ lb. of spinach</td>
<td>4 tablespoon sugar</td>
</tr>
</tbody>
</table>

Wash rice thoroughly and drain. Put in water and cover it up tight and cook on very slow fire for 40 minutes. Do not take the cover off while cooking. Fire must be very slow.

Slice onions, mushrooms, bamboo shoots thin and arrange them with other vegetables attractively on a platter. Slice meat thin and put on the platter.

Use electric or gas grill with a heavy frying pan. Put a few pieces of fat and let it sizzle, then put onions and other vegetables and meat in slowly, and when they begin to fry, put in a little Showyou sauce and sugar.

Serve rice in a bowl and take a portion of the cooked sukiyaki on the rice and eat it hot. As soon as there is a little room in the pan, put some more in. The interesting part of this dish is that you cook and eat at the same time, and flavor as you go along to suit your own taste.

The above recipe is enough for 4 to 6 persons.

—Hirosi Saito,
(Ambassador from Japan to the U. S.)

**ICE-BOX ROLLS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pt. of milk (scalded)</td>
<td>¼ teaspoon soda</td>
</tr>
<tr>
<td>½ cup mashed potatoes</td>
<td>1 cup of lard or butter</td>
</tr>
<tr>
<td>½ cup sugar</td>
<td>1 yeast cake</td>
</tr>
<tr>
<td>1 level teaspoon baking powder</td>
<td>1 teaspoon salt</td>
</tr>
</tbody>
</table>
**FAVORITE RECIPES FROM INTERESTING PEOPLE**

**Directions:**

Cool milk; add yeast, potatoes, sugar, baking powder, soda, lard, salt.

Beat enough flour into this mixture to form a batter. Let this stand half an hour, then add enough flour to make a dough that can be handled. Set in ice box overnight. Make rolls out two hours before using. Place rolls in warm place while they are rising.

—**Fred Morris Dearing,**  
_Ambassador to Lima, Peru, from U. S. A._

**Barsch**

(“Barsch” and the Hunter’s “Bigos” are among the best known and favorite Polish dishes.)

Prepare a good broth from beef bones, \( \frac{1}{4} \) pound of breast of pork, some dried mushrooms (imported from Poland or Hungary); add different vegetables: onions, a few potatoes cut in 1-inch cubes, \( \frac{1}{2} \) pound small head of cabbage cut in macaroni fashion, 2 to 3 garden beets cut in 1\( \frac{1}{2} \)-inch cubes. Broil separately in butter 5 tomatoes and then strain. After boiling the broth sufficiently so that vegetables are cooked, mix broth and tomatoes and put in beets. Make a hash of fresh bacon with some parsley and dill, and a well-ground \( \frac{1}{2} \) onion, boiling it all with the barsch. Simplest way to get barsch is to add some vinegar to beet juice, making it pleasantly sour. Pour all into the broth and serve hot with hard-boiled eggs, cut in sections and dropped in at the last moment into the soup.

**Hunter’s Bigos**

An old Polish dish composed of sauerkraut and various kinds of meat. This dish can be made from left-overs.

Take 5 or 6 pounds of sauerkraut. Cook same and add a handful of mushrooms, which after being cooked should be cut into strips and added to the cabbage together with their juice. Season with bacon cut into dice, parsley fried with 2 onions and 2 spoonsful of flour. Take different kinds of previously cooked meat as: pork, lamb, veal, also different kinds of game, such as partridge, venison or hare, and some ham. Cut into dices, take \( \frac{1}{2} \) pound of sausage and cut into slices and mix into the sauerkraut, and add the gravy, in which the meat was cooked. Salt, pepper and sugar to taste, and let stew for half an hour. Then add a tumbler of Madeira. Let all come to a boil and remove. Cover well and put in a cool place. It can then be warmed up and served when desired. Bigos may be kept for a
few weeks, and the more it is warmed up, the better it is. This should be served with boiled potatoes.

—Stanislaw Patek, (Ambassador from Poland to the U. S.)

* * *

CHICKEN TAMALE

2 1/2 lbs. of fresh whole corn from the cob
1/2 cup of chicken stock in which the chicken was cooked
1 lb. of lard
1 cooked chicken

Cook the corn until tender. Wash thoroughly after cooking. Cut the ends off the kernels and grind very fine. Put the dough in an earthenware deep dish and with a wooden spoon beat, pouring at the same time the melted lard and the chicken stock. When the dough is very porous start forming the tamales on dampened corn leaves. Place pieces of chicken in the center, and if desired, add Chili sauce. Finish forming the tamales and wrap them with the corn leaves. Steam them in top of a double boiler, and when very hot serve.

The dough may be made from "Tamalina" instead of fresh corn. "Chili powder" may be mixed with the chicken stock, instead of using Chili sauce.

The tamales are steamed in the same way as hard crabs.

—Dr. Don Francisco Castillo Najera, (Ambassador from Mexico to the U. S.)

* * *

COD BYSCAYENNE

6 shallots, chopped 2 raw potatoes, sliced thin
2 cloves or garlic, chopped 2 tomatoes, peeled and sliced
2 tablespoons olive oil 1 green pepper, chopped
2 lbs. cod, shredded Salt and pepper
1 cup of water

Saute shallots and garlic in the olive oil for 5 minutes. Do not let them brown. Add cod and mix thoroughly. If using salt cod, allow to soak in cold water several hours before using. Place one-half of the cod mixture in the bottom of a casserole. On top of the fish place a layer of potato and tomato slices and the chopped pepper. Season and cover with remainder of the fish. Add water, cover and bake in a moderate oven (350° F.) for 1 hour. This makes 8 to 10 servings.

The typical Basque sauce is Piperrade, "peppery" in translation. Hot and spicy, often enriched by eggs, it makes a piquant vegetable melange. The codfish recipe shows that this cuisine
also follows the Southern chives-shallot-leek-onion-garlic route. Its most distinguishing characteristic, however, is the use of peppers in everything. A piperrade omelet is smothered in minced sweet peppers and tomatoes lightly browned in olive oil.

* * *

PASTEL DE SALMON
(Salmon Pie)

En manteca se rehogan trufas, setas, y echalotas, picadas y sazonadas con nuez moscada, sal y pimienta, y luego los filetes de medio kilo de salmon. Se hace una pasta de pastel y se forra un molde. Se llena el pastel con un picadillo de cualquier pescado mezclado a una bechamel espesa, a la que se agregan dos yemas de huevo y colas de cangrejo. De esta masa se pone una capa en las paredes del pastel y otra en su fondo, después una capa de filetes de salmon y otra de la pasta, y así hasta llenarlo; entonces se echa la salsa en que se rehogaron las trufas, etc., se cubre con una hoja de laurel y otras de tocino y se tapa con una tapadera de pasta que se decora con recortes de la misma y huevo batido y se mete en el horno un par de horas al cabo de las cuales se le quita el laurel y tocino, poniendo en su lugar las setas y trufas y se sirve bien caliente.—Lo mismo puede hacerse el lenguado o lo que se quiera.

—Don Luis Calderón,
(Ambassador from Spain to the U. S.)

* * *

TURKEY

RECIPE FOR KEFTIDIS

This is a recipe for small meat balls somewhat under the size of an English walnut, the balls themselves being useful for cocktail parties, picnics, and the like. They may be served hot or cold, but better hot, with a toothpick in each one to facilitate handling.

Recipe: Cut a clear piece of beef finely, together with a well-cooked onion. Place the mixture in a terrine with cold water, barely enough to cover the contents, together with a piece of butter, salt, and pepper. Allow the mixture to boil down on a lively fire. When the meat is dry allow it to cool throughout the night. The following day add a few bread crumbs previously dipped in milk, then cut two hard-boiled eggs and some Holland cheese, working the two together. Mix the meat with this combination of egg and cheese, form balls either round or oval, and fry in butter.
FISH SOUP

The following is a recipe frequently followed in the islands of the Near East:

Cook selected portions of fish, moistened with \( \frac{1}{2} \) glass of wine, over a slow fire. Strain the broth, place in it fresh portions of uncooked fish, as well as a lobster, and allow the moisture to cook over a slow fire. Add vegetables, such as carrots, celery, onions, potatoes, tomatoes, and a little olive oil. When the fish and lobster are cooked, cut slices of bread and place these in the soup. Finally, add the juice of a lemon.

It is altogether probable that the above recipe gave birth to the famous Marseille "Bouillabaisse" celebrated by Thackeray in a poem wherein he announced it a "noble dish," although as a matter of fact he ate it in Paris and probably was provided with a very poor imitation of the real thing.

—ROBERT P. SKINNER,
(Ambassador to Istanbul, Turkey, from U. S. A.)

* * *

CHEESE DELIGHTS

Cheese Delights can be used for an entree or a canape.

Take 200 grams (2/5 lb.) of cheese grated very fine, 3 heaping tablespoonfuls of flour, \( 1\frac{1}{2} \) cups of milk, 2 tablespoonfuls of butter, 4 yolks of eggs, the whole seasoned with pepper and salt. First melt the butter and stir in the flour until well mixed. Then pour in the milk and let thicken. Beat constantly, and when the mixture thickens, beat in the yolks of eggs one at a time. Add the cheese and continue to beat until the mixture becomes a soft ball and leaves the sides of the pan. Let cool and spread on thin slices of bread. Let stand until firm and then fry in deep fat until a golden brown, and serve hot.

When served as an entree the pieces of bread used should be about one-fourth of an inch thick and about two inches square, and the serving dish should be garnished with parsley fried in butter. When served as a canape the pieces of bread used can be smaller.

Note.—"I have your note stating that the Ginter Park Woman's Club of Richmond, Virginia, is compiling a cook book and that you would like me to contribute a favorite recipe. I am very glad to give you a recipe which Mrs. Messersmith and I have used in our home in South America and various places in Europe and which seems to have given a good deal of pleasure to our friends."

—GEORGE S. MESSERSMITH,
(U. S. Minister to Austria.)
GRAPEFRUIT RING

\[
\begin{align*}
1\frac{1}{2} \text{ cups grapefruit juice} & \quad 2\frac{1}{2} \text{ tablespoons gelatine} \\
\frac{1}{2} \text{ cup orange juice} & \quad (\text{generous measure}) \\
\frac{1}{4} \text{ cup lemon juice} & \quad 1\frac{1}{2} \text{ cups sugar} \\
1 \text{ cup hot water} & \quad \frac{1}{2} \text{ cup cold water}
\end{align*}
\]

Soak gelatine in cold water 5 minutes. Boil sugar and hot water 3 minutes or until clear; pour over soaked gelatine and stir until dissolved. Let cool, then add fruit juice, a few grains of salt, and pour into ring. Set aside in cool place to harden for several hours. If desired, whipped cream may be piled in center of ring when served. —MRS. RUTH BRYAN OWEN, 
(U. S. Minister to Denmark.)

ARROZ CON POLLO

Pollo..................1  Pimientos ............1
Arroz..................1 libra  Sal..................a gusto
Salsa de tomate........1 cucharada  Vinagre............1 cucharada
Cebolla..................1 pequena  Pimienta en Polvo. Un poquito
Perejil..................1 ramito  Agua tibia........2 botellas
Aceite..................\frac{1}{4} vaso

**Modo De Hacerlo**

Se limpia el pollo y después de bien lavado se sazona con los ingredientes siguientes, cebolla, vinagre, perejil, pimientos. Se sofrie en el aceite y se deja cocer; cuando se le agrega el agua tibia, cuando esta hierva se le agrega la salsa de tomate y el arroz que se tendra de antemano lavado; cuando seque el agua se la tapa después de 10 minutos se le da una vuelta quedando preparado para servirse.

ARROZ CON POLLO

Chicken..........1  Pimientos..... small can
Rice........1 pound  Vinegar........1 tablespoon
Tomato sauce. 1 tablespoon  Hot water.... 2 pints
Small onion...1  Oil.........\frac{1}{4} cup
Pepper  Salt  Parsley

**INSTRUCTIONS**

Clean and cut in small pieces a whole chicken. Season with minced onion, vinegar, salt, parsley and pimientos. Let stand 10 minutes. Saute chicken in hot oil till well cooked. Add hot water. When boiling add tomato sauce and rice. Cover till ready to serve. —DON RAFAEL BRACHE, 
(Envoy Legation of Dominican Republic, Washington, D. C.)
清炒蝦仁

將蝦洗淨，蔥薑切成碎片置於碗中，和以料酒及醬油仍在箱中約一小時，然後將蝦提出去汁置熱鍋中炒十分鐘加水及粉後，鹽少許，再煮數分鐘加糖一匙，即可備食

Above recipe in native Chinese

—Sao-Ke Alfred Sze,
(Minister from China to the U. S.)
RECIPE FOR FRYING SHRIMP
(English translation of Chinese recipe)

2 lbs. of large shrimp 1 piece green ginger
½ cup Chinese sauce 1 tablespoon cornstarch
1 onion 1 cup water or stock
1 tablespoon sherry

Wash shrimp, slice onion and ginger and put all in bowl with sherry and sauce. Let stand in ice box for 1 hour. Drain shrimp. Fry in sizzling hot pan for 10 minutes. Add cornstarch to stock and pour over shrimp. Add a little salt to taste. Let boil for a few minutes. Add 1 teaspoon sugar before serving.

—Sao-Ke Alfred Sze,
(Minister from China to the U. S.)

* * *

PAPRIKASCHIRKE

1 csirke 2 evokanal zsir
1 kis fej hagyma 2 csesze savanyu tejfel
1 kis kanal rozsapaprika So

Vagjunk aprora egy kis fej hagymat és piritsuk aranysargára ket evokanal zsirban; a jól megsozott, darabokra vagott fiatal csirket paroljuk ebben, amíg megpuhul, kozben ontsuk fel kis vizzel, nehogy oda egjen—azutan tegyuk bele a paprikat és vegul, ha már egeszen puha a csirke, keverjük hozza a savanyu tejfelt. Koritesul adhatunk galuskát vagy rizst.

PAPRIKA CHICKEN
(English translation of the above recipe)

1 chicken (for 4 persons) 2 tablespoons fat
1 onion 2 cups sour cream
1 teaspoonful paprika Salt

Clean the chicken and cut it into pieces. Heat the fat, stew the finely chopped onion in it until yellow, add the paprika. Put the chicken into the fat, add salt, and leave to stew, adding a little water at a time, until it is tender. Boil the cream with it; if the sauce is too thick, add a drop of water. The chicken is served in this sauce and galuska served (the smallest kind of flour dumplings) with it. Veal or very lean pork may be prepared in exactly the same manner.

—John Peleyi,
(Minister from Hungary to the U. S.)
SWEET POTATOES A LA THERESE

Boil, mash, and strain the sweet potatoes; then mix with honey, ground almonds, butter (also a little milk if the sweet potatoes are dry) and cover the top with shredded almonds. Bake in a moderate oven.

—JOHN FLOURNOY MONTGOMERY,
(Minister from the U. S. to Hungary.)

ONTBIJTKOEK
(Netherland Breakfast Cake)

8 eggs
1 lb. brown sugar
1 lb. wheat flour
1 teaspoon cinnamon
15 ground cloves

1/2 nutmeg, grated
1 oz. candied lemon peel
2 1/2 oz. citron
2 oz. coarsely ground almonds
1 teaspoon baking soda

Beat egg yolks and sugar five minutes; sift flour and soda; add slowly to mixture. Add remaining ingredients, stirring constantly, and finally add beaten egg whites. Pour in greased pan and bake in moderate oven.

—JONKHEER H. M. VAN HAERSMA DE WITH,
(Minister from The Netherlands to the U. S.)

OPSKRIFT PA RYPER OG ANDRE FUGLER

After the birds are cleaned and dried and the legs and wings tied to the body, the birds are trimmed with slices of bacon.

Sausen er lavet i den samme panne ved a helle litt mere fløte i stekepannen og tilsettes en teskje koldt smør, salt og litt sukker, eller endda bedre, en skive norsk gjetost. Dette rores alt godt sammen og vedbli a rore i 5 minutter, fløten ma nu koke. Dette laver tykk sause.

RECIPE FOR PTARMIGAN OR OTHER BIRDS
(English translation of the above recipe)

After the birds are cleaned and dried and the legs and wings tied to the body, the birds are trimmed with slices of bacon.
About \( \frac{1}{4} \) pound of butter to 4 ptarmigan is melted and made brown in an iron saucepan and the ptarmigan laid in the saucepan with the breasts down. Let the birds get nice and brown, basting them all the time. When they have a nice brown colour pour a little boiling water or milk in the saucepan and a little sour cream over the birds' breasts. Let them simmer gently for about 1-1\( \frac{1}{4} \) hours. The birds are then ready. Put them on a dish and keep warm.

The gravy is made in the same saucepan by pouring a little more cream in the saucepan and adding a teaspoonful of cold butter, salt and a little sugar, or, better still, a slice of the Norwegian goat cheese. This is all stirred well together, and keep on stirring during 5 minutes; the gravy now must boil. This makes a thick gravy.

—Wilhelm Munthe de Morgenstierne,
(Minister from Norway to the U. S.)

* * *

**BREDEE**
(An old Malay recipe)

<table>
<thead>
<tr>
<th>2 lbs. thick rib of mutton</th>
<th>8 potatoes, or</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 onions</td>
<td>2 vegetable marrows</td>
</tr>
<tr>
<td>12 ripe tomatoes</td>
<td>A small piece of red chilli</td>
</tr>
<tr>
<td>1 head of cabbage or cauliflower</td>
<td>Salt and pepper</td>
</tr>
<tr>
<td>2 teaspoons fat</td>
<td>1 teaspoon sugar, if tomatoes are used</td>
</tr>
</tbody>
</table>

Chop the onions finely. Melt the fat in a broad, shallow saucepan. The old-fashioned iron stewing pot with tight-fitting lid is best for making bredees. Add onions, and brown lightly. Cut the meat in small pieces and add to onions. Stir well until all pieces are thoroughly seared. Remove skins from tomatoes by pouring boiling water over them. The skins will then slip off easily. Chop up into small pieces and add to meat. Add the skin of the red chilli finely chopped, cover and simmer on the side of the stove for about 2 hours. Just before serving add sugar, salt and pepper.

N. B.—No water is required if tomatoes are used, as they are sufficiently watery. A little boiling water is added to the meat if a bredee of any of the other vegetables is desired. The meat is simmered in the same way, but the other vegetables are not added until half an hour before serving. They should be cut up into small pieces, added to the meat, and allowed to cook gently, with frequent stirrings. More boiling water may be added, a little at a time, if the bredee becomes too dry, but it should never be allowed to become watery.
"SMOORED" CHICKEN  
(Malay recipe)  

1 young fowl  
2 onions  
½ cup water  
2 teaspoons butter  
White pepper  
1 green chilli  
salt  

Cut onions finely and fry in butter until a light brown. Cut the chicken in joints. Brown in the butter after removing onions. Place this in stew-pan, adding onions, nutmeg, a little pepper and water. Allow this to simmer for an hour. Before serving, add the chilli, cut up and salt to taste. Add a little more water or stock, if necessary. Serve on a plate surrounded by mashed potato, forced through a pastry bag.  
—RALPH WILLIAM CLOSE, K. C.,  
(Minister from the Union of South Africa.)  

* * *  

KURZEMES GALAS EDIENS  
(4-5 personam)  

400 gr. versa iekseja vai  
areja fileja, vai no gurna  
300 gr. tela galas  
200 gr. cukgalas  
100 gr. zaveta cukas speka  
2 edamkarotes miltu  
½ glaze tomatu biezena  
50 gr. skaba krejuma  
1 edamkarote sviesta  
Sals  

Nedaudz buljona  
Versa, cukas un tela galu sagriez skeles, izdauza, sagriez tievas, garas stremelites. Spekim nogriez adu, sagriez tievas stremelites, sajauc; apecp karstos taukos uz atras uguns. Izkause sviestu, pieber miltus, izmaisa, pielej buljonu, tomatu biezeni, uzvara, pieiek skabu krejumu, ieliek galu, pieiek sali. Paniedz ar taukos varitiem kartupeliem.  

* * *  

LATVIAN MEAT DISH  
(English translation of the above recipe)  
(For 4 or 5 persons)  

1 lb. sirloin steak  
⅔ lb. veal cutlet  
½ lb. pork chops  
⅔ lb. bacon  
Salt  
1 tablespoon flour  
½ glass of tomato sauce  
½ pt. sour cream  
1 teaspoon butter  
A little bouillon  

Cut the steak, veal, pork and bacon into spaghetti-like strips; mix and fry in hot grease or butter on very hot fire.
Melt butter, add flour, stir; pour in bouillon and tomato sauce, boil; add sour cream, meat and salt.
Serve with French-fried potatoes.

—ARTHUR B. LULE,
(Consul General of Latvia in Charge of Legation, New York.)

*NACATAMALES*

The following recipe makes sufficient for 6 of 1 pound each.
Boil 2½ pounds of white corn until it becomes soft and the husks begin to come off, then grind it as fine as possible, and sift through a flour sifter. Boil 1½ pounds of white potatoes—when cold grind and mix with the sifted corn. 1½ quarts of shortening. This makes the dough.

For the filling, take either 4 pounds of boned chicken, or 3 pounds of pork. Cut the meat into small square pieces. Add small pieces of bacon, potatoes, olives, peas and cow peas or check peas.

Divide the dough into six equal parts and stuff with the filling. Then wrap in banana leaves or waxed paper and tie. Put into pot of boiling water and boil for 1½ hours.

*TISTE*

(Nicaraguan national drink)

The national soft drink. Take 1 pound of roasted corn and grind fine. Add 4 ounces of roasted cocoa ground fine. Add ¼ ounce of cinnamon. Mix well. Add sufficient water and mix it well, then add sugar to suit taste and ice.

—DR. DON HENRI DE BAYLE,
(Charge d’Affaires ad interim from Nicaragua, Washington, D. C.)

*MUSACA*

Cantitati:
5-7 Vinete (dupa marime) 4 pfunzi de patlagele rosii
5-6 cepii de marine mijlocie 3 pfunzi carne de vaca

Vinetele se taie in felii subtiri si se prejesc in unt sau untura.

Ceapa se taie in bucati mici si se preajeste pana e rumenita bine, apoi se amesteca cu carne cruda, tocata la care se adaugase sare si piper dupa gust. Carnea astfel preparata cu ceapa se tine pe foc pana se rumeneste.

Se pune intr’o cratita un strat de patlagele vinete, unul de carne, apoi din nou unul de vinete si asa alterndand pana se umple cratita, ultimul strat fiind de vinete. Pe deasupra se pun rosii
fierte si trecute, formand un bulion gros. Cand totul e gata se pune in cuptor si se lasa aproximativ doua ore pana cand zeama de rosii e scazuta.

* * *

**MUSACA**

5-7 eggplants (depends on size)  3 lbs. of ground steak (beef)
4 lbs. tomatoes  5-6 medium-size onions

Cut the eggplant in thin slices and fry them in butter or shortening.

Cut the onions and fry them until they are golden brown. Mix the ground beef with the friend onions and let it simmer on the fire. Add salt and pepper after taste.

Take a fireproof dish and put a layer of eggplant, then one of the meat, and continue alternating with a layer of each until the dish is filled. The top layer should be eggplant. Then add to the whole, boiled and sifted tomatoes, which should have the consistency of a puree.

Put it into the oven for approximately 2 hours until it has a proper consistency. —Madame Radu Florescu, (Of the Roumanian Embassy.)

* * *

**NATIONAL**

**CHOCOLATE SOUFFLE**

- 2 teaspoons butter  ½ cup sugar
- 2 teaspoons flour  2 teaspoons hot water
- ¾ cup milk  3 eggs
- 1 ½ squares unsweetened chocolate  ½ teaspoon vanilla

Melt butter, add flour, and pour on gradually, while stirring constantly, the milk. Bring to boiling point. Melt chocolate in separate pan, add sugar and water, and stir until smooth. Combine mixtures and add yolks of eggs, which have been well beaten. Cool. Fold in whites of eggs, which have been beaten stiff, and add vanilla. Turn into a buttered baking dish and bake in moderate oven 25 minutes. Serve with cream sauce.

**CREAM SAUCE**

(For Chocolate Souffle)

- ¾ cup thick cream  ⅛ cup powdered sugar
- ½ cup milk  1 teaspoon vanilla

Mix cream and milk, beat until stiff, using eggbeater; add sugar and vanilla.

—Mrs. Franklin Delano Roosevelt, (The White House, Washington, D. C.)
SOUFFLE FINLANDEISE

2 dried haddocks (about 1 lb. each) 1 oz. flour
9 poached eggs 1 oz. butter
\( \frac{1}{4} \) pt. cream Salt and cayenne pepper
to taste
\( \frac{1}{2} \) lb. grated Parmesan cheese 4 whole eggs

Skin and bone haddocks. Cut into small squares and poach in cream. When cooked, strain and put into a gratin dish and over same place poached eggs. Put remaining cream back in stewpan and add almost the amount of cheese, flour, butter, and also seasonings, and place in a pan of hot water over stove. Leave to melt, and when ready add yolks of eggs, also whites, which must be whipped very stiffly. Cover eggs and fish with same, sprinkle with remaining cheese, and bake in a moderate oven for 15 minutes. (This recipe sufficient for 8 persons.)

—Nancy Astor,


CURRIED CHICKEN

2\( \frac{1}{2} \) or 3 lbs. chicken 2 small onions
1 teaspoon salt 2 tablespoons butter
\( \frac{3}{4} \) teaspoon curry 2 tablespoons flour

Yolk of 1 egg

Cut up chicken, wash well, and put in stewpan with sufficient water to cover (2-3 quarts). Simmer until tender, add salt, and cook a few minutes longer.

Remove chicken and stock from saucepan. Fry in it 2 small onions in butter until brown. Remove onions and fry chicken. Sprinkle with curry and pour over it the chicken stock (about 1 quart) and cook for a few minutes. To this add flour mixed with a little cold water, cooking for 5 minutes, then stir into well-beaten yolk of egg. Garnish with hot boiled rice and serve.

—Dr. Louise Stanley,

(Chief of Bureau of Home Economics.)

CHEESE SOUFFLE

2 teaspoons butter 3 eggs
2 teaspoons flour \( \frac{1}{2} \) cup grated cheese
\( \frac{1}{2} \) cup milk Salt

Melt the butter. Add the flour gradually, stirring constantly until smooth. Add the milk and cook 5 minutes. Add
egg yolks, which have been beaten. Add the salt, then grated cheese, stirring constantly. Do not boil. Remove from fire and add stiffly beaten whites of eggs. Pour into baking dish and cook for 30 minutes slowly, oven temperature 325°, or until it is well risen and brown. Baking dish must sit in pan of very hot water while baking. (Quantity sufficient to serve 4.)

— MRS. WILLIAM A. BECKER,
(Pres. Gen., D. A. R.)

"COU-A-HANY"
(Indian Corn recipe)
1 qt. old-fashioned hominy 1 tablespoon butter
2 qts. corn Salt and pepper to taste
½ lb. nut meats, well broken Enough hominy water to moisten
Mix together and cook in slow oven half an hour.

— MRS. ROBERTA CAMPBELL LAWSON,
(National Pres. General Federation of Women’s Clubs,
Washington, D. C.)

SNOW PUDDING
1 tablespoon granulated gelatine 1 cup sugar
¼ cup cold water ¼ cup lemon juice
1 cup boiling water Whites 3 eggs

Soak gelatine in cold water, dissolve in boiling water, add sugar and lemon juice, strain, and set aside in cool place. Occasionally stir mixture and when quite thick, beat with wire spoon or whisk until frothy. Add whites of eggs beaten stiff and continue beating until stiff enough to hold its shape. Mould, or pile by spoonfuls on glass dish. Serve cold with boiled custard.

— MRS. RUSSELL WILLIAM MAGNA,

BAKED INDIAN PUDDING
3 tablespoons Indian meal 1 cup molasses
2 qts. milk 2 eggs
Butter the size of an egg 1 tablespoon ginger
2 tablespoons salt

Boil 1 quart milk and pour it boiling over the meal, then turn in the molasses. Next add the cold milk, butter, ginger, salt and eggs. Bake 5 hours in a moderate oven and serve with whipped cream.

— MRS. GRACE MORRISON POOLE,
(General Federation of Women’s Clubs, Brockton, Mass.)
GRAPEFRUIT MARMALADE

2 whole grapefruit 3 times as much water
6 halves, only rinds Equal parts of granulated sugar

Grate off the outer rinds lightly. Take out the seed and cut up all the inside very fine, preferably with scissors. Run three-fourths of the rind through the meat chopper and cut up the other one-fourth very fine. Measure all of this and add to it three times as much cold water, and let stand over night. The next day put this on the fire and let it boil for one-half hour, then measure and to each cup of this hot mixture add one cup of granulated sugar. Dissolve thoroughly and let stand over night. Then put on fire and boil rapidly until it jells, which will take from one-half to one hour and a half, according to the condition of the fruit. Only fresh fruit will give satisfactory results.

—Miss Louisa B. Poppenheim,
(Hon. Vice-Pres., General Federation W. C., Charleston, S. C.)

PLUM PUDDING

1 lb. seeded raisins 7 eggs
1 lb. currants 1 lb. flour (self-rising)
½ lb. citron, cut very thin ½ lb. beef suet, chopped
1 cup milk very fine

Beat the eggs all together, then stir in milk. Flour the fruits and suet, all mixed together, and add these gradually to the milk and eggs. The batter must be very stiff. Add a little flour, if necessary.

Have a bag made of heavy sail cloth or awning canvas, shaped mutton leg. Grease and flour this bag carefully. Put pudding batter in so as not to smear the sides. Tie tightly so as to exclude water. Have a pot of boiling water ready, plunge the bag in the pot and boil steadily for 5 hours. This pudding, when hung up from a closet ceiling, will keep two weeks. When ready to use, plunge again into boiling water and boil for 1 hour to heat thoroughly. Turn out on a platter, being careful that no water gets in the platter.

Just before sending to table cover with brandy. Light with match and send to the table with the brandy burning over the top of the pudding.

SAUCE FOR THE PUDDING

1 lb. light brown sugar 1 heaping tablespoon of butter
2 tablespoons of good whiskey

Cream the sugar and butter together until very light. Add
the whiskey and a dash of nutmeg grated over the top. Serve on the hot pudding.

(This plum pudding recipe has been used in my family for over 100 years, coming from one of my Irish ancestors.)

—Miss Mary B. Poppenheim,
(Past President General U. D. C., Charleston, S. C.)

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PATE MAISON GERALDINE

1 lb. calf liver 1 cup good bacon fat
6 chicken livers 1 cup finest butter
2 onions, finely grated 1 cup sherry wine

Slice liver and cook in half fat and half butter until well done. Take out of fat, then in same fat put grated onions with ½ cup of sherry. When nicely done put back liver into this fat and onions. Run through machine 3 times and strain in fine sieve. Mix remaining butter, fat, sherry, with salt and pepper to taste. Beat this with liver till smooth, then keep on ice till well chilled.

Serve on lettuce leaves or individual toast.

To complete the liver pate, take young green and red cabbages, cook separately in boiling water, with salt just long enough to eliminate strong taste; shred them fine as if for sauerkraut before boiling. Mix cabbage with well seasoned mayonnaise dressing, and place in alternate white and red mounds around the liver pate in center.

Olives, radishes and parsley can also be added to garnish, if desired.

Note.—Miss Geraldine Farrar’s cook evolved this preferred pate defoie gras made at home.

—Geraldine Farrar,
(Noted American Singer.)

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CREAMED FINNAN HADDIE

2 pints cooked Finnan haddie 1 chopped onion
1 green pepper

Make any good cream sauce in the usual way, and when hot add boned finnan haddie. Fry chopped pepper and onion in butter until partially tender, and add to the creamed fish. Serve very hot.

—Mary Pickford,
(Cinema Actress, Hollywood, Cal.)
BOZI MILOSTI (From Czechoslovakia)

(God’s Blessings)

(A delicacy to serve instead of cake or cookies)

3 eggs 1 tablespoon cinnamon
⅛ teaspoon salt  Kettle of deep fat
Flour enough to knead 2 cups confectioners’ sugar

Make a soft noodle dough, as follows: Sift at least 1 quart of flour onto a large board or table. Make a deep hole in flour and drop eggs into hole. Add salt. With a broad knife beat eggs, slowly mixing in flour until thick enough to knead with hands (care must be taken not to let eggs break through circle of flour). Lightly knead until thick enough to roll. Cut into 3 pieces and roll into sheets almost as thin as paper, using as little flour as possible. Turn frequently to prevent sticking. Cut into pieces about 2½ by 4 inches. Drop these into very hot fat, and as they come to the top keep them from overlapping. As edges curl turn until they are a golden brown. Remove carefully with fork and drain on paper. Have sugar in sifter and use cinnamon, if you like. Mix these and in a few minutes sift over pieces. In an air-tight container they will keep a week.

—Stella Marek Cushing.

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AMOS’ ’N’ ANDY’S FAVORITE DISHES

Amos ‘n’ Andy have one great favorite in common—broiled spareribs and sauerkraut.

Andy’s choice, alone, is homemade pork and beans, with plenty of salt pork. His cook says that he enjoys this, hot or cold, and at any hour.

Amos’ choice, in addition to the spareribs and kraut, is lamb stew, with the onions, peas and carrots cooked with the meat. For “company dinner” he enjoys nothing more than baked squab with wild rice.

Because these are more or less simple dishes, we are giving them without the detailed recipes.

—Amos ’n’ Andy,

(Messrs. Freeman F. Gosden and Chas. J. Correll),

Chicago, Ill.

* * *

BAKED SWEET POTATOES (A La Natural)

Wash with a vegetable brush and wipe dry medium sized baking sweet potatoes. Rub over with bacon fat. Place in baking pan and put in moderate oven, about 350° to 400°, and
cook for 50 minutes to 1 hour. The skin of a baked potato should be clean enough to eat.

Note.—"I am afraid my favorite dish is too easy to prepare—the recipe too simple for your cookbook. To my notion there is nothing quite so good as sweet potato baked a la natural. Now how can you make an interesting recipe out of this? The second favorite on my list would be watermelon—with a napkin on the side, to wipe off the ears. My third preference is corn on the cob. My fourth preference, blueberries and cream, and my fifth, a mint julep!"

—LOWELL THOMAS,
(Lecturer and Radio Commentator, New York City.)

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POT ROAST

4 lbs. of beef
4 sliced carrots
8 potatoes, cut in quarters
6 very small onions
3 or 4 bay leaves
Few springs of thyme
1/4 teaspoon allspice
1 teaspoon salt

Dash of pepper

Wipe meat with damp cloth and sear in hot fat. Add one-half cup of water and cook for about 2 hours, covered, either on top of the stove or in a slow oven. Add the vegetables, together with seasoning and spices, and cook 1 hour longer. Remove the meat to a hot platter. Arrange the vegetables around the meat. If necessary, add 1/2 cup of water to the gravy in the roaster. Add gradually enough flour to make the gravy of the desired consistency. Allow to cook for a few minutes and serve hot.

—WALTER WINCHELL,
(Columnist and Radio Commentator, New York City.)

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CHEESE SOUFFLE

1 pint sweet milk
1 cup grated American cheese
3 eggs, beaten separately
Salt and pepper

Scald the milk and pour over the beaten egg yolks. Add the whites, beaten to a stiff froth. Season to taste with salt and pepper. Cook in a double boiler, stirring in the cheese, and when it is quite blended pour into a buttered baking pan and bake in a hot oven.

—ELIZABETH L. OTEY,
(Mrs. Dexter Otey),
(Director of Bryn Mawr Summer School, New York City.)
GREEN CORN PUDDING

Grate the kernels from 12 ears of corn and stir into them the beaten yolks of 6 eggs and a tablespoonful each of melted butter and granulated sugar. Now beat in a quart of milk, $\frac{1}{2}$ teaspoonful of salt, and, last of all, the stiffened whites of the 6 eggs. Turn into a greased pudding dish and bake, covered, for half and hour, then uncover and brown.

This, when properly made and baked in a quick oven, is a veritable souffle and incomparable.

—Mrs. Geo. C. Peery.

BROILED T-BONE STEAK

This is one of the finest ways to cook a T-bone steak.

Have the steak cut from 1$\frac{3}{4}$ to 2 inches thick; the thicker, the better. Wipe the steak with damp cloth. Broil on oven broiler next to flame, first greasing the broiler. Have the oven very hot before you put steak in. Sear quickly on one side, then turn and brown other side. It is impossible to tell exactly how long it takes to broil a steak, because of the varying thickness of the cuts. A steak should be almost but not quite burned on the outside, and rare inside, to be perfect. A 2-pound, 2-inch cut will take about 20 minutes in the average oven. This serves 3 people. When the steak is done, it must be removed from the oven, placed on a hot platter, with parsley, and served immediately. May be served with butter and seasoned with salt and pepper to suit individual taste.

—George C. Peery,
(Governor of Virginia, Richmond, Va.)

NOTE.—"His Excellency, the Governor's, favorite Sunday morning breakfast is reputed to be waffles and T-bone steak. Since several good waffle recipes are already included in this book, we offer only the Governor's Mansion recipe for broiled steak."

QUAIL BROILED WITH BACON

6 fat birds 1 gill maitre d'hotel butter
1 tablespoon sweet oil 6 slices bacon, broiled
6 slices toasted bread Salt and pepper to season

Have 6 fine fat quail. Singe, draw, and wipe them well. Split them through the back without separating the parts, and break the two leg bones. Put them on a dish; season with a pinch of salt, half a pinch of pepper, and a tablespoonful of sweet oil,
mixing them in well, and put them to broil on a moderate fire for 6 minutes on each side. Arrange 6 toasts on a hot dish, lay the quail on top, and pour a gill of maitre d’hôtel butter over, decorating with 6 slices of broiled bacon, and serve.

—Westmoreland Davis,
(Former Governor of Va., "Morven Park," Va.)

**BEATEN BISCUITS**

| 1 quart of flour | 2 heaping tablespoons best lard |
| ½ teaspoon salt   | A little cold water |

Sift salt and flour, rub lard into flour, then mix with as little cold water as possible to make stiff dough. Beat on block until dough blisters, roll out into one-half-inch thickness, cut with very small biscuit cutter. Bake in hot oven, 450°, slowly decreasing heat.

**Note.**—"I still think Virginia ham, fried chicken and beaten biscuits are about the best things in the world; but I have no idea how these wonderful results are accomplished."

—Carter Glass,
(U. S. Senator from Virginia.)

**RECIPE FOR MERINGUE**

| 3 egg whites | 1 teaspoon vinegar |
| 1 cup of sugar | 1 cup rich cream |
| 2 bananas    |                    |

Whip whites of 3 eggs as light as possible. Whip into it a tea cup of sugar and season with a teaspoonful of vinegar. Put into a greased pie plate and bake in a very slow oven for 1 hour. Whip a tea cup of rich cream and spread half on the meringue, when cold, then a banana, sliced; then the other half of the cream and another banana, sliced.

Any other fruit or jelly or nuts could take the place of the banana.

—Mrs. Westmoreland Davis,
("Morven Park," Va.)

**HASHED BROWN POTATOES**

| 2 tablespoons drippings | 4 good-sized Irish potatoes |
| 1 teaspoon salt         | Pepper |

Place drippings in iron frying pan, and when hot add cold, boiled, very finely chopped potatoes to the depth of an inch.
Stir while they become hot. Press them down in pan, packing firmly with a knife. Cover and cook slowly until brown underneath. Do not stir, but fold over like an omelet, packing closely together. Turn out on hot platter and garnish with parsley.

—JNO. GARLAND POLLARD,
(Former Governor of Virginia.)

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ICE BOX PIE

1/2 cup cold water 3 tablespoons of lemon juice
1/2 tablespoon gelatine Grated rind of 1/2 lemon
1 cup sugar Little salt
4 eggs 1 cup whipped cream

Soak gelatine in cold water, put well-beaten egg yolks, lemon juice, rind and half of sugar in enameled bowl. Set bowl in pan of boiling water until mixture becomes thick and creamy. Fold in gelatine, beat white of eggs stiff. Add second half of sugar to whites. Then add to first mixture. Pour in baked shell. Set in ice box 2 hours. Two hours before serving cover with whipped cream.

—MRS. JNO. GARLAND POLLARD.

* * *

ANGEL FOOD CAKE

Whites of 1 doz. eggs 1 glass of flour
1 1/2 glasses of sugar 1/2 teaspoon of cream of tartar

Whip the whites stiff, then add the sugar and whip eggs and sugar together slowly. Sift the flour 4 or 5 times, then measure in a water glass and fold in the flour with the eggs and sugar. Bake in a slow oven 45 minutes.

—MRS. E. LEE TRINKLE.

* * *

THE QUEEN OF PUDDINGS

1 1/2 cups sugar 1 quart sweet milk
2 cups fine bread crumbs 5 eggs

Scald milk and pour slowly over beaten yolks of eggs, to which 1 cup of sugar has been added. Into this put the bread crumbs and 1 teaspoon of essence of lemon, pour into a deep baking dish, and bake in a moderate oven (350°) about 1/2 hour, or until it is set. Beat the whites of eggs until very stiff, add 1/2 cup of sugar and 1 teaspoon vanilla; draw pudding to front of oven and cover with meringue. Close oven and bake from 5 to 8 minutes until a golden brown. Serve cold, with or without cream.

—DR. W. A. R. GOODWIN,
(Rector Bruton Parish.)
GLAZED SWEET POTATOES

6 sweet potatoes (medium size)  Butter
Salt                                                1 cup brown sugar
Pepper                                               ¼ cup water

Boil potatoes without peeling them and when tender peel off skin. Make a thick syrup of the sugar and water. Cut potatoes in half, dip in syrup. Lay in baking dish. Season each piece with salt, pepper, and a little butter. Bake in quick oven until brown.

—Mrs. Fred M. Alexander,  
(Pres. Va. Federation of Women's Clubs.)

* * *

CHESS PIES

Yolks of 6 eggs ½ lb. of butter
½ lb. of sugar

Cream butter with half of the sugar and beat rest of the sugar into the yolks. Beat well and stir all together. Bake in pastry crusts. After pies are baked make meringue of the whites, using 1 tablespoon of sugar to each white. Spread on pies and return to oven to brown. This makes 3 pies. If you prefer "old-fashioned chess cake," make as above, except use cake dough for pastry, leave off meringue, and stack as layer cake.

—Mrs. Chas. B. Keesee,  
(Past State Regent of D. A. R., Martinsville, Va.)

* * *

LOCAL—RICHMOND ARTISTS

JAMES BRANCH CABELL’S FAVORITE CAKE RECIPE

1 cup butter 3 cups flour
2 cups sugar 1 slight teaspoon baking powder
5 eggs 1 teaspoon vanilla
Pinch of salt

Beat eggs and sugar together until very light. Cream flour and butter, vanilla, salt and baking powder. Bake in layer pans, making four layers. Bake two layers, then add to rest of mixture ¾ lb. seeded raisins (cut fine), 2 teaspoons cinnamon, 1 allspice, 1 cloves. Mix thoroughly and bake in two layers.
MIXTURE FOR PUTTING BETWEEN LAYERS
(Placing light and dark alternate order)

Grate 1 fresh cocoanut in large flat dish, 2 cups sugar, 2 lemons (grate the rind and use juice). Sprinkle over all 2 teaspoons cornstarch, then pour over all 1 cup boiling water, mixing with fork. Sprinkle over cake some powdered sugar and cocoanut.

—PRISCILLA BRADLEY CABELL.

RISOTTO ALLA MARINARA
(For 4 people)

Prepare a clam broth with 1 quart of clams, using the liquor, too. Season it with sweet basil, enough of it to be distinctly tasted in the broth.

Have 1 segment of garlic (or 2, according to their size) chopped minutely. Fry them in 4 tablespoonsful of olive oil in a saucepan. When the garlic turns golden, drop into it 2 teacupsful of unwashed dry rice. Stir this in the oil for about half a minute, that is long enough for the rice to be thoroughly mixed with the oil but not to start cooking. Then ladle the clam broth onto the rice. Keep on doing this freely at first as the rice swells, stirring all the while until the rice is cooked, that is, in about 20 or 25 minutes. Do not put the clams into the risotto—only the broth. As its consistency when served should be about that of oatmeal, and as the rice keeps on absorbing the broth after it is dished, it is left to the cook to gauge the ladling of the broth as the dish approaches complete cooking.

No Parmesan cheese is needed on this risotto.

—PRINCESS AMELIE RIVES TROUBETZKOVY.

AN OLD WASHINGTON PUNCH

3 qts. sherry 1 wine glass rum
3 qts. catawba wine 2 cans of shredded pineapple
1 qt. tea The juice of 12 oranges

The juice of 12 lemons

Sweeten, if desired. Before serving put a piece of ice, which dilutes it sufficiently. It does not really need the sugar, because the pineapple flavor is delightful and the dry taste is preserved.

—MARGARET DASHIELL,
(Richmond, Va.)
ROMAN PUNCH

1 pt. best green tea 1 qt. standard sherry
1 pt. best French brandy (burnt) 1 qt. Chateau Marjary
½ pt. rum 1 box Guava jelly

The skin of 2 lemons

The tea must be drawn and cold when used. Add more jelly, if not sweet enough. Weaken to taste with crushed ice. (Chateau Marjary is evidently a light wine of the day.)

Note.—This recipe was given by the valet of Pious VII to Constant, valet to Napoleon. It was procured in Paris by Dr. Beall of Richmond, who gave it to the late Mrs. India Sutton, and she gave it to me.

—MARGARET DASHEILL, Richmond, Va.

* * *

LYDIA'S WINE JELLY

Put a package of gelatine (½ box) in a granite pan and cover with cold water. After the gelatine dissolves pour 1 cup of boiling water over it. Add 1½ cups of sugar, 1 teaspoon of mace. Bring the mixture to a boil, but the minute it boils take it from the fire, as actual boiling ruins the gelatine. Let cool. Add juice of 4 lemons and ¾ of a cup of cooking sherry.

Note from Lydia (Mrs. Powell’s Cook).—You have to know just how Mr. Powell likes it to get it right. Some lemons are more sour than others, and the sweet must agree with the sour. Better taste it often.”

—JOHN POWELL, (Pianist.)

* * *

COUSIN JANE'S ALMOND CAKE

Whites of 30 eggs
3 cups of butter 9 cups of flour
6 cups of sugar 1½ cups of cream
3 heaping teaspoons of baking powder, sifted in the flour
(This makes 4 layers)

FILLING FOR CAKE

1 pint cream 3 tablespoons pulverized sugar
Yolks of 6 eggs 2 teaspoons of cornstarch

Dissolve starch smoothly in a little sweet milk. Add this to the yolks and sugar after they are creamed together. Boil cream and stir in yolks and sugar and cornstarch. Cook in a double-boiler until it thickens, stirring constantly. Blanch and cut 1 pound of almonds and stir into the filling. Put filling be-
tween layers while it is still soft. Filling may be flavored by vanilla or almond flavoring, as desired.

Note.—This Almond Cake recipe was given me by an elderly cousin of mine, who was famous for her delicious cakes. Of course she had an especial “knack,” which is the extra touch that all recipes need. It recalls to my mind a poem I knew as a child—

“Kaze cooking’s like religion is—
Some's 'lected, and some ain't!
And rules doan no mo mek a cook
Dan sermons mek a saint!”

—Mrs. Robert B. Tunstall,
(Poet.)

* * *

CRAB CROQUETTES

| 1 pt. of crab meat | 1 teacup of stale bread crumbs or cracker crumbs |
| 2 eggs | Salt and pepper to taste |

Mix one of the beaten eggs and half of the crumbs with the crab meat. Form into croquettes, and roll the croquettes in the other beaten egg and then in cracker crumbs. Fry in hot, deep fat, and drain.

—Nancy Byrd Turner,
(Poet.)

* * *

ASPARAGUS SOUFFLE

| 2 cups of asparagus, chopped fine | 1 cup bread crumbs |
| 1½ tablespoons of sugar | 1 cup of white sauce |
| Yolks of 4 eggs | Salt and pepper |

Chop fine 2 cans of asparagus, or its equivalent in fresh asparagus which has been previously cooked in salt water. Season with salt and pepper. Add 1½ tablespoons of sugar, 1 cup of bread crumbs, 1 cup of white sauce, and the yolks of 4 eggs.

Mix and bake ½ hour in a casserole which has previously been placed in a pan of hot water. Stir occasionally, then fold in the beaten whites of the 4 eggs and bake 15 minutes longer. When ready to serve, cover with whipped cream garnished with paprika.

Note.—This is perfectly delicious and is an excellent main luncheon or supper dish, served with a cold vegetable salad or accompanying cold meats.

—Mrs. Channing Ward,
(Musician.)
BATTER BREAD

1½ cups corn meal  ½ teaspoonful salt
2 eggs  1 teaspoonful baking powder
1 tablespoonful shortening

Scald meal with enough boiling water to make a thick paste. Thin with cold milk to the consistency of thick cream. Melt shortening in pan and pour into mixture. Pour mixture into hot pan or container and bake in a moderate oven for 35 to 40 minutes until a golden brown.

—Miss Cornelia Adair,
(Pres. Richmond League Women Voters, Richmond, Va.)

COCKTAIL SAUCE

For Oysters, Crab Flakes, Shrimp, Clams or Cold Meats
1 cup tomato catsup  2 teaspoons Worcester sauce
1 cup Chili sauce  1½ teaspoons lemon juice
4½ teaspoons horse radish  2 teaspoons vinegar
1½ tablespoons green peppers, chopped very fine

Mix ingredients well and sprinkle with salt and tabasco according to taste. Chill in refrigerator before serving.

—Geline Macdonald Bowman,

CHOCOLATE PIES

4 eggs  ½ cup rich milk
½ cup butter  2 teaspoons flour or cornstarch
2 cups sugar  1 teaspoon vanilla
4 squares chocolate, grated or melted

Beat the yolks of eggs and mix with half the sugar. Melt the butter and pour on the sugar and eggs. Melt the chocolate with the other half of the sugar and several tablespoons of hot water. Mix with the eggs, butter and sugar. Last, add the milk with the flour gradually and beat the mixture well. The secret of good pies is to mix as directed above. Use the whites for meringue. This makes 2 pies. Pour mixture into unbaked pastry and bake in medium oven.

—Mrs. Henry W. Decker,
(Educator.)
SWEET POTATOES

With black walnuts and marshmallows

- 6 medium-sized sweet potatoes
- 3/2 cup butter
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla
- 1/8 teaspoon nutmeg, if desired
- 1/2 cup grated black walnut meats
- 1/2 doz. marshmallows
- 1/4 teaspoon cinnamon

Use sweet potatoes of uniform size. Boil, drain, peel, and cut into uniform pieces of about 1 inch in length and 1/2 of an inch thickness. Place a layer of the sliced potatoes over the bottom of a well buttered baking dish. Sprinkle generously half of the cracked walnut meats over the layer of sweet potatoes. Next sprinkle on 1/4 of a teaspoon of salt. Spread over this half of the butter. Add another layer of the potatoes and walnuts, with the remainder of the butter and salt. Add the vanilla and other spices, if used. Place in a slow oven, temperature about 350°, for 30 minutes. Remove and cover with the marshmallows and return to the oven to cook for another 15 minutes, or until marshmallows are browned nicely.

—MARK ETHERIDGE,
(Richmond Times-Dispatch.)

FROZEN CALORIES

- 1 pkg. cream cheese
- 1 pkge. yellow snappy cheese
- 1 cup mayonnaise
- 1/2 green pepper
- 1 small onion
- 1 cup XX whipping cream
- 1 can pimentos
- 12 large olives
- 1 small bottle Chili sauce
- 1 teaspoon Worcester sauce
- Salt and ceyenne pepper

Mash the cheese to the consistency of butter for cake-making. Grind the green pepper, onion, pimentos and olives with the smallest teeth of the meat chopper. Work all the ingredients into a smooth mixture, folding in the whipped cream last. Freeze in trays of electric refrigerator or pack with ice and salt in old-fashioned freezer. Cut in slices or cubes.

This frozen salad, if garnished with olives and served with additional mayonnaise, is guaranteed to satisfy the most ravenous appetite and to add at least a pound a day to each of its victims.

Note.—When I am bereft of a cook, the recipes that I use are those that do not require the application of heat. Therefore in moments of domestic bereavement my family is sustained chiefly by salads that do not have to be watched during the freezing process. Here is one that evokes applause from both orchestra and gallery.

—MRS. EUDORA RAMSAY RICHARDSON, (Author.)
OUR FAVORITE EGG-NOG

18 eggs 1 qt. whiskey
1 qt. XX cream ½ pt. rum
18 rounded tablespoons sugar

Beat the yolks and whites separately and thoroughly, then trickle the liquor into the yolks, beating as you do so. Add sugar, beating until thoroughly dissolved. Add the rum, and then the cream, which should be well whipped. Last, add the whites and stir all together. Set in a cool place or pack in ice until ready to serve.

—MRS. STUART MCGUIRE.
Mrs. J. D. Harris and Mrs. J. A. Carson, Co-Chairman

NEEDFUL KNOWLEDGE

Mrs. J. D. Harris

Every person engaged with the planning and preparation of food for the nourishment and feeding of the human body should be informed of the chemical elements of which the body and all foods are composed. Of the fifteen or twenty of these elements found, the most important are oxygen, hydrogen, carbon, nitrogen, calcium, phosphorus, and sulphur. These elements combine in the body and in foods, the most important of these compounds being proteins, fats, carbohydrates, mineral matter, and water.

All foods are divided into classes according to the compound they contain, proteins found in lean and gristle of meat, white of egg, gluten of wheat, etc.; fats found in butter, meats, fish, and some vegetable products, etc.; carbohydrates found in starchy foods, sugar, and fiber of plants, etc. The mineral elements and compounds as iron, potassium, phosphorus, calcium, etc., are necessary to life as are also minute substances known as vitamins.

Of the minerals that help make up the composition of the body, those most often lacking are calcium (lime), found most abundantly in milk, dairy products, egg yolk, whole wheat cereals, raw and cooked vegetables; iron found in green leafy vegetables, whole grain products, eggs, lean meat, dried fruits, dried beans and peas; phosphorus found, in meat extracts, milk dairy products, dried fruits, fish and shell fish. Other minerals are usually found in sufficient quantities for health needs in most well balanced meals if the food is properly cooked to preserve them. Iodine being deficient in the soil of some localities, is not present in the foods produced there.

Vitamins have been found by the scientists to be absolutely necessary for growth, development, and functioning of the body, and the lack of them produces certain deficiency diseases.

Vitamin A is found in cod liver oil, fat, egg yolk, most leafy vegetables, and many fruits.
Vitamin B is found in fruits, most vegetables, milk, whole grain products, egg yolk, liver, nuts, and yeast.
Vitamin C is found in all of the citrus fruits, tomatoes, lettuce, apples, carrots, salad greens, and raw cabbage.
Vitamin D, the sunshine product, is also found in cod liver oil, yolk of egg, butter, and whole milk.
Vitamin E is found abundantly in lettuce, whole wheat, salad greens, meat and eggs.

It is, therefore, very important that meals should be balanced to contain all the necessary food elements for maintaining the body in a state of health.

* * *

### WEIGHTS AND MEASURES

- 60 drops ....................... 1 teaspoon
- 3 teaspoon liquid
- 4 tablespoon liquid ........................................ 1/2 gill—1/4 cup
- 2 gills ........................................... 1 cup—1/2 pint
- 16 tablespoon liquid .................................. 1 cup
- 12 tablespoon dry ................................... 1 cup
- 2 cups butter solid .................................. 1 pound
- 1/4 cup butter ........................................ 1/4 pound
- 2 cups granulated sugar ............................ 1 pound
- 4 cups sifted flour .................................... 1 pound
- 3 cups meal ........................................ 1 pound
- 2 cups cooked chopped meat (packed) ........ 1 pound
- 2 1/2 cups powdered sugar .......................... 1 pound
- 9 large or 10 medium eggs ........................ 1 pound
- 1 pint of milk or water .............................. 1 pound
- 4 level tablespoon flour .............................. 1 ounce
- 2 heaping tablespoon sugar .......................... 1 ounce

* * *

### TIME TABLE FOR BOILING OR WATERLESS COOKING

- Asparagus .................................... 15–20 minutes
- Beans, String (young) .................... 30–40 minutes
- Beans (old) .................................. 60–90 minutes
- Beans, Lima (fresh) ....................... 30–50 minutes
- Beets (young) ............................... 35–60 minutes
- Beets (old) .................................. 2–4 hours
- Brussels Sprouts ............................ 15–30 minutes
- Cabbage ...................................... 15–20 minutes
- Carrots ........................................ 20–40 minutes
- Cauliflower .................................. 20–40 minutes
- Celery .......................................... 20–30 minutes
- Dandelion Greens ........................... 20–35 minutes
- Green Corn .................................. 7–12 minutes
- Onions ......................................... 30–45 minutes
- Peas ............................................. 17–25 minutes
- Potatoes, White ............................. 40–60 minutes
- Potatoes, Sweet ............................. 30–40 minutes
- Spinach ........................................ 30–35 minutes
- Squash (summer) ............................ 15–40 minutes
- Squash (winter) ............................. 50–60 minutes
- Tomatoes ..................................... 15–20 minutes
- Mutton, Chicken, Turkey, per lb ......... 20 minutes
- Ham, per lb .................................. 20 minutes
- Tongue, per lb ............................... 15 minutes
- Fish, per lb ................................. 15 minutes
NEEDFUL KNOWLEDGE

TIME TABLE FOR BAKING

Beef, rare, per lb .................................................. 12 minutes
Beef, well done, per lb ........................................ 15 minutes
Mutton, per lb .................................................. 15 minutes
Veal, per lb ......................................................... 25 minutes
Lamb, per lb ......................................................... 15-18 minutes
Pork, per lb ......................................................... 20 minutes
Fish, large and whole ........................................ 1 hr. or more
Fish, small .......................................................... 20-30 minutes
Large Fowl, per lb ............................................... 1 hr. or more
Small Fowl, per lb ........................................... 20-30 minutes
Turkey, per lb .................................................. 20 minutes
Goose, per lb ................................................ 25 minutes
Duck, per lb ......................................................... 20 minutes
Squab, per lb .................................................. 20 minutes
Partridge, per lb .................................................. 18 minutes
Potatoes, white .................................................. 40-60 minutes
Potatoes, sweet .................................................. 30-45 minutes
Scalloped or Au Gratin Dishes ............ 15-25 minutes
Stuffed Tomatoes or Peppers ....... 35 minutes
Boston Baked Beans ....................................... 6-8 hours
Loaf Bread, lb ................................................ 40-60 minutes
Rolls, Biscuit .................................................. 10-30 minutes
Muffins .......................................................... 20-25 minutes
Sponge Cake, loaf ........................................ 40-60 minutes
Layer Cake .......................................................... 20-25 minutes
Custards ................................................................. 20-50 minutes
Steamed Puddings ............................................. 1-3 hours
Pie Crusts ................................................................. 30 minutes

SICK ROOM KNOWLEDGE

Liquid Diet:
All fruit juices (fresh if possible).
Fruit soups and purees.
Gruels of oatmeal, rice, barley.
Buttermilk, milk.
Beef tea, broth.

Soft Diet:
Cereals, milk toast.
Soft cooked eggs, junkets, custards.
Jellies made with gelatine.

Convalescent Diet:
Thin dry toast, creamed toast.
Soft cooked eggs, asparagus, spinach.
Baked potatoes, meat broths, oysters.
Tender chicken, cooked fruit.
Custards, ice cream.

RUPERT H. BLILEY       THOMAS J. BLILEY
PAUL S. BLILEY          JOSEPH W. BLILEY, Jr.
The Joseph W. Bliley Funeral Home
AMBULANCE SERVICE
PHONE 2-7267            THIRD AND MARSHALL STREETS
Beating cocoa or chocolate with a rotary egg-beater prevents scum from forming.

To disinfect fruit and raw vegetables—Use one-half ounce of chloride of lime to a gallon of water. Allow fruit or vegetables to remain in solution five minutes and then rinse well.

To take fish odor out of pan—Wash and then pour vinegar in pan and let boil a few minutes.

To cut frosted cake—Put a knife in warm water, dry well, and you will have no crumbs.

To peel oranges easily—Drop into boiling water before cutting.

To remove meat from pecans—Boil fifteen minutes.

To remove grass stains—Saturate spot with kerosene, then wash. Black molasses will do same.

Furniture polish—One tablespoon olive oil, one teaspoon vinegar; mix thoroughly and saturate cheesecloth after cloth has been dipped in cold water and wrung out.

To care for old furniture—Wash once or twice a year in warm water and ivory soap. Dry well, then rub into wood crude petroleum.

To keep poached eggs whole—Put one teaspoon of salt in water.

To efface scratches from walnut or mahogany—Rub with the cut surface of a butternut kernel.

A lemon dipped in salt is an excellent brass polish.

Rub meats and fowls with lemon and they will bake tender.

To iron pongee—Have material dry and use warm iron.

Kerosine oil cleans windows easily and makes them shine. Use just enough to moisten cloth.

To remove cocoa or chocolate stains—Wash in cold water.

Soap rubbed on edge of dresser drawers makes them slide easily.

Sulphur in thin silk bags keeps ants out of bread box.

Heat milk before adding to mashed potatoes.

To measure one-half cup of shortening—Fill cup half full of water, fill with shortening, pour off water.

If your cream refuses to whip add a few drops of honey.

If woolen garments are hung out to dry while dripping wet they will not shrink.
"Law sake's, chile, dese hot afternoons
Cyan't find 'nuff glasses or ice tea spoons."

BEVERAGES
MRS. H. V. GODBOLD, Chairman

"May the happiest days of your past
Be the saddest days of your future."

ALEXANDER COCKTAIL
1 part brandy or gin 1 part Cream de Cacao
1 part fresh sweet cream or ice cream
Shake thoroughly with ice and serve.
—JULIA BENTON HOPKINS,
Washington, D. C.

A GOOD COCKTAIL
2 glasses grapefruit juice 2 glasses orange juice
4 glasses whiskey (bourbon or rye) 1 glass sugar
Serve ice cold.
—MRS. H. E. PERRY.

HONEY COCKTAIL
1 portion of lemon juice 2 portions of honey
4 portions of brandy
Dilute with crushed ice and serve.
—MRS. FRANK D. HENLEY.

AN OLD FASHIONED WHISKEY COCKTAIL
1 wine glass rye whiskey 1 teaspoonful of sugar
dissolved
2 dashes Angostura Bitters
2 dashes of orange bitters 2 cubes of ice. Stir well.
Squeeze a slice of lemon on top of glass. Add slice of orange,
a piece of pineapple and a cherry. Serve.
—MRS. H. V. GODBOLD.
TOM COLLINS COCKTAIL
1 wine glass of gin
1 teaspoonful of sugar syrup
Add crushed ice, shake, and fill with seltzer.
—MRS. H. V. GODBOLD.

GRAPEFRUIT-MANHATTAN COCKTAIL
Thoroughly chill grapefruit, halve and cut centers out ready to serve. Sweeten to taste (some prefer no sugar), add two teaspoonfuls of brandy, whiskey or wine. Garnish with red cherry.
—MRS. GORDON WALKER.

ROCK AND RYE
1 wine glass of rye
1 teaspoonful of rock-candy syrup
Stir thoroughly and serve.

HOME-MADE SCOTCH HIGHBALL
1 gallon grape juice
1 lb. raisins
2 lbs. brown sugar
1 yeast cake
Mix together in crock; set in warm place for 21 days. Strain through cloth. It is then ready to serve.
—MRS. C. J. HEATWOLE.

BLACKBERRY CORDIAL
Mix two ounces cloves, allspice and cinnamon with one-half bushel of berries. Mash all well together and boil for one-half hour. Strain through a cheesecloth bag; add brandy, allowing one quart to a gallon of the juice. Bottle.
—MRS. F. LAWTON CRUTCHFIELD.

TOMATO JUICE COCKTAIL
2 large cans tomatoes (strained)
1 dessert spoon salt
2 tablespoons Worcester sauce
½ lemon (juice)
½ cup vinegar
1 onion (chopped fine)
Let stand for two hours and strain. Serve ice cold. To make delicious tomato aspic—heat and add sufficient gelatine.
—MRS. HENRY SHIRLEY.
TOMATO JUICE

Boil tomatoes for ten minutes. Put through colander, or is clear is preferred, strain through a jelly bag. Boil juice for ten minutes. Allow one teaspoonful salt to a quart of juice. Pour in sterilized jars or bottles and seal.

—MRS. W. G. SALE.

* * *

MINT JULEP

1 teaspoonful of sugar 1/2 wine glass of water
1 1/2 wine glasses of good whiskey (rye or bourbon)

Take three or four springs of fresh mint. Press well in the sugar and water until the flavor is extracted. Add to this the whiskey. Have tall glasses filled with shaved ice. Pour over the liquid. Insert fresh mint in the ice—stems down to form a bouquet. Arrange berries and small pieces of sliced oranges on top. Dash with Jamaica rum. Serve. Be sure to have real cold—glasses frosted.

—MRS. H. V. GODBOLD.

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MINT JULEP (Kentucky Style)

Put a dozen sprigs of mint in bowl, sprinkle with two teaspoonfuls of powdered sugar and enough water to dissolve sugar. Crush mint gently. Fill a tall glass half full of shaved ice. Pour the liquid over ice. Fill glass to top with shaved ice. Then Pour in a good rye or bourbon whiskey until the glass is full. Place in refrigerator until glass is frosted. Garnish and serve.

Sherry is generally served after the soup. Other wines are served before the course.

At luncheon it is proper to serve only a light red or white wine.

* * *

GRAPE WINE

8 qts. Concord grapes 4 qts. water
7 lbs. sugar

Stem grapes, put into stone jar, cover with sugar, and add water. Tie cheesecloth over jar and let stand for three months. Pour off wine, which will have a rich color and especially good for wine jelly.

—MRS. H. A. TIGGAN,
Portland, Oregon.
BLACKBERRY WINE

Cover berries with boiling water; let stand over night. Strain; add three pounds of sugar to each gallon of juice. Stir occasionally and let stand until it has finished fermentation, then bottle.

—Mrs. John Maxwell.

GRAPE WINE

3 pecks of grapes (picked from stem)
50 lbs. of sugar 20 gallons of water

Place sugar directly on the grapes, then add the water. Put in a half-barrel cask, which will leave ample room for fermentation. Do not disturb until after fermentation, then seal. Siphon off as needed.

—Mrs. John Maxwell.

GRAPE WINE

Stem grapes, put in tub and wash. Let ferment three days. Press. To each gallon of juice add one pint of water and two pounds of sugar. Mix thoroughly. Fill jugs up twice a day until the heavy pomace has worked off. Then put under water seal until fermentation stops.

—Bob Meyer.

GRAPE WINE

8 qts. grapes 7 lbs. sugar
4 qts. of water

Pick grapes from stems; do not break skins. Drop in a large jug. Add sugar and water; cork very lightly until after fermentation takes place, then cork tightly for three months. Siphon off the wine and bottle.

To the remaining grapes left in jug add two quarts of water and three and one-half pounds of sugar. Proceed as above. Let stand for four or five months, then pour off the wine and bottle.

—Mrs. E. Lee Roden.

ROSE WINE

3 qts. rose petals 3 qts. boiling water
3 lbs. granulated sugar 6 raisins

Pick roses just blown in early morning. Pack down in quart measure. Select very fragrant roses (Climbing American Beauty).
Place in an earthenware bowl. Scald with boiling water; place in a sunny window for three days. Strain and add sugar and proceed as usual to ferment. Add raisins after fermentation is over.

—Mrs. Henry Marshall,

GARDEN PARTY TEA (Punch)

10 teaspoonfuls of tea leaves
1/2 teaspoonful cloves (ground)
3 oranges (juice), the grated rind of 1 lemon and 1 orange

Heat sugar, spice and rinds in two quarts of boiling water; bring to a boil. Steep tea in two quarts of boiling water; blend together. This amount makes two gallons. Serve hot or cold. If served cold it is improved by adding one pint of brandy.

—Mrs. Frank Henley.

PUNCH (Ginger Ale)

3 lbs. of sugar to 1 quart of cold water
Juice of 1 doz. lemons and 1 doz. oranges

Let all come to a boil, rinds included. When cold add two large cans of pineapple juice, one bottle of cherries (large). Just as it is served add four pint bottles of ginger ale.

—Mrs. W. G. Sale.

PUNCH

Juice of 1 doz. lemons
1 pint of water

Boil rinds, sugar and water. Add two large bottles of ginger ale. Put one quart of orange ice in punch bowl; pour over the liquid. This makes about one gallon, which makes twenty-five cups.

—Mrs. E. S. Simpson.

PUNCH

3 1-pt. bottles of ginger ale
1 qt. of grape juice
Sugar (sweeten to taste)

—Mrs. Allen J. Black
VIRGINIA PUNCH STOCK

3 qts. of good whiskey
40-ozs. of Maraschino cherries
1 large can of crushed pineapple

Drain juice from cherries and pineapple and cut cherries in half. Mix cherries and pineapple; add whiskey and four tablespoonfuls of Angostura Bitters. Pour in one-half-gallon jars.

Repeat the above ten times, leaving out cherries and pineapple every other filling. Amount of whiskey required, seven and one-half gallons. Order ten gallons of lemon ice for punch, twenty bottles of sparkling grape juice, twenty quarts of Appolinaris or White Rock. This will make 1,000 glasses of punch.

—Mrs. W. F. Chalmers.

VIRGINIA BEACH PUNCH

½ cup sugar
2 glasses whiskey
½ cup sugar added
1 glass water
3 lemons squeezed, cut
up rind; all goes in

Let stand 24 hours.

GRAPE JUICE

Stem grapes to 1 quart grapes and add 1 pint water. Cook until soft and strain. To each quart juice add 1 cup sugar. Boil and skim.

Serve in strong lemonade, not too sweet. Sprigs of mint.

—Mrs. H. J. Warthen.

GRAPE JUICE

10 lbs. grapes
3 cups water
1 cup sugar

Cook grapes with water until skins, pulp and seeds are separated. Drain all night in a cheesecloth bag.

The next morning stir the sugar into the juice, bring to a lively boil, and cook for 10 minutes. Seal while hot in sterilized bottles.

—Mrs. Chas. Gantt Harris.

MY FAVORITE EGG NOGG

12 eggs
1 qt. XX cream
12 tablespoonsful sugar
1 qt. good whiskey

Separate the eggs. Beat yolks until light. Add half of sugar and 1 pint of whiskey to cook eggs. Whip cream stiff.
Add 3 spoons of sugar to the cream. Beat egg whites stiff. Fold the whites into the beaten yolks. Add remainder of whiskey slowly; then cream. A dash of rum if you like; grate nutmeg over top. Let stand for a while. Serve.

—Mrs. H. V. Godbold.

* * *

SUMMER EGG NOG

1 quart good vanilla ice cream
1 1/3 cups good bourbon whiskey

Beat together until smooth. Add a little nutmeg. Serves eight.

—Mrs. Leland L. Miller.

* * *

BEVERAGES SERVED WITH ICE CREAM

Serve ginger ale in tall glasses with a scoop of vanilla ice cream.

To one cup of strong, freshly made coffee allow a generous scoop of either vanilla or chocolate ice cream. Shake well and serve.

Serve "iced" cocoa or chocolate with vanilla ice cream.

Pineapple sherbert is delicious in an orangeade.

Lemon ice improves almost any fruit drink.

* * *

SUGAR SYRUP

Dissolve 7 lbs. of sugar in 2 quarts of water. Boil for five minutes. Add enough water to make 1 gallon.
Mrs. G. E. Allen, Chairman

CLAM JUICE COCKTAIL

1½ doz. clams in shell
3 tablespoons water
3 drops tobasco sauce
2 tablespoons lemon juice

Wash clams thoroughly, put in sauce pan with 3 tablespoons water. Cover and cook until shells open. Remove clams from shells and strain liquor through double cheesecloth. Mix catsup with seasoning and strain through cheesecloth. Add this to clam juice. Shake with crushed ice; put in glasses and add a dash of celery salt to each.

—Mrs. Warren F. Curtis.

* * *

CLAM CHOWDER

1 pt. clams and juice
6 slices bacon
2 good-sized onions
2 good-sized potatoes
1 qt. milk
2 tablespoons chopped parsley
1 tablespoon butter
Salt and pepper to taste
1 tablespoon flour dissolved in water for thickening

Put clams, onions, potatoes, bacon and parsley through the meat chopper. Put in sauce pan with juice of clams and cook until onions and potatoes seem done. Heat milk, add butter, salt, pepper and above mixture, then add thickening and serve hot.

—Mrs. Miller Joblin.

* * *

CLAM CHOWDER

1/4 lb. lean salt pork or bacon
1 can tomatoes
25 clams

4 or 5 small onions
4 potatoes

Dice salt pork and fry crisp; add minced onion, fry light brown; add this to clam liquor and equal quantity of water and
tomatoes. Salt and pepper to taste. Cook until thoroughly seasoned. Add chopped clams and cook fifteen minutes, and add diced potatoes. Cook until potatoes are done.

—Mrs. R. V. Farrar.

** NORFOLK COUNTY CLAM CHOWDER **

| 2 doz. clams | 1 small bunch parsley |
| 4 medium-size potatoes | 1 small sprig thyme |
| 4 medium-size carrots | 1 very small red pepper (seeds removed) |
| 1 cup tomato pulp | 2 tablespoons flour |
| 2 medium-size onions | 2 quarts water |
| ¼ lb. lean and fat salt pork | Butter size of walnut |

Wash and chop salt pork fine, place in heavy kettle, fry until crisp. Lift pork aside. Chop onions and cook tender but not brown in hot pork fat. Add tomatoes, juice of clams, and water. Put clams, potatoes and carrots through coarse food chopper and add to above with parsley, thyme and pepper. Bring to a boil and cook slowly one hour. Just before removing from fire add a little cold water to the flour, stir well and mix in the chowder, along with fried pork and butter. As water evaporates in cooking, add a little hot water.

—Mrs. Fred B. Evenson.

** CHICKEN SOUP SUPREME **

One quart of chicken stock poured over two slightly beaten eggs. Add chopped almonds and whipped cream. Serve hot.

—Mrs. Gordon Walker.

** VEAL SOUP **

| 1 veal shin | 1 bunch green asparagus, or |
| 1 large onion, cut fine | 1 can green asparagus tips |
| 2 cups finely cut celery | ½ cup uncooked rice |
| Salt and pepper to taste | |

Boil veal shin to obtain stock. Add chopped meat, rice and onion. Cook until rice is about done; add celery and fresh asparagus. If canned asparagus is used, do not add until just before serving.

—Mrs. Earl L. Brown.
TOMATO BISQUE

1 qt. canned tomatoes 2 tablespoons butter
1 pt. milk 2 tablespoons flour
1 onion ½ teaspoon soda
1 cup diced celery Salt and pepper to taste

Stew tomatoes, celery and onion until tender; pass through a sieve. Blend the butter and flour in a saucepan until smooth; add the hot tomato and stir until boiling. Add soda, and just before serving pour in the previously scalded milk. Garnish each cup or plate with whipped cream and serve with croutons or strips of buttered toast.

—Mrs. D. H. Stevens.

OKRA AND TOMATO SOUP

1 lb. okra 1 large soup bone
6 large tomatoes 6 qts. water
1 large onion 1 tablespoon salt

Put okra, tomatoes, onions and soup bone in water and cook slowly for four or five hours. Remove soup bone and grind up meat, returning it to soup; thicken, add a little Worcester sauce and more salt if needed. When serving before a dinner strain—but put vegetables back in pot and it makes an excellent luncheon dish for the next day.

—Mrs. Leland L. Miller.

OKRA SOUP

1 large can tomatoes (2 lb.) 2 qts. water
1 shank beef (1½ lbs.) Pinch of soda
2 qts. of tender okra, cut fine Salt

Put beef and water on to boil; chop tomatoes; add pinch of soda, and stir into boiling soup. Add okra; simmer for several hours; season to taste, and serve.

—Mrs. Arthur D. Jackson.

CREAM OF CELERY SOUP (Serves Four)

1 small stalk celery 4 tablespoons of top milk, or
3 small potatoes thin cream
1 teaspoon salt Butter size of walnut
3 or 4 grains of allspice 3 cups water

Wash celery, tops and all. Cut fine, put in pot with three cups boiling water, add salt, allspice and cook until celery is tender. Then add cubed potatoes. Cook until soft, then put through a
fine strainer, add butter and more salt if needed. Just before serving add the top milk or cream and serve with croutons, or, if preferred, a thin slice of lemon may be added before serving.

—Mrs. Rutherford Snell.

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POTASSIUM BROTH

5 carrots
1/2 bunch parsley
2 qts. water
1 stalk celery
1 large handful spinach
Salt to taste after cooking

Dice carrots and celery and boil 20 minutes in 2 quarts of water. Add parsley and spinach, cut fine. Boil 10 more minutes. The broth may be served with vegetables in it, strained and served as a bouillon, or mashed through a coarse sieve and served as a puree. In order to make the broth more tasty, several onions may be added to the carrots and celery in the first cooking; also a few fresh or canned tomatoes and some okra if desired. Make your own combinations with this broth, but carrots, celery, parsley and spinach must be used as the base, adding to this onions, green peppers, turnips, tomatoes, asparagus or okra, as the broth is made at different times.

—Mrs. Chas. Gantt Harris.

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GREEN SPLIT PEA SOUP

1 lb. green split peas
1/2 qt. water
1/2 lb. salt pork
3 large onions
Celery salt to taste
Pepper to taste

After soaking the peas over night, boil two hours with salt pork and onions. Mash through colander and strain through sieve. Season and serve with croutons.

—Mrs. B. Jeter Woodward.

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JUNGLE SOUP

1 cup dry split green peas
3 pts. water
1 can tomato soup
1 can bouillon
Salt and pepper to taste

Place peas in a large saucepan without a lid; add the cold water. Bring to the boiling point and allow to simmer until water cooks down and the peas are cooked to a soft, wet paste. Then add the two cans of soup, stir, and allow to simmer a few minutes. Season to taste. If too thick add more water.

—Mrs. Reynolds Rackett.
MY GRANDMOTHER'S RECEIPT FOR OLD VIRGINIA
BRUNSWICK STEW

To 3 quarts of water add 1 tablespoon of salt, the bony parts of 2 chickens and 1 cup of chopped salt pork. Remove chicken from bones after boiling. Add 1 dozen tomatoes that have been scalded and peeled, 1 potato diced, ½ pint of butterbeans. Let boil until reduced to one-half its former quantity, then add 6 ears of tender corn split and cut from the cob. Cook 5 minutes and thicken with bread crumbs, stirring constantly until thick enough to eat with a fork. Turn off heat and season with a heaping tablespoon of butter and black pepper and sugar to taste. (Serves eight.)

—MRS. EDWARD SCOTT BOZE.

BLACK EYE PEA SOUP

1 cup dried black-eye peas
2 qts. water
2 level tablespoons of butter or bacon drippings

A dash of red pepper
1 level teaspoon salt
1 level tablespoon flour

Wash peas and boil in two quarts of salted water. Soaking is desirable. Cook gently for an hour, then rapidly until the water in the pot is reduced to one quart. Three hours is the time needed for cooking unsoaked peas.

Strain off liquid, mash peas thoroughly, add liquor, and strain through a fine sieve.

Melt butter or drippings, stir in flour, add hot strained puree, boil, add pepper and slices of lemon.

—MRS. LITTLETON FITZGERALD, JR.

SAUCE FOR SHAD ROE

½ of a large roe
1 large tablespoon butter

Dash of red pepper
Chopped parsley

Pinch of salt

Pour in some sherry when mixture has been heated and beat to creamy sauce.

—MRS. RALPH H. JOHNSON.

BROILED FISH

Have fish split, lay it flat in pan. Grease pan. Open fish, butter, salt, and pepper it. Run under blaze until a nice shade of brown, then run in oven until ready to serve.

—MRS. LELAND L. MILLER.
BAKED SHAD

Open shad down the back, wash well and salt. Wipe dry, and rub inside and out with black pepper.

Prepare a dressing of bread, seasoned with pepper, salt, thyme, parsley, celery seed, a little chopped onion and a piece of butter, size of a walnut. Tie up the fish, put in a baking pan with one pint of water (to a good-sized fish) and butter size of a hen egg. Sprinkle with flour, baste well, and bake slowly one hour and a half.

—MRS. CHARLES J. SHUMAN.

BAKED BLUE FISH

Split and remove bone from a blue fish and place on a well-buttered pan. Cook in hot oven twenty minutes.

Cream 4 tablespoons butter and add yolk of 2 eggs; mix well. Add 1½ tablespoons each of capers, pickles, onions, parsley (all chopped fine), 1½ tablespoons of lemon juice, 3 teaspoons vinegar, ½ teaspoon salt and a dash of paprika. Sprinkle the fish with salt, spread with mixture, and bake until fish is done. Remove to dish and garnish.

—MRS. C. S. GOLDSTON.

BAKED HALIBUT

3 lbs. halibut 1 lb. salt pork
2 onions

Slice onions in bottom of baking pan. Cut pork in cubes 1½ inches square. Place fish on cubes of pork with onions underneath. Season with salt and pepper. Put buttered bread crumbs over the fish. Bake 1½ hours, basting often. Lift fish carefully

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out of pan. Place on hot platter and serve. Strain liquor and make gravy thickened with a little flour. Serve in gravy boat. Garnish with parsley.

—Mrs. J. L. B. Buck.

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BAKED FISH

Rub shad, rock, or any large fish with salt and pepper; dredge with flour. Pour over fish 1 cup water, 1/2 cup tomato catsup, 2 tablespoons grated onion, half a stick of butter, and 4 strips crisp bacon. Sprinkle chopped parsley around fish. Bake until a rich brown. Serve on hot platter. Garnish with hard-boiled eggs and sprigs of parsley.

—Mrs. Parke P. Deans.

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HOLLENDEN FISH

4 lbs. halibut 3 tablespoons butter
1 large onion 2 tablespoons salt
1/2 lb. salt pork 3 tablespoons flour

Select a cross-cut of halibut about 3 inches thick. Place 3 or 4 slices each of onion and pork at the bottom of the roasting pan and place fish on this. Cream together flour, salt, and butter. Spread on top of fish. Add 3 or 4 more slices of onion and salt pork. Dust over with crumbs. Bake at 350° for an hour and a half.

—Mrs. Warren F. Curtis.

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STUFFED OLIVES, BACON AND ANCHOVY

Cut bread in small circles a quarter of an inch thick. Spread with butter, and on top of each place a stuffed olive, around which is twisted one fillet of anchovy and one small strip of bacon. The anchovy and bacon are wound around the olive and held by a tooth-pick stuck through each. Place circles of bread with olives in the oven and bake until bacon is properly cooked.

—Mrs. Reynolds Rackett.

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SEA FOOD SALMAGUNDI

1 lb. shrimp 2 tablespoons Worcestershire sauce
1 qt. oysters 2 cups cream
1 lb. crab flakes 1/8 teaspoon red pepper

Cook oysters by dropping on hot pan until gills curl. Add to sauce with shrimp and crab flakes. Season with salt to taste, and then add other ingredients. Serve on toast.

—Mrs. R. K. McKnight.
LUNCHEON DISH OF SHRIMP

Boil three-quarters of a cup of rice in three quarts of water twenty-five minutes and drain. Drain the liquor of one can of "wet pack" shrimp into a measuring cup and fill up with milk. Melt two tablespoons of butter, add one level tablespoon flour, and slowly stir in the cup of milk and liquor. When this has thickened turn in the drained shrimp and heat, but do not boil. If you cook them in the sauce they will break up and be mushy, whereas if shrimp are merely warmed through, they will retain their shape and flavor. Use no salt. Place in the center of a platter of hot rice. (Serves four.)

—MRS. LITTLETON FITZGERALD, JR.

SHRIMP SALAD

2 cups cooked shrimp 1 cup peas
3 hard-boiled eggs 1 cup celery
1 cup salad dressing ½ cup whipped cream

Add cream to salad dressing; add other ingredients. Mix thoroughly. Serve on bed of lettuce leaves. Garnish with paprika and parsley.

—HENRIETTA HILGARTNER.

SHRIMP CREOLE

1 lb. shrimp (cooked) 1 pepper
1 can tomatoes (small) 6 strips bacon
1 large onion 1 tablespoon Worcestershire

Cook tomatoes, onion and pepper for twenty minutes in fat from cooked bacon. Add shrimp and bacon cut in small pieces and seasoned with salt, red pepper and sauce to taste. (Serves six.)

—MRS. R. K. MCKNIGHT.

SHRIMP A LA CREOLE

Saute one pound cooked shrimp in butter; add creole sauce.
1 green pepper 1 can tomato juice (large)
1 onion Salt and pepper to taste
3 or 4 pieces of celery

Cook until about one-half in bulk.

—MRS. JAMES B. BOWERS.
DEVILED CRABS
Pick all particles of shell from a quart of crab flakes. Add 1 teaspoon salt, 1 teaspoon Worcestershire sauce, 1 tablespoon butter, and 1 1/2 cups thick cream sauce. Mix and put into shells. Beat 2 eggs, spread over filling, particularly where meat and shells come together. Dust with buttered crumbs. Fry in deep fat or bake until brown.

—Mrs. S. T. Pulliam.

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CRAB FLAKES AU GRATIN
1 lb. crab flakes
Pick over carefully, but leave in as large pieces as possible. Place in rather shallow baking dish and pour over sauce as follows:

1 cup milk
2 tablespoons flour
2 oz. butter
1/4 teaspoon salt
Dash pepper and paprika
1 cup grated American cheese

Use double-boiler; melt fat, add flour and seasonings; add cold milk; cook about twenty minutes, stirring frequently to keep smooth. Add grated cheese and stir until smooth; pour over crab flakes and put in oven until top is golden brown. Serve hot.

—Mrs. C. B. Myers.

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HOT CRAB SALAD IN FINGER ROLLS
1 can crab meat
1/2 cup almonds
2 hard-boiled eggs
1 pimento
2 tablespoons butter
2 tablespoons flour
1 pt. milk
Seasonings

Leave crab in good-size pieces. Mix lightly with chopped almonds, diced eggs and pimento cut in strips. Make a thin white sauce by stirring flour into melted butter until smooth. Add all at once to the milk heated to boiling point in top of double boiler, beating immediately with rotary beater, cooking until smooth and thick; add seasoning and crab mixture. Serve in hot, hollowed-out finger rolls, which have been toasted.

—Mrs. E. S. Simpson.

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CREAMED CRAB
2 cups crab meat
1/2 cup mushrooms
1/4 cup canned pimento
1 cup white sauce
Chop and cook mushrooms until tender. Chop pimentos
in small bits; add crab meat, and combine with white sauce. Season with salt and red pepper. Serve hot. It is very nice on toast.

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**WHITE SAUCE**

1 tablespoon butter | 1 teaspoon salt
1 1/2 tablespoons flour | 1 cup warm milk

Melt butter, add flour, and stir until smooth; add salt. Add milk gradually; stirring constantly. Cook until thickened.

—Mrs. Fred B. Evensen.

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**SEA FOOD SHELLS**

1 lb. crab meat | 1/2 lb. shrimp
1/2 cup yellow sauce | 2 tablespoons chopped onion
1 tablespoon butter | Parsley
Cracker crumbs | Salt and pepper

Wash; chop shrimp in coarse pieces. Pick carefully any shells from crab meat. Combine shrimp, crab meat, parsley, salt and pepper. Chop onion fine and cook until tender in butter. Add butter and onion to crab and shrimp and mix well; add yellow sauce, mix and pack in sea shells. Cover with cracker crumbs and dots of butter. Brown in oven about one-half hour. Serve in shells.

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**YELLOW SAUCE**

1 1/2 tablespoons butter | 1 teaspoon salt
2 round tablespoons flour | 1/2 cup milk
1 egg

Beat egg and add to milk with salt. Mix flour with butter and add to egg and milk mixture. Blend until smooth and cook till very thick.

—Mrs. Fred B. Evensen.

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**CRAB CAKES**

1 lb. crab flakes | 1 egg
2 tablespoons melted butter | Salt and pepper

Season crab flakes. Add butter and bind together with beaten egg. Make into cakes and fry.

—Mrs. Henry U. Ebel.
DEVILED FISH FLAKES

1 can fish flakes (large)  1 cup bread crumbs
2 eggs  1 teaspoon mustard
1 teaspoon Worcestershire  1 cup milk
Lump of butter  Salt and pepper to taste

Separate fish and season. Add well-beaten eggs, butter, mustard, Worcestershire, milk and bread crumbs. Put mixture in individual baking dishes. Sprinkle the tops with finely ground bread crumbs and bits of butter. Bake in hot oven.

—Branch S. Heinrich.

LOBSTER A LA NEWBURG

1 lobster  2 oz. sherry wine
1 egg yolk  Salt and pepper to taste

Butter size of walnut

Cut lobster in pieces size of hickory nut. Put in pan with butter, salt and pepper and thicken with heavy cream sauce. Add egg yolk and wine.

SAUCE

1 oz. butter  2 oz. flour

Melt butter; add flour, and thin down to proper consistency with boiling cream.

—Mrs. Walter Shirey.

MARY'S FRIED OYSTERS

Make a batter of 1/2 cup flour, 1/2 cup milk, 1/2 cup tomato catsup, 1 teaspoon baking powder, salt and pepper. Dip oysters in batter; roll in cracker meal; fry in deep fat. Drain on brown paper. Serve immediately. Garnish with lemon and parsley.

—Mrs. Parke P. Deans.

PANNED OYSTERS

Put two tablespoons of butter in a saute pan. Lay twenty good-sized oysters in it. When edges curl and the oysters plump, dust them with pepper and salt and serve at once on hot toast. Two tablespoons of sherry may be added before serving if desired.

—Mrs. A. B. B. Harris.
PIGS IN BLANKETS
Thin slices of bacon Parsley
Oysters Toast
Cut slice of bacon in halves. Dry oysters and wrap each one with a piece of bacon, fastening with toothpicks. Lay on towels to thoroughly dry them. Brown in very hot fat. Put two pigs on each piece of toast. Garnish with parsley.
—Mrs. Garnett Reid.

SCALLOPED OYSTERS
1 qt. oysters 4 tablespoons bacon fat
3/4 cup stewed diced celery 1/2 cup liquid (milk or liquor
1 1/2 cups fine dry crumbs from oysters)
Salt and pepper to taste
Mix all ingredients in casserole after freeing oysters from grit and shell. Top with buttered crumbs and cook until oysters curl and top is brown in moderate oven (30-40 minutes). (Serves four to six.)
—Mrs. J. J. Bradford.

JELLIED SALMON LOAF
2 tablespoons gelatin 1/2 teaspoon salt
1 can salmon Dash of red pepper
1 small onion 3/4 cup milk
1 egg 4 tablespoons vinegar
1 teaspoon mustard 4 tablespoons sugar
Moisten gelatin with the liquid from salmon. Flake salmon, remove skin and bones. Chop onion very fine. Cook remaining ingredients and while hot add gelatin. Mix this with the salmon. Place in loaf-cake pan to mold. Serve sliced on lettuce. Celery may be used with or in place of onion. (Serves six.)
—Mrs. M. D. Leckie.

SALMON CROQUETTES
1 can red salmon 2 eggs
Equal amount of mashed potatoes Salt and pepper
Grated onion Chopped parsley
Remove bones from salmon and mix with potato and seasonings. Add two beaten aggs and shape into croquettes about three inches long. Roll in crushed rice flakes and fry slowly. The mashed potato and coating of crushed flakes give them a fluffy texture not usually found in a fish croquette.
—Mrs. F. H. Morgan.
ALASKA LUNCH

1 can salmon  1 cup bread crumbs
1 can green peas  3 tablespoons butter
3 or 4 potatoes  Pepper and salt to taste

Drain liquid from salmon and peas. Add part of butter and heat. Place in bottom of baking dish a thick layer of thinly-sliced potatoes, then the salmon, broken up into small pieces; next a layer of peas. Cover with half of the crumbs dotted with butter and salt and pepper. Make a second layer of potatoes, peas and salmon, covering with crumbs, salt, pepper and butter. Pour liquid over all, adding water enough to keep contents from baking too dry. Bake only long enough to thoroughly cook potatoes and brown top. Serve with the usual cream sauce and sprinkle with paprika.

—MRS. W. P. CLEMENTS.

SCALLOPED TUNA FISH

1 can tuna fish  1 tablespoon flour
Juice of half a lemon  Small onion
1 cup milk  Buttered crumbs
1 tablespoon butter  Salt and pepper to taste

Flake tuna; add lemon. Make white sauce of flour, butter, milk and seasonings. Cover bottom of casserole with crumbs. Add layer tuna, with onion, sauce, and continue until all ingredients are used, top layer being crumbs; dot with butter; bake until golden brown.

—MRS. S. T. PULLIAM.

TUNA FISH SALAD

1 tablespoon gelatin  1/2 cup chopped celery
2 tablespoons cold water  1/4 cup pickle relish
2 cups tuna fish  1/2 teaspoon salt
1/8 teaspoon paprika  1/2 cup mayonnaise dressing

Soak gelatin in cold water five minutes and dissolve over boiling water. Flake tuna fish in pieces, add celery, relish, salt, paprika and mayonnaise. Add the dissolved gelatine, mix well, and put into individual molds, which have been dipped in cold water. Place in ice box to chill until ready to serve. Serve in nests of lettuce and garnish with celery curls and rings of green pepper.

—MRS. MYRIL DOUGLASS.
DEVILED TUNA FISH

1 can tuna 2 tablespoons chopped onion
2 tablespoons butter 3 tablespoons green pepper
2 tablespoons flour 3 tablespoons pickle or capers
1 can tomato soup ¾ cup buttered bread crumbs
½ cup of water

Melt butter; add flour and brown; add soup and water; when thick and smooth, add fish and seasonings. Put in baking dish, cover with crumbs, and brown in oven.

—Mrs. C. O. Swann.

CREOLE TUNA FISH

1 small can tuna fish Dash of red pepper
2 slices well buttered toast ½ cup chopped celery
broken in bits 1 egg
1 small onion, chopped ½ cup milk
½ large green pepper, chopped 1 tablespoon Worcestershire
1 cup chopped tomato ½ teaspoon salt

Mix all ingredients together well and pour in well-buttered shallow pyrex pie plate and bake in moderately hot oven (400°).

—Mrs. G. O. Timberlake.

CLAM FRITTERS

½ pt. clams 4 eggs
½ pt. sweet milk Salt and flour

Beat yolks and whites of eggs separately. Stir yolks, salt and liquid together. Add whites and flour sufficient to stiffen. Add the finely chopped clams. Fry like other fritters.

—Mrs. R. V. Farrar.
"Guine ter hav' ham an' dese chickens today; De' se guine to be company, de missus say."

POULTRY AND MEATS
MRS. JAMES K. HALL, Chairman

"Upon what meat doth this our Caesar feed, That he is grown so great!"

CHICKEN PILAU

| 1 hen          | 2 onions               |
| 3 slices bacon | 1 cup rice             |

Cover breast of hen with bacon secured by skewers. Place in stew pan with sliced onions. Season with salt, pepper and a little mace, if desired. Cover the hen with the rice (which has been soaked) and pour water over the entire contents. Keep the stew pan closely covered and cook until fowl and rice are quite tender.

—MRS. C. J. HEATWOLE.

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BAKED CHICKEN RING

| 1 medium-sized chicken | 1 6-oz. package of noodles |
| 4 eggs                | 4 cups boiling water       |

Salt, pepper and paprika

Boil chicken until tender and mince it. Cook noodles in boiling water until tender, and drain. Grease a ring mold 8½ inches deep, filling it with alternate layers of noodles and minced chicken. Beat eggs; add ¼ cup butter or melted chicken fat and 2 cups stock or milk. Pour this over chicken and noodles. Place mold in pan of hot water and bake 30 minutes in moderate oven. Place on chop plate, filling center with carrot and potato balls, or English peas and mushrooms. Serve with a mushroom sauce.

—MRS. A. B. B. HARRIS.
SMOTHERED CHICKEN

Brown chicken in butter or bacon fat. Pour a cup of hot water in pan and cover. Cook slowly until tender.

—Mrs. Carlton Jackson.

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SPANISH CHICKEN

1 or 2-lb. chicken 1 onion (sliced)
3 slices bacon 3 carrots (sliced)
1 green pepper (sliced) 4 stalks celery (cut)

Joint chicken, place in roaster and cover with vegetables, sprinkling with salt and pepper. Pour over all a dressing made of 1 cup water, 1 tablespoon flour mixed to a paste, juice of $\frac{1}{2}$ lemon. Bake about an hour; baste and brown.

—Mrs. J. H. Nolde.

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PRESSED CHICKEN

1 5-lb. hen (boiled until tender) 1 cup shelled pecans
6 boiled eggs 3 cups chicken broth
1 large, green pepper (cut) 1 envelope gelatine dissolved
1 cup chopped celery in cup cold water

Add to this 1 teaspoon lemon juice and 1 small can pimentos. Season. Mix all ingredients except eggs. Wet mold. Slice eggs, placing them in bottom of mold, and put all other ingredients over them, pressing down with spoon. Put away to mold.

—Mrs. W. G. Sale.
POULTRY AND MEATS

CREAMED CHICKEN

\[ \frac{3}{4} \text{ cups chicken (cooked and cut)} \quad \frac{1}{2} \text{ teaspoon salt} \\
1 \text{ pimento (cut fine)} \quad 1 \text{ tablespoon flour} \\
1 \text{ cup chicken stock} \quad 1 \text{ cup mushroom soup} \]

Heat chicken stock; add salt; also flour, which has been mixed to a smooth paste with small amount of cold water. Cook until mixture thickens. Add pimento, chicken, mushroom soup, and heat thoroughly. Serve on toast or in timbale cases.

—MRS. RICHARD ANDERSON.

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CHICKEN OR HAM TIMBALES

\[ \frac{3}{4} \text{ cups butter} \quad 1 \text{ cup cooked chicken (chopped)} \]
\[ \frac{1}{4} \text{ cup stale bread crumbs} \quad \text{(or 1 cup ham)} \]
\[ \frac{3}{4} \text{ cup milk} \quad 2 \text{ eggs} \]
\[ \frac{1}{2} \text{ tablespoon chopped parsley} \]

Melt butter, adding bread crumbs and milk. Cook five minutes, stirring constantly. Add meat, parsley and eggs (beaten slightly). Add salt and pepper to taste. Turn into buttered individual molds. Set in pan two-thirds full of hot water. Cover with buttered paper. Bake twenty minutes. Turn out on platter and serve hot with Bechamel sauce. (See following recipe.)

—MRS. G. TALBOT FRENCH.

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BECHAMEL SAUCE

\[ \frac{1}{2} \text{ cup water or white stock} \quad \frac{1}{4} \text{ cup butter} \]
\[ 1 \text{ slice onion} \quad \frac{1}{4} \text{ cup flour} \]
\[ 1 \text{ slice carrot} \quad 1 \text{ cup scalded milk} \]
Bay leaf and parsley \[ \frac{1}{2} \text{ teaspoon salt} \]

Cook water (or stock) twenty minutes with onion, carrot, bay leaf and parsley. Strain; melt butter; add flour; add gradually hot stock and milk; season.

—MRS. G. TALBOT FRENCH.

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MY FAVORITE FRIED CHICKEN

Joint two tender chickens weighing two pounds each, or less. Have ready a paper bag containing \[ \frac{1}{2} \text{ cup flour, 1 teaspoon salt,} \]
\[ \text{and 1 teaspoon pepper. Put the pieces of chicken into the bag} \]
\[ \text{and shake it vigorously, holding it tightly shut. When thoroughly} \]
\[ \text{shaken, dip the pieces of chicken into the following:} \]
\[ 2 \text{ eggs (well-beaten), to which 2 tablespoons of water have been} \]
\[ \text{added, \[ \frac{1}{2} \text{ teaspoon salt, and \[ \frac{1}{2} \text{ teaspoon pepper. Then roll} \]

RAW TEXT END
in cracker meal and fry in hot fat until a golden brown, reducing the heat and frying gently until done.

—Mrs. James K. Hall.

* * *

BROILED CHICKEN

Split young chickens down the back and spread open as flat as possible. Crush down the breast bone and pin wings and thighs closely to the body, fastening giblets under the wings. Wipe as dry as possible. Sprinkle with salt and pepper and rub well with soft butter before laying the chickens upon their backs on the hot broiler. Cook until a handsome brown (the way we do it!) After each side is brown, turn often until well done—from 20 to 30 minutes. Covering the broiler with a pan keeps in both heat and steam. Butter well, place on a hot platter, and garnish with water cress. Serve with hot biscuit.

—Mrs. C. J. Heatwole.

* * *

ROAST TURKEY

Rub turkey all over with butter, seasoning with salt and pepper. Put a little water in the pan to prevent burning. Have the oven rather hot at first so the turkey can be browned nicely. Then reduce the heat, put cover on roaster and cook slowly until tender, basting frequently. The stuffing may be baked separately. Use for stuffing a small stale loaf of bread; crumble it fine, rub into it butter the size of an egg; add a pint of oysters chopped fine (if liked), and season with pepper and salt. The stuffing may be put into pared and cored apples and baked. Chestnuts (boiled and mashed) make a delicious dressing.

—Mrs. T. Justin Moore.

* * *

ROAST PIGEON

Stuff the same as chicken. Put in hot oven. Have 1 gill of water and 1 teaspoon of salt in pan. Bake one hour, basting first with drawn butter and then with the juices.

* * *

SQUABS

Squabs are broiled just as chickens are.

—Mrs. Aubrey Hawkins.

* * *

WILD DUCKS

Prepare for the oven just as you would chicken. If they seem at all "fishy," rub lightly with onion and put a few uncooked
cranberries inside of them. Put a piece of butter the size of a small egg in each duck. Put in a pan in which you have \( \frac{1}{4} \) cup of water and 1 teaspoon salt. Baste well with drawn butter. Bake 45 minutes if you wish them rare, and 1 hour if you want them well-done. They are much better not stuffed.

—Mrs. B. B. LeCompte.

* * *

CURRIED LAMB AND RICE

2½ lbs. lamb (shoulder)  1½ tablespoons curry powder
2 tablespoons shortening  2 tablespoons flour
1 teaspoon salt  2 tablespoons water
\( \frac{1}{8} \) teaspoon pepper  3 cups boiled rice

Wipe lamb with damp cloth. Cut into medium-sized pieces and remove fat. Melt shortening in a frying pan, adding lamb and cooking it until it is a delicate brown. Cover with boiling water. Add salt, pepper and curry powder mixed with a little cold water. Cover and simmer for 2½ hours or until lamb is tender. Make a smooth paste of the flour and water, adding enough to thicken the liquid. Mound hot rice in the center of a hot platter and pour the curried lamb around it.

—Mrs. Francis Bryan Williams.

* * *

LAMB CROQUETTES

1 lb. ground baked lamb  Lump butter
\( \frac{1}{2} \) pt. mashed Irish potatoes  \( \frac{1}{2} \) teaspoon celery seed
A bit of finely chopped onion  Salt and pepper
1 tablespoon minced ham (if you have it)

Mix ingredients well; make into balls; dip into beaten egg, then in cracker dust, and fry in boiling fat.

—Mrs. Charles J. Shuman.

* * *

BAKED LAMB LOAF

3 cups ground lamb  1 green pepper (minced)
1 cup milk or stock  2 tablespoons parsley (minced)
1 egg  1½ teaspoons salt
1 cup bread crumbs  1 teaspoon pepper
2 tablespoons minced onion

Beat egg, adding liquid and crumbs, allowing them to soak ten minutes. Mix ground meat with vegetables and seasonings. Combine the two mixtures, pouring into a well-greased pan and bake in a moderate oven (375° F.) for one hour. Turn out the
loaf and serve with a white sauce containing one-half cup of green peas.

—Mrs. Kent W. Hood.

* * *

SHEPHERD’S PIE

Grind left-over leg of lamb with several stalks of celery, a large onion, parsley, and season with salt and pepper. Add gravy, mix thoroughly, and place in baking dish. Pile an equal amount of mashed potato on top of this mixture, dot with butter, and bake slowly until hot.

—Mrs. Frederick H. Morgan.

* * *

CROWN ROAST OF PORK

Have the butcher prepare this roast by tying the ribs from a rack of pork together, forming a circle. Wipe the roast and dredge with seasoned flour, placing a few pieces of fat over the roast, if too lean. Cover the ends of the bones with greased paper to prevent burning. Place the roast on a small wire trivet in the roaster. Pre-heat the oven to 500° F. and sear the meat. Then reduce the heat to 400°, continuing the baking preferably in a covered roaster with a vent. When ready to serve, fill the center with mashed potatoes, boiled rice, bread stuffing or any vegetable you wish.

—Mrs. Thomas F. Gill.

* * *

BOILED AND BAKED HAM

Soak an old, well-cured ham over night in cold water. Put it in cold water, adding two or three sliced apples and a cup of molasses. Boil till tender. Remove skin when cool enough to handle. Cover with bread crumbs and pour sweetened wine over crumbs. Add a little sugar and more crumbs. Stick whole cloves over top and brown in oven.

—Mrs. Carlton Jackson.

* * *

BAKED SLICE OF HAM (Vermont Style)

One slice of ham, cut one inch thick. Score edges and freshen twice by covering with cold water and bringing to a boil. Pour off second water. Spread with a paste made of 2 tablespoons of brown sugar and 1 tablespoon of mustard moistened with vinegar. Add enough water to simmer. Bake in a slow oven one hour, turning once. Baste twice.

—Anna D. Allen.
BAKED HAM LOAF

1 lb. fresh ground ham 2 tablespoons Chili sauce
1/2 lb. smoked ground ham 1/2 teaspoon grated lemon rind
1/2 cup of milk 3/4 teaspoon salt
2 eggs (beaten) 1/4 teaspoon pepper
1 cup soft bread crumbs 1 cup canned tomato juice
1 1/2 teaspoons cold water 1 teaspoon minced onion

Combine the fresh and smoked ham; add milk, eggs, crumbs, Chili sauce, lemon rind, salt and pepper. Mix well. Place in greased pan and bake one hour in a moderate oven (375° F.). After thirty minutes’ baking, pour tomato juice over loaf and continue baking. Remove loaf from pan, pour liquid into sauce pan, bringing it to a boil, and thicken it with flour. Season it with a teaspoon of bottled condiment sauce and serve with the loaf. Delicious when cold.

—Mrs. Wylie W. Taylor.

SCHENKEN FLECKEN (Hungarian)

2 cups chopped ham 1 teaspoon dry mustard
1 box macaroni 1/2 cup sweet milk
3 eggs (beaten separately) 1 tablespoon butter

Season with salt and a sprinkling of paprika. Mix all together. Pour into buttered dish and bake.

—Mrs. Arthur D. Jackson.

APPLES AND PORK CHOPS

6 medium-thick chops 1 tablespoon vinegar
3 tart apples 3 cups hot water
3 tablespoons flour 1/2 teaspoon salt
1/2 cup raisins 1/4 cup brown sugar
1/4 teaspoon sage (if desired)

Sprinkle salt and sage on chops; brown in frying pan and remove to shallow baking pan. Place on each chop half an apple, pared, cored, and filled with brown sugar. Put flour into frying pan and, when lightly browned, add water, stirring constantly while it boils. Next add raisins and vinegar. Pour this over the chops and apples and bake well covered in a moderate oven until the apples are tender.

—Mrs. M. D. Leckie.
HAM STEW

Ham 1 qt. tomatoes
Irish potatoes (3 large) Thyme
Celery Salt
1 onion Pepper

To 2 cups of boiled or baked ham cut into small pieces add 1 quart of water, 1 quart of tomatoes, several good outside stalks of celery, 3 large Irish potatoes cut into small pieces, salt and pepper, chopped onion and thyme. Boil over slow fire one hour. (Serves about eight.)

—MRS. TRAPIER K. MARSHALL.

* * *

BAKED HAM

Remove skin from uncooked ham. Rub over with generous amount of brown sugar and then pour over contents of small can of crushed pineapple. Put it in roaster in a hot oven until the ham is seared; turn the gas down and cook slowly until tender.

—MRS. L. R. REYNOLDS.

* * *

FRIED HAM

Slice ham and beat well until grain is thoroughly broken. Let stand in cold water one-half hour. Wipe dry, roll in flour seasoned with pepper. Have butter or drippings in pan. When hot, put in pan and fry a golden brown. Remove ham to hot platter, put a small piece of butter in pan, add 2 or 3 tablespoons rich cream, pour over meat and serve hot.

—MRS. O. B. DARDEN.

* * *

VEAL LOAF

1 lb. round steak 1 large stale roll (crumbled fine)
1 lb. lean veal 1 teaspoon celery salt
1 lb. lean pork 1 teaspoon salt
2 eggs 1/2 teaspoon red pepper

Rub bread crumbs, salt and pepper together and mix with eggs well beaten. Add the meats, chopped, and make into an oval shape. Sprinkle over with bread crumbs and bake as you would a small roast of veal.

—MRS. GIBSON WORSHAM.
VEAL BIRDS

2 lbs. veal cutlet  
½ lb. breakfast bacon
Cracker crumbs  
Salt and pepper

Cut veal into small pieces (about two inches square). Beat until tender; sprinkle with salt, pepper and cracker crumbs. Roll, and wrap a slice of bacon around each piece; skew with toothpick and fry until brown. Place in casserole with small amount of water and bacon fat. Bake slowly for about two hours. (Serves six.)

—Mrs. William E. Upchurch.

*BEEF GOULASH (Hungarian)*

3 lbs. round steak  
½ cup water
Cut in inch cubes  
1 cup cream
3 onions, sliced  
1 teaspoon beef extract
3 potatoes, diced  
1 teaspoon salt
¼ cup butter  
½ teaspoon black pepper
½ teaspoon paprika

Put butter in kettle, set it on stove and fry onions. Add meat, cook until brown; dissolve beef extract in water, and add it to contents of kettle. Cover closely, cook slowly until meat is tender, then add seasonings and place potatoes in kettle on top of meat. Cook until potatoes are tender. Add cream and simmer five minutes.

—Margaret Heatwole.

*HOT SCOTCH COLLOPS*

Mince fine 1½ lbs. round steak. Season with salt and pepper. Add an onion, chopped fine, if liked. Melt a tablespoon butter in a stew pan. Put in the minced meat and stir to keep from getting into lumps. Dredge flour over it and pour on a little stock. Let simmer a few minutes. Serve very hot on slices of toast.

—Catherine Ervin.

*BRUNSWICK STEW*

1 veal shin  
1 cup butterbeans
1 small chicken (2 to 3 lbs.)  
1 cup diced potatoes
2 cups fresh or canned corn  
1 large, diced onion
2 cups tomatoes  
Other vegetables, if desired
1 tablespoon bacon drippings

Cook veal shin and chicken until meat falls from bones. Cool; drain off stock; cut meat into cubes; add meat and vege-
tables to stock; add bacon drippings; cook slowly for an hour. Season to taste and thicken slightly; if too thick add water.

—MRS. FRANCIS BRYAN WILLIAMS.

* * *

ROAST BEEF

5 lb. sirloin tip 1 large onion
Salt and pepper

After wiping the roast well with a damp cloth, rub it thoroughly all over with salt and pepper. Sprinkle a little flour over the top and sides; place in an uncovered roaster, without any water, in an oven pre-heated to 600° F. When brown enough (in about a half hour) add 1/2 cup water and the sliced onion; place cover on pan and turn oven off (if you have an oven with retained heat), allowing the roast to continue baking according to your taste, as follows: for a rare roast, 12 minutes per lb.; for a medium roast, 15 minutes per lb.; for a well-done roast, 18 minutes or longer per lb.

The important thing is to have a very hot oven at first, then gradually reduce the temperature.

—MRS. J. E. KING.

* * *

STUFFED PEPPERS

6 halves of green peppers 2 cans potted ham, or
1/2 cup chopped onion 1 can veal loaf
1/4 cup chopped green peppers 1 cup tomatoes
Salt and pepper to taste, 1 cup bread crumbs, or
Salt and pepper to taste, cracker meal

Put stuffed peppers in a pan in about one inch of water and bake slowly.

—MRS. EDWARD S. REID.

* * *

BROILED TENDERLOIN, SIRLOIN OR PORTERHOUSE

Select a tender, thick steak with fresh, juicy appearance; the fat a creamy white. Wipe dry; cut a few, small pieces of fat from steak and dot over it. Place meat on the broiler in pan and put under the gas flame which has been turned on full previously; sear each side quickly; reduce heat to finish cooking. Place on hot platter with drawn butter and season with salt and pepper.

—MRS. NEWTON C. WING.
TO COOK STEAK ON TOP OF STOVE

Have butcher give you the suet that he has cut from steak; cut it into small pieces and cook in skillet. Have this piping hot and put the steak in, searing it first on one side and then the other. Reduce heat until the steak is done. Add a little water and butter to the skillet after you have removed steak: this makes a good gravy.

—Mrs. Newton C. Wing.

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TENDERLOIN A LA BROADDUS

5 lb. tenderloin 1 tablespoon salt
1 lemon 1 tablespoon pepper
1 egg 1 lb. mushrooms
1 can tomatoes

Rub meat with lemon, letting it stand one-half hour. Wash meat with egg, adding seasonings and a little onion, if desired. Put in roaster; pour tomatoes over meat, adding a little butter. Bake one-half hour in hot oven, basting often. Brown under broiler; remove juices from roaster; add cut mushrooms and cook until thick. Place meat again in roaster; pour sauce over it and cook slowly for one hour.

—Mrs. Dave E. Satterfield.

* * *

MOCK DUCK

Beat well 2½ lbs. round steak without bone and season with salt and pepper.

Make a rich dressing as for fowl, spread thickly over the steak; roll it up, tying it in the middle and at each end. Bake as you would a roast of beef.

—Mrs. Charles J. Shuman.
STUFFED CORNED BEEF

1 loaf stale bread
1 large onion
1/2 lb. sliced, salt pork
1/2 lb. beef suet
2 tablespoons parsley
1 tablespoon black pepper
2 tablespoons celery seed
2 tablespoons powdered sage
2 tablespoons thyme
1/2 teaspoon red pepper

Have an eight pound beef corned six weeks before using. Run bread, suet, pork, parsley and onion through meat grinder; add seasonings and enough water to hold the dressing together. Wipe beef and make small holes with apple corer; stuff each hole with as much dressing as it will hold. Place in pan of cold water, boiling gently for five hours, or until tender.

—MRS. EDWARD S. McCARTHY.

TOMATO POT ROAST

4 lb. rump roast of beef
1 can tomato juice
1 teaspoon Worcester sauce
1/4 teaspoon dry mustard
1 teaspoon salt
1/2 teaspoon pepper

Mix all ingredients together and pour over roast; then lay one bay leaf and three slices of onion over the top; let marinate over night. Remove roast from liquid and brown on all sides in hot fat. Cover with liquid in which the meat was marinated and simmer slowly in covered kettle for 3 1/2 or 4 hours; thicken gravy for serving. Serve with spaghetti or whole, boiled potatoes.

—MRS. C. S. GOLDSTON.

POT ROAST

Chunk, or rump roast weighing 3 to 6 pounds
2 or 3 bay leaves
1/2 cup tomatoes
3 or 4 carrots
1 large onion

Wash roast and wipe dry. Put in kettle some hot fat, 1 tablespoon for every two pounds of meat; sear roast quickly on all sides and brown. Cover with boiling water and add salt, pepper, paprika (1/2 teaspoon for every 2 lbs. of beef), two or three bay leaves, 1 teaspoon celery seed, three or four cloves, a dash of cinnamon and ginger; also one large onion, sliced thin; 1/2 cup tomatoes, several carrots, scraped and cut. Cook slowly two or three hours. When done, remove meat, thicken gravy and pour over meat.

—MRS. JAMES D. HARRIS.
SCRAP PIE
Cut into small pieces left-over roast of any kind. Dice two large potatoes, 1 large onion, 1 cup carrots, add one large can tomatoes and any other left-over vegetables. Cook together until vegetables are tender. Line baking pan with uncooked biscuit dough and pour meat and vegetable mixture into pan, covering with small pieces of dough. Bake in moderate oven.
—Mrs. Emmett Seaton.

HASH
1 pt. chopped beef roast 1 pt. chopped, boiled potatoes
1 medium-sized, chopped onion
Mix together, sprinkle with salt, pepper and paprika, heating thoroughly in a hot pan which contains a tablespoon of butter. Add a little milk, if it becomes too dry. Let it cook slowly; when it is brown on the bottom, fold over like an omelet.
Variation in Serving: When it is brown on the bottom, remove to a hot platter; make dents in the hash and drop in a poached egg for each person.
—Mrs. James K. Hall.

EXCELLENT MEAT LOAF
1 1/2 lbs. round steak 1 good-sized onion
1/2 lb. lean pork 2 teaspoons salt
3/4 cup finely crushed corn-
flakes 1/4 teaspoon pepper
2 eggs 1 1/2 cups sweet milk
4 slices of bacon
Place two slices of bacon in the bottom of a casserole. Combine all other ingredients except the onion. Put meat mixture in the casserole.
Peel and quarter the onion, lay on top of the meat mixture, and place over it the remaining two slices of bacon. Bake in a moderate oven for 1 1/2 hours. Serve hot in the casserole. This makes a meat loaf that is juicy and less compact than the ordinary meat loaf.
—Mrs. G. Talbot French.

CHOPPED MEAT BALLS (With Herbs)
1 lb. chopped meat 1 teaspoon marjoram
(bEEF, veal or pork) 1 teaspoon chopped parsley
1 teaspoon chopped onions Salt and pepper to
1 teaspoon thyme taste
Mix herbs with the chopped meat, form into balls, roll in a little flour, and fry in butter until well-browned.

—Mrs. George Call.

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**SWEDISH MEAT BALLS**

1 1/2 lbs. ground, round steak
1/2 lb. ground pork shoulder
1 cup bread or cracker crumbs
2 teaspoons sugar
Salt and pepper to taste
1 teaspoon ground allspice
3 tablespoons minced onion
1/2 cup catsup or chili sauce

Mix all ingredients well, adding water enough to make as smooth a mass as possible. Form into balls and parboil a few minutes in deep, boiling water. Remove from water and fry an even brown in a well-greased frying pan. Serve hot or cold.

—Mrs. M. C. Engstrom.

* * *

**SOUFFLE**

2 cups ground meat
2 cups milk, thickened with 2 rounded tablespoons flour

Mix and let cool, after which add the yolks of 2 eggs and whites beaten to a stiff froth. Season to taste and bake in a moderate oven about an hour, depending upon the degree of dryness one likes.

—Mrs. Fred W. Lepper.

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**MEAT LOAF**

2 cups crumbs
2 tablespoons flour
2 1/2 teaspoons salt
3/4 teaspoon pepper
1/4 teaspoon paprika
1/4 teaspoon mustard
1/2 tablespoon chopped onion
1/2 lb. beef (ground)
1/2 lb. pork (ground)
1/2 lb. veal (ground)
1 egg
1 1/2 cups milk

Mix well together, shape and place in loaf pan. Cover with two strips of bacon and a can of tomato juice. Bake.

—Mrs. E. H. Warren.

A suggestion in making meat loaf: use oatmeal (uncooked) instead of crumbs and the loaf will be much lighter.

—Mrs. J. K. Hall.
SAUER BRATEN

4 or 5 lbs. Top Sirloin  
2 sliced onions  
4 bay leaves  
vinegar  

1 teaspoon allspice or pepper  
corns  
\(\frac{1}{4}\) cup sugar  
\(\frac{1}{4}\) cup raisins

Rub salt and pepper into meat thoroughly. Place in stone crock and pour over a solution made of equal parts of vinegar and water, with the other ingredients added. Let stand four or five days, turning meat each day. Drain and dredge with flour and brown on all sides in a little hot fat. Add a little water and some of the spiced vinegar and cook slowly until tender. Remove from pot, thicken gravy and brown it with a little kitchen bouquet. Just before serving stir in a few crumbled up ginger snaps. Serve with potato dumplings or potato pancakes.

—Mrs. R. V. Farrar.

MEAT LOAF

1\(\frac{1}{2}\) lbs. ground beef  
3 stalks celery (cut fine)  
1 small, chopped onion  
3 slices bread (crumbled)  

2 tomatoes (cut fine), or  
\(\frac{2}{3}\) can tomato soup  
1 green pepper (cut fine)  
1 egg (beaten)

Salt and pepper to taste

Mix together well with long pronged kitchen fork, shape into a loaf and place in oblong pan about 1\(\frac{1}{2}\) or 2 inches deep. Dot top with small pieces of butter and sprinkle with flour. Put 3\(\frac{1}{4}\) inch of water in pan. Bake one hour.

—Mrs. E. W. Armentrout.

FRESH BEEF TONGUE (Pickled), WITH GRAVY AND POTATO DUMPLINGS

(A good winter-time dish)

1 \(\frac{3}{4}\) lbs. fresh beef tongue  
1\(\frac{1}{2}\) tablespoons whole pickling spice  

Vinegar  
Salt  
\(\frac{1}{8}\) teaspoon pepper  
\(\frac{1}{2}\) cup seedless raisins  

1 large onion (sliced)  
1 dozen ginger snaps  
\(\frac{2}{3}\) tablespoons sugar

Place tongue in bowl with enough vinegar to cover. Add spice, salt, pepper and sliced onion and let stand over night. In the morning, place all ingredients in kettle, adding some water, and cook until the tongue is tender. Then lift the tongue
out of the liquid, skin, trim and slice fairly thin. Strain liquid, pour it again into kettle, thicken with ginger snaps, which have been mashed to a paste in a little hot water, and add sugar and raisins. Then put the sliced tongue back into the gravy and let simmer until meat is quite tender.

—Mrs. C. L. Schaaf.

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CHILI CON CARNE

1 lb. round steak  
1 can kidney beans  
1 small onion

Salt and Pepper

Fry steak in butter, adding onion and green pepper. Put in baking dish with rest of ingredients, cover with cooked noodles and brown in oven $\frac{1}{2}$ or $\frac{3}{4}$ hour.

—Mrs. J. E. Warinner

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CHILI CON CARNE

1 lb. ground beef, and  
$\frac{1}{2}$ lb. boiled ham  
1 large onion, sliced  
1 green pepper (ground)  
1 qt. canned tomatoes (strained)  
1 small can pimentos (mashed)  
1 can kidney beans

1 teaspoon chili pepper  
1 teaspoon thyme  
$\frac{1}{2}$ teaspoon dry mustard  
1 teaspoon celery seed  
1 teaspoon salt  
$\frac{1}{4}$ teaspoon red pepper

Fry onion in butter or bacon grease. Add meats and fry thoroughly. Add strained tomatoes, beans and seasonings. Cook until it is as thick as you like it.

—Mrs. H. C. Taylor.

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ROASTED SWEETBREADS

(This is an old English recipe—dated 1823)

2 large sweetbreads  
6 slices bacon  
1 can mushrooms

Salt and pepper to taste

Parboil sweetbreads. When cold, lard them with the thin strips of bacon. Roast in Dutch oven. Broil the mushrooms in the butter and place around the sweetbreads when ready to serve.

—Mrs. C. J. Heatwole.
CREAMED SWEETBREADS

1 pair sweetbreads  
1 can mushroom soup  
Small bunch parsley  
Thin slice or two lemon rind

Parboil sweetbreads. Cut off any fatty parts of gristle. Put mushroom soup in a double boiler and when hot add sweetbreads (which have been cut in pieces); season with salt and pepper and lemon rind and cook about fifteen minutes.

Serve in patty shells or with split toasted muffins.

—Mrs. Fred B. Evensen.

SWEETBREADS AND ALMONDS IN CASES

2 pr. sweetbreads  
1 cup mushrooms, cooked in butter  
5 tablespoons shaved, blanched almonds  
4 tablespoons sherry

Wash sweetbreads, soak one hour in water, drain and dry. Make a white sauce of 2 tablespoons butter, 2 tablespoons flour and ½ cup top milk. Add to the sauce the almonds, mushrooms, sweetbreads (chopped fine) and four tablespoons sherry. Let simmer a few minutes and serve in patty shells sprinkled with toasted, chopped almonds.

—Mrs. H. E. Haden.

FROG LEGS, BROILED

Frog Legs  
Butter sauce  
Butter fat or oil  
Salt and pepper

Select large legs and, after dressing, wash and dry them. Brush them over with the fat, dusting lightly with salt and pepper. Broil till tender and a delicate brown. Serve with butter sauce.

—Mrs. Garnett Reid.

BARBECUED RABBIT

1 rabbit  
2 teaspoons mustard  
Few slices breakfast bacon  
1 cup water  
4 teaspoons vinegar  
1 lump butter  
1 teaspoon currant or any acid jelly

Select a nice, fresh rabbit and lay it in salted water half an hour. Gash freely and lash with thin slices of bacon. Put in baking pan and pour over a cup of water and steam until tender. Remove top and baste frequently with the barbecue mixture. When brown and savory serve on a hot platter liberally buttered. Garnish with parsley.

—Mrs. R. V. Farrar.
VENISON

Venison should be hung in a cold, dry place two weeks before using. Lard well with salt pork. (Your butcher will be glad to do this for you.) Place in a very hot oven and roast fifteen minutes to the pound. At first, baste every ten minutes with drawn butter, then with its own juices. Season with salt and pepper. Currant jelly and watercress are nice served with venison.

—MRS. J. B. BAKER.

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SPANISH OMELET

10 eggs
1 lb. sliced bacon
1 can tomatoes
2 good sized onions
1 small can button mushrooms
½ cup sugar
1 teaspoon salt
1 green pepper

Cook tomatoes, chopped onions, pepper, mushrooms, sugar and salt until onions and pepper are done. Thicken with 3 tablespoons flour mixed with ¾ cup water. Set aside until later. Fry bacon crisp and keep it hot. Beat eggs separately and to the yolks add ¾ cup of milk and ¼ teaspoon salt. Have griddle very hot and put a little bacon grease in it. Pour yolks on griddle and when a little set add stiffly beaten whites. Place in a hot oven until the omelet is done. Then put on hot platter, arranging slices of hot bacon around it and pour sauce over omelet. Serve.

—MRS. MILLER JOBLIN.

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CHEESE SOUFFLE

Temperature 325°; Time 1 hour

4 tablespoons butter
5 tablespoons flour
1 cup milk
½ teaspoon salt
¾ cup cheese
3 eggs

Melt the butter and stir in the flour. Gradually add the milk, stirring constantly. Add the salt and cheese which has been grated or cut in small cubes. Cook and stir until the cheese is melted. Cool and add the beaten egg yolks, then fold in the stiffly beaten egg whites. Pour into a well-greased baking dish set in a pan containing 1 inch of boiling water and bake at 325° for 1 hour. Yield: 6 servings.

—MRS. J. A. WALFORD.
EGGS IN CHILI

1 cup water  
1 cup chili sauce  
1 tablespoon butter  
1 teaspoon Worchester sauce  
½ teaspoon salt  
Dash cayenne  
Six eggs

Put all ingredients except eggs in a skillet and bring to a boil. Drop eggs in one by one and poach until whites are set and yolks firm. Serve on toast with sauce poured over it.

—Mrs. J. E. Warinner.

EGGS WITH CHEESE

4 eggs  
½ cup cream  
1 tablespoon butter  
½ teaspoon salt  
½ teaspoon paprika  
½ lb. American cheese

Melt butter, adding unbeaten eggs one at a time, and beat a little. Add cream, seasoning and cheese. Heat and stir until cheese is melted. Serve on buttered toast.

—Mrs. F. D. Carpenter.

FRENCH OMELET

Beat 6 eggs without separating; add one teaspoon milk for each egg and beat again only enough to mix well. Melt lump of butter in medium hot pan. Pour in mixture and pull from side of pan with cake turner until mixture is set but not dry; sprinkle with salt and turn one half over the other or use omelet pan.

Before turning, cheese, minced ham, chicken livers or pieces of raw tomato may be added, making a delicious dish. The success of this omelet is in the light, quick handling and medium heat. Serve at once.

—Mrs. W. A. Page.

ENGLISH MONKEY

(For lunch or Sunday supper)

1 cup bread crumbs  
1 cup milk  
1 tablespoon butter  
1 egg  
½ cup soft, mild cheese cut in small pieces  
½ teaspoon salt  
Dash of paprika

Soak crumbs 15 minutes in milk. Melt butter and add cheese. When cheese melts add the soaked crumbs and beat eggs slightly. Season and cook 3 minutes and serve on toasted crackers (as an entree).

—Mrs. G. A. Washburn.
A FLUFFY OMELETTE

4 eggs
4 tablespoonfuls of milk
Salt

Chill eggs in refrigerator. Beat yolks, add milk and salt. Beat whites of eggs very stiff and add. Pour into a well-greased and hot skillet and cook on top of stove, then brown in the oven. Fold when ready to serve and pour melted butter over the omelette.

—MRS. ALLEN J. BLACK.

VENETIAN EGG

1 tablespoon butter
1 small onion
1/2 lb. cheese
1 pt. strained tomato

3 eggs
Salt
Pepper
Dash cayenne

Melt butter in saucepan or chafing dish; add slices of onion; cook; add cheese and melt; then hot tomato; break in eggs and stir until thick. Season and serve on crackers or toast.

—MRS. WALTER SHIREY.

SAUCE FOR AN OMELET OR HAMBURGER

1/2 cup chopped onions
1/2 cup chopped green peppers

2 cups water
1 can tomato soup
Salt and pepper

Boil onions and peppers until tender in the 2 cups of water.
Add soup. If wanted thick, add a little flour.

—MRS. EDWARD S. REID.

MUSHROOMS A LA KING

3 tablespoons butter
1 1/2 cups washed mushrooms
3 tablespoons flour
1 cup cooked, diced celery

1/4 cup sliced, stuffed olives
1/4 cup grated American cheese
3 hard cooked eggs
2 cups milk
1 tablespoon sherry wine


—MRS. WILLIAM R. SHANDS.
MACARONI MOUNDS

$\frac{1}{2}$ lb. macaroni 1 teaspoon salt
3 tablespoons butter $\frac{1}{4}$ cup chopped pimentos
1 cup milk 1 cup diced chicken
3 tablespoons flour 1 egg
$\frac{1}{2}$ cup bread crumbs

Cook macaroni until tender. Drain, make cream sauce, add macaroni, chicken, pimentos and salt. Shape into balls and dip in egg beaten with milk, then in bread crumbs. Fry in deep fat. Drain on brown paper and serve with Rarebit Sauce, made by adding $\frac{1}{2}$ cup cheese to a rich cream sauce. Stir till cheese melts.

—Mrs. R. V. Farrar.

ITALIAN SPAGHETTI

(A recipe long in use in the Garibaldi family)

1$\frac{1}{2}$ lbs. spaghetti 3 tablespoons olive oil
1 lb. beef and pork, mixed, or other cooking oil
   ground twice or cut fine 1 small can tomato paste, or
3 tablespoons cubed green 2 cups tomatoes
   pepper 1 cup mushrooms (optional)
1 medium onion, cut fine 1 teaspoon salt
Pepper or other hot seasoning, as desired

Cook onion and pepper in olive oil in iron frying pan, stirring constantly, until onion is golden. Add meat, stirring until light brown; add tomato paste, salt and pepper. Cover tightly and let simmer for two hours or more, stirring occasionally and adding water, if necessary, to keep from sticking. Add mushrooms just before removing from fire.

In the meantime, have spaghetti broken in convenient pieces, boiling it in salt water for 20 minutes or a half hour. Drain spaghetti, mound in center of large serving dish and cover with meat sauce. Sprinkle with Parmesan cheese.

Mrs. Francis Bryan Williams.
"Beens, sweet 'taters, corn in de basket; Dey's plenty to eat, if ennybody ask it."

VEGETABLES

MRS. D. HILL STEVENS, Chairman

"Training is everything. The peach was once bitter almond; cauliflower is nothing but cabbage with a college education."—Mark Twain.

The fresher all vegetables are the more wholesome. Vegetables should be freshly gathered, washed well, and allowed to lie in cold water half an hour before using. They should be cooked in freshly boiled water until tender, no longer. After water has boiled for a time it parts with its gases and becomes hard. A half teaspoonful of bi-carbonate of soda to every gallon of water renders it soft; soda also preserves color. A teaspoonful of salt added to every gallon of water hardens it at once. A few grains of sugar added to most vegetables is an improvement, especially when the vegetables are poor in quality.

Baked Asparagus

2 cans asparagus tips ½ teaspoonful pepper
2 tablespoonfuls butter 1 cupful soft bread crumbs
2 tablespoonfuls flour ½ cupful dried buttered crumbs
2 cupfuls milk 4 hardboiled eggs
½ cupful grated cheese 1 teaspoonful salt

Make a sauce as follows: Melt butter in doubleboiler, remove from heat, stir in flour, milk, bread crumbs and seasonings. Drain asparagus and put in baking-dish in layers of, first asparagus, then sliced eggs, then sauce, repeating until dish is filled. Sprinkle with dried buttered crumbs mixed with grated cheese. Bake twenty minutes.

—MRS. A. C. COPENLAND.

Asparagus Souffle

2 cans asparagus 1 tablespoonful flour
3 eggs Red pepper
1 cupful milk Grated cheese
1 tablespoonful butter Parsley
Beat yolks and whites of eggs separately. Make thick cream sauce with butter, flour, and milk. Stir in yolks and fold in whites of eggs. To this add asparagus cut in pieces. Season with red pepper and bake in oven. Turn out and garnish with grated cheese and parsley.

—Mrs. P. A. Seaton.

* * *

BAKED BEANS

1 qt. navy beans 1 teaspoonful molasses
1 lb. pork chops 1 teaspoonful sugar
1 teaspoonful salt Dash of red pepper
\( \frac{3}{2} \) teaspoonful mustard 1 cupful hot water

Soak beans overnight. Cover with cold water and parboil for one hour. Place chops, or another form of pork in baking dish and put the beans around it. Dissolve salt, mustard, molasses, sugar and red pepper in cup of hot water and pour over beans. Add enough water to cover. Bake covered in slow oven for six hours.

—Mrs. Fred W. Lepper.

* * *

BANANA FRITTERS

4 bananas \( 1\frac{1}{4} \) cupfuls sugar
Lemon juice 2 teaspoonfuls baking powder
Powdered sugar Saltspoon of salt
1 egg 3 tablespoonfuls sugar
\( \frac{3}{4} \) cupfuls rich milk

Peel and divide bananas into halves lengthwise, then each half cross-wise. Dip each portion in lemon juice and powdered sugar. Let stand while preparing batter as follows: Beat egg lightly, add milk gradually, and sift in the flour, baking powder, salt and sugar. Dip portions into batter several times, then fry in deep hot fat, a delicate brown. Drain on unglazed paper and serve with an orange or lemon sauce. Chopped nuts may be added to the sauce.

—Mrs. R. V. Farrar.

* * *

BROCCOLI

\( \frac{1}{2} \) cupful butter 2 egg yolks
1 tablespoonful vinegar \( \frac{3}{4} \) teaspoonful salt
Few grains red pepper

Boil broccoli in salt water until tender. Serve with sauce made as follows: Divide butter into three parts; put one part in sauce pan with vinegar and egg yolks; put sauce pan in pan of
hot water and stir with wire whisk. Add second piece of butter, and, when thick add third piece of butter. Remove from fire and add salt and pepper.

—Mrs. H. J. Warthen.

* * *

**BROCCOLI WITH VINEGAR SAUCE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 teaspoonful salt</td>
<td>6 tablespoonfuls olive oil or butter</td>
</tr>
<tr>
<td>1/4 teaspoonful paprika</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoonful pepper</td>
<td>1 tablespoonful minced green pepper</td>
</tr>
<tr>
<td>1 tablespoonful lemon juice</td>
<td>1 tablespoonful minced cucumber pickle</td>
</tr>
<tr>
<td>2 tablespoonfuls vinegar</td>
<td></td>
</tr>
<tr>
<td>1 tablespoonful chives</td>
<td></td>
</tr>
<tr>
<td>1 tablespoonful chopped parsley</td>
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</tbody>
</table>

Cut off tough stalk and coarse leaves from broccoli. Steam or cook uncovered in boiling water from twenty to thirty minutes. Add salt while cooking. Combine all of the other ingredients heat and serve hot over broccoli.

—Mrs. Fred Evensen.

* * *

**CABBAGE**

1 large cabbage 1 teaspoonful salt

Cream dressing

Have sauce pan ready with boiling salted water. Shave cabbage and drop slowly in so as not to stop boiling. Boil ten minutes, drain, pour over this your favorite cream sauce and grate cheese over top.

—Mrs. Carlton Jackson.
STUFFED CABBAGE

1 large cabbage 1 teaspoonful salt
1 cupful ground ham 1 teaspoonful pepper
2 hard-boiled eggs 1 tablespoonful butter

Unfold cabbage and take out heart, chop up and mix with other ingredients and put back in center of cabbage; tie up and boil one hour. Serve with melted butter poured over the whole.

—Mrs. Ralph Johnson.

GLAZED CARROTS

Boil carrots until soft. Put them in a pan where you have melted equal quantities of butter and sugar. (Turn carrots every few minutes) and let them simmer very slowly for about one-half hour. Serve on a platter sprinkled with chopped parsley.

—Mrs. Sterling Grigg.

STUFFED CARROTS

6 medium carrots Slice of minced onion
Bits of butter Cracker crumbs
Pepper to taste Celery salt to taste

Scrape and boil carrots until tender. While warm, carefully scoop out centers, using apple corer, and leaving outer shell of carrots intact. To the scooped out carrot add butter, minced onion, pepper and celery salt. Stuff carrots with this mixture and just before serving roll carrots in cracker crumbs and fry in hot butter until a delicate brown.

—Mrs. Emmett Seaton.

LOBSTER AND CAULIFLOWER (Eastern Style)

1 head cauliflower 3 tablespoonfuls butter
1 lemon 1 cupful lobster meat
½ teaspoonful salt 3 tablespoonfuls flour
1 pint water 2 cupfuls milk
Pepper to suit taste

Clean and trim 1 head cauliflower, soak in cold water with the juice of lemon. Put ½ teaspoonful salt into a pan filled with water and place cauliflower erect into the mixture. Steam ½ hour, remove and place in a chop dish. Heat butter in pan and stir lobster meat into butter. Then gradually stir 3 tablespoonfuls flour into butter and lobster meat mixture. When blended, add salt and milk and sprinkle with pepper.

—Mrs. W. A. Roper.
BAKED CORN

2 tablespoonfuls shortening  
1½ tablespoonfuls flour  
1 cupful milk  
2 cupfuls cooked or canned corn  
1 tablespoonful sugar  
1 teaspoonful salt  
½ teaspoonful pepper  
2 eggs

Melt shortening, add flour and mix well. Add milk gradually and bring to the boiling point, stirring constantly. Add corn, sugar, salt and pepper and heat thoroughly. Remove from fire, add well-beaten eggs and pour into a greased baking dish. Bake in a moderate oven for twenty-five minutes, or until corn is firm.

—MRS. F. B. WILLIAMS.

CORN BALLS

1 pint corn (cut from tender green corn)  
4 eggs  
1 cupful milk  
½ cupful flour  
1 teaspoonful baking powder  
1 teaspoonful salt  
Pinch of Pepper

Add corn to well-beaten eggs. Add milk, salt and pepper. Beat thoroughly together, add flour into which the baking powder has been sifted. Pour this into well-buttered cups. Set cups in pan of water and let bake.

—MRS. C. J. HEATWOLE.

CORN FRITTERS

1 pint canned corn  
1 egg  
½ cupful melted butter  
1 teaspoonful flour  
½ teaspoonful baking powder  
Salt, pepper to suit taste

Mix and fry in butter.

—MRS. A. T. LOWMASTER.

CORN MEXICANO

⅛ lb. cheese  
⅛ cupful sweet milk  
1 can corn  
1 green or red pepper  
1 small onion  
1 egg  
Lump of butter  
Bread crumbs

Melt cheese with milk over hot water. Add corn, minced pepper, well-beaten egg and onion cooked soft in butter. Pour into greased dish, cover with bread crumbs and bake in oven until brown.

—MRS. ARTHUR JACKSON.
CORN PUDDING

2 cupfuls corn 1 tablespoonful sugar
3 eggs 1 teaspoonful salt
2 cupfuls top milk

Cut corn from cob and put in buttered baking dish. Beat eggs, add milk and seasonings. Pour this mixture over the corn and bake in a pan set in boiling water at 400° for 40 minutes.

—MRS. J. BINFORD WALFORD.

CRANBERRY ASPIC

2 cupfuls of cranberries 1 package lemon jello
1 orange ½ cupful sugar
1 ½ cupfuls liquid (juice from berries and orange and finish out quantity with water.)

Run cranberries and orange through meat-chopper after first removing seed and hard center, but not peeling from orange. Drain off juice. To one package of jello add liquid and sugar. When jello and sugar thoroughly dissolve, add ground berries and orange. Put in individual molds and place in refrigerator.

—MRS. KIRK MATTHEWS.

BAKED EGGPLANT

1 eggplant Few grains black pepper
1 onion Few grains red pepper
1 stem celery Few grains ginger
1 tomato Few grains mustard
1 egg Few grains cinnamon
1 teaspoonful salt Few grains nutmeg
½ cupful bread crumbs Few grains all-spice
2 tablespoonfuls melted butter Few grains cloves

Few grains mace

Peel eggplant and run through food-chopper with onion, celery and tomato. Add bread crumbs and mix with rest of ingredients. Bind with egg and bake in buttered dish in oven.

—MRS. HENRY U. EBELE.

EGGPLANT CREOLE

1 eggplant 1 green pepper
2 large tomatoes (fresh) 1 large can tomatoes
1 onion Salt to taste

Sliced bacon

Peel and cut eggplant into slices. Sprinkle with salt and place under weight for thirty minutes. Put eggplant in pan
and place a thick slice of tomato on each slice of egg-plant, a slice of onion on tomato, a slice of green pepper on onion, and cross strips of bacon on top; salt well. Chop canned tomatoes and pour around eggplant. Salt again and bake from thirty to sixty minutes, depending upon thickness and tenderness of egg-plant.

—Mrs. Robert H. Shultz.

**SCALLOPED EGGPLANT**

1 large eggplant 1 tablespoonful grated onion

$\frac{1}{4}$ cupful water 1 tablespoonful chopped green pepper

3 tablespoonfuls bacon fat 1 cupful grated American cheese

Salt, pepper to taste $\frac{2}{5}$ cupful bread crumbs

Peel and cut eggplant into small pieces and cook in water over slow fire until tender. Add other ingredients. Top with sprinkling of bread crumbs and cheese. Bake in moderate oven until brown. Serves six.

—Mrs. J. J. Bradford.

**STUFFED EGGPLANT**

1 eggplant 1 tablespoonful butter

Minced ham $\frac{1}{2}$ onion minced

2 tablespoonfuls bread crumbs Salt, pepper to taste

Cut eggplant in halves, remove pulp and put in sauce-pan with a little minced ham. Cover with water and boil until soft, drain off water and add crumbs, butter, onion, and salt and pepper. Stuff each half with the mixture, top each half with bits of butter. Bake twenty minutes.

—Mrs. Walter Shirey.

**MACARONI SOUFFLE**

1 package macaroni 1 tablespoonful chopped parsley

$1\frac{1}{2}$ cupfuls scalded milk 1 teaspoonful onion

1 cupful bread crumbs 1 cupful grated cheese

$\frac{1}{4}$ cupful butter 3 eggs

1 sweet red pepper, or pimento chopped fine 1 tablespoonful salt

Cook macaroni in boiling water. Drain when tender. Pour scalding milk over bread crumbs; add melted butter, red pepper, parsley, onion, salt, cheese, and beaten egg yolks. Pour mixture over macaroni and fold in stiffly beaten egg whites. Put in
buttered baking dish, set in pan of water and bake forty minutes in moderate oven.  
—MRS. ROBERT C. BAYLISS.  

GREEN PEAS WITH MINT  
1 qt. green peas  Large piece butter  Salt, pepper to taste  2 tablespoonfuls crushed mint  1 scant teaspoonful honey  
Simmer slowly fresh green peas to which butter, salt, and pepper have been added. When cooked, add the mint and honey. Serve hot.  
—MRS. GEORGE CALL.  

STUFFED GREEN PEPPERS  
5 peppers 6 cupfuls ground ham 1/2 lb. grated cheese 1 small can tomatoes 2 medium sized onions 1 egg  
Pour boiling water over peppers, let stand ten minutes. Cut peppers in halves, remove stems, seeds and pulp. Mix ham, cheese, onions, egg and tomato. Fill peppers and bake in moderate oven.  
—MRS. G. O. TIMBERLAKE.  

PEPPER RELISH  
1 cupful green peppers 1 tablespoonful salt 1 cupful red peppers 1 cupful vinegar 1 grated onion 1/2 cupful sugar  
Put peppers through meat-chopper. Cover with boiling water, let stand ten minutes. Strain, cover again with hot water and bring to a boil. Let stand ten minutes. Strain dry, add rest of ingredients and cook fifteen minutes. Pack while hot in jars and seal.  
—MISS E. D. GARNETT.  

BAKED POTATOES  
6 potatoes 1/2 cupful boiled ham, 2 tablespoonfuls hot milk chopped fine 1 tablespoonful butter 2 teaspoonfuls chopped pimento Salt, pepper  
Bake potatoes, cut in halves and scoop out pulp. Mash potato and add milk, butter, ham, pimento, salt and pepper.

—Mrs. T. C. Sublett.

* * *

**POTATO PAN CAKES**

- 8 potatoes
- 2 eggs
- Salt

Pare and grate potatoes into cold water. Drain and add beaten egg, flour, and enough milk to make stiff batter. Season with salt and pepper. Drop by spoonfuls into hot fat and cook until crisp and brown.

—Mrs. R. V. Farrar.

* * *

**POTATO DUMPLINGS**

(Tasty served with gravy of pickled fresh tongue)

- 6 large potatoes
- 1 cupful bread crumbs
- 2 tablespoonsfuls butter

Boil potatoes in jackets in salt water until thoroughly cooked. Peel and run through potato-ricer. Put bread crumbs in pan with butter and toast until brown. Mix riced potatoes, bread crumbs and flour with eggs, adding salt and nutmeg. Make into balls. Boil in salt water until thoroughly done. Serve promptly.

—Mrs. C. L. Schaab.

* * *

**SWEET POTATO SURPRISE**

- 2 cupfuls riced sweet potato
- 1 egg

Boil and peel potatoes. When partly cool, press through ricer. Add beaten egg. If mixture is too dry add a little milk. (Flour hands if necessary.) Form into 8 round balls, with marshmallows pressed inside. Roll in corn flakes and fry in hot fat.

—Mrs. Alvin Bagby.

* * *

**GLORIFIED RICE**

- 2 cupfuls boiled rice
- Butter

Mix rice and pineapple. Put in baking dish and dot top with
butter. Cover with marshmallows and bake a light brown. Serve with a molded salad.

—MRS. C. S. GOLDSTON.

** * * *

** MEXICAN RICE **

3 tablespoonfuls lard 1 large can tomatoes
2 large onions 1 cupful uncooked rice
Salt and red pepper to taste

Brown onions in lard and add tomatoes, mashed fine; add rice, salt and pepper to taste. Add a cupful of water slowly until a quart has been used. Let mixture cook almost dry and each grain of rice will be fluffy.

—MRS. C. O. SWANN.

** * * *

** COLD SLAW **

Make a dressing of:

\[ \frac{1}{2} \text{ cupful vinegar} \quad 1 \text{ teaspoonful salt} \]
\[ \frac{1}{2} \text{ cupful sugar} \quad \frac{1}{2} \text{ teaspoonful pepper} \]

2 eggs

Cook all together in double-boiler. When mixture thickens, add \( \frac{1}{2} \) cupful milk slowly. Into the cold dressing, stir 1 lb. head of cabbage which has been shaved and thoroughly chilled. Sprinkle top of each serving with grated carrots and serve on lettuce leaves. Will serve six.

—MRS. I. R. DRURY.

** * * *

** DRESSING FOR COLD SLAW **

(Or any other vegetable salad)

\[ 1 \text{ tablespoonful sugar} \quad 1 \text{ teaspoonful flour} \]
\[ \frac{1}{2} \text{ teaspoonful salt} \quad 1 \text{ tablespoonful butter} \]
\[ \frac{1}{2} \text{ teaspoonful mustard} \quad \frac{1}{2} \text{ cupful vinegar} \]
\[ \frac{1}{4} \text{ teaspoonful pepper} \quad 1 \text{ egg} \]

Mix dry ingredients and add to melted butter. To this add heated vinegar. When thick and smooth, add beaten egg. Cook a minute longer, stirring constantly. Pour hot over 1 pint of shaved cabbage and serve at once; or use cold over any other vegetable.

—MRS. W. H. FOY.

** * * *

** ITALIAN SPAGHETTI **

\( \frac{1}{2} \) cupful melted butter 2 or 3 large onions
2 cans tomato soup \( \frac{1}{2} \) lb. ground beef
1 can tomatoes Salt, pepper, sugar to taste

Cheese
Make sauce as follows: Brown onions in the butter; add tomato soup, can of tomatoes and ground beef. Cook all slowly until mixture is thick. Season with salt, pepper, and sugar. Cook one package of spaghetti until tender. Do not allow it to get too soft. Stir as it cooks. Serve spaghetti with sauce poured over it and two teaspoons grated cheese on each serving.

—Mrs. W. E. Grigg.

**GENUINE ITALIAN SPAGHETTI**

<table>
<thead>
<tr>
<th>1 lb. spaghetti</th>
<th>1 lb. ground beef</th>
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</thead>
<tbody>
<tr>
<td>1 large can tomatoes</td>
<td>Scant teaspoonful sugar</td>
</tr>
<tr>
<td>2 medium onions, chopped</td>
<td>Salt, red pepper to taste</td>
</tr>
<tr>
<td>Several sprays parsley</td>
<td>2 1/2 cupfuls boiling water</td>
</tr>
<tr>
<td>Few stems celery</td>
<td>Handful dried mushrooms</td>
</tr>
<tr>
<td>2 pods garlic</td>
<td>2 tablespoonfuls olive oil</td>
</tr>
</tbody>
</table>

Put all of above ingredients, except mushrooms, into iron skillet. Let mixture come to a boil and cook slowly and thoroughly until mixture turns a rich brown color. Broths from chicken or beef may be added in place of water. Soak mushrooms in tepid water, drain, chop, and add with olive oil to cooked spaghetti; simmer at least 15 minutes after adding mushrooms and oil. (I wash mushrooms and let soak in the 2 1/2 cups of water and use that water for it has the mushroom flavor.) Use the Italian cheese on top.

—Mrs. B. Jeter Woodward.

**SPINACH SOUFFLE**

<table>
<thead>
<tr>
<th>4 cupfuls spinach</th>
<th>4 tablespoonfuls flour</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 tablespoonfuls butter</td>
<td>1/2 cupful milk or cream</td>
</tr>
<tr>
<td>3 eggs</td>
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</tbody>
</table>

Put spinach through sieve. Keep 1/2 cup of juice from spinach. Melt butter and add flour, then gradually spinach juice and milk, stirring until it boils. Add spinach, season with pepper and salt. Add beaten yolks and fold in stiffly beaten whites. Cook about twenty minutes in greased baking dish.

—Miss Katherine Rhoads.

**SCALLOPED SPINACH AND TOMATOES**

<table>
<thead>
<tr>
<th>6 lbs. spinach</th>
<th>1 teaspoonful sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 tablespoonfuls butter</td>
<td>1 whole clove</td>
</tr>
<tr>
<td>3 teaspoonfuls salt</td>
<td>1 tablespoonful minced onion</td>
</tr>
<tr>
<td>3/8 teaspoonful pepper</td>
<td>1/2 seeded green pepper</td>
</tr>
<tr>
<td>1 large can tomatoes</td>
<td>8 tablespoonfuls flour</td>
</tr>
<tr>
<td>1 bay leaf</td>
<td>1/4 cup fresh bread crumbs</td>
</tr>
</tbody>
</table>
Wash and cook spinach until tender. Drain and season with 3 tablespoonfuls butter, 1 teaspoonful salt and \( \frac{1}{2} \) teaspoonful pepper. Combine tomatoes, bay leaf, 2 teaspoonfuls salt, the sugar, clove, minced onion, chopped green pepper, 3 tablespoonfuls butter and the flour. Mix well and simmer thirty minutes. Remove bay leaf and clove; arrange alternate layers of prepared spinach and tomato sauce in casserole, having sauce on top. Top with bread crumbs.

—Mrs. M. C. Engstrom.

**FRIED TOMATOES**

| 4 tomatoes | \( \frac{3}{4} \) cupful flour or bread crumbs |
| 1 egg | \( \frac{1}{2} \) cupfuls milk |
| Salt to taste | 2 tablespoonfuls butter |

Slice tomatoes rather thick, salt, dip in beaten egg, roll in flour or cracker crumbs and fry in butter until brown. Put on platter. Add more butter to pan and make gravy with flour and milk. Pour over tomatoes.

—Mrs. J. A. Washburn.

**EGGS BAKED IN TOMATOES**

6 tomatoes
6 eggs
Salt, pepper to taste

Butter

Select tomatoes of uniform size. Cut off stem end and take out enough pulp to leave a space as large as an egg. Sprinkle inside with salt and pepper and drop into each one an egg. Place the filled tomatoes in a baking dish, with a little hot water, and bake about twenty minutes, or until eggs are set and tomatoes are a little softened. Serve tomatoes on rounds of bread browned in butter.

—Mrs. A. B. B. Harris.

**STUFFED TOMATOES**

6 ripe tomatoes
3 eggs
Salt and pepper

Mayonnaise
Worcestershire sauce

Scald and peel medium-sized ripe tomatoes. Cut piece from stem end and scoop out some of the pulp. Sprinkle with salt and pepper. Hard boil eggs, cut in halves, remove yolks and mash. Add enough mayonnaise to moisten. Season with salt, pepper and Worcestershire sauce. Place egg white in tomatoes...
and surround it with gelatine mayonnaise. Fill egg whites with egg yolk mixture, making a piled up effect. Chill and serve on lettuce with either French or Russian dressing.

**GELATINE MAYONNAISE**

Soften 1/2 teaspoonful of gelatine in 1/2 tablespoonful of cold water. Dissolve over boiling water; add to one cup of mayonnaise. Use as soon as it begins to stiffen.

—Mrs. R. H. Jefferies.

* * *

**RED TOMATO RELISH**

15 red tomatoes 5 large onions
3 heads celery 1 cupful sugar
2 green peppers 2 1/2 tablespoonfuls salt
3 cupfuls vinegar

Cut up or put through meat chopper all of ingredients. Add seasonings and pour vinegar over all. Boil one and one-half hours. Bottle while hot. Excellent with cold meat.

—Mrs. E. L. McQuade.
"Lite bread an' biscuit I'se bakin' ebery day; Yo' knows dey's best de old-fashion way."

**BREADS**

**MRS. COLA POWELL, Chairman**

**BAKING POWDER BISCUIT**

(Recipe makes 18 small biscuits)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 cups flour</td>
<td>1 tablespoon baking powder</td>
</tr>
<tr>
<td>( \frac{1}{2} ) teaspoon salt</td>
<td>( \frac{1}{4} ) cup shortening</td>
</tr>
<tr>
<td>( \frac{3}{4} ) cup sweet milk</td>
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</tbody>
</table>

Sift flour with salt and baking powder. Work in shortening until mixture resembles coarse meal. Roll to desired thickness and bake in hot oven.

**SOUTHERN BUTTERMILK BISCUITS**

Follow directions for plain baking powder biscuits, using \( \frac{1}{4} \) teaspoon soda and 2 teaspoons baking powder. Substitute buttermilk for sweet milk.

—**MRS. GARRETT REID.**

**BROWN BISCUIT**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup white flour</td>
<td>1 dessert spoon salt</td>
</tr>
<tr>
<td>3 cups graham flour</td>
<td>1 teaspoon brown sugar</td>
</tr>
<tr>
<td>1 tablespoon butter</td>
<td>( \frac{1}{2} ) teaspoon soda</td>
</tr>
</tbody>
</table>

Mix with sour milk or buttermilk and roll out like ginger snaps.

—**MRS. RALPH JOHNSON.**

**SWEET POTATO BISCUIT**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 small potatoes (boiled and creamed)</td>
<td>2 eggs (beaten)</td>
</tr>
<tr>
<td>1 cup warm milk</td>
<td>1 tablespoon shortening</td>
</tr>
<tr>
<td>1 tablespoon butter</td>
<td>1 cake compressed yeast</td>
</tr>
</tbody>
</table>

\( 1 \frac{1}{2} \) teaspoons salt

Crush yeast in half of milk and let stand 15 minutes. Cream
Biscuit making is not so much a test of your cooking ability or the recipe you follow as it is of the baking powder you use. Only a quality baking powder will give you quality results.

You can improve your favorite biscuit recipe by using RICHMOND MAID Pure Phosphate Baking Powder—it has an extra, perfectly balanced leavening strength that works like magic in your batter or dough—causing your biscuit to rise just the right amount at just the right time—once in the mixing, and again in the oven!

And remember this—you need never fear any bitter or disagreeable taste when you use this fine quality baking powder! Your biscuit will be light, white, and fluffy—every time! For better biscuit than you ever baked before, try RICHMOND MAID BAKING POWDER!

MANUFACTURED BY THE RICH-MAID MFG. CO., RICHMOND, VIRGINIA
BREADS

1 cup yellow corn meal 1 cup graham flour
1 cup graham flour 2 1/2 cups bread crumbs
2 cups sweet milk

Add soda to milk. Stir in other ingredients. Fill greased baking powder cans half full of mixture and steam for three hours.

—MRS. ERNST FARLEY.

STEAMED BROWN BREAD

1 cup graham flour 1 teaspoon salt
1 cup white flour 1 teaspoon soda
1 cup sour milk 1/2 cup raisins
3/4 cup molasses

Mix and sift all ingredients; add milk, soda, and molasses. Steam three hours.

—MRS. H. C. TAYLOR.

CHEESE STRAWS

1/2 lb. butter 2 1/4 cups flour
3/4 lb. cheese 1 teaspoon salt

Put butter out to soften, run cheese through meat grinder and then mix all ingredients together. Roll or bake, or they do nicely run through a cake tube.

—MRS. E. S. SIMPSON.

CHEESE STRAWS

1 pint flour 1 teaspoon cayenne pepper
1 lb. cheese 1/4 lb. butter

Sift salt, flour, and cayenne pepper. Rub grated cheese into flour, mix with melted butter. Roll, cut in strips; bake.

—MRS. H. V. GODBOLD.
CHEESE BISCUIT

Grate cheese and mix with butter. Add flour. Roll out to \( \frac{3}{8} \) inches thick. Cover with floured cloth. Cut and put nut on top of each biscuit. Bake in moderate oven.

—VIRGINIA THORNTON.

CHEESE BISCUIT

Mix and put in refrigerator for an hour or so. Roll out about \( \frac{1}{4} \) inch thick and cut with biscuit cutter. Put half of pecan on top and bake.

—MRS. E. L. RUFFIN.

CHEESE SPOON BREAD


Sauce.—Heat undiluted tomato soup with a few salted almonds cut up in it.

—MRS. ROBERT H. SHULTZ.

CHEESE COOKIES

Mix, roll, and cut with biscuit cutter. Put two together with apple jelly between; bake. Better kept in ice box over night before baking.

—MRS. E. L. MCQUADE.

CHEESE DROP BISCUIT

Better kept in ice box over night before baking.
Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening and cheese. Add milk all at once and stir constantly and carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around the bowl. Drop from spoon on ungreased baking sheet. Bake in hot oven (450°F) 12 to 15 minutes. Makes 18 biscuits.

—Mrs. William E. Grigg.

* * *

**CHEESE MUFFINS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 eggs</td>
<td>½ teaspoon salt</td>
</tr>
<tr>
<td>2 cups flour</td>
<td>½ cup grated cheese</td>
</tr>
<tr>
<td>4 teaspoons baking powder</td>
<td>¾ cup milk</td>
</tr>
<tr>
<td>2 teaspoons melted shortening</td>
<td></td>
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</tbody>
</table>

Sift together flour, baking powder, and salt; add cheese and mix to a smooth batter with shortening, beaten eggs, and milk. Bake in moderate oven until muffins are done.

—Mrs. C. R. Davenport.

* * *

**CORN MUFFINS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups sweet milk</td>
<td>½ teaspoon sugar</td>
</tr>
<tr>
<td>1 cup corn meal</td>
<td>1 heaping teaspoon baking powder</td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td>1 heaping tablespoon melted shortening</td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
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</tbody>
</table>

Add milk to well-beaten egg. Then sift in cornmeal, salt, sugar, baking powder and mix thoroughly. Add shortening and pour in well-greased muffin pans. Bake in moderate oven. Makes six muffins.

—Mrs. Edward Scott Boze.

* * *

**BLUEBERRY MUFFINS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups flour</td>
<td>1 cup sweet milk</td>
</tr>
<tr>
<td>3 teaspoons baking powder</td>
<td>4 tablespoons sugar</td>
</tr>
<tr>
<td>1 cup berries</td>
<td>2 tablespoons butter</td>
</tr>
<tr>
<td>2 eggs</td>
<td>½ teaspoon salt</td>
</tr>
</tbody>
</table>

Mix and sift dry ingredients and when well blended add berries. Mix until the berries are well coated. Combine all the liquids—milk, butter (melted), and beaten eggs. Slowly pour these into dry ingredients. Mix lightly with a spoon. Place batter in greased muffin pans not more than two-thirds full. Bake in a hot oven 425°F., for 20 to 25 minutes.

—Mrs. H. J. Warthen.
CORN MEAL MUFFINS

1 egg  
½ cup meal  
½ teaspoon salt  
1 cup milk  
2 tablespoons sugar

Beat egg with milk, add salt and shortening, then dry ingredients. Bake 20 minutes.

—Mrs. Richard Anderson.

MAMA'S MUFFINS

2 cups flour  
½ teaspoon salt  
1 teaspoon baking powder  
1 tablespoon shortening  
1 tablespoon sugar  
2 eggs

Cut the shortening into the sifted flour, sugar, salt, and baking powder; add milk and beaten eggs. Beat lightly together and bake in a fairly hot oven about 20 minutes.

—Mrs. A. H. Apperson.

NUT MUFFINS

1 cup nuts (broken)  
3 teaspoons cinnamon  
2 eggs  
2 tablespoons baking powder

Cream sugar and butter and sift flour, baking powder, and cinnamon. Add a little flour and beat in eggs one at a time. Then alternate flour, milk, and nuts (floured).

—Mrs. W. A. Page.

RAISED MUFFINS

¼ cake yeast  
1 tablespoon mashed potato  
2 well-beaten eggs  
½ teaspoon salt  
1 tablespoon sugar  
2 tablespoons shortening  
1 pint flour

Mix ingredients and add sufficient scalded milk (which has been set aside to cool) to make a stiff batter. Let rise about four hours in a moderate warm place. An hour before time to serve, put in well-greased muffin pans. Let rise again and bake.

—Mrs. D. Hill Stevens.

POTATO FLOUR MUFFINS

4 eggs  
½ teaspoon salt  
½ cup white potato flour  
1 teaspoon baking powder  
2 teaspoons of ice water  
1 tablespoon sugar
Beat whites of eggs very stiff and dry. Add salt and sugar to beaten yolks and fold into whites. Sift flour and baking powder twice and thoroughly beat into egg mixture. Add ice water last. Bake in moderate oven 350°, about 20 minutes.

—Mrs. J. C. Lummis.

POPOVERS

1 cup flour 1/2 teaspoon salt
2 eggs 1 1/4 cups of milk

Beat eggs. Add milk, the flour and salt; beat well. Grease muffin pans. Use hot oven. This makes sixteen.

—Mrs. George S. Kemp.

TEA MUFFINS

1/2 cup butter 3/4 teaspoon salt
1/2 cup sugar 1/2 teaspoon baking powder
1 egg 1 teaspoon cinnamon
1 cup flour 1/2 teaspoon sugar
1/2 cup milk

Cream butter and sugar and add egg. Mix flour, salt, and baking powder. Add to first mixture alternately with milk. Cook in small muffin tins and dust top of muffins with cinnamon mixture of sugar and cinnamon. Excellent, served hot with tea or berries.

—Mrs. Warren T. Curtis.

QUICK MUFFINS

2 cups flour 1 tablespoon sugar
2 eggs 3 teaspoons baking powder
1 tablespoon butter 1/2 pint sweet milk
1/4 teaspoon salt

Beat eggs well; add milk, melted butter, sugar, and salt. Sift flour and baking powder together and add to first mixture. Bake in greased muffin pans in hot oven.

—Mrs. E. C. Toone.

DATE AND NUT BREAD

Pour 3/4 cup of boiling water over this. Let stand and cool.

Mix—

3/4 cup brown sugar 1 1/4 cups flour
1 egg yolk 3/4 teaspoon salt
1 teaspoon vanilla 1 egg white
Add dates, 1½ cups nuts and beaten egg white. Bake slowly for one hour. Makes 2 1-pound baking cans full.

—MRS. S. T. PULLIAM.

* * *

**GRAHAM NUT BREAD**

2 cups sifted white flour  4 teaspoons baking powder
2 cups unsifted graham flour  1 cup nut meats
2 eggs  1 cup raisins
2 cups milk  1 cup sugar

Mix above ingredients and add grated rind from one orange. Fill pans about half full and bake in slow oven about ¾ hour. This makes two loaves.

—MRS. W. C. HERBERT.

* * *

**GRAPE NUT BREAD**

1½ cups milk  ½ teaspoon salt
1 cup grapenuts  2 teaspoons baking powder
½ cup sugar  1 egg
1 cup flour

Scald milk and turn over grapenuts. When cold add sugar and egg and salt. Add flour and baking powder. Bake slowly.

—MRS. FRANCES F. SPENCER.

* * *

**NUT BREAD**

1 egg  4 cups flour
1 cup sugar  4 teaspoons baking powder
3 tablespoons butter  1 teaspoon salt
1¾ cups milk  1½ cups broken nuts

Cream butter, sugar and eggs; add milk, flour, and nuts. Let stand 30 minutes before baking in slow oven 40 to 50 minutes.

—MRS. EDMUND CHRISTIAN.

* * *

**NUT BREAD**

3 cups flour  1 cup milk
3 teaspoons baking powder  1 cup English Walnut meats
2 eggs  1 scant teaspoon salt
1 cup sugar

Beat eggs; add sugar, milk and two cups of flour; then add other cup of flour into which the baking powder has been sifted. Add salt and finally the chopped walnuts. Let rise for half hour; bake in moderate oven for half hour.

—MRS. C. J. HEATWOLE.
WHOLE WHEAT NUT BREAD
2 cups whole wheat flour 1/2 cup sugar
1 cup white flour 1 teaspoon baking powder
1/2 teaspoon salt 1/2 cup molasses
1 cup milk 1 cup English Walnuts
—Branch S. Heinrich.

PEANUT BUTTER BREAD
1 cup white flour 1 teaspoon salt
1 cup rye flour 1/4 cupful sugar
4 teaspoons baking powder 1/2 cupful peanut butter
Sift together the dry ingredients. Add the peanut butter, working in with tips of fingers or knife. Add milk and turn into a small greased bread pan. Allow to rise 20 minutes. Bake in a moderate oven about one hour.
—Mrs. G. M. Bowers.

PIE CRUST
1 egg yolk 1/4 teaspoon salt
Lard size of egg 1 cup flour
Cream lard and egg, sift flour into mixture and add tiny bit of water. This makes a very hard looking mixture but smooths out when rolled from center four times.
—Mrs. H. C. Taylor.

ORANGE BREAD
1/4 cup butter or substitute 1 cup sweet milk
1 cup sugar 1 teaspoon vanilla
1/4 teaspoon salt Candied orange peel of 4 oranges
3 teaspoons baking powder 1 cup nuts
3 cups flour
Cream butter and sugar. Add well-beaten eggs. Sift flour three times with salt and baking powder and add to mixture alternately with milk. Add candied orange peel and nuts. Bake about one hour in buttered loaf pan in moderate oven.

ORANGE PEEL
Cut peels of 4 large oranges in small pieces. Boil in three different waters, draining well each time. The fourth time, use
very little water and add 1 cup sugar. Cook until candied and
dry. Before adding to bread, chop fine.

—MRS. THOMAS P. AYRES.

* * *

ROLLS

1 quart flour 1 egg
1 teaspoon salt 2 tablespoons sugar
1 yeast cake 1 heaping teaspoon lard (about
2 cups luke warm water and milk the size of an egg)

Put yeast to soak in $\frac{1}{2}$ cup of the liquid with the sugar. Sift
flour and salt, work in the lard, add yeast mixture, beaten egg
and rest of the liquid and work until smooth; add more flour if
necessary. Make up about 9:30 A. M. and let rise in moderate
warm place, keeping top covered. About 2:30 P. M. form into
rolls and put into greased pans to rise for 6 o'clock supper. Grease
the top of each roll with lard or butter. Bake in quick oven.

—MRS. A. M. BRYDEN.

* * *

ROLLS

2 quarts flour 2 tablespoons sugar
3 cups warm water 3 tablespoons lard
1 tablespoon salt 1 yeast cake

Put sugar and yeast into warm water and let stand until
yeast rises to top. Sift flour and salt and rub in lard; add liquid
and mix, then knead until dough is smooth. Place in large bowl
and grease top with lard to prevent a crust forming, cover with
cloth and let rise in warm place until double its size (about 3
hours). Form into rolls or biscuit, grease with lard and let rise
second time (about 3 hours). Bake in a hot oven. This dough
will keep in the refrigerator several days if covered closely. When
dough has been kept in the refrigerator, allow more time for
second rising.

—MRS. ALFRED S. WINSTON, JR.

* * *

ICE BOX ROLLS

2 tablespoons lard 1 teaspoon salt
1 cup hot water 1 yeast cake (dissolved in
3 tablespoons sugar $\frac{1}{4}$ cup water)
1 egg 1 sifter of flour

Pour hot water over lard, sugar and salt. When this mixture
is luke warm, add egg beaten into yeast. Beat in $\frac{1}{2}$ sifter flour
until smooth batter then add other half sifter full of flour and
put in cold place. Use off as desired.

—MRS. H. C. TAYLOR.
ICE BOX ROLLS

\[
\begin{align*}
\frac{1}{2} \text{ cup shortening} & \quad 1 \text{ yeast cake} \\
\frac{1}{3} \text{ cup sugar} & \quad 1 \text{ pint water} \\
2 \text{ teaspoons salt} & \quad 6 \text{ cups flour}
\end{align*}
\]

Dissolve yeast in the water. Cream sugar and shortening together. Add salt. Add flour and water, alternately, to creamed mixture. Put in covered bowl and let stand overnight in ice box. Use as needed, allowing about 3 hours for rolls to rise.

—MRS. FREDERICK A. SAUNDERS.

* * *

TEA ROLLS

\[
\begin{align*}
1 \text{ yeast cake} & \quad 4 \text{ tablespoons melted shortening} \\
1 \text{ tablespoon sugar} & \quad 1 \text{ egg} \\
1 \text{ cup warm milk} & \quad 3 \text{ cups flour} \\
1 \text{ tablespoon salt} & \quad
\end{align*}
\]

Add yeast, sugar, salt, melted shortening, milk and egg. Beat well, then add flour. Set three hours and then roll out and cut into small rolls. Set one hour and ten minutes. Cook in quick oven.

—MRS. L. H. WARREN.

* * *

HOT CROSS BUNS

\[
\begin{align*}
1 \text{ lb. flour} & \quad \frac{1}{2} \text{ cup butter} \\
\frac{1}{4} \text{ cup sugar} & \quad \frac{1}{2} \text{ lb. currants} \\
1 \text{ yeast cake} & \quad \frac{1}{4} \text{ teaspoon salt} \\
\frac{1}{2} \text{ pint warm milk} & \quad \frac{1}{2} \text{ teaspoon of mixed spice}
\end{align*}
\]

Mix flour, sugar, spice, currants, yeast and milk, melted butter and salt; beat well. Let rise. Shape in buns 3 apart on baking sheet. Let rise again. Place a cross on each one with back of knife. Bake in quick oven 20 minutes. This makes a dozen buns.

—MRS. A. T. MASSEY.

* * *

RAISIN SCONES

\[
\begin{align*}
1 \text{ lb. flour} & \quad 2 \text{ ounces butter} \\
2 \text{ oz. sugar} & \quad 4 \text{ oz. raisins} \\
2 \text{ teaspoons baking powder} & \quad 1 \text{ egg} \\
1 \text{ teaspoon salt} & \quad \text{Milk to make light dough}
\end{align*}
\]

—MRS. A. T. MASSEY.
SCOTCH BREAD OR SHORTCAKES

1 lb. butter
1\(\frac{1}{2}\) lbs. flour (6 cups)
1 cup sugar

Allow butter to get very soft in bowl, then beat to a cream
add sugar very gradually, working in well; then sift in flour, a
little at a time, working and kneading thoroughly; pat or roll
out to \(\frac{1}{2}\) inch thick. Cut with biscuit cutter and bake at 350°
until golden brown.

—Mrs. C. B. Myers.

SCOTCH SCONES

\(\frac{1}{2}\) cup shortening
1 egg
2 cups flour
4 teaspoons baking powder
Pinch salt
1 tablespoon sugar

Sift dry ingredients; work in shortening with fork. Add egg
well beaten, and enough milk to make a stiff dough that does not
spread while cooking. Drop from teaspoon on to greased
biscuit sheet, about one inch apart. Cook in hot oven ten to
fifteen minutes.

—Mrs. Robert H. Shultz.

SALLY LUNN

1 quart flour
\(\frac{1}{2}\) cup butter
1 heaping teaspoon salt
1 yeast cake
3 eggs
1 heaping tablespoon sugar
1 cup milk

Have butter soft and cream with sugar; add to whole eggs
and beat. Add flour, salt, and yeast cake, dissolved in \(\frac{1}{2}\) glass
of warm water with sugar. Add milk gradually and beat until
blisters form in dough. Cover tightly and let rise 5 to 6 hours in
warm place. Grease muffin pans thoroughly, but sparingly with
pure lard. Dip batter with spoon, disturbing as little as possible.
Fill pan slightly over half full Let these rise about 30 minutes.
Bake in hot oven until brown. In warm weather, use less yeast.

—Mrs. P. Jefferson Archer.
doubled in quantity. Beat well and put into a loaf cake pan to rise again. Bake slowly for one hour.

—Mrs. W. E. Barrett.

* * *

YEAST SALLY LUNN

\[ \begin{array}{ll}
\frac{3}{4} \text{ yeast cake} & \frac{1}{2} \text{ cup sugar} \\
3 \text{ eggs} & \frac{1}{2} \text{ to 1 pt. milk} \\
1 \text{ qt. flour} & \frac{1}{2} \text{ cup butter} \\
2 \text{ teaspoons salt} & \frac{1}{2} \text{ cup lard}
\end{array} \]

Beat eggs and sugar together; then add yeast. Cream butter and lard together and mix with flour; pour other ingredients in and thin with milk like a sponge. Let rise and put in cake mould or muffin rings to rise again before cooking.

—Mrs. Marshall Boyle, Jr.

* * *

SOUTHERN SPOON BREAD

\[ \begin{array}{ll}
1 \text{ pt. corn meal} & 3 \text{ eggs} \\
1 \text{ teaspoon salt} & 1 \text{ tablespoon melted butter} \\
2 \text{ teaspoons baking powder} & 1\frac{1}{2} \text{ cups milk} \\
& 1 \text{ cup boiled rice}
\end{array} \]

Sift together the corn meal, salt, and baking powder. Add the eggs well beaten, then the melted butter, milk (sour milk is better) and rice. Beat thoroughly, pour into deep pan well greased and bake half hour in hot oven.

—Mrs. J. O. Fitzgerald.

* * *

EDGECWOOD BATTERBREAD

This recipe, is a very old recipe, containing no baking powders.

\[ \begin{array}{ll}
1 \text{ cup meal} & 1 \text{ teaspoonful salt} \\
1 \text{ heaping tablespoon butter} & 2 \text{ eggs}
\end{array} \]

Sift meal and salt and add enough boiling water to mix thoroughly; beat the egg yolks and whites separately; mix meal with the yolks; add butter, which must be melted, and beat well. Then add the whites (beaten until very light) and enough milk to make a batter the consistency of thin custard. Heat the pan, place a teaspoon of butter in it and see that the pan is well greased, pour in the batter and if butter rises in the mixture take a fork and run back and forth so as to go over the top, bake in a hot oven but do not cook too rapidly.

—Mrs. Chas. E. Bolling.
BATTER BREAD

1 teaspoon salt  2/3 cup milk
3/4 cup meal  2 tablespoons shortening
2 cups boiling water  1 teaspoon baking powder
2 eggs

Put salt and cornmeal in a bowl, pour boiling water over it, stirring meal constantly. Break the eggs and beat well in teacup. Fill cup with milk. Add baking powder. Bake 20 to 25 minutes.

—Mrs. J. S. Walden.

* * *

QUICK BATTER BREAD

1 cup meal 2 eggs
2 teaspoons baking powder 2 cups milk
1 teaspoon salt 1 cup boiling water
2 tablespoons sugar 2 tablespoons melted butter

Mix dry ingredients, add milk and beaten eggs. Mix well, then add boiling water and melted butter. Pour into hot greased baking dish and cook about 20 minutes in hot oven (400° F).

—Mrs. Clyde Allen.

* * *

VIRGINIA BATTER BREAD

1 pt. buttermilk 1/2 teaspoon soda and salt
1 egg 1 tablespoon melted lard
1/2 cup sifted meal

Beat egg, add milk, then soda. Stir until milk stops foaming. Put in meal, salt, and lard and mix thoroughly. Have pan on stove well greased and hot. Bake in hot oven.

—Mrs. G. M. Bowers.

* * *

SOFT SPOON BREAD

1 pt. milk 1 teaspoon salt
1/2 cup meal 3 eggs
1/2 teaspoon baking powder 1 tablespoon butter

Scald milk; add meal, baking powder, and salt. Stir until it forms a mush. Add egg yolks and butter and fold in egg whites which have been beaten stiff. Pour in hot greased baking dish and bake in hot oven (350° F.) for one-half hour.

—Mrs. Marshall Boyle, Jr.
WAFFLES

2 eggs (separated) 4 teaspoons baking powder
1 1/4 cups milk 1/2 teaspoon salt
2 cups pastry flour 6 tablespoons melted shortening

Mix in usual way, folding in whites very lightly last.
—Mrs. Cola Powell.

* * *

RICE WAFFLES

1/2 cup rice 1 tablespoon sugar
3/4 cup flour 2 tablespoons melted butter
3/4 cup milk 2 tablespoons baking powder
1 egg 1/4 teaspoon salt

Make in usual way. Beat well. These waffles are delicious with mashed pecans or ginger; 1 tablespoon ginger added to this quantity. If you use nuts, do not use as much butter.
—Mrs. J. S. Walden.

* * *

DIXIE CORN WAFFLES

1 1/2 cups cornmeal 1/2 teaspoon soda
3/4 cups flour 1/2 teaspoon salt
4 teaspoons baking powder 1 1/2 cups buttermilk
1 tablespoon sugar 2 eggs
3 tablespoons melted butter

Mix and sift dry ingredients. Beat eggs, add buttermilk. Combine the mixture and add melted butter. Heat waffle irons six to eight minutes. Pour on 4 or 5 tablespoons of batter and bake to a golden brown.
—Mrs. Kent W. Hood.

* * *

BUTTERMILK WAFFLES

To one egg yolk well-beaten, add one cup of buttermilk, one cup of sifted flour, two tablespoons of baking powder, one-half teaspoon of salt, small pinch of soda, one teaspoon of sugar, one tablespoon of melted shortening. Beat vigorously, and fold in stiffly beaten egg whites. Makes three full size waffles.
—Mrs. Edward Scott Boze.

* * *

WAFFLES

1 teaspoonful salt (level) 2 cups flour (level)
2 eggs 3 teaspoons baking powder
2 cups milk (heaping) 4 tablespoons oil
Beat yolks and whites of eggs separately. Beat milk into beaten yolks. Beat milk and egg mixture into sifted flour and salt. Stir in oil; fold in white of eggs which have been beaten as stiff as possible. Set batter in ice box for several hours. When ready to cook, fold in baking powder. Bake in hot irons until quite brown.

—Mrs. W. Taliaferro Thompson.

* * *

WHEAT CAKES

2 cups sifted flour
1 teaspoon baking powder
1 1/2 teaspoons salt
1 tablespoon sugar

Sift these ingredients together. Beat one egg and mix with two cups of sour milk; add slowly to first mixture, beating until smooth. Add 1 1/2 tablespoons melted butter. Let stand in refrigerator a while and cook on hot griddle.

—Mrs. J. C. Lummis.

* * *

BATTER CAKES

1 egg
1 level teaspoon soda
2 cups buttermilk
1 tablespoon flour
1 level pint meal
Salt

Beat egg without separating. Dissolve soda in buttermilk and add to the beaten egg. Mix meal, flour, and salt and sift into mixture of egg and buttermilk. The batter should be thin, if too thick, thin with buttermilk or water. Fry on a hot griddle that has been greased with a cloth mop. Too much grease is undesirable. An iron griddle is best.

—Mrs. Allen J. Black.

Very old family receipt for Virginia water ground corn meal.

* * *

CORN MEAL BATTER CAKES

A camp favorite

1 cup cornmeal
1 teaspoon baking powder
2 eggs
1 1/2 teaspoons salt
1 tablespoon butter
1 cup milk

Mix meal, baking powder, and salt and sift. Add beaten eggs, milk, and melted butter. Have pan hot and greased. Pour batter from spoon. Serve with favorite molasses or syrup.

—Mrs. R. W. Gunn.
"I'se makes de best salad when de ladies comes to tea, Kase I wants de missus to be proud as she can be."

SALADS

MRS. A. D. JACKSON, Chairman

Salad days are always here,
They wait no season of the year.—I. L. S.

SALAD DRESSINGS

MAYONNAISE DRESSING

1 pt. salad oil
1 teaspoon salt
1 teaspoon sugar
Dash of pepper (cayenne or paprika)
1 egg
½ teaspoon mustard
3 tablespoons lemon juice or vinegar

Mix egg, dry ingredients and vinegar; add oil slowly, beating thoroughly in mayonnaise mixer, or in a deep bowl with rotary beater.

—MRS. THOMAS P. AYER.

BOILED SALAD DRESSING

1 tablespoon sugar
1 tablespoon flour
1 ½ cup milk
1 ½ cup vinegar
1 level teaspoon mustard
1 level teaspoon salt
1 egg
Cream

Mix sugar, mustard, salt and flour; add the beaten egg and milk. Heat vinegar, stir slowly into other ingredients, cook until thick. When cold, and before serving, stir in a small quantity of very thick cream.

—MRS. JOHN G. WEBB.

TOMATO CATSUP DRESSING

1 part tomato catsup
3 parts mayonnaise

Mix well; add, if desired, chopped, cooked beats, olives, or hard-boiled egg. Serve on crisp lettuce.

—MRS. C. O. SWANN.
RUSSIAN DRESSING

1/2 cup stiff mayonnaise  2 tablespoons tomato catsup
1 hard-boiled egg, diced  1 tablespoon horseradish
3 tablespoons chili sauce  2 tablespoons chopped dill pickle

Mix ingredients, chill and serve on lettuce or tomato salad.

—MRS. GEORGE S. KEMP.

SALAD DRESSING

2 garlic bulbs  3/4 teaspoon sugar
3/4 teaspoon salt  1 cup salad oil
4 or 5 tablespoons wine vinegar  3/4 to 1 cup catsup

Slice garlic as thinly as possible. Mix with salt into a paste. Add sugar and vinegar; mix thoroughly. Add catsup; mix again. Lastly add salad oil.

Use over hearts of lettuce, Avocado pears, etc.

(This recipe was obtained from a famous chef in the Argentine.)

—MRS. JOSEPH B. BAKER.

FROZEN CHEESE DRESSING

2 packages cream cheese (6 oz.) 1 cup mayonnaise
1/2 cup chopped nuts 1 cup whipped cream
1/2 cup chopped pimentos Rounds of pineapple

Mix cream cheese, mayonnaise and whipped cream; add nuts and pimentos; freeze in 1 lb. baking powder can. Slice and serve on pineapple, garnish with lettuce and top with mayonnaise or whipped cream.

—MRS. A. C. HEINRICH.

TOMATO SOUP DRESSING

1 can tomato soup  3/4 cup vinegar
1 1/2 cups salad oil  1/4 cup sugar
2 teaspoons salt  1/2 teaspoon white pepper
1 tablespoon dry mustard 1 tablespoon Worcestershire sauce

Mix well and serve on plain salads.

—MRS. ERNEST W. FARLEY.

PAUL’S DRESSING

1 square Roquefort cheese (4 oz.) 3 drops Worcester sauce
3 tablespoons mayonnaise 3 tablespoons tomato catsup
1/2 teaspoon mustard 4 tablespoons chili sauce

Cream cheese and mayonnaise together, add other ingredients, stirring constantly.

Serve on hearts of lettuce.

—MRS. H. C. TAYLOR.
It is every woman's duty to always look her best

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MARGUERITE WOODWARD, Proprietress
COLD SLAW DRESSING

2 eggs 1 teaspoon salt
1 cup sugar ½ teaspoon mustard
½ teaspoon celery seed 1 tablespoon butter
1 cup vinegar

Boil ingredients together until mixture thickens, chill and serve on shredded cabbage. —Mrs. Thomas C. Ruffin.

CHEESE AND ONION SPREAD

1 cream cheese (3 ozs.) ¼ cup heavy cream
1 tablespoon chopped parsley ¼ teaspoon salt
½ tablespoon copped onion ½ teaspoon paprika
2 or 3 tablespoons top milk


MAYONNAISE FOR FRUIT SALAD

2 tablespoons red raspberry jam 2 tablespoons lemon juice
¼ cup cream, whipped ¼ teaspoon salt
¼ cup mayonnaise

Break up jam with fork, add lemon juice, salt and mayonnaise. Fold in cream. Serve on fruit salad. —Mrs. S. B. Hall.

CREAMED ROQUEFORT CHEESE

1 cream cheese (3 ozs.) 2 tablespoons cream or
¼ lb. Roquefort cheese mayonnaise
½ teaspoon grated onion

Mix ingredients well, serve on plain salads. —Mrs. R. M. Holloway.
**SALADS**

**LETTUCE SALAD**

1 head of lettuce  
3 tablespoons of oil  
1 tablespoon of vinegar  
Salt to taste

Tear lettuce apart, wash and dry. Bring, in bowl, to table. Mix oil, vinegar and salt, beat until mixture thickens. Pour over lettuce and toss well before serving.

This may be varied by adding a small amount of chopped chives to dressing, or by crumbling in a small section of Roquefort cheese.

—Mrs. Leland L. Miller.

**CHOPPED VEGETABLE SALAD**

2 cups of celery, diced  
1 cup of raw carrots, diced or grated  
2 hard-boiled eggs, chopped  
1 small green pepper, diced  
1 small onion, diced

Mix vegetables and eggs lightly with a little mayonnaise. Serve on crisp lettuce leaves garnished with asparagus tips or tomato slices.

Top with mayonnaise.

—Mrs. Malvern Hill.

**CABBAGE SALAD**

1 medium cabbage  
1/2 cup celery  
1 small green pepper  
1 teaspoon minced onion  
3 teaspoons vinegar  
3 tablespoons salad oil  
1 tablespoon powdered sugar  
1 1/2 teaspoons salt  
1/2 cup mayonnaise  
Pimiento strips

Remove wilted leaves from cabbage, soak in salt water thirty minutes. Drain thoroughly and remove center. Discard coarse heart and chop rest very fine, mix with chopped celery, onion and green pepper, add vinegar, salad oil, sugar and salt, chill in ice box, mix with mayonnaise, refill cabbage shell, garnish with pimiento strips.

—Mrs. William Rady.

**POTATO SALAD**

3 cups cooked potato, cubed  
1 cucumber, pared and diced  
1 cupful celery, diced  
1 tablespoon green pepper, diced  
2 hard-boiled eggs  
Mayonnaise  
Oil and vinegar  
Salt and pepper
Dress the potato and cucumber separately, with oil and vinegar (1 1/2 tablespoons of oil to 1/2 tablespoon of vinegar). Let stand thirty minutes, drain thoroughly. Dust with salt and cayenne pepper. Toss together with the chopped egg, celery and green pepper. Moisten thoroughly with mayonnaise. Serve on lettuce garnished with olives or pimiento strips, and mayonnaise.

—Mrs. D. H. Stevens.

* * *

STUFFED TOMATO SALAD

<table>
<thead>
<tr>
<th>Tomatoes</th>
<th>Lettuce</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mayonnaise</td>
<td>Peanuts</td>
</tr>
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</table>

Peel tomatoes, remove a slice from top of each, and scoop out center. Fill with equal parts of shredded lettuce and chopped peanuts, moistened with mayonnaise. Arrange on lettuce leaves and garnish with stiff mayonnaise and whole peanuts.

—Mrs. T. C. Sublett.

* * *

TOMATO AND EGG SALAD

Peel and cut into thirds medium-size tomatoes, making the cut just deep enough to hold in each division one slice of hard-boiled egg. Top with mayonnaise and serve on lettuce.

—Mrs. I. R. Drury.

* * *

CHICKEN SALAD

1 cup cooked chicken, diced
1 cup celery, diced
Stuffed olives

Mix chicken, celery and egg. Combine lightly with mayonnaise. Serve on crisp lettuce; garnish with olives. This is delicious served in tomatoes, on lettuce with mayonnaise.

—Mrs. M. S. McDanel.

* * *

SUMMER CHICKEN SALAD

Your favorite recipe for chicken salad, using half the required amount of celery and substituting for other half fresh (if possible) or canned pineapple, diced. The pineapple gives a delightful flavor, makes a salad lighter in texture, and is a little different.

—Mrs. J. T. Crockford.
STUFFED CELERY SALAD

Hearts of fine celery  Paprika
Neufchatel or cream cheese  Onion juice
Cream  Mayonnaise
Lettuce

Cut celery in four-inch lengths. Crisp in cold water. Dry and stuff with cheese that has been softened with cream and seasoned. Chill and serve with mayonnaise. Garnish with lettuce hearts.

—Mrs. Henry B. Baker.

SALMON SALAD

1½ cups salmon  3 hard-boiled eggs, diced
1 cup chopped celery  4 tablespoons chopped pickle
½ teaspoon salt  ¼ teaspoon pepper
½ cup mayonnaise

Mix ingredients and chill. Serve on lettuce.

—Mrs. Thomas F. Gill.

FISH SALAD

2 cups shredded lettuce  ½ cup French dressing
1 teaspoon onion juice  ½ cup mayonnaise
1 cup finely chopped parsley  1 cup finely cut celery
1 can tuna fish or 1½ lbs. any cold boiled fish

Line dish with lettuce, place fish in center, pour over French dressing, to which onion juice has been added, and cover with celery. Top with mayonnaise; garnish with parsley.

—Mrs. E. L. Delaney.

WALDORF SALAD

4 cups diced apples  1 cup walnuts, cut fine
2 cups diced celery  ½ lemon

Squeeze lemon over apples, add celery, and mix lightly with a boiled salad dressing. Do not add nuts until ready to serve.

BOILED SALAD DRESSING

3 eggs (yolks)  1 teaspoon cornstarch
5 tablespoons butter  1 teaspoon salt
½ cup vinegar  1 teaspoon mustard
3 tablespoons sugar

Mix sugar, salt, cornstarch and mustard; add to well-beaten egg yolks. Melt butter and add gradually, beating with rotary beater; add vinegar and cook in double-boiler until thick.

—Mrs. R. K. McKnight.
FRUIT SALAD

2 grapefruit
8 marshmallows
1 cup raisins or grapes

Peel fruit and break into sections, discarding seeds and membranes. Remove seeds from raisins or grapes. Chop nuts, dice marshmallows. Arrange on crisp lettuce leaves and serve topped with mayonnaise.

—Mrs. T. B. Schenk.

WHITE FRUIT SALAD

1 can white cherries, or 1 lb. almonds (shelled and blanched)
1 can pineapple (large) 18 marshmallows
1 lb. white grapes

Cut up above ingredients; make sauce as follows:

1 cup milk
$\frac{1}{2}$ pt. whipping cream

Yolks 4 eggs
Juice of 1 lemon

Pinch of salt

Beat eggs, add milk, and cook until thick. When cold, add lemon juice and salt. Whip cream, fold into milk and egg mixture. Pour over diced fruit and chill. This also may be frozen.

—Mrs. W. C. Hubert.

PECAN AND GRAPE SALAD

1 lb. Malaga or Tokay grapes
$\frac{1}{2}$ lb. shelled pecans

Cut grapes in half, removing seeds.

Dressing

Yolks of 4 eggs
$\frac{1}{2}$ teaspoon salt
2 teaspoons butter

2 tablespoons sugar
Pinch cayenne pepper
4 tablespoons vinegar

Beat well and cook in double-boiler until thick. When cold, and just before serving, fold in one pint whipped cream, add grapes and nuts. Serve very cold.

—Mrs. W. G. Sale.

TWENTY-FOUR HOUR SALAD

2 eggs
2 tablespoons butter
Cook in double-boiler until thick. Cool and add:
1 cup of cream (whipped)
2 oranges, diced
SALADS

2 cups of white cherries, halved
2 cups of pineapple, diced
2 cups of marshmallows, diced

Pour in ring mold and place in ice box 24 hours or until firm.

—Mrs. Richard Brooke.

* * *

PEAR AND GRAPE SALAD

1 can pears (No. 2 1/2)  Tokay grapes
Mayonnaise  Cream cheese
Lettuce  Crystallized ginger

Drain juice from pears, place on platter, flat side down. Soften cream cheese with highly seasoned mayonnaise and spread on pears. Cut grapes lengthwise and remove seeds. Arrange on pears to resemble a bunch of grapes, pressing lightly into cheese. Add a small piece of crystalized ginger for stem. Chill well and serve on crisp lettuce, garnished with mayonnaise.


* * *

PEAR SALAD WITH COCOANUT

1 large can pears (No. 2 1/2)  1 1/2 packages cream cheese
1 can shredded cocoanut  (4 1/2 oz.)

Soften cheese with cream, fill centers of pears, place halves together with toothpicks and chill. When firm, coat thinly with cream cheese and roll in cocoanut, which has been toasted a golden brown. Serve whole or in slices on lettuce with mayonnaise.

—Mrs. Robt. H. Shultz.

* * *

ORANGE TEA SALAD

1 package cream cheese  1/2 cup thick cream
(3 oz.)  1 1/2 oranges
1/4 cup chopped nuts  12 apricot halves

Add to the cheese grated rind of 1 orange, the juice of 1/2 an orange, and nuts. More juice if required to make cheese creamy. Put this mixture on halves of apricots arranged on lettuce.

To the cream add grated rind of 1/2 orange and the juice; pour over apricots.

—Mrs. William R. Shands.

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CONGEALED SALADS

Note.—In the following recipes

1 pkge. flavored gelatin = 3 1/4 oz.
1 pkge. cream cheese = 3 oz.
PARTY SALAD SUPREME

\[ \frac{2}{3} \text{ cup crushed pineapple} \]
\[ 1 \text{ tablespoon gelatine} \]
\[ \frac{1}{3} \text{ cup cold water} \]
\[ \frac{1}{2} \text{ cup whipping cream} \]
\[ \text{Whites of 3 eggs} \]
\[ \text{Yolks of 3 eggs} \]
\[ \text{Grated rind 1 lemon} \]
\[ 2 \text{ tablespoons lemon juice} \]
\[ \frac{1}{2} \text{ cup sugar} \]
\[ \text{Pinch of salt} \]

Beat egg yolks; add grated lemon rind, juice of lemon, salt and sugar. Cook in double-boiler, stirring constantly until thick. Add gelatine, which has been soaked in cold water, and pineapple. When mixture begins to congeal, add cream, stiffly beaten, and stiffly beaten egg whites. Fill individual molds half full; add 5 or 6 pecan nut halves; finish filling. Chill until firm. Serve on lettuce with mayonnaise.

—Mrs. G. O. Timberlake.

GRAPEFRUIT SALAD

\[ 1 \text{ package lemon gelatine} \]
\[ 2 \text{ cups of grapefruit juice} \]
\[ 1 \text{ cup boiling water} \]

Dissolve gelatine in water; when cool add grapefruit and other ingredients. Mold and serve on lettuce with mayonnaise.

—Mrs. F. B. Carpenter.

PEAR SALAD

\[ 1 \text{ package lemon gelatine} \]
\[ 1 \text{ package cream cheese} \]
\[ 1 \text{ can halved pears} \]

Stuff pears with cheese and nuts; invert in shallow containers. Dissolve gelatine in boiling water; add pear juice. Cool and pour over pears. Place in ice box to jell. Serve on lettuce with mayonnaise.

—Mrs. R. W. Gunn.

UNDER-THE-SEA SALAD

\[ 1 \text{ package lime gelatine} \]
\[ \frac{1}{2} \text{ cup canned pear juice} \]
\[ 2 \text{ cups canned pears, diced} \]
\[ 2 \text{ packages cream cheese} \]

Dissolve gelatine in boiling water, add pear juice, salt and vinegar. Pour half-inch layer into loaf pan; chill until firm.
Chill remaining mixture until thick; whip. Combine cheese with ginger and add to whipped mixture. Add pears. Pour over first layer and chill until firm. Unmold on lettuce leaves. Serve with mayonnaise.

—Mrs. William E. Grigg.

* * *

**WHITE FRUIT SALAD**

| 2 tablespoons gelatine | 1/2 cup almonds, chopped |
| 1/2 cup cold fruit juice | 1/2 cup hot fruit juice |
| 1 cup mayonnaise | 1 cup cream, whipped |
| 1/2 can pineapple, sliced | 1/2 can white cherries |
| 1/4 cup powdered sugar | Pinch salt |

Soak gelatine in cold fruit juice; dissolve in hot juice. Chill. When mixture begins to stiffen, add mayonnaise, cream, sugar, fruit cut in small pieces, and nuts. Mold and serve on lettuce.

—Mrs. J. C. Lummis.

* * *

**TOMATO-CHEESE SALAD**

| 1 can tomato soup | 2 tablespoons gelatine |
| 3 packages cream cheese | 1 cup mayonnaise |
| 1/2 cup cold water | 1 1/2 cups chopped celery |
| Small quantity of chopped onion, green pepper, vinegar and salt |

Bring soup to boiling point, add cheese, stir until smooth, add gelatine, which has been softened in cold water. When partly cold add mayonnaise and vegetables. Mold, serve garnished with olives.

—Mrs. C. W. Throckmorton, Jr.

* * *

**GINGER ALE SALAD**

| 1 package lemon gelatine | 1/2 cup warm water |
| 1 pint ginger ale | 1 cup pineapple, diced |
| 1 cup pecan nuts |
| 1 cup white cherries, or Malaga grapes (cut in halves) |

Dissolve gelatine in warm water; add ginger ale. When it begins to congeal, add fruit and nuts. Mold. Serve on lettuce, with mayonnaise. Garnish with candied ginger.

—Mrs. William E. Upchurch.

* * *

**CRANBERRY SALAD**

| 1 pint raw cranberries | 1 cup sugar |
| Juice of 2 oranges | Rind of half an orange |

Grind cranberries and orange rind, add sugar and orange juice;
let stand 1 hour, then add 1 package lemon gelatine \((3\frac{1}{4} \text{ oz.})\) dissolved in 1 cup of hot water, 1 tablespoon vinegar. Mold and serve on lettuce.

—Mrs. Robert Winfree.

* * *

CRANBERRY SALAD, No. 2

1 pint cranberries 1 cup sugar
\(\frac{1}{2}\) cup diced apples 2 tablespoons gelatine
\(\frac{1}{2}\) cup diced celery 1 cup water

Cook cranberries in water until tender, add gelatine, softened in a little water, and sugar. Let cool. When mixture thickens add nuts, apple and celery. Pour in molds. Delicious served with turkey.

—Mrs. I. T. Bendall.

* * *

COMBINATION SALAD

1 package lime gelatine 1\(\frac{1}{2}\) cup vinegar from sweet pickle
1 cup diced celery 1 cup boiling water
1 cup cabbage, minced \(\frac{1}{2}\) cup cold water
2 carrots cut fine, or grated \(\frac{1}{2}\) onion, minced
\(\frac{1}{2}\) green pepper, minced

Soften gelatine in cold water, dissolve in boiling water. Add vinegar and other ingredients. Mold. Serve on lettuce with mayonnaise.

—Mrs. R. K. McKnight.

* * *

MOCK WATERMELON SALAD

1 large grape fruit Almonds, blanched
1 package lemon gelatine 1 pint boiling water

Red coloring

Cut grape fruit in halves (lengthwise), remove pulp, discarding all membranes and seeds. Dissolve gelatine in boiling water; add enough coloring to make water a deep watermelon pink. When cool, add grape fruit cut in small pieces. Fill the halves and place in refrigerator to set. When ready to serve, cut in four watermelon slices, inserting the almonds to resemble seeds. Serve on lettuce, garnished with mayonnaise.

—Mrs. T. O. Timberlake.
CHEESE LOAF
1 lb. American cheese 1 onion
2 green peppers 1/2 teaspoon salt
2 pimentos 1 teaspoon gelatine
1 tablespoon boiling water
Dissolve gelatine in boiling water. Put other ingredients through meat grinder, add to gelatine, and pour into oblong mold.

—Mrs. Thomas H. Gurney.

JELLIED SHRIMP SALAD
4 cups shrimp 1/2 cup lemon juice
2 cups celery 2 tablespoons gelatine
4 hard-boiled eggs 1/2 cup cold water
2 tablespoons parsley 3 cups mayonnaise
1 teaspoon salt
Dice shrimp, celery and eggs. Mix well. Add minced parsley, lemon juice and salt. Soften gelatine in cold water and dissolve over boiling water. When cool, add gelatine to shrimp mixture and fold in mayonnaise. Serve on lettuce garnished with a dash of paprika.

—Mrs. H. E. Haden.

CRAB MEAT AND TOMATO SALAD
2 cups canned tomatoes 2 whole cloves
1 small can crab meat 1 small onion
1 cup cream 1/2 teaspoon celery salt
2 teaspoons sugar 1 teaspoon salt
1 teaspoon lemon juice 1 tablespoon gelatine
Dash of pepper
Combine tomatoes, onion, cloves and dry ingredients. Simmer 15 minutes. Add lemon juice and gelatine. When mixture begins to congeal, beat with egg-beater, fold in cream (whipped) and crab meat. Mold and serve on lettuce with mayonnaise.

—Mrs. E. L. McQuade.

GOLDEN SALAD
1 tablespoon gelatine 1 cup pineapple juice
1/4 cup cold water 1/2 cup orange juice
1/4 cup mild vinegar 1/4 cup sugar
1 cup diced orange 1 cup diced pineapple
1 medium-size raw carrot (grated) Pinch salt
Soak gelatine in cold water; dissolve in pineapple juice. Add sugar, salt, orange juice and vinegar. Cool. When jelly begins to congeal, mold and serve on lettuce.
to congeal, add other ingredients. Mold. Serve on lettuce with mayonnaise.

—Mrs. William H. Rose.

* * *

**CUCUMBER SALAD**

1 large cucumber  
1 medium-size green pepper  
1 teaspoon salt  
1 package lemon gelatine

Grind cucumber, pepper and onion through meat chopper (coarse blade); add vinegar, salt, and gelatine, first dissolved in boiling water. Mold. Serve on lettuce with mayonnaise.

—Mrs. P. McK. Shiflett.

* * *

**WALES SALAD**

1 package lemon gelatine  
1 pint boiling water  
1 cup grated cheese  
1 cup chopped pimentos  
1 cup cream, whipped

Pinch of salt

Dissolve gelatine in boiling water. When cool, add cheese, nuts, pimentos, olives and salt. When beginning to congeal, add cream. Pour into molds. Serve on lettuce with whipped cream or mayonnaise.

—Mrs. B. H. Van Oot.

* * *

**CALIFORNIA SALAD**

2 tablespoons gelatine  
$\frac{1}{3}$ cup pineapple juice  
1 pint can sliced pineapple  
1 pimento, diced  
$\frac{1}{2}$ cup blanched almonds (cut lengthwise)

Soak gelatine in $\frac{1}{2}$ cup cold water for 10 minutes. Add pineapple juice, rest of water, and sugar brought to boiling point. When cold, add rest of ingredients and pour in molds to congeal. Serve with mayonnaise and whipped cream.

—Mrs. M. S. McDanel.

* * *

**TOMATO ASPIC**

1 can tomatoes (3 lbs.)  
1 small onion, grated  
4 tablespoons plain gelatine

3 large green peppers, cut fine  
1 stalk celery, cut fine  
$\frac{1}{2}$ lb. nut meats (almonds preferred)

Salt and red pepper to taste
Run tomatoes through colander, add gelatine softened in 1/2 cup of tomato juice and brought to a boil. Add other ingredients and mold. Paper cups can be used if first dipped in cold water. Serve on lettuce with mayonnaise.

—Mrs. I. R. Drury.

** TOMATO ASPIC, No. 2 **

1 small can tomatoes 1 cup chopped celery
1 teaspoon salt 4 tablespoons sugar
1/2 cup vinegar 2 tablespoons gelatine
Cream cheese 1/2 cup cold water

Bring tomatoes and celery to a boil, strain, add gelatine softened in 1/2 cup cold water. Season with salt, sugar and vinegar. Put 1 tablespoon of cream cheese in each individual mold. When tomato mixture is cold, pour over cheese, let congeal, and serve on lettuce, topped with mayonnaise.

—Mrs. George S. Kemp.

** PINEAPPLE AND CARROT SALAD **

1 package lemon gelatine 1 cup chopped pineapple
1 3/4 cups boiling water 1 cup raw grated carrots
1/2 teaspoon salt 2 tablespoons chopped pimento

Pour water over gelatine; add salt; dissolve. When cool pour into mold, in which you have put pineapple, carrots and pimentos. Serve on lettuce with salad dressing.

—Mrs. R. L. Watkins.

** CUCUMBER ASPIC **

1 package lime gelatine 1 cup boiling water
1 cup grated cucumber 1 tablespoon vinegar
1 teaspoon grated onion 1 teaspoon salt
Dash of pepper

Dissolve gelatine in boiling water; add seasoning. When partly congealed fold in cucumber. For a party, double the above mixture, pour half in a flat mold; when congealed cover with a layer of cream cheese mixed with an equal quantity of cottage cheese seasoned with salt and red pepper. Pour over this the rest of the aspic; chill. When firm cut in squares and serve on lettuce. The top layer may be of tomato aspic.

—Mrs. S. T. Pulliam.
FROZEN SALADS

SUPREME FROZEN FRUIT SALAD

1 cup whipping cream  
1/2 cup sugar  
1/2 cup cooked salad dressing  
2 tablespoons lemon juice  
1/4 cup banana pulp  
1/2 cup orange pulp  
1/2 cup peach pulp  
1/2 cup Maraschino cherries

Whip cream, fold in sugar, salad dressing, lemon juice, fruit pulp and chopped cherries. Freeze in tray of mechanical refrigerator. Serve in slices.

—Mrs. Ernest F. Appel.

FROZEN FRUIT SALAD

1 can fruit salad (No. 21/2 can)  
1/2 can pineapple (No. 1 can)  
1/2 cup Maraschino cherries  
1/2 cup chopped pecans  
1/2 pint cream  
1/2 cup mayonnaise

Whip cream, fold in mayonnaise, cut up fruit, and add, first draining off juice. Freeze in mechanical refrigerator tray. Serve on lettuce.

—Mrs. L. Edwin Harvie.

FROZEN FRUIT SALAD No. 2

1 can mixed fruits (No. 21/2 can)  
12 marshmallows  
1 cup whipping cream  
2 bananas  
1/2 cup mayonnaise

Whip cream, add mayonnaise, marshmallows and fruit cut in small pieces. Freeze in tray of mechanical refrigerator. Serve cut in squares, on lettuce, topped with whipped cream.

—Mrs. Claude R. Davenport.

FROZEN FRUIT SALAD No. 3

1/2 cup pears  
1/2 cup peaches  
1/2 cup preserved figs  
1/2 cup shredded pineapple  
1/2 cup fruit juice  
1/4 cup blanched almonds, shredded  
1 cup mayonnaise  
1 1/2 cups whipping cream  
1/2 cup fruit juice

Whip cream and blend with mayonnaise. Add fruits, figs, nuts and fruit juice. Freeze in mechanical refrigerator tray. Cut in slices and serve on lettuce with mayonnaise or whipped cream.

—Mrs. J. O. Fitzgerald, Jr.
FROZEN PEAR SALAD

1 large can of pears  2 packages of cream cheese (6 oz.)
Work cream into a paste, gradually adding the pear juice. Pour into freezing tray of mechanical refrigerator. Add the pears, cut into oblong strips. When frozen, serve on lettuce. No dressing required.

—Mrs. C. O. Swann.

FROZEN CHEESE AND PINEAPPLE SALAD

\[
\begin{align*}
\frac{1}{2} \text{ cup cream cheese} & \quad \frac{1}{2} \text{ cup candied cherries,} \\
1 \text{ cup whipping cream} & \quad \text{cut small} \\
2 \text{ cups crushed pineapple} & \quad \frac{1}{2} \text{ lb. marshmallows,} \\
(\text{little juice}) & \quad \text{cut small} \\
\frac{1}{4} \text{ cup mayonnaise} & \\
\end{align*}
\]
Mix cream cheese and mayonnaise; add pineapple, marshmallows, cherries and stiffly-beaten cream. Freeze in tray of mechanical refrigerator. Serve on lettuce with mayonnaise, to which some sweetened whipped cream has been added.

—Mrs. W. P. Clements.

GINGER SALAD, FROZEN

1 cup preserved ginger  1 cup pecans
1 cup whipping cream  3 bananas
4 tablespoons syrup from preserved ginger
Mash bananas and mix in syrup from ginger; add nuts and ginger, chopped. Combine lightly with stiffly-whipped cream and freeze in tray of mechanical refrigerator. Serve on lettuce topped with mayonnaise.

—Mrs. H. R. Terrell.

TOMATO SALAD, FROZEN

2 cups tomato pulp  \( \frac{1}{2} \) cup mayonnaise (made without sugar)
Pepper and salt
Peel and core firm, red tomatoes, put through meat grinder, add mayonnaise and season to taste. Freeze in jelly molds, placed in freezing unit of mechanical refrigerator. Serve on crisp lettuce topped with mayonnaise and garnished with stuffed olives.

—Mrs. H. E. Haden.
"Chillun’s love ice cream fo’ dey’s dinner,  
Kase dey’s not worrin’ or wantin' to be thinner."

DESSERTS
MRS. H. J. Warthen, Chairman

GEORGE WASHINGTON’S NUT PIE

3 eggs 1 teaspoon vanilla  
1/2 cup sugar 1/4 teaspoon salt  
4 tablespoons melted butter 1 cup chopped pecans  
1 cup syrup

Line pie plate with raw crust. Beat eggs, gradually adding sugar, melted butter, syrup, and salt. Then fold in nuts. Bake in oven at 450° for fifteen minutes, then at 350° to finish, about 25 or 30 minutes.

—MRS. B. H. VAN OOT.

QUEEN APPLE PIE

1 large apple 1/2 cup sugar  
Rind of 1 lemon (grated) 2 egg yolks  
Juice of 1/2 lemon 1/2 cup sweet cream  
2 tablespoons butter 2 egg whites (2 tablespoons sugar)

Pare and grate the apple; squeeze the juice of half a lemon over the apple, adding the grated rind. Cream the butter and sugar; add the egg yolks, cream, and the prepared apple. Pour into a cooked pie shell and bake until firm. Cover with meringue made of 2 egg whites and 2 tablespoons sugar and return to oven until meringue browns.

—MRS. WILLIAM E. GRIGG.

COCOANUT CUSTARD PIE

1 large cocoanut (grated) and its milk 6 eggs 3 tablespoons melted butter 2 cups sugar

Beat eggs; add sugar, milk, butter, and cocoanut. Line pie plate with pastry and bake.

—MRS. H. G. DICKERSON.
COCONUT CREAM PIE
(with meringue)

1 pint milk 1 tablespoon butter
2 egg yolks 1 teaspoon vanilla
½ cup sugar Pinch of salt
3 tablespoons flour 1 can cocoanut (moist packed)

Scald the milk in top of double boiler. Beat egg yolks until light; cream butter, sugar, and flour together and add to eggs. Add salt and pour in hot milk. Return to double boiler and cook until thickened. Remove from fire and allow to cool. Add cocoanut (saving a small amount for meringue). Pour into baked pie shell and cover with meringue, made with 2 egg whites, beaten stiff, and 4 tablespoons sugar, added slowly to the egg whites.Sprinkle with cocoanut and bake in moderate oven about 20 minutes until brown.

—Mrs. A. S. Winston.

BUTTERSCOTCH COCONUT PIE

1 cup brown sugar 1 cup cream
1 tablespoon butter 2 eggs
½ cup boiled water 2 tablespoons flour
1 can moistened cocoanut

Mix water, butter and sugar, and cook in a double boiler, moisten the flour in a small quantity of the cream, then add the remainder of cream, and mix in butter, sugar, and water. Cook until thick and add the eggs (yolks and whites beaten together). When cool add ½ can of cocoanut. Fill a baked pie crust that has been cooled. Cover top with whipped cream and other ½ cocoanut sprinkled in it.

—Mrs. J. Blanton Belk.

LEMON PIE

1½ cups sugar 4 eggs (yolks and whites beaten
½ cup butter separately
Juice of 1 large or 2 small 1 rounded tablespoon corn
lemons and grated rind meal

Cream butter and sugar; add yolks, lemon juice, and corn meal, and lastly beaten whites. Bake on uncooked pastry shell until brown and set.

This makes two small pies and is very nice also for individual tarts.

—Mrs. G. M. Brydon.
DESSERTS

ANGEL LEMON PIE

1 lemon 1 cup sugar
3 eggs 1 pinch salt

Mix lemon rind (grated) and juice, $\frac{1}{2}$ cup sugar, salt, and egg yolks in double boiler. Cook, stirring constantly until thick; let cool. Beat whites stiff and dry, add slowly the other $\frac{1}{2}$ cup sugar and fold it into the first mixture. Pour into a crust already baked. Run into the oven until puffed and brown. Delicious. Serves six. —Mrs. I. R. Drury.

* * *

LEMON PIE (Cracker Crust)

$\frac{1}{2}$ cup lemon juice Small box vanilla wafers
3 eggs Pinch of salt
Can condensed milk

Beat up yolks, pour in lemon juice and then condensed milk. Pour into pie crust of rolled vanilla wafers; cover with meringue and bake in slow oven. (Use six tablespoons of sugar to the three egg whites for the meringue). Let stand for three hours in refrigerator before serving.

—Mrs. David Kemper Kellogg.

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LEMON PIE

1 cup hot water 1 cup sugar
2 tablespoons butter 2 tablespoons (heaping) flour
Grated rind and juice of 1 lemon 2 eggs

Mix sugar and flour first, add all other ingredients (except

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eggs), and cook until very thick. Take from fire and add well-beaten egg yolks. Fill baked pastry shell. Cover with meringue. Brown slightly in slow oven.

—Mrs. P. McK. Shiflett.

* * *

LEMON PIE

\[
\begin{align*}
\frac{1}{2} \text{ pt. XX cream} & \quad 1 \text{ cup sugar} \\
4 \text{ eggs} & \quad \text{Pinch of salt} \\
3 \text{ tablespoons lemon juice} & \quad \text{Rind of } \frac{1}{2} \text{ lemon} \\
\frac{1}{2} \text{ tablespoon gelatine dissolved in } \frac{1}{2} \text{ cup water} & \\
\end{align*}
\]

Beat egg yolks. Add sugar, lemon juice, and rind. Cook in double boiler until thick as custard. Add dissolved gelatine, then beaten egg whites. Pour mixture into baked pie shell and set in refrigerator. Just before serving whip \( \frac{1}{2} \text{ pint cream} \) and spread over top.

—Miss E. D. Garnett.

* * *

JEFF DAVIS PIES

\[
\begin{align*}
1 \text{ cup butter} & \quad 1 \text{ teaspoon flour} \\
2 \text{ cups sugar} & \quad 1 \text{ cup milk} \\
3 \text{ eggs} & \quad \text{1 lemon (juice and rind)} \\
\end{align*}
\]

Cream butter and sugar until light, then mix with eggs, well beaten. (Mix flour with dry sugar first, before creaming with butter.) Then add lemon juice and rind—and milk last. Mix thoroughly and spread on thin pastry.

This quantity makes two large pies or sixteen individual pies.

—Mrs. Henry S. Winston, Sr.

* * *

GRAHAM CRACKER PIE

\[
\begin{align*}
17 \text{ Graham Crackers, rolled} & \quad \frac{1}{2} \text{ cup melted butter (} \frac{1}{4} \text{ lb.)} \\
\frac{1}{2} \text{ cup sugar} & \\
\end{align*}
\]

Mix, and line pie plate with crumbs (pat in place); save \( \frac{3}{4} \text{ cup} \) for top of pie.

FILLING

Mix 3 tablespoons cornstarch in \( \frac{1}{2} \text{ cup milk (cold)} \), \( \frac{1}{2} \text{ cup sugar} \), 2 egg yolks (well beaten)

Add this mixture to 2 cups scalded milk and cook until very thick in double boiler. Add 1 teaspoon vanilla and pour into plate. Make meringue of egg whites beaten stiff and 4 level tablespoons sugar. Cover custard. Sprinkle remaining crumbs on top and bake in moderate oven until crumbs are browned.

—Mrs. C. B. Nenzel.
CHOCOLATE PIE

1 cup sugar  
2 eggs  
5 tablespoons flour  
$\frac{1}{8}$ teaspoon salt  
$\frac{1}{2}$ teaspoon vanilla  
2 cups milk

Mix well the sugar, flour, and salt. Add gradually the milk and beaten egg yolks. Cook in double boiler for fifteen minutes. Add the melted chocolate. Cook until thick (about 15 minutes) and add vanilla. Fill a baked shell and cover with meringue. Place in a moderate oven and cook until the meringue is a delicate brown.

Meringue.—2 egg whites and 4 tablespoons sugar.

—MRS. HARRY O. STONE.

* * *

REFRIGERATOR CHOCOLATE PIE

1 cup milk  
$\frac{1}{4}$ cup sugar  
3 egg yolks  
$\frac{1}{4}$ teaspoon salt  
2 squares chocolate  
$\frac{1}{2}$ tablespoon gelatine soaked in $\frac{1}{4}$ cup water

Make custard of milk, sugar, chocolate, and egg yolks. Add soaked gelatine and dissolve. Cool. Fold in beaten egg whites and add the $\frac{1}{4}$ cup sugar. Line a buttered pie tin with crushed vanilla wafers; add filling. Cover with waxed paper and place in refrigerator for four or five hours. Serve with whipped cream.

—MRS. MYRIL R. DOUGLASS.

* * *

MOLASSES OR CREOLE PIE

3 eggs (beaten separate)  
1 cup molasses  
2 teaspoons nutmeg

Butter size of an egg

Beat sugar, butter, molasses, and eggs together. Add whites last. Pour in rich crust, bake in moderate oven. Serve cold with wedge of cheese.

—MRS. PARKE P. DEANS.

* * *

PINEAPPLE CHIFFON PIE

1 envelope gelatine  
$\frac{1}{4}$ cup cold water  
$\frac{1}{4}$ cups crushed pineapple  
$\frac{1}{2}$ cup sugar

4 eggs  
1 tablespoon lemon juice  
$\frac{1}{4}$ teaspoon salt
Add ¼ cup sugar, lemon juice, pineapple, and salt to slightly beaten yolks. Cook in double boiler to custard consistency. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot custard and stir until dissolved. When mixture thickens, fold in stiffly beaten egg whites to which other ¼ cup sugar has been added. Fill pie shell and chill.

—MRS. ROBERT C. BAYLISS.

GRAHAM CRACKER PIE CRUST

Mix 1½ cups crushed graham crackers with ½ cup butter and ½ cup powdered sugar.

—MRS. ROBERT C. BAYLISS.

PRUNE-OR-DATE-CREAM PIE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup sugar</td>
<td>4 eggs</td>
</tr>
<tr>
<td>1 teaspoon cinnamon</td>
<td>1½ cups sour milk</td>
</tr>
<tr>
<td>½ teaspoon cloves</td>
<td>4 teaspoons sugar</td>
</tr>
<tr>
<td>¼ teaspoon nutmeg</td>
<td>1 teaspoon baking powder</td>
</tr>
<tr>
<td>1 cup chopped fruit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>soaked in warm water for 2 hours</td>
</tr>
</tbody>
</table>

Mix above ingredients in order given, saving whites of eggs for meringue. Pour custard in pastry shell and bake in a hot oven the first ten minutes, lowering the temperature to complete baking.

Whip egg whites until very stiff; add 4 teaspoons sugar and 1 teaspoon baking powder, and bake slowly for 15 minutes.

—MRS. WARREN F. CURTIS.

SWEET POTATO PIE

Boil 1 quart potatoes until well done in water into which 1 teaspoon salt has been added. Mash potatoes and add

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ lb. butter</td>
<td></td>
</tr>
<tr>
<td>5 eggs</td>
<td></td>
</tr>
<tr>
<td>½ cup sweet milk</td>
<td></td>
</tr>
</tbody>
</table>

Make short pastry and roll thin. Fill plates with filling and bake to a light brown. Cover with meringue.

—MRS. R. M. HOLLOWAY.

WOODROW WILSON PIE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 eggs</td>
<td>1 cup milk</td>
</tr>
<tr>
<td>2 cups sugar</td>
<td>1 heaping tablespoon flour</td>
</tr>
<tr>
<td>1 tablespoon butter</td>
<td>1 tablespoon vanilla</td>
</tr>
</tbody>
</table>

Cream sugar and yolks of eggs until light. Melt butter and
DESSERTS

mix with flour; add to eggs and sugar, then add milk and vanilla. Add whites, beaten stiff, last. This makes two medium pies.

—MRS. WILLIAM R. MILLER.

* * *

CARAMEL PIE

2 eggs 3 tablespoons milk
2 cups brown sugar 1 rounding tablespoon butter
1 tablespoon flour 1 teaspoon vanilla

Cream butter and sugar; add egg yolks, flour, milk, and fold in beaten whites. Pour into pastry shell and bake in slow oven for 45 minutes.

—MRS. MARSHALL BOYLE, JR.

* * *

CARAMEL PECAN PIE

1/2 cup sugar 1 cup syrup
3 eggs 1/4 cup pecans
1 tablespoon vanilla 1 tablespoon butter
Pinch of salt

Cream sugar and butter; add eggs one at a time; then add vanilla, salt, and syrup. Pour in uncooked pastry shell; sprinkle with pecans and cook for 25 minutes in slow oven.

—MISS VIRGINIA THORNTON.

* * *

OLD-FASHION CHESS PIES

2 eggs Grated nutmeg
3/4 cup sugar 1/8 teaspoon salt
1 teaspoon lemon extract

Beat eggs slightly; beat in sugar; add extract and salt. Line muffin rings with rich pastry, put small piece of butter in each ring. Pour in mixture. Grate nutmeg on top. Bake in moderate oven.

—MRS. H. J. WARTHEN.

* * *

OLD ENGLISH PLUM PUDDING

1 1/4 lbs. raisins 1 gill brandy
1 1/4 lbs. citron 1 dessert spoon nutmeg
1 1/4 lbs. currants 1 qt. milk (poured over
1 1/4 lbs. suet (chopped fine) large loaf bread, crumbled)
1/2 lb. brown sugar 10 eggs

Roll fruit in flour. Boil 4 hours in greased coffee cans.
Sauce for Pudding

\[
\begin{align*}
\frac{1}{2} \text{ lb. butter} & \quad 2 \text{ lemons} \\
1 \text{ lb. brown sugar} & \quad 1 \text{ gill brandy} \\
2 \text{ eggs} & \\
\end{align*}
\]

Cream butter and sugar. Beat in eggs, lemon, and brandy.
—Mrs. Ralph H. Johnson.

Suet Pudding

\[
\begin{align*}
1 \text{ cup flour} & \quad \frac{1}{2} \text{ cup molasses} \\
\frac{1}{2} \text{ teaspoon soda} & \quad 1 \text{ egg} \\
\frac{1}{2} \text{ teaspoon salt} & \quad \frac{1}{2} \text{ cup sweet milk} \\
\frac{1}{2} \text{ cup chopped suet} & \quad \frac{1}{2} \text{ cup currants and raisins} \\
2 \text{ tablespoons candied fruit peel} & \\
\end{align*}
\]

Sift together flour, soda, salt; add suet, molasses, egg, unbeaten, and milk. Mix well. Dust raisins with flour. Add fruit. Grease and flour mold. Fill \(\frac{3}{4}\) full, leave uncovered. Steam 25 minutes.
—Mrs. B. H. Van Oot.

Topsy Pudding

\[
\begin{align*}
2 \text{ doz. lady fingers} & \quad 1 \text{ teaspoon vanilla} \\
1 \text{ pt. boiled custard} & \quad \frac{1}{2} \text{ pt. whipped cream} \\
1 \text{ cup sherry wine} & \quad \text{Almonds} \\
\end{align*}
\]

Line deep bowl with lady fingers, both bottom and sides. Pour over about \(\frac{3}{4}\) cup sherry wine. Put in whole or halved almonds. Then pour boiled custard. Lay another layer of lady fingers, then wine, almonds, custard, until bowl is filled. Pour whipped cream over top and decorate with whole almonds.

Boiled Custard

\[
\begin{align*}
1 \text{ pt. milk} & \quad \frac{1}{2} \text{ cup sugar} \\
3 \text{ eggs} & \quad 1 \text{ tablespoon cornstarch} \\
\end{align*}
\]

Scald milk; pour over beaten egg yolks and sugar mixture. Add cornstarch (moistened with water) and beaten egg whites. Cook until thick, stirring constantly.
—Mrs. Frost Herndon.

Duke of Cumberland's Pudding

\[
\begin{align*}
\frac{1}{2} \text{ lb. butter} & \quad 8 \text{ egg yolks} \\
\frac{1}{2} \text{ lb. sugar} & \quad \frac{1}{2} \text{ lb. orange peel} \\
\text{Pie crust} & \\
\end{align*}
\]

Put butter in sauce pan with sugar; melt slowly, stirring all the time. Add well-beaten yolks and finely grated orange peel.
Put this in pan that has been lined with rich pie crust. Cover over with some of the crust and bake in a slow oven. Serve either hot or cold.

—Mrs. C. J. Heatwole.

POOR MAN'S PUDDING (Rice)

<table>
<thead>
<tr>
<th>1 qt. sweet milk</th>
<th>3 tablespoons sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons uncooked rice (level)</td>
<td>1 teaspoon vanilla</td>
</tr>
<tr>
<td>1 tablespoon butter</td>
<td>Dash of grated nutmeg</td>
</tr>
<tr>
<td>Pinch salt</td>
<td>Few seeded raisins</td>
</tr>
</tbody>
</table>

Mix all ingredients except the butter in a baking dish, stirring until sugar is thoroughly dissolved. Dot top with the butter and bake in moderate oven for about two hours, stirring well as often as brown crust forms. When pudding has formed a thick custard, allow crust to brown unbroken. Serve cold, with or without cream, as preferred.

—Mrs. Charles Gantt Harris.

BREAD PUDDING

<table>
<thead>
<tr>
<th>1 qt. milk</th>
<th>1/4 teaspoon salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups bread cubes</td>
<td>1 teaspoon vanilla</td>
</tr>
<tr>
<td>3 eggs</td>
<td>3 tablespoons butter</td>
</tr>
<tr>
<td>1/2 cup sugar</td>
<td></td>
</tr>
</tbody>
</table>

Scald the milk and pour it over the bread which has been cut into 1/2-inch cubes. Let stand 10 minutes. Beat the eggs slightly. Add the sugar, salt, and vanilla to them. Put into a buttered baking dish and add the milk and bread cubes. Add the melted butter and stir to mix well. Place the dish in a shallow pan of boiling water. Bake at 350° for 1 1/4 hours. Serves 6.

For Chocolate Bread Pudding, add 2 ounces of melted chocolate before the melted butter is put in.

—Mrs. J. B. Walford.

LEMON PUDDING OR SOUFFLE

<table>
<thead>
<tr>
<th>1 cup sugar</th>
<th>2 eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup milk</td>
<td>2 lemons</td>
</tr>
<tr>
<td>2 tablespoons flour</td>
<td>Butter size of walnut</td>
</tr>
</tbody>
</table>

Cream butter and sugar; grate in rind of lemon; add yolks of eggs and milk, then lemon juice; fold in stiffly beaten egg whites. Cook in a slow oven as a custard 30 minutes or place in pan of water in moderately hot oven.

—Mrs. E. L. McQuade.
ORANGE MARSHMALLOW PUDDING
1 cup diced orange pulp and juice 1 cup whipping cream
1 cup quartered marshmallows 1/4 cup sugar

Whip cream until thick. Fold in sugar, marshmallows, orange pulp and juice. Chill thoroughly and serve very cold.

—MRS. R. W. ROBERTS.

* * *

PINEAPPLE PUDDING
3 egg yolks 1 cup sugar
1 pt. milk 3 tablespoons flour

Make custard and flavor with vanilla.
1 large pkg. vanilla wafers 1 can shredded pineapple

Line baking dish with wafers, then pineapple, then custard, and repeat until the dish is full. Make meringue and put it on top and brown in oven.

—MRS. P. A. SEATON.

* * *

NUT PUDDING
1 cup molasses 1 lb. English walnuts
1 cup sweet milk 1 cup raisins
1 cup chopped suet 1/4 cup chopped figs
1 teaspoon soda 2 1/2 cups flour
1 grated nutmeg

Sift soda, salt, and nutmeg. Mix suet and fruit. Add flour, milk, molasses, and nuts. Put in buttered pan and steam 2 hours. Serve hot.

Sauce
1 cup sugar 1 cup cream
1/2 cup butter 2 eggs, slightly beaten


—MRS. WYLDIE W. TAYLOR.

* * *

TYLER PUDDING
1 cup butter 4 eggs
3 cups sugar 1 cup cream

Cream butter; add sugar, eggs, and cream. Season with lemon and beat well. Bake in pastry until set. When cold garnish with sweet meats.

—MRS. RICHARD BROOKE.
DESSERTS

CARAMEL WALNUT PUDDING
1 heaping cup brown sugar  
2 eggs, well beaten  
$\frac{1}{4}$ stick butter  
Cream sugar, butter, and eggs. Add walnuts and vanilla. Cook in small pastry shells until brown.

—Mrs. Gordon Walker.

DATE PUDDING
2 cups nut meats  
2 cups dates (cut 3 times and floured)  
4 whole eggs, well beaten  
Bake in well-greased pan placed in a pan of water. Bake slowly nearly an hour or until firm on top. Serves 12.

—Mrs. G. A. Washburn.

DATE PUDDING
1 lb. Graham crackers  
1 cup cut dates  

—Mrs. A. T. Lowmaster.

CHOOCOLATE ICE BOX PUDDING
4 eggs  
$\frac{1}{2}$ cake sweet chocolate  
2 tablespoons water  
Dissolve chocolate in top of double boiler. Separate eggs. Add beaten yolks and water to chocolate. Mix thoroughly. Line pan with layer of halved lady fingers. When mixture has cooled slightly, fold in stiffly beaten egg whites. Pour half of mixture over lady fingers, cover with another layer of lady fingers, and pour last of mixture over this. Put in ice box for several hours. When ready to serve, slice and top with whipped cream.

—Mrs. William Rady.

CHOOCOLATE NUT PUDDING
1 cup soft bread crumbs  
2 cups scalded milk  
1 cup chopped nuts  
$\frac{1}{2}$ tablespoons salt  
Juice and grated rind of one orange
Scald milk and mix with bread crumbs. Add beaten egg yolks, sugar, chocolate, and other ingredients. Last, add beaten egg whites, folded in lightly. Pour into buttered mold and bake from 20 to 30 minutes in moderate oven. Serve hot with cream sauce seasoned with vanilla. —Mrs. M. D. Leckie.

**HUCKLEBERRY PUDDING**

- 3 eggs (yolks)
- 1 cup sugar
- 1 tablespoon hot water
- 1 cup flour
- 1 pint huckleberries

Beat yolks of eggs until thick. Add sugar gradually and continue beating. Add water, flour, (sifted with baking powder and salt), then whites (beaten until stiff), folded in, and then lemon juice.

After huckleberries have been washed, dry on towel and sprinkle lightly with flour. Fold into mixture without mashing the berries. Bake in moderate oven for 35 minutes. (Use a cake pan about 2 inches deep, buttered and floured.) Serve with hard sauce. (Serves 8.)

**HARD SAUCE**

- ¼ lb. butter
- ½ lb. sugar (XXXX)

Cream butter and sugar thoroughly and season with whiskey or brandy. Serve pudding hot with sauce. —Mrs. Alvin Bagby.

**WOODFORD PUDDING**

- 3 eggs (except whites of 2)
- ½ cup butter
- ½ cup blackberry jam or fresh berries
- 1 cup sugar

Cream butter and sugar; add well-beaten eggs and milk (into which soda has been dissolved), then flour, jam, and cinnamon. Bake slowly in moderate oven. Serve with the following sauce.

**SAUCE**

- 2 egg whites
- 1 cup XXXX sugar

Beat eggs until stiff; add sugar and vinegar. Fold in whipped cream. —Mrs. William E. Upchurch.
DESSERTS

CARAMEL PUDDING

1 cup light brown sugar 1 (scant) pt. milk
1 tablespoon butter 2½ rounding tablespoons cornstarch
½ cup milk

Vanilla

Heat sugar until it browns and has a caramel flavor. Add butter and ½ cup milk. Cook 12 minutes. Add pint of milk and cornstarch, stirring constantly. When very stiff and well cooked, season with vanilla and pour into moulds.

—Mrs. Walter Shirey.

MACAROON PUDDING

1 pkg. gelatiue (1 envelope) 3 eggs (beaten lightly)
1 pt. sweet milk ½ cup sugar
1 doz. macaroons (or more) Wine glass whiskey

Beat egg yolks; add sugar, milk, and gelatine (dissolved in one cup milk). Cook in double boiler until thick. Remove from stove and flavor with one wineglass of whisky. Add egg whites beaten stiff. Pour in mold lined with almond macaroons (1 dozen or more). Put in refrigerator after it cools and let stand over night. Cover generously with whipped cream and serve. Can be sliced as a cake.


CARAMEL PUDDING OR PIE

1 cup butter 4 eggs
½ cup sugar 1 cup preserved damsons

Cream butter and sugar. Add yolks (well beaten), damsons, and well-beaten egg white. Season with one teaspoon vanilla. Bake in pastry until set. Strawberries or other preserves may be used instead of damsons.

—Mrs. Richard Brooke.

DATE PUFF

½ cup flour 1 cup dates
2 teaspoons baking powder 1 cup sugar
½ cup salt 2 eggs
1 cup nuts

Mix and sift together the flour, baking powder, and salt. Cut the nuts and dates in pieces and add with sugar. Stir in the egg yolks and fold in the whites. Bake in shallow pans in a slow oven for about 40 minutes. Serve with whipped cream.
As the flavor improves with age, this pudding may be kept on hand for emergencies.

—Mrs. M. S. McDanel.

**OATMEAL MACAROONS**

2 tablespoons butter  
1 cup sugar  
2 eggs  
1 teaspoon almond extract

Cream butter slightly, add sugar, then the beaten eggs, flavoring, oats, baking powder, and salt. Mix well and drop by spoonsful on greased pans. Bake 10 to 12 minutes in a quick oven.

—Mrs. H. W. Shelton.

**COCOROONS**

4 egg whites  
1 1/2 cups sugar  
1 teaspoon vanilla

Beat egg whites until stiff. Add sugar, vanilla, corn flakes, and cocoanut. Drop on greased tins and cook in slow oven.

—Mrs. C. W. Throckmorton, Jr.

**ORANGE CHARLOTTE**

1 tablespoon gelatine  
1/2 cup sugar  
1/3 cup boiling water  
1 cup orange juice and pulp  
3 tablespoons lemon juice  
3 egg whites  
2 cups cream, whipped

**Lady Fingers**

Soak gelatine in cold water, then dissolve with the boiling water, and strain. Add the sugar, lemon juice, and orange juice and pulp. Chill. When jelly begins to set, add the egg whites, beaten very stiff. Fold in the whipped cream.

Line a mold with alternate sections of orange and lady fingers (strip of sponge cake may be used.) Pour the charlotte into the mould; chill. Unmould when ready to serve.

—Mrs. H. William Nolde.

**MARRON CHARLOTTE RUSSE**

1 tablespoon gelatine  
1/4 cup cold water  
1 pt. XX cream  
6 macaroons
DESSERTS

1/4 cup boiling water 12 diced marshmallows
1 cup sugar 1/4 lb. candied cherries
1/2 lb. boiled chestnuts

Soak gelatine in cold water and dissolve in boiling water. Add sugar and when the mixture cools add it to a pint of well-beaten cream. Add 6 rolled macaroons, marshmallows, cherries, and broken chestnuts. Put in mould in refrigerator.

—MRS. WILLIAM R. SHANDS.

* * *

BUTTERSCOTCH CHARLOTTE RUSSE

2 tablespoons granulated gelatine
(soaked in 1/2 cup cold water)

2 1/2 cups milk 4 tablespoons butter
Dash of salt 1 cup brown sugar
4 eggs 1 pt. XX cream
6 tablespoons sugar 1 1/2 teaspoons vanilla

Put butter and brown sugar in double boiler and melt over fire. Beat egg yolks and add scalded milk. Pour into mixture in boiler and allow to cook until thick as custard. Add egg whites (beaten stiff) and place in cold water until cold. Add cream whipped, with vanilla added. Set aside in dish to get cold.

—E. D. GARNETT.

* * *

CHOCOLATE BLANC MANGE

1 qt. milk 3 rounded tablespoons corn starch
2 ozs. chocolate 4 heaping tablespoons sugar

Dissolve cornstarch in a little of the cold milk; put remaining milk with sugar and chocolate added on the stove and when about to boil, add cornstarch and one teaspoon of vanilla. Stir constantly until thick. Pour into mould and serve cold with cream. The chocolate will melt during the process of cooking and need not be grated.

—MRS. ALEX C. COPLAND.

* * *

ENGLISH TRIFLE

1 sponge cake layer 1/2 cup blanched almonds
1/2 cup sherry wine (ground)
1 1/2 cup soft custard

CUSTARD

1/3 cup sugar 1 tablespoon corn starch
3/4 cup milk
1/8 teaspoon salt 2 egg yolks

Cut sponge cake to fit casserole. Season cake with sherry wine. Sprinkle over top with ground almonds, then cover all with the soft custard. Garnish with whipped cream. Place in refrigerator until ready to serve. (This may also be arranged in individual servings.)

—Mrs. H. William Nolde.

**ORANGE TRIFLE**

2 tablespoons gelatine

<table>
<thead>
<tr>
<th>1/4 cup cold water</th>
<th>1 1/4 cups orange juice</th>
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</thead>
<tbody>
<tr>
<td>1 1/2 cups boiling water</td>
<td>1/4 cup lemon juice</td>
</tr>
<tr>
<td>1 1/4 cups sugar</td>
<td>A little grated rind, orange and lemon</td>
</tr>
<tr>
<td>2 egg whites</td>
<td></td>
</tr>
</tbody>
</table>

**Custard**

<table>
<thead>
<tr>
<th>2 egg yolks</th>
<th>2 tablespoons sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups milk</td>
<td>1 tablespoon flour</td>
</tr>
</tbody>
</table>

Soak gelatine in cold water, then dissolve in hot water. Add sugar and fruit juices. When mixture begins to congeal, fold in well-beaten egg whites. Pour custard over congealed substance and add whipped cream on top when ready to serve.

—Mrs. W. G. Sale.

**BRIDE'S SUCCESS**

<table>
<thead>
<tr>
<th>1 1/2 lb. graham crackers</th>
<th>1 pt. whipped cream</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 lb. marshmallows</td>
<td>1/2 lb. dates</td>
</tr>
<tr>
<td>1 cup nut meats</td>
<td></td>
</tr>
</tbody>
</table>

Put aside 4 crackers. Cut marshmallows, dates and nuts in small pieces and crush the rest of the crackers. Combine all ingredients and mix well with cream. Roll in sausage form. Crush remaining 4 crackers and cover roll. Place in ice box for at least 1 hour. Slice and serve with whipped cream.

—Mrs. Thomas H. Gurney.

**PINEAPPLE FLUFF**

<table>
<thead>
<tr>
<th>15 marshmallows</th>
<th>1/2 pt. cream, whipped</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup walnuts</td>
<td>4 slices pineapple</td>
</tr>
<tr>
<td>1/2 teaspoon vanilla</td>
<td>1/4 cup sugar</td>
</tr>
</tbody>
</table>

Whip cream and add sugar and vanilla. Add nuts, pine-
apple and marshmallows. Cut in small pieces (each marshmallow cut in 4 pieces). Let stand in cool place for 3 hours and serve in glasses. Garnish with nuts or Maraschino cherries.

—MRS. T. C. SUBLLET.

* * *

BANANA DATE ROLL

1 cup heavy cream

½ lb. marshmallows (finely cut)

1 pt. dates (finely cut)

3 bananas (sliced)

¼ lb. pecans (finely chopped)

8 graham crackers (crumbled)

Whip cream. Fold in other ingredients, except cracker crumbs. Shape mixture into rolls 3 inches thick. Roll in crumbs which have been spread on waxed paper. Chill in refrigerator 3 to 4 hours. Slice about 1 inch thick. Top with whipped cream and cherries, if desired. (Serves 6.)

—MRS. RUDOLPH A. SIEGEL.

* * *

CREME RENVERSE

1 cup granulated sugar

3 eggs

Vanilla

Rind of 1 lemon

1 pt. of milk

Salt (to taste)

Brown the sugar over flame in aluminum saucepan until light brown. Line baking dish with this caramel, add eggs (whites and yolks beaten separate), lemon rind, tablespoon sugar, milk (heated luke-warm), vanilla and salt. Pour this custard mixture into lined baking dish. Set baking dish into deep pan of hot water and bake in a moderate oven for 45 minutes. When cool, chill thoroughly and turn out into plate, not too shallow.

—KATHERINE RHOADS.

* * *

BAKED CUSTARD

1 pt. milk

3 eggs

½ cup sugar

1 teaspoon vanilla

Pinch of salt

Beat 3 egg yolks and 2 egg whites very light. Add sugar, salt and vanilla. Pour scalding milk into this and add 1 egg white beaten very stiff, mixing well. Set mold in pan of hot water and bake ½ hour in slow oven.

—MRS. F. W. YONKER.
PECAN BALLS

1 cup butter 1 teaspoon vanilla
3 tablespoons powdered sugar 1 teaspoon water
2 cups sifted flour 3/4 cup pecans, broken

Cream butter and sugar well; add vanilla, water, flour and nuts. Form in balls size of walnut. Bake 20 minutes in moderate oven. Roll in powdered sugar while hot. Makes 35 to 40 balls.

—Mrs. Ernst Farley.

* * *

PAstry DAINTIES

1 cup flour 1 teaspoon baking powder
1/4 teaspoon salt 3 tablespoons fat
1/4 cup water

Sift the dry ingredients together; then chop the fat in with two knives until it is like coarse meal. Add the water, a little at a time, and toss together into a ball, finally pressing it together with the fingertips. Allow to stand in refrigerator for several hours. When ready to use roll to desired thickness, using as little flour as possible.

POPpy SEED STICKS

Sprinkle the pastry sticks with poppy seed after brushing them over lightly with beaten egg, to which has been added a tablespoon of water. Fry and drain. Serve hot or cold. Popular for tea or salad.

—Mrs. I. R. Drury.

* * *

BUMBLE BEES

6 saltines 1 cup brown sugar
1 lemon (juice and grated rind) 1 egg
1 cup raisins

Crumble saltines and add lemon juice and grated rind. Beat egg slightly and add raisins and brown sugar. Cook all together until thick. Allow to cool. Roll out pie crust like old-fashioned apple puffs. Have them very small and dainty.

—Mrs. Horace Sharp.

* * *

GINGER PUFFS

1 cup sugar 1 tablespoon ginger
1/2 cup butter 1 tablespoon nutmeg
1 cup dark molasses 1/2 tablespoon cinnamon
1 cup water 1 cup chopped nuts
DESSERTS

4 cups flour 1 cup raisins
2 eggs ½ cup figs and citron mixed
1 teaspoon salt 1 tablespoon soda

Cream butter and sugar. Add well-beaten eggs and stir in
molasses. Sift salt and soda into half the flour and add altern­
ately with water. To the remaining flour add ginger, nutmeg,
and cinnamon, and stir in nuts and fruits until they are well
coated. Mix well with other ingredients and pour into well­
greased muffin rings. Cook slowly.

—MRS. H. R. TERRELL.

* * *

DATE TARTS

Whites of 4 eggs

1 ½ cups sugar ½ lb. dates, cut fine
1 ¾ cups nuts (pecans or walnuts) 1 teaspoon vanilla

Drop from spoon and cook very slowly.

—MRS. RUDOLPH A. SIEGEL.

* * *

CHOCOLATE ROLL

3 eggs ½ cup sugar
1 ½ heaping tablespoons 1 level tablespoon flour
cocoa 1 pt. whipped cream

Beat egg yolks and sugar together. Mix flour and cocoa and
stir into eggs and sugar. Fold in well-beaten whites. Spread
on a shallow pan and bake in a hot oven about 5 minutes. Before
it gets cool, cover with whipped cream and roll together. If de­
sired, put a little whipped cream and some nuts on top.

—MRS. W. G. SALE.

* * *

APPLE SNOW

2 large apples 1 egg white
½ cup powdered sugar

Core and pare apples and grate into bowl containing sugar.
Add white of egg and beat with egg-beater until light and stiff.
Serve in champagne glasses decorated with candied orange peel
and cherries.

—MRS. C. J. HEATWOLE.

* * *

CRYSTALLIZED APPLES

Peel medium-sized apples and leave the stems on them.
Make a syrup of 1 cup sugar, 1 cup water, red cinnamon drops.
Cook whole apples very slowly in syrup until crystallized.

—MRS. P. A. SEATON.
CRYSTALLIZED APPLES

2 cups sugar

$\frac{1}{2}$ cup water 1 cup nuts
1 lemon (juice) 1 cup dates (softened with
6 apples wine or brandy)

Boil sugar and water for 15 minutes together with lemon juice. Then drop in apples that have been peeled and cored. Simmer slowly until the apples have become crystallized. When cold fill each apple with dates and nuts. Serve with whipped cream.

—Mrs. H. V. Godbold.

WINE JELLY

1 box gelatine 2$\frac{1}{2}$ cups sugar
1 large orange (juice) $\frac{1}{2}$ cup wine
2 large lemons (juice) (sherry or port)
3 pts. water 1 stick cinnamon

Soak gelatine in 1 cup of the water. Put rest of water, cinnamon, some orange and lemon peel on to boil about 5 minutes. Strain. Add gelatine and sugar. Stir until dissolved. Add fruit juice, and when cool, add the wine. Set in ice box to congeal. If more wine is desired, use less water.

—Mrs. Arthur D. Jackson.

GUM DROP BARS

4 eggs 1 tablespoon cold water
2 cups flour $\frac{1}{4}$ teaspoon salt
2 cups light brown sugar 1 teaspoon cinnamon
1 cup shredded gum drops $\frac{1}{2}$ cup chopped pecans
(assorted flavors; omit licorice)

Beat eggs thoroughly. Add sugar and water, then beat again. Sift flour, salt and cinnamon, and sprinkle a portion over pecans and gum drops. Add remaining flour to egg and sugar mixture. Then fold in pecans and gum drops. Spread thin in greased and floured shallow baking pans. Bake in slow oven, 325°, for 30 minutes. While still warm, ice with the following icing.

ICING

3 tablespoons butter 1 teaspoon grated orange rind
2 tablespoons orange juice Powdered sugar

Melt butter; add orange juice, grated rind, and enough powdered sugar to make a thin icing. Spread thinly over baked
sheets, and while still warm cut into 2-inch squares and remove from the pans.

—Mrs. G. O. Timberlake.

* * *

**POLISH MATZIPAN**

$\frac{1}{2}$ cup almonds, ground fine

1 lb. XXXX sugar

$\frac{1}{2}$ cup lemon juice

Cocoa

Make in balls the size of marbles. Dip in dry cocoa.

—Mrs. H. J. Warthen.

* * *

**PENOACHE**

1 tablespoon butter

$\frac{1}{2}$ cup rich milk

or cream

2 cups (heaping) brown sugar

$\frac{3}{4}$ cup chopped pecans

Melt butter; add sugar and milk. Boil until it forms a soft ball when a little is dropped in cold water. Remove from fire, add chopped nuts. Beat until creamy. One teaspoon vanilla may be added. Pour in buttered pan. When hard, mark in squares.

—Mrs. C. R. Davenport.

* * *

**RASPBERRY ICE CREAM**

1 pt. milk

$\frac{1}{2}$ pt. XX cream

2 cups raspberry juice

1 teaspoon gelatine

1 tablespoon cold water

2 tablespoons hot water

Pinch of salt

Soften gelatine in cold water. Add hot water, stirring until dissolved. Add milk, then raspberry juice, stirring rapidly, and last, the whipped cream and salt. Freeze in electric refrigerator, stirring once or twice during the process.

—Mrs. L. B. Enslow.

* * *

**CHOCOLATE ICE CREAM**

1½ oz. unsweetened chocolate

2 cups rich milk

1 tablespoon cornstarch

$\frac{1}{2}$ cup sugar

1½ teaspoons vanilla

1 cup cream

Pinch of salt

Melt the chocolate on low heat and add scalded milk very slowly. Mix cornstarch with sugar and add to chocolate mixture. Cook for 10 minutes, stirring until thickened. Cool; add vanilla; turn into tray of chilling unit, and freeze to a mush-like consistency. Fold in whipped cream and return to chilling unit and freeze.

—Mrs. Myril R. Douglass.
3 HOME NECESSITIES

1. FOOD PRESERVATION
2. FOOD PREPARATION
3. SANITATION

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The General Electric refrigerator maintains constantly the scientifically correct temperature for good preservation—between 35 and 50 degrees Fahrenheit. . . . Dependable with its hermetically sealed unit in all styles of cabinets. . . . No belts to break. . . . No fans to stick. . . . It operates more economically than any other refrigerator of its size.

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DESSERTS

PEACH ICE CREAM

1 qt. cream 1 qt. soft peaches
1 teaspoon vanilla (peeled, mashed with fork, and
1 cup sugar mixed well with ½ cup sugar)

Mix the vanilla, cream, and cup of sugar thoroughly and place in tray of refrigerator. When mixture begins to freeze around the edges add the mashed peaches. Stir frequently to make cream soft and smooth.

—MRS. G. M. BRYDON.

* * *

MACAROON ICE CREAM

3 cups milk 2 teaspoons vanilla
3 eggs 4 tablespoons sherry wine
⅜ cup sugar 1 pt. cream
Pinch salt 8 macaroons

Make a custard of milk, sugar, salt and egg yolks. Pour over macaroons, which have been crumbled. When cool, season with vanilla and wine. Add egg whites, beaten stiff, and cream, beaten stiff. Stir thoroughly twice while freezing. (Makes 2 quarts.)

—MRS. C. W. THROCKMORTON, JR.

* * *

ORANGE ICE CREAM

1 pt. cream 1 pt. orange juice
1 cup sugar

Put one-half the sugar into the cream and place in freezing tray. When it begins to freeze, add the orange juice, in which has been dissolved the other half cup of sugar. Stir frequently while freezing.

—MRS. G. M. BRYDON.

* * *

PEPPERMINT CANDY ICE CREAM

1 cup milk 2 cups XX cream
½ lb. peppermint stick candy

Dissolve candy in milk in top of double-boiler. Chill. Pour in freezing tray and freeze until firm. Remove to ice-cold bowl and add whipped cream, beating it in quickly. Return to tray to finish freezing. Stir several times at half-hour intervals.

—MRS. H. C. TAYLOR.
SAUCE FOR VANILLA ICE CREAM

1 glassful of currant jelly
1 qt. strawberries

Beat jelly to a cream; add strawberries (chopped, sweetened, and sprinkled with a few drops of lemon juice); then fold in the cream and grated orange.

—Mrs. William R. Shands.

* * *

ORANGE ICE

1 cup water
2 cups sugar
2 cups orange juice
3 grated orange rinds

Make a syrup of water and sugar and boil together for 5 minutes. Remove from fire, and add gelatine in order to melt it. Add strained orange and lemon juice. Cool and freeze. (Eight servings.)

—Mrs. David Kemper Kellogg.

* * *

FIVE THREES SHERBET

1 large can crushed pineapple
3 pts. water
3 cups sugar

Boil sugar and water together for 5 minutes. Add can of crushed pineapple, using all of the juice, then the other fruits. Freeze.

—Mrs. Rudolph A. Siegel.

* * *

ANGEL PARFAIT

½ teaspoon gelatine
1 cup sugar
½ cup water
2 egg whites
2 cups cream (whipped)


—Mrs. R. V. Farrar.
APRICOT MOUSSE

1 large can apricots
1/2 pt. XX cream
1 cup sugar

Run apricots through potato ricer. Add sugar and plain cream, then fold in beaten cream. Add egg white, beaten stiff; then salt. Freeze. (Serves 6.)

—Mrs. R. W. Roberts.

CARAMEL NUT MOUSSE

1 cup sugar
1/2 cup boiling water
1/2 cup chopped pecans

Melt sugar. Add boiling water. Cool, then add vanilla and salt. Stir in whipped cream. Freeze.

—Mrs. L. E. Harvie.

ORANGE ICE—ALMOND BISQUE

2 cups sugar
1 cup water

Make syrup and allow to cool.
1 envelope gelatine
1/2 cup hot water
1 doz. oranges

Dissolve gelatine in hot water. Add syrup and gelatine to juice of oranges and lemons. Place in refrigerator to chill. Add almonds (toasted) to whipped cream, sweeten to taste and season with vanilla. Then pour over orange ice and freeze.

—Mrs. Gordon Walker.

BUTTERSCOTCH PARFAIT

1/3 cup brown sugar
1 tablespoon butter
1/4 cup milk

Cream sugar and butter, add milk, and pour over well-beaten egg yolks. Add dissolved gelatine and whipped cream, vanilla, and nuts. Freeze.

—Mrs. H. W. Shelton.

BAKED ALASKA

11/2 qts. vanilla ice cream
Sponge cake
6 egg whites

1 teaspoon vanilla
6 tablespoons powdered sugar
Beat egg whites until light; add powdered sugar, and whip until light and dry. Turn ice cream on a round of sponge cake on a board and cover with meringue. Dust well with powdered sugar and set in a hot oven for a moment to brown.

—Mrs. R. V. Farrar.

**RAINBOW DELIGHT**

2 cups crushed pineapple  2 tablespoons powdered sugar
1 pt. XX cream  2 teaspoons vanilla
1/2 lb. marshmallows, assorted colors

Cut marshmallows in fourths; add pineapple, and mix well. Let stand overnight in refrigerator. Add vanilla and powdered sugar. Fold whipped cream into fruit and marshmallows. Pour into freezing tray and allow to partly freeze.

—Mrs. Horace Sharp.

**MACAROON CUSTARD**

1 1/2 doz. macaroons  1 tablespoon gelatine
1 qt. milk  4 tablespoons sugar
4 egg yolks  3 egg whites

Make custard of milk, sugar, and egg yolks. As it cools, add gelatine dissolved in a little water. When cool, add beaten egg whites. Pour over crumbled macaroons. Mold. Turn out and serve with cream.

—Mrs. John G. Webb.

**STRAWBERRY TARTS**

1 cup sifted flour  1/3 cup shortening
1/4 teaspoon salt

Make pastry of above, mixed quickly with silver fork. Roll out very thin and put in muffin rings. Place in refrigerator to chill, then bake in hot oven. Cool.

1 qt. strawberries  1 cup XX cream, whipped

Chop berries slightly, saving one large one for each tart. Sweeten to taste. Sweeten cream. Place in refrigerator tray until frozen slightly. When ready to serve, place mixture in shells.

—Mrs. Richard Anderson.
DESSERTS

PEACH COBBLER

1 egg 1 teaspoon baking powder
2/3 cup sugar 1/2 teaspoon vanilla
1/2 cup milk 2 tablespoons melted butter
1 cup flour 6-8 peaches

Beat egg, add sugar, and beat again. Add flour, baking powder, milk, vanilla, and then melted butter. Cut up 6 or 8 raw fresh peaches and put in a 9x9 pan or baking dish. Sweeten to taste. Pour the batter over this and bake in a 350° oven about 40 minutes or until batter is cooked through. Serve hot with cream.

—MRS. L. H. MORGAN.

LEMON SHERBERT (Electric Refrigerator)

1 cup granulated sugar 1 pt. water
1/2 cup lemon juice 2 tablespoons orange juice
Pinch of salt 2 egg whites
1/2 cup coffee cream

Cook sugar and water together for 10 minutes and cool; add to strained juices and pour into freezing tray and freeze. Remove from ice box and beat with rotary beater, then add coffee cream and fold in stiffly-beaten egg whites, to which salt has been added. Put tray in ice box and freeze. Serves 6 to 8.

—IRENE BREWSTER.
"Icin' de cake and biddin' fo' de spoon, 
De chilluns' allays somewhar round de room."

CAKES
Mrs. James B. Bowers, Chairman

ANGEL CAKE
Whites of 11 eggs          1 1/2 cups granulated sugar
1 cup flour               1 teaspoon vanilla
1 teaspoon cream tartar

Sift flour four times, then measure; add cream of tartar and sift again. Beat whites very stiff, add sugar, fold in flour and vanilla. Pour in ungreased pan, with paper in bottom. Bake about 45 minutes in slow oven. Turn pan upside down on something to allow air under it. Leave in pan until cold.

—Mrs. William R. Miller.

APPLE SAUCE CAKE
1/2 cup butter            1 teaspoon cinnamon
1 cup sugar               1/4 teaspoon nutmeg
1 egg, beaten            1/8 teaspoon salt
1 cup unsweetened apple sauce 1 cup raisins
1 teaspoon soda          1 tablespoon cake flour
1 1/4 cup cake flour

Cream together butter and sugar; add egg, apple sauce and soda. Sift together 1 1/4 cups flour, cinnamon nutmeg and salt, and add to mixture. Then add raisins rubbed in 1 tablespoon flour. Bake in moderate oven.

—Mrs. Alvin Bagby.

QUICK APPLE CAKE
1 egg                    1 tablespoon butter
1 cup flour              1 teaspoon baking powder
3/4 cup milk             1 teaspoon vanilla
1/2 cup sugar            1 teaspoon cinnamon
2 apples

Cream butter eggs and sugar thoroughly; then add milk, flour
baking powder and vanilla. Place in shallow baking pan. Slice apples on top of this mixture. Sprinkle with cinnamon and 2 tablespoons sugar. Bake about 20 minutes in moderate oven.

—Mrs. Gamble M. Bowers.

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DRIED APPLE CAKE
(Excellent)

2 cups dried apples soaked over night.
Chop and stew up in 2 cups of molasses. When cool add one cup of butter, 1 cup of sour milk, 2 eggs, 2 teaspoons soda, 2 teaspoons cinnamon, 1 teaspoon cloves, 1 teaspoon nutmeg and 2½ cups of sifted flour.
A caramel or boiled frosting is delicious on this cake.

—Viola Benedict Smith.

* * *

BROWNIES

2 well-beaten eggs 1/2 cup salad oil
1 cup sugar 1/2 teaspoon salt
2 squares melted chocolate 3/4 cup nut meats
1/2 cup flour 1 teaspoon vanilla
Beat half the sugar into well-beaten eggs. Combine the rest of the sugar, salad oil and melted chocolate. Add vanilla. Sift flour and measure; add salt to flour and sift again. Add this to chocolate mixture, also add nuts. Line an oiled shallow pan with wax paper. Pour in batter, and bake in moderate oven for 25 minutes (350° F.).

—Mrs. R. W. Roberts.

* * *

CARAMEL CAKE

1 cup butter 7 eggs
2 cups sugar 1 cup luke-warm water
3 cups flour 2 teaspoons of baking powder
Cream butter and sugar. Add eggs one at the time. Then flour and water alternately. Put baking powder and vanilla in last.

FILLING

2 cups sugar 3/4 cup milk
Butter size of an egg

Let come to a boil. While waiting, have ready hot iron frying pan. Dissolve 1/2 lb. of sugar and pour into first mixture while it is boiling. Take off stove and beat until right consistency.

—Mrs. H. V. Godbold.
CHEESE CAKE
2 lbs. or 1 qt. cottage cheese  2 teaspoons vanilla
6 eggs  1 pt. plain cream
1 1/2 cup sugar  Pinch of salt
2 tablespoons flour

Put cheese through ricer, add sifted flour and salt. Beat eggs and sugar till light, then add cheese, then cream, also little grated rind of lemon. Bake in spring form pan 70 minutes in moderate oven.
—Mrs. Robert C. Bayliss.

CHINESE CHEWS
1 cup sugar  1/2 cup nuts
3 eggs  1 cup dates (pitted)
1 cup flour

Beat eggs and add sugar. Add flour, nuts and dates. Pour in lined biscuit pan and cook at 450° a short while. Turn out and cut while warm.
—Mrs. Sterling Grigg.

CHOCOLATE CAKE
1 cup butter  1 cup milk
2 cups sugar  3 level teaspoons baking powder
3 cups sifted cake flour  1 teaspoon vanilla
4 eggs (beaten separately)  1/4 teaspoon salt

Cream butter and sugar; add yolks and alternately the milk and dry ingredients which have been sifted three times. Fold in the whites and bake in four layer pans in quick oven.

Chocolate Icing
1/2 cake or 1/4 lb. chocolate, melted  1/2 stick of butter
in bowl set in hot water  1 teaspoon vanilla
3/4 lb. confectioners sugar

Mix together with milk (preferably evaporated) until the right consistency to spread on the layers.
—Mrs. G. M. Brydon.

CHOCOLATE CARAMEL CAKE
1 cup sugar  1/2 cup butter
1 cup sweet milk  2 eggs
2 1/2 cups flour  2 level teaspoons baking powder

Cream butter and sugar, add eggs, then milk alternately with flour in which you have sifted baking powder. Then mix the second part.
SECOND PART

1 yolk of egg 1 cup brown sugar
4 oz. chocolate ½ cup sweet milk

Beat yolk; add sugar, then milk, then chocolate that you have dissolved over steam. Cook this until it thickens then add to first part. Cook in layers. Use any filling you wish.

—MRS. S. M. ATKINSON.

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QUICK COFFEE CAKE

1½ cups sifted flour 2 tablespoons butter
2 teaspoons baking powder 1 egg
½ teaspoon salt 1 teaspoon vanilla
5 tablespoons sugar ½ cup milk

Sift dry ingredients, add butter and unbeaten egg, then milk. Stir to a smooth dough. Turn into shallow pan, and cover with the following mixture.

4 tablespoons sugar ¼ teaspoon salt
2 tablespoons flour 2 or 3 drops vanilla
1 teaspoon melted butter

Work this together and spread over batter. Bake about 30 minutes in a moderate oven.

—MRS. H. WILLIAM NOLDE.

* * *

CREAM CAKE (Loaf)

½ cup shortening 1 cup sugar
2 eggs (separated) 1 teaspoon vanilla or lemon extract
½ cup rich milk or thin cream 1 cup flour (pastry flour)
½ cup corn starch
3 teaspoons baking powder

METHOD

Cream shortening well, add sugar slowly; add beaten yolks of eggs; add flavoring, milk, a little at the time. Sift flour, corn starch and baking powder together and add. Fold in beaten whites of eggs. Bake in loaf pan in moderate oven 35 or 45 minutes. Spread with the following frosting:

3 tablespoons cream and enough powdered sugar to spread easily. Sprinkle finely chopped nuts on the top.

—MRS. M. C. ENGSTROM.
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VIRGINIA DAIRY

"The Home of Better Milk"
BOSTON CREAM CAKE
(In muffin rings)
3 eggs 1 cup sugar
1 1/2 cups flour 4 tablespoons cold water
1 teaspoon baking powder

Beat yolks; add sugar; then water. Add flour and whites last.

FILLING
1 pint of milk; let boil and then add 2 tablespoons cornstarch, rubbed to a smooth paste. 1 or 2 eggs, 1 cup sugar, small piece of butter, vanilla; boil until thick.
—Mrs. Cola Powell.

* * *

CRUMB CAKE
1 1/2 cup brown sugar 1 cup buttermilk
2 1/2 cup flour 1 teaspoon soda
1/2 cup butter 1 teaspoon cinnamon

Mix sugar with flour, work in butter (softened). Reserve one cup of this mixture. To remainder, add buttermilk, soda and cinnamon. Pour into shallow greased pan. Sprinkle top with cup of reserved mixture. Bake in moderate oven about 35 minutes. Serve warm.
—Mrs. F. W. Yonker.

* * *

COOKIES
BROWN SUGAR COOKIES
4/5 cup butter 1/2 cup brown sugar
1 egg yolk Pinch of salt
2 cups flour 1/2 teaspoon soda
1 teaspoon almond or vanilla extract

METHOD
Cream together the butter and brown sugar; add egg yolk slightly beaten, salt, flour, soda and flavoring. Roll into small balls, place on buttered cookie sheet and press down with fork. Place a whole pecan in the center of each cookie and bake in fairly hot oven until brown.
—Mrs. M. C. Engstrom.
CAKES

BUTTERSCOTCH COOKIES

2 eggs 1 cup nut meats
2 cups brown sugar 1 teaspoon soda
2 1/2 or 3 cups flour 1 teaspoon cream of tartar
1/2 cup butter 1/2 teaspoon vanilla

Mix as for cake. Shape in roll and put in ice box (wrapped in wax paper). Let stand 6 hours. Slice thin and bake on cookie sheet.

—MRS. GEO. E. ALLEN.

CARAMEL NUT BARS

1 lb. brown sugar 1 1/2 cups flour
4 eggs 2 teaspoons baking powder
2 cups nuts 1 teaspoon vanilla


—V. D. THORNTON.

FILLED COOKIES

1 cup milk 4 teaspoons baking powder
2 cups sugar 2 teaspoons soda, dissolved
6 or 7 cups flour in hot water
1 cup shortening 2 teaspoons vanilla
2 eggs

Cream shortening and sugar; add milk and flour alternately. Sift flour with baking powder four times before mixing, then eggs, vanilla and soda and a pinch of salt. Roll a small portion of the dough at the time (cut very thin), place a spoonful of filling on top, and then another cookie. Bake in quick oven.

FILLING

2 cups chopped raisins 2 tablespoons flour
1 cup sugar 1 cup water
Cook until it thickens. Preserves or fig paste may be used.

—MRS. B. H. VANOOT.

FUDGE COOKIES

1/2 cup butter 1 cup sugar
2 squares chocolate 1/2 cup flour
2/3 cup black walnuts 2 eggs beaten together
Pinch salt 1 teaspoon vanilla

Add sugar and salt to beaten eggs, then butter and chocolate melted together. Stir in flour, vanilla and nuts. Bake in greased tin 30 minutes in moderate oven (350° F.). Cut in squares while hot.

—Mrs. F. W. Yonkers.

* * *

GINGER TEA COOKIES

1 1/2 cups sugar
1 cup butter Flour
1 teaspoon vanilla 1 egg
1/2 cup preserved ginger, 1 teaspoon soda dissolved
cut fine

Cream butter and sugar, add beaten egg, soda, vanilla and enough flour to make a stiff dough (2 or 3 cups). Add ginger and make into a roll and let it get cold in ice box. Slice with knife and then cut out with small cookie cutter. Bake in 350° oven about 10 minutes.

—Mrs. Frederick H. Morgan.

* * *

GINGER SNAPS

1 cup black molasses 2 teaspoons baking powder
1/2 cup fat 1 teaspoon salt
3 cups flour 1 1/2 teaspoon soda

1 1/2 teaspoon ginger


—Mrs. A. H. Ware.

* * *

ICEBOX COOKIES, No. 1

1 lb. shortening 1/2 teaspoon soda, dissolved
1 cup brown sugar in a little water
1 cup white sugar 6 cups flour
3 unbeaten eggs 1 cup chopped nuts
1/2 teaspoon salt 1 teaspoon vanilla

Cream shortening and sugar. Add eggs, flour and soda. Then nuts, salt and vanilla. Mould and put in ice box. Use as desired.

—Mrs. Kirk Matthews.
ICEBOX COOKIES, No. 2

1 1/2 cups fat  1 teaspoon nutmeg
1 cup white sugar  1/2 teaspoon salt
1 cup dark brown sugar  1 teaspoon vanilla
3 eggs  2 1/3 cups nuts
3 tablespoons cream  5 cups flour
2 teaspoons cinnamon  2 teaspoons soda
1 teaspoon cloves

Mix as in recipe No. 1. Make 2 loaves; chill 12 hours in refrigerator. Slice very thin before baking.

—Mrs. Emmett Seaton.

ICEBOX COOKIES, No. 3

1 cup white sugar  1/2 teaspoon salt
1 cup brown sugar  1 teaspoon vanilla
1/2 cup butter  2 teaspoons baking powder
1/2 cup other shortening  2 cups flour
2 eggs  1 cup chopped nuts

Mix as in icebox cookies No. 1. Leave overnight in refrigerator. Slice thin and bake in quick oven.

—Mrs. H. R. Terrell.

JUMBLES

1 lb. sugar  1 lb. flour
3/4 lb. butter  2 eggs
Juice and rind of 1 lemon

Cream butter and sugar; add eggs, lemon and flour. Mix well and mold with hands or from tube into little cookies. When done sprinkle with powdered sugar.

(Used in family for three generations.)

—Mrs. H. G. Dickerson.

NUT WAFERS

1 cup butter  1 teaspoon baking powder
2 cups white or brown sugar  1/2 teaspoon salt
3 3/4 cups flour  1/2 teaspoon soda
2 eggs  1 teaspoon vanilla
1 cup nut meats

Cream butter and sugar well; add beaten eggs; sift dry ingredients; add nuts; mix well and add flavoring. Shape in roll and cover with wax paper. Put in ice box until cold, then slice and bake in oven 350° 7 to 10 minutes.

—Mrs. E. L. Blankenbaker.
NUT COOKIES

1 1/2 cup brown sugar
1 cup butter
3 eggs, unbeaten
1/2 teaspoon cinnamon
1 scant teaspoon soda in 1/2 cup boiling water
1 teaspoon cloves
1 cup raisins or dates
1 cup nuts (cut)
1 teaspoon nutmeg
1 teaspoon vanilla

—Mrs. C. A. Taylor.

NUT WAFER COOKIES

1 cup brown sugar
1 cup white sugar
1 1/2 cup melted shortening
1 teaspoon salt (blanched almonds best)
3 eggs (well beaten)
2 teaspoons soda
1 cup chopped nuts
5 cups pastry flour

Cream shortening and sugar. Add beaten eggs, nuts, then dry ingredients sifted together twice. Shape in 3-inch roll. Put in ice box overnight. When ready to bake, slice and bake in hot oven (425° F.). Makes 75 cookies.

—Mrs. W. T. Rady.

OATMEAL COOKIES

3/4 cups fat
1 cup sugar
2 eggs
1 teaspoon vanilla
2 teaspoons cinnamon
5 tablespoons milk
1 teaspoon cloves
1 teaspoon nutmeg
1/4 teaspoon salt
1 cup raisins
2 cups oatmeal
1 teaspoon soda
2 cups flour
1/2 teaspoon baking powder

Cream fat and sugar. Add eggs and beat well. Add remaining ingredients. Drop portions off end of spoon onto greased baking sheets. Flatten and bake 12 minutes in moderate oven.

—Mrs. A. H. Ware.

PEANUT BARS

1 cup sugar
1 1/4 cups flour
2 teaspoons baking powder
2 eggs

Break eggs into a cup, then fill cup with milk. Sift flour, baking powder and sugar together. Add eggs and milk, flavor with vanilla; mix carefully. Pour into floured and greased pan and bake in hot oven 10 minutes. Cut into bars before taking out of pan.
Frosting
Cream 1 cup of butter and 2 cups of powdered sugar. Add a little cream. Cover bars with this and then roll them in ground peanuts.

—Mrs. Richard Brooke.

* * *

ROCKS

\[
\begin{align*}
\frac{1}{2} \text{ cup butter} & \\
1 \text{ cup flour (level)} & \\
2 \text{ eggs} & \\
\frac{1}{4} \text{ cake chocolate (1/2 pound cake size, 2 oz.)} & \\
\end{align*}
\]

Cream butter and sugar together. Drop in eggs, add flour, then melted chocolate. A little vanilla. Bake in long, flat pan in medium hot oven.

—Mrs. D. K. Kellogg.

* * *

SUGAR COOKIES

\[
\begin{align*}
3 \text{ cups flour} & \\
1 \text{ teaspoon baking powder} & \\
\frac{1}{4} \text{ teaspoon salt} & \\
\frac{1}{3} \text{ cups sugar} & \\
\end{align*}
\]

Sift dry ingredients together, add shortening and mix with fork. Add beaten eggs and flavoring. Roll very thin and cut with cooky cutter. Decorate tops if desired. Bake in moderate oven (375° F.) for 8 minutes.

—Mrs. Kent W. Hood.

* * *

TEA CAKES

\[
\begin{align*}
2 \text{ eggs} & \\
1 \text{ cup butter} & \\
1 \text{ cup sugar} & \\
\text{1 pt. flour, or enough to roll out} & \\
\end{align*}
\]

Mix all together and roll thin on flour board; cut with cookie cutter. This makes 100 tea cakes.

—Mrs. G. M. Brydon.

* * *

CRYSTAL BARS

\[
\begin{align*}
3 \text{ eggs, beaten until very light} & \\
1 \text{ cupful sugar} & \\
\frac{3}{4} \text{ cupful flour} & \\
\end{align*}
\]

1 cup chopped dates

1 teaspoon baking powder
1 teaspoon vanilla
Pinch of salt
1 cup chopped nuts
Mix ingredients in order given, sift powder with flour before adding, and pour into a pan to the depth of \( \frac{1}{2} \) inch. Bake until brown in a hot oven. This will take from 10 to 15 minutes. Cool slightly and cut in strips. Roll strips in powdered sugar.
—Mrs. W. P. Clements.

**CUP CAKE, DELICIOUS**

1 cupful sugar 3 tablespoons butter
Yolks 2 eggs 1 cup sour milk
1 teaspoon soda 1\( \frac{1}{2} \) cups cake flour
2 teaspoons baking powder 1 teaspoon vanilla

Cream sugar and butter, then add unbeaten egg yolks, then sour milk with soda stirred into it. Next sift baking powder with flour once and add to first mixture. Lastly add vanilla and pour into paper cups which have been placed in muffin pans. Fill about one-half full. The batter will be fairly thin. (This recipe makes 2 dozen little cakes.)
—Mrs. W. P. Clements.

**DATE BARS**

1 lb. of seeded dates 1 cup English walnuts
\( \frac{3}{4} \) cups sugar or other nuts
5 tablespoons flour 1 teaspoon baking powder
3 unbeaten eggs

When thoroughly blended, add 1 teaspoon vanilla, then spread thinly over bottom of a large, flat baking pan, which has been lined with oil paper. Bake in oven heated to 300° F. When cool cut in bars, then dip in powdered sugar.
—Mrs. D. W. Peters.

**DATE CAKE**

\( 1 \frac{1}{2} \) cups sugar Juice of 1 lemon
\( \frac{1}{4} \) cup butter (2 oz.) 5 eggs
3 boxes pitted dates 1\( \frac{1}{2} \) cups flour
1 heaping teaspoon baking \( \frac{1}{2} \) lb. English walnut meats
powder \( \frac{1}{2} \) lb. pecan meats
1\( \frac{1}{4} \) teaspoon salt \( \frac{1}{2} \) lb. crystallized cherries
2 teaspoons vanilla extract 3 slices crystallized
1 teaspoon almond extract pineapple

A little extra flour for nuts and fruits
-Cream butter and sugar. Beat egg yolks, add lemon juice and combine with the first mixture. Sift flour with the salt and baking powder and stir in next, then the well-beaten egg whites,
the extracts, and, lastly, the nuts and fruits, which have been cut in small pieces and thoroughly floured. Bake 3 hours in a slow oven. A tube pan is best.

—Mrs. Chas. Gantt Harris.

* * *

DATE CAKE

Cut up 1 package of pitted dates. Add 1 cup boiling water and 1/2 teaspoon soda. Let stand until cool.

Cream 1/2 cup butter with 1 cup sugar. Add 3 well-beaten eggs. Add 2 cups flour sifted with 2 teaspoons of baking powder and 1/2 teaspoon salt. Mix well and then add date mixture. When thoroughly blended, add 1 cup chopped nuts.

—Mrs. Frederick A. Saunders.

* * *

DAFFODIL CAKE

White Part

6 egg whites, 1/2 teaspoon cream of tartar, pinch of salt. Beat until stiff. 3/4 cup sugar, 1/2 cup flour (sift 4 times), 1/2 teaspoon vanilla.

To be baked in large angel cake tin.

Yellow Part

6 egg yolks, 3/4 cup sugar, pinch salt. Beat 3 minutes. 3/4 cup flour (sift 4 times), 1/4 cup boiling water, 1 teaspoon baking powder.

Put white part in tin and place yellow part by spoonful on white cake. Bake as angel food in moderate oven about 45 minutes. When cake is done, white cake will be on top.

Frosting

Cream 1/2 cup butter in bowl. Add egg yolk and gradually work in 3 cups confectioners’ sugar, beating until very smooth and fluffy. Add 1 teaspoon vanilla. (Add a few drops of hot cream if necessary to make good consistency for spreading on cold cake.)

—Irene Brewster.

* * *

DEVIL’S FOOD CAKE

2 eggs (or 3 eggs, saving 2 whites for icing)

1 1/2 cups sugar
1 1/2 cups milk
2 1/2 oz. chocolate
2 teaspoons vanilla

2 cups flour
3/4 cup butter
1 teaspoon soda
3 tablespoons boiling water

1/2 teaspoon salt
Directions.

Put \( \frac{1}{2} \) cup sugar into sauce pan, add chocolate and 1 cup milk. Boil 5 minutes, stirring constantly. Add vanilla and let cool.

Cream butter and add remainder of sugar. Add well-beaten eggs and beat 2 minutes. Add remainder of milk, soda (dissolved in boiling water), flour, salt, and last, chocolate mixture. Bake in 2 9-inch pans about 30 minutes in moderate oven. Spread with 7-minute icing.

Seven-Minute White Icing for Devil’s Food Cake

- 2 egg whites (unbeaten)
- \( \frac{3}{4} \) teaspoon cream of tartar
- \( \frac{1}{2} \) cups sugar
- 5 tablespoons water
- 1 teaspoon vanilla

Put egg whites, sugar, water and cream of tartar in double-boiler. Beat with rotary egg-beater until thick enough to stand in peak. Add vanilla, and when thick enough spread on cake.

Mrs. H. G. Shirley.

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Devil’s Food Cake

- 2 cups sugar
- \( \frac{1}{4} \) lb. butter
- 1 rounded teaspoon of soda
- \( \frac{1}{2} \) cup of sour milk
- \( \frac{1}{2} \) lb. of dry cocoanut
- 4 oz. of chocolate (melted over steam)

Mix butter and sugar, add beaten yolks, then alternately flour and milk, in which you have dissolved soda. If batter is still too thick, add water to right consistency. Have whites well beaten and add, then vanilla and cocoanut.

Filling

- \( \frac{3}{4} \) cups white sugar
- \( \frac{1}{2} \) cup sweet milk
- 2 oz. chocolate
- Butter the size of a walnut

Cook 2 minutes after it begins to boil. Add a piece of paraffin (size of a small marble). Flavor with vanilla and beat until ready to spread on cake.

Mrs. John Maxwell.

* * *

White Fruit Cake

- 1 cup butter
- 2 tablespoons lemon juice
- 4 tablespoons cream
- 1 cup chopped raisins
- 2 cups sugar
- 1 tablespoon vanilla
- 1 cup chopped candied pineapple
CAKES

1/4 cup chopped lemon peel 1/2 cup chopped orange peel
1/4 cup chopped citron 1 cup almonds, shredded
1/2 cup red cherries 4 cups flour
1/2 teaspoon salt 1 teaspoon soda
1/2 teaspoon baking powder 8 egg whites, beaten

Cream the butter and sugar. Add lemon juice, vanilla and cream. Beat 2 minutes. Add rest of ingredients and blend well. Pour in pan lined with waxed paper and bake 2 hours in slow oven. All measurements level.

—Henrietta Hilgartner.

* * *

LIGHT FRUIT CAKE

1/2 lb. chrystallized cherries
1 lb. fresh cocoanut—grated
8 eggs
1 lb. flour
1 teaspoon baking powder (rounded)
1 lb. sugar
1/4 lb. lemon peel
Mix and bake as any other fruit cake.

—Mrs. Samuel M. Cottrell.

* * *

WHITE FRUIT CAKE

3/4 lb. butter 1 lb. sugar
2 lbs. white raisins 1 lb. pecans, shelled
1/4 lb. cherries 1 lb. flour
1 doz. eggs 1/2 lb. pineapple
1/2 lb. citron 1 cup orange juice
1 teaspoon mace 1 teaspoon vanilla and Grated rind of 2 oranges almond
Mix butter and sugar; add flour alternately with well-beaten yolks and orange juice; then fruit, and last well-beaten whites and flavoring.

—Mrs. L. D. Gunter.

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“MY MOTHER’S” FRUIT CAKE

(A very old recipe)

2 lbs. raisins 1 lb. butter
1 lb. figs 1 lb. sugar
12 eggs 1 lb. dates
1 teaspoon cloves 1 lb. citron
1 teaspoon allspice
3 teaspoons cinnamon
½ teaspoon nutmeg

Bake very slowly in tube pan.

—Mrs. George B. Steel.

FUDGE CAKE

1½ cups sugar
3 tablespoons cocoa
½ cup melted butter
2 eggs
2 cups flour

Mix in order given. Beat well and bake in two layer cake pans. Put layers together with filling.

FILLING FOR FUDGE CAKE

1 cup sugar
1 tablespoon cocoa
1 teaspoon salt
1 teaspoon soda in
½ cup sour milk
½ cup boiling water
1 teaspoon vanilla

Cook in double-boiler until thick.

—Mrs. Frank N. Garland,
Newark, N. J.

FUDGE CAKE SQUARES

1 cup butter
4 squares chocolate melted in
1 cup of milk
1½ cups flour
1 teaspoon vanilla
2 cups sugar
4 eggs


—Mrs. Samuel M. Cottrell.

FUDGE SQUARES

2 oz. cooking chocolate
2 eggs
1 teaspoon vanilla
1 teaspoon baking powder
1 cup chopped nuts

1/4 cup milk
1 cup sugar
1/2 cup flour
1/2 teaspoon salt
1/2 cup melted shortening

Make a paste of chocolate and milk and let cool. Beat eggs until light, add sugar, then the paste. Add vanilla, flour, baking powder, salt, nuts, and last, shortening. Beat well, turn into
a greased pan and bake in moderate oven for 20 minutes. Cut into squares while still warm.

—Mrs. B. H. Van Oot.

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HERMIT CAKE

6 eggs 1/2 lb. butter
3 cups brown sugar 5 cups flour
1 cup milk 2 teaspoons baking powder
4 teaspoons vanilla 1 teaspoon cinnamon
2 lbs. dates 1/2 lb. shelled walnuts

Cream butter and sugar, add yolks of eggs, add gradually flour and milk. Fold in well-beaten whites. Lastly, add dates and almonds, which have been cut and mixed with little flour.

—Mrs. W. G. Sale.

* * *

GOLD CAKE

3/4 cup butter 2 1/2 cups flour (sifted)
1 1/4 cups sugar 4 teaspoons baking powder
8 egg yolks 1/6 teaspoon salt
3/4 cup milk 2 teaspoons lemon extract

Cream butter, then gradually add sugar and cream again. Beat in well-beaten yolks. Sift dry ingredients together 3 times. Add to first mixture alternately with milk. Then add extract.

—Henrietta Higlartner.

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WHITE CAKE

Whites of 6 eggs 1 cup butter
2 cups sugar (scant) 1 cup milk
3 1/2 cups Swandown cake flour 2 1/2 teaspoons baking powder

Use measuring cup and spoons. Cream butter, add sugar gradually; add milk slowly, then flour and eggs.

—Henrietta Higlartner.

* * *

SOFT GINGERBREAD

1/2 cup sugar 1 egg
1/2 cup black molasses 2 cups flour
1/2 cup water 1/2 tablespoon soda
1/2 cup butter 1/2 tablespoon ginger or cinnamon

Cream butter and sugar well; add water, molasses, beaten egg, and lastly flour, in which you have sifted soda and spice. Bake 45 minutes in 325° F. oven.

—Mrs. D. W. Peters.
GINGERBREAD

1 egg 2 cups pastry flour
\( \frac{1}{2} \) cup sugar 1 teaspoon cinnamon
\( \frac{1}{2} \) cup molasses 1 teaspoon ginger
\( \frac{1}{4} \) cup shortening 1 teaspoon soda
\( \frac{1}{2} \) cup hot water 1\( \frac{1}{2} \) teaspoon salt

Beat egg until light; add sugar and molasses. Melt shortening in hot water and add. Sift pastry flour with seasonings. Combine mixtures. Beat well. If in individual tins, bake 12 to 15 minutes at 400° F. If in layers, bake about 20 minutes at 375° F.

—MRS. HARRY O. STONE.

SOUTHERN SPICY GINGERBREAD

2 eggs 2 teaspoons soda
\( \frac{3}{4} \) cup brown sugar 2 teaspoons ginger
\( \frac{3}{4} \) cup molasses 1\( \frac{1}{2} \) teaspoons cinnamon
\( \frac{3}{4} \) cup melted shortening 1\( \frac{1}{2} \) teaspoon each of cloves, nutmeg and baking
2\( \frac{1}{2} \) cups flour powder
1 cup boiling water

Add beaten eggs to the sugar, molasses and melted shortening, then add dry ingredients, which have been mixed and sifted, and lastly the hot water. Bake in individual pans or in a shallow pan in moderate oven (350° F.) 30 to 40 minutes

—MRS. KENT W. HOOD.

GINGER BREAD

2 cups flour 1 egg
1 cup molasses 1 cup buttermilk
1 teaspoon salt 1 teaspoon soda
1 teaspoon each of ginger, allspice and cinnamon
\( \frac{3}{4} \) cup lard or any good shortening

Cream shortening and sugar. Add beaten egg, molasses, then dry ingredients that have been sifted together. Add milk; beat well. Bake in large, shallow pan or muffin rings.

—MRS. E. W. ARMENSTROUT.

HOT MILK CAKE

(This recipe makes 2 large layers)

2 cups flour 2 cups sugar
4 eggs \( \frac{1}{2} \) stick butter
1 cup milk 1 teaspoon powder
1 teaspoon vanilla
BEAT EGGS (whites and yolks together). ADD SUGAR GRADUALLY. THEN FLOUR AND POWDER. HEAT MILK AND BUTTER. POUR INTO DRY MIXTURE. BAKE AT 330°.

—BRANCH S. HEINRICH.

HUCKLEBERRY CAKE

\[
\begin{align*}
\frac{1}{2} \text{ cup butter} & \quad \frac{1}{2} \text{ cups of sugar} \\
1 \text{ cup milk} & \quad 3 \text{ cups flour} \\
4 \text{ eggs} & \quad \text{Juice and rind of 1 lemon} \\
2 \text{ teaspoons of baking} & \quad 1 \text{ pt. of fresh} \\
\text{powder} & \quad \text{huckleberries}
\end{align*}
\]

BEAT THE BUTTER, SUGAR AND YOLKS OF EGGS TOGETHER UNTIL LIGHT. ADD MILK AND HALF THE FLOUR. BEAT UNTIL SMOOTH; THEN ADD THE WELL-BEATEN EGG WHITES, THE REMAINDER OF FLOUR, SEASONING, LEMON AND BAKING POWDER. LAST OF ALL, STIR IN THE BERRIES. BAKE IN TURK'S HEAD MOLD IN A MODERATE OVEN ABOUT \(\frac{3}{4}\) OF AN HOUR. IF PREFERRED, CAN BE BAKED IN A SHEET IN LESS TIME. SERVE WITH SAUCE.

—MRS. A. H. APPERSON.

MOLASSES CAKE

\[
\begin{align*}
1 \text{ cup butter and lard mixed} & \quad 4 \text{ cups sifted flour} \\
1 \text{ egg} & \quad 1 \text{ cup molasses (black)} \\
1 \text{ cup boiling water, into which put 1 teaspoon soda} & \quad 1 \text{ cup sugar} \\
1 \text{ tablespoon ginger} & \quad 1 \text{ teaspoon cloves} \\
\text{1 level teaspoon salt}
\end{align*}
\]

COOK SLOWLY IN PAN LINED WITH WAXED PAPER.

—MRS. W. E. BARRET.

NUT LOAF

\[
\begin{align*}
1 \text{ egg} & \quad 1 \text{ cup sugar} \\
1 \text{ cup milk} & \quad 1 \text{ cup chopped nuts} \\
2 \text{ cups flour} & \quad 2 \text{ teaspoons baking powder} \\
2 \text{ teaspoons cinnamon} & \quad \text{Pinch of salt}
\end{align*}
\]

SIFT DRY INGREDIENTS, BEAT EGG WELL, MIX WITH MILK, THEN ADD NUTS AND MIX ALL TOGETHER.

BAKE 1 HOUR IN A VERY SLOW OVEN. THIS IS ESPECIALLY DELICIOUS IF BLACK WALNUTS ARE USED.

—MRS. J. M. SEATON.

NUTRITIOUS CAKE

CREAM TOGETHER 1 CUP SHORTENING WITH 1 CUP OF SUGAR; ADD 1 CAN TOMATO SOUP, TO WHICH 1 LEVEL TEASPOON OF SODA HAS BEEN
added, 2 cups flour, 2 teaspoons baking powder, 1 teaspoon each cinnamon, cloves and nutmeg, ¼ teaspoon salt, 1 cup nut meats, 1 cup raisins, both cut very fine, 1 teaspoon vanilla. Bake 1 hour in loaf pan, starting in a cold oven.

**ICING**

1 package white cream cheese; add slowly 1½ cups XXXX sugar, 1 teaspoon vanilla and a very little cream. Cream well; do not cook; and spread on cake.

—**MRS. WILLIAM LEIGH MARSHALL.**

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**ORANGE CAKE**

1 cup milk ½ lb. butter
2 cups sugar 3 cups flour
2 teaspoons baking powder 6 whites of eggs
1 teaspoon vanilla

Cream well butter and sugar. Sift baking powder with flour and add to butter and sugar alternately with milk. Beat well. Add stiffly-beaten whites and vanilla. Bake in three layers.

**ORANGE FILLING**

Juice and grated rind of 1 large or 2 small oranges, 3 cups of sugar, 3 tablespoons of flour, 1 tablespoon of butter.

Mix flour and sugar together. Add rind and juice of orange and butter. Cook in double-boiler until the mixture begins to grain a bit on side of container. Take from fire and beat until consistency to spread well.

—**MRS. MILLER JOBLIN.**

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**POUND CAKE**

1 lb. butter 1 lb. sifted flour
12 eggs 1 teaspoon vanilla or lemon

Cream butter and sugar, add beaten yolks of eggs, stirring well; then the beaten whites, beating lightly at first, then thoroughly. Add flour, a little at the time. Bake in deep pan well lined with paper, and cook with a very slow heat.

—**MRS. A. L. HE nella.**

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**UN-ORTHODOX POUND CAKE**

3/4 lb. butter 1 lb. flour
1 lb. of sugar 1 rounded teaspoon baking powder
12 yolks of eggs baking powder
3/4 cup of water 1 teaspoon vanilla
Cream well butter and sugar. Beat together yolks and water, and then add alternately with flour, in which you have put baking powder. Add flavoring and bake in a very slow oven until done.

—MRS. LELAND L. MILLER.

**ROCKY MOUNTAIN CAKE**

1 cup butter 3 cups flour
2 cups sugar 4 eggs
3 teaspoons baking powder

The regular 1, 2, 3, 4 cake.

**THE ROCKY MOUNTAIN CAKE FILLING**

$\frac{1}{2}$ lb. currants, $\frac{1}{4}$ lb. blanched almonds, chopped (leave a few for top of cake), $\frac{1}{2}$ lb. fresh grated cocoanut, 1 lb. raisins.

Mix raisins, currants and chopped nuts with boiled icing. Sprinkle cocoanut on top layer.

—MARGARET NEAL HERDON.

**SPONGE CAKE (By Weight)**

10 eggs, their weight in sugar and one-half their weight in sifted flour. Season with fresh lemon.

—MRS. CHAS. K. BOWERS.

**BOILING MILK SPONGE CAKE**

3 eggs $1\frac{1}{4}$ cups sugar
1 cup pastry flour 1 teaspoon baking powder
$\frac{1}{2}$ scant cup milk 1 spoon vanilla or lemon

Beat eggs until light and creamy; gradually add sugar, beating all the time. Add flour and baking powder; fold in the boiling milk. Bake in sponge cake tin very slowly 1 hour. Increase heat slightly for 10 minutes.

—MRS. FRANCIS H. SPENCER.

**HOT WATER SPONGE CAKE**

Yolks of 2 eggs 1 cup sugar
$\frac{3}{4}$ cup hot water or milk $\frac{1}{2}$ teaspoon lemon extract
Whites of 2 eggs 1 cup flour
$1\frac{1}{2}$ teaspoons baking powder $\frac{1}{4}$ teaspoon salt

Beat yolks of eggs until thick and lemon-colored; add one-half the sugar gradually, and continue beating; then add water, remaining sugar, lemon extract, whites of eggs (beaten until stiff),
and flour mixed and sifted with baking powder and salt. Bake 25 minutes in a moderate oven in a buttered and floured shallow pan.

—Mrs. J. W. Rogers.

**YELLOW SPONGE CAKE**

6 egg yolks 1 cup sugar
1/2 cup boiling water 1/2 teaspoon salt
2 teaspoons baking powder 1 1/2 cups cake flour
and seasoning you prefer

Beat egg yolks until light with Dover egg-beater; add sugar gradually, then hot water, beating meanwhile. Add flour, sifted with baking powder and salt, and beat thoroughly. Bake in 2 layers in a moderate oven about 30 minutes. Put layers together with lemon filling and 7-minute frosting over top.

**FILLING FOR CAKE**

1 cup sugar 2 tablespoons butter
2 eggs 2 lemons (juice)
Stir all together, then cook to consistency of jelly.

—Mrs. J. A. Carson.

**TIPSY CAKE**

Place a medium-sized sponge cake that has been baked in tube pan on a round chop plate. Slice all around and tie with narrow white ribbon to hold shape.

Stick each slice full of blanched almonds, then pour Scuppernong wine or brandy toddy over cake. Set in ice box to soak for 2 or 3 more hours. Just before serving pour a rich chilled custard, brandy flavored, over cake. Cover completely with whipped cream and sillabub. Have at least 2 quarts of custard and serve from glass pitcher with the cake.

Use candied cherries if desired and be sure to clip the ribbon when ready to serve.

—Mrs. Parke P. Deans.

**UPSIDE DOWN CAKE (Pineapple)**

3 teaspoons butter 1 cup brown sugar
Melt in heavy skillet and stir constantly. Lay in slices of pineapple, and pour in the following batter:
3 eggs, beaten 1/2 cup cold water
1 1/2 cups sugar 1 1/2 teaspoons baking powder
2 cups flour 1 teaspoon salt
Mix in order given. Bake in slow oven 1 hour. Turn out immediately on plate. Place cherry in each ring. Serve with whipped cream.

—Mrs. P. H. Allen.

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VELVET CAKE

6 eggs (leave out 2 whites for icing), 3 cups flour, 3 teaspoons baking powder, \( \frac{3}{4} \) cups boiling water, juice of 1 lemon, 21/2 cups sugar.

Beat eggs well, add sugar, then flour, then baking powder, boiling water and juice of lemon. Cook in moderate oven.

Icing

1 cup sugar 2 egg whites
\( \frac{1}{2} \) cup water 1 teaspoon flavoring

Boil sugar and water until it threads; pour slowly over lightly-beaten whites. Beat until thick enough to spread.

—Margaret Neal Herndon.

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WHITE CAKE

\( \frac{1}{4} \) lb. butter 31/2 cups sifted flour
2 cups sugar 6 egg whites
1 cup milk 2 level teaspoons baking powder

Cream butter; add sugar gradually. Add flour and milk alternately and beat well. Fold in well-beaten egg whites and then baking powder. Then 1 teaspoon vanilla. Bake 45-50 minutes in a moderate oven.

—Mrs. Chas. Word.
ICINGS

BOILED ICING
3 cups of sugar 3 egg whites
Add \( \frac{3}{4} \) cup of water to sugar; cook until it spins a thread. Pour on the well-beaten whites. Add \( \frac{1}{4} \) teaspoon of cream of tartar. Any flavoring desired.

— Mrs. H. V. Godbold.

BUTTER ICING
5 tablespoons butter 6 tablespoons hot water
1 pkge. XXXX sugar \( \frac{1}{2} \) teaspoon vanilla
2 ounces chocolate
Add hot water to butter; add melted chocolate and sugar; add seasoning. (For Mocca, use coffee instead of water.)

— Mrs. W. H. Foy.

FUDGE ICING
2 cups brown sugar 2 oz. chocolate
Scant cup of milk
Cook together over a very low fire until all melts. Let boil only 4 to 5 minutes (if marshmallows are desired, fold in when done) and beat with a spoon until stiff.

— Mrs. Charles Word.

CHOCOLATE ICING
\( \frac{1}{4} \) cake (2 squares) bitter chocolate 1-6 cup granulated sugar
1-6 cup cream (evaporated may be used)
Melt the chocolate and sugar in double-boiler or bowl, then add cream. Spread on cake before it thickens.


CHOCOLATE ICING
Yolks of 2 eggs \( \frac{1}{2} \) cup milk
1 1/2 cups sugar 1 tablespoon butter
1 teaspoon vanilla 4 squares chocolate
Melt chocolate. Beat eggs well; add sugar and butter and cook over hot water, stirring constantly, bring to boil for 2 minutes. Take from fire, add chocolate and vanilla. Beat until thick.

— Mrs. Robert C. Bayliss.
CAKES

COCOANUT MARSHMALLOW ICING
1 can cocoanut (1/2 lb.) 1 cup sugar
3 tablespoons water 1 egg white (unbeaten)
16 marshmallows

Put sugar, water and egg white in top of double-boiler and have water boiling underneath. Beat mixture for 7 minutes and pour over marshmallows. Add one-half of cocoanut (spread on cake) and sprinkle other half on top.

—Mrs. Chas. Word.

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UNCOOKED LEMON ICING FOR POUND CAKE
Cream together 1/2 box XXXX sugar, lump of butter size of walnut, 1/2 juice of lemon (or to taste).
Use cream to thin out. Make real stiff icing.

—Mrs. Sterling Grigg.

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WHIPPED CREAM ICING FOR SPONGE CAKE
1/2 pt. heavy cream 1 egg yolk (beaten)
1 teaspoon vanilla Pinch of salt
1 can (small) of chocolate syrup

Whip cream stiff. Add egg yolk, then gradually add syrup. Spread on sponge layer and put in ice box for an hour or more.

—Mrs. Ben. A. Burton.

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LEMON FILLING FOR CAKES
2 eggs (well beaten) 1 cup sugar
Juice of 2 lemons and a little rind, if desired 1 oz. butter
2 tablespoons boiling water

Mix all together, except butter, and cook in double-boiler until thick. Remove from stove; add butter and beat until thick enough to spread.

—Mrs. C. B. Myers.

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SEVEN MINUTE FROSTING
1 egg white 7/8 cup sugar
3 teaspoons water

Put all in top of double-boiler and beat with egg-beater 5 minutes. Then add 9 marshmallows, 1 at a time. Continue beating for 2 more minutes.

—Mrs. J. A. Carson.
"Bilin' in de pot am de jelly or de jam;  
Mighty good dis winter air de pickles an' de ham."

JAMS, JELLIES, PICKLES AND PRESERVES

MRS. PARKE DEANS, CHAIRMAN

STRAWBERRY PRESERVES

1 qt. strawberries, stem, put in colander and let cold water run through them. Then pour boiling water over them. Put on fire with cup of sugar and boil for 5 minutes. Do not stir; shake them.

Then add 2 cups of sugar, boil slowly for 15 minutes. Take from fire and let stand for 12 or more hours. Put in glass jars and seal.

—MRS. THOMAS C. RUFFIN.

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STRAWBERRY PRESERVES

2 qts. capped berries  3 lbs. sugar
4 tablespoons vinegar (no water)

Put all together on stove, cook 15 minutes. Pour off in shallow pans, let stand overnight, then put in jars. Best done in small quantities.

—MRS. E. S. SIMPSON.

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STRAWBERRY PRESERVES

3 cups berries  3 cups sugar

Place in kettle; as soon as they begin to boil, cook 20 minutes. Remove from fire. Put in sterilized jars next morning and seal.

Do not cook more than 3 cups at a time, though separate cookings may be poured in same container to cool. Always can berries cold.

—MRS. THOMAS H. GURNEY.

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WATERMELON PRESERVES

1 lb. of watermelon rind  1 lb. sugar
2 lemons (sliced) or few pieces of green ginger

After preparing melon rind, let stand over night in alum
water, using enough alum to taste. Wash in cold water, weigh and cook. When half done, add lemon or ginger. Rind will be transparent when done and syrup thick. Chopped nuts or crushed pineapple may be added if desired.

—Mrs. Boyd Ayers.

PEACH PRESERVES

6 lbs. peaches (peeled and halved)  5 lbs. sugar
1 teaspoon soda

Scald peaches in boiling water, into which has been put the soda. Let boil 1 minute, skim, remove peaches, drop into cold water, wipe off and place in kettle, layer of peaches, a layer of sugar, until all has been used. When the peaches are clear, remove to platter, then place in jars. When juice has boiled down to a jelly, pour into jars and cover for keeping.

—Mary Crockford.

CONSERVED GRAPEFRUIT PEEL

1 lb. grapefruit peel  1 1/4 lbs. sugar

Tear pulp from peel and grate outside until most of yellow is off. Cut into strips, cover with cold water and bring to a boil. Repeat this process 3 times, each time pouring off the hot water and using cold water. Weigh fruit after third boiling. No water is needed if sugar is added to fruit while hot. Be careful not to let burn.

—Mrs. James K. Hall.

MARMALADE

1 grapefruit  2 oranges
1 lemon  5 lbs. sugar

Put fruit through meat chopper. Save seeds and soak in half cup of water. Pour 2 quarts of cold water over fruit and let stand 24 hours. Boil one hour, then add sugar and boil one hour more. Pour water off seeds into mixture before last boiling.

—Mrs. E. L. McQuade.

ORANGE MARMALADE

Slice 6 large, juicy oranges and 3 lemons very fine, discarding seed. Cover with water, let stand over night. Next morning boil this mixture 45 minutes, let stand over night again. In the morning measure and bring to a boil. Add 1 1/2 times as much sugar as there is fruit mixture. Boil 45 minutes. Just before
removing from stove add 1 cup lemon juice. Pour in small glasses and seal.

—Mrs. H. V. Godbold.

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**PEAR HONEY**

1 lb. pears  
3/4 lb. sugar  
1 can crushed pineapple

Peel pears, put through food chopper using medium blade. Cook until thick and clear. Add pineapple just before removing from stove. Put in glass jars, cover with paraffin.

—Mrs. James D. Harris.

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**GRAPE CONSERVE**

3 lbs. grapes  
3 lbs. sugar  
1 lb. seeded raisins  
1/2 cup walnut meats  
3 oranges

Cook pulp and skins of grapes separately; strain seed from pulp, then cook grapes, sugar and orange cut in small pieces together with walnut meats added last. Cook slowly until thick.

—Mrs. G. Talbot French.

* * *

**QUINCE JELLY**

1 lb. sugar  
1 pt. quince juice

Cut quince in small pieces; do not peel nor remove seed. Barely cover with water. Boil slowly until tender. Drain in wet cheese cloth bag. Heat juice, add sugar, cook until juice jells. Put up in glasses; cover with paraffin.

Use same recipe for crab apples, always having fruit underripe; never squeeze jelly bag.

—Mrs. Parke P. Deans.

* * *

**CARROT JAM**

5 lbs. carrots  
8 cups sugar  
Juice of 6 lemons

Wash, pare and grate carrots; add lemon juice and sugar. Cook slowly until thick.

—Mrs. A. T. Lowmaster.

* * *

**CRANBERRY JELLY**

1 qt. cranberries  
1 pt. boiling water  
2 cups granulated sugar

Cover cranberries with boiling water; cook hard 10 minutes.
Strain and reheat; add sugar—dissolve by stirring. Do not cook after sugar is added.

—MRS. HENRY MARSHALL.

** **

PEACH CONSERVE

2 lbs. peaches 1 orange
1 1/2 lbs. sugar 1 bottle cherries
Slice peaches, cover with sugar, let stand in bowl over night. Next morning boil until soft; add juice and grated rind of orange. Boil five minutes, then add chopped cherries, boil until thick.

—MRS. FRANCIS H. SPENCER.

** **

PEAR CONSERVE

4 lbs. pears 1/2 lb. nut meats
1 cup seeded raisins 3 lbs. sugar
2 oranges Juice of 1 lemon
Grind fruit fine, add sugar and cook one hour or until thick like jam. Add lemon juice and nuts. Put in jars and seal.

—MRS. ERNEST F. APPEL.

** **

PEACH PICKLE

7 lbs. of peaches 3 lbs. brown sugar
1 qt. of vinegar Cloves, stick cinnamon to taste
Peel peaches, place in vessel, pour liquid over peaches. Let come to a boil each morning for nine mornings. After boiling the last time place in jars and seal.

—MRS. WYLIE W. TAYLOR.

** **

PEAR PICKLE

1 qt. vinegar 1/2 oz. whole cloves
4 lbs. sugar 1 oz. stick cinnamon
1 oz. allspice
Boil 20 minutes. Cook until thick and pour over 6 to 8 pounds pears which have been cooked until tender.

—MARY M. HILLSMAN.

** **

SPICED GRAPES

8 lbs. grapes 4 sticks cinnamon
4 lbs. sugar 1 oz. whole cloves
3 cups vinegar 2 blades mace
Remove and set aside the skins of the grapes. Cook the pulp in the vinegar with the spices tied in cheese cloth until
grapes are soft. Pass through sieve to remove seed. Add skins and return to fire. When boiling put in the sugar and again the bag of spices. Cook until thick and put in glasses; seal.

—Mrs. A. B. B. Harris.

**SPICED PLUM PICKLE**

- 7 lbs. plums
- 1 pt. vinegar
- 2 sticks cinnamon
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 3 lbs. sugar
- 1 teaspoon mace
- 1 teaspoon whole cloves

Pick plums before entirely ripe. Cut in half; remove seed. Place plums in stone crock. Make syrup of vinegar, sugar and spices (tied in cheese cloth); pour hot over fruit. Repeat each morning for 9 days. On the last day when juice is boiling, add plums and let come to boil, do not cook. Put in jars.

—Mrs. Edwin S. Bolen.

**OLD VIRGINIA CRYSTAL PICKLE**

*(From Westmoreland County)*

- 7 lbs. green tomatoes
- 10 teacups sugar
- 2 qts. vinegar
- 6 pieces stick cinnamon (broken up in inch length)
- 2 gals. water
- 1 qt. dry lime (from drug store)
- 1 teaspoon grated nutmeg
- 1 teaspoon ground ginger

Slice the tomatoes in \( \frac{1}{4} \)-inch, thick pieces. Put in a porcelain or granite kettle; cover with the water in which the lime has been dissolved. Let stand 24 hours, then rinse through several waters to remove all lime sediment. Dissolve sugar, vinegar and stick cinnamon, also nutmeg and ginger which have been put into a small cloth bag. Bring this to a boil, then drop slices of tomatoes in and boil rapidly until they are glazed or syrup clings to the spoon or drops in thick drops. Remove spice bag, and fill jars while hot. Seal at once.

—Mrs. W. C. Guest.

**BREAD AND BUTTER PICKLE**

- 1 gal. small cucumbers
- 8 small onions
- 5 cups sugar
- 1 cup vinegar
- 1 teaspoon celery seed
- 2 tablespoons mustard seed
- 1/2 teaspoon cloves
- 11/2 teaspoon tumeric
- 1/2 cup salt

Wash cucumbers, slice thin, also onions and peppers. Cover with salt and ice put on a weight. Let stand three hours, then drain and add

—Mrs. J. S. Walden, Jr.
SWEET PEPPER RELISH

1 doz. green peppers  
\( \frac{1}{2} \) peck green tomatoes  
1 cup salt  
1 pt. vinegar  
1 oz. mixed spices  
1 doz. red peppers  
1 qt. onions  
1 qt. water  
3 lbs. sugar  
1 oz. mustard seed  
1 oz. celery seed

Slice peppers, tomatoes and onions; cover with salt; let stand 48 hours. Drain; run through food chopper. Put in porcelain kettle; add water and vinegar. Cook 20 minutes; drain again; return to kettle; add sugar, spices and mustard, and celery seeds tied up in bag. Cover with cider vinegar and cook 30 minutes. Put in jars; seal.

—Mrs. E. D. Gunter.

GREEN TOMATO PICKLE

(Mrs. A. Langstaff Johnston’s recipe)

1 peck green tomatoes  
1 doz. large white onions

Cut in thin slices; sprinkle with salt; let stand 24 hours, then wash off salt. Then mix well the following spices:

\( \frac{3}{4} \) lb. ground mustard  
\( \frac{1}{4} \) lb. white mustard seed  
1 oz. cloves  
1 oz. celery seed  
1 oz. black pepper

Put in kettle a layer of onions and tomatoes and layer of spices alternately. Cover the whole with 5 pounds sugar and enough vinegar to cover the tomatoes. Let boil well \( \frac{3}{4} \) of an hour.

—Mrs. W. Catesby Jones.

Recipe used by Mrs. Jones’ mother and her grandmother during the Confederate War.

SWEET CUCUMBER PICKLE

2 lbs. sugar  
1 qt. vinegar  
Spices as desired

Soak brine cucumbers over night in cold water. Make syrup of vinegar, sugar and spices, cover cucumbers entirely. Do not have to seal—keeps perfectly in crock. Ready to use day after making.

—Mrs. J. O. Fitzgerald.
BARBECUE SAUCE

100 peppers (long, red, hot peppers)
1 gal. vinegar      3 tablespoons black pepper
3 tablespoons dry mustard  6 tablespoons salt
1 pt. ground onions (grind peppers and onions together)

Cook until onions are done (2 hours). Strain; add 1 bottle Worcestershire sauce and 1 oz. celery salt. Put in bottles.
This is fine to serve with broiled chicken or roast.

—MRS. B. JETER WOODWARD.
"All de things dey's lef' here yo'll find; 
Hope yo' be feelin' good, now dat yo' hab dined."

MISCELLANEOUS
Mrs. R. E. Cabell, Chairman

CHOCOLATE FUDGE

1 lb. brown sugar  \( \frac{3}{4} \) cup milk or cream
3 tablespoons butter 1 teaspoon vanilla
\( \frac{1}{8} \) teaspoon salt 3 squares unsweetened chocolate

Place sugar, chocolate and milk over low heat and cook until sugar is dissolved. Then continue to cook, without stirring, until it will form a soft ball when dropped in cold water. Remove from fire and let cool without stirring. When lukewarm, add butter, salt and vanilla and beat until creamy. Pour into buttered pan, and when firm cut into squares, or, if preferred, drop by spoonfuls on wax paper. To vary, drop cupful chopped nuts, raisins or marshmallows just before the fudge is ready to pour into buttered pan.

—Mrs. Alfred S. Winston.

* * *

CHOCOLATE CANDY

1 lb. brown sugar 2 oz. chocolate
1 cup water or milk \( \frac{1}{3} \) stick butter

Stir well before putting on stove. Cook until it forms a soft ball in water. Beat after it gets cold. Nuts may be added if desired. Drop from spoon.

—Mrs. W. C. Herbert.

* * *

FOOL PROOF CHOCOLATE FUDGE

2 squares chocolate  \( \frac{2}{3} \) cup milk
\( \frac{1}{2} \) cup cold water 2 tablespoons butter
2 cups granulated sugar 1 teaspoon vanilla
2 tablespoons corn syrup

Mix cut chocolate and water in double-boiler. Stir in sugar
a little at a time. Add milk and syrup. Stir until sugar is dis-
olved. Boil over medium flame until soft ball forms in cold
water. Remove from flame. Add butter and vanilla. Let
cool, then beat until thick. Pour at once in damp cake pan.
No greasing. —MRS. E. L. BLANKENBAKER.

* * *

VANILLA CREAM CANDY

2 lbs. sugar 1 1/2 cups cold water
1 1/2 teaspoons vinegar 3 egg whites
1 1/2 teaspoons vanilla

Boil sugar, water and vinegar until it forms a soft ball in
cold water. Pour slowly over the stiffly beaten egg whites, add
flavoring and beat until creamy. Drop from spoon on buttered
pan or waxed paper. Nuts may be added. —MRS. A. L. HENNA.

* * *

CHOCOLATE FUDGE

2 lbs. light brown sugar 4 oz. bitter chocolate
1/4 stick butter, or 1 oz. Pinch baking powder
1 cup milk 1 teaspoon vanilla

Put all ingredients, except vanilla, in stew pan and boil
until mixture threads on spoon. Remove from fire and place
in pan of cold water to beat. Put in vanilla and when candy
thickens, pour into greased platters and cut into squares when
slightly cool. —MRS. R. W. GUNN.

* * *

DATE ROLL CANDY

1 lb. white sugar 3/4 cup sweet milk
1 pkge. dates (chopped) 1 cup nuts

Cook until it forms a soft ball. Take off and add chopped
dates and nuts. Wrap in wet cloth and let stand for 12 hours.
—MRS. W. C. HERBERT.

* * *

NUT CHOCOLATE DROPS

(Quick Recipe)

1 1/2 cakes Dot chocolate 1 cup nuts
1 can condensed milk Pinch salt

Cut chocolate into small pieces and melt in top of double-
boiler. Add condensed milk. Stir until well thickened. Take
off and add a few grains of salt. Add 1 cup nut meat and con-
continue to beat until you can drop on waxed paper or spread in buttered pan and cut in squares. To vary, drop on waxed paper and put nut on each piece.

—Mrs. R. M. Holloway.

* * *

PECAN PRALINES

3 tablespoons water 2 lbs. light brown sugar
1/4 lb. butter 1 can shelled pecans

Cook until soft ball is formed in cold water. Beat. Stir in pecans and drop in cakes on buttered pan.

—Mrs. E. L. Ruffin.

* * *

VANILLA CARAMELS

1 lb. sugar 1 gill cream
1 oz. honey 1/4 teaspoon butter
1/2 gill hot water

Boil until a few drops will crackle slightly when put in ice water. Then add teaspoon vanilla and pour on slab to cool. Cut into squares.

—Mrs. S. M. Atkinson.

* * *

BUTTERSCOTCH CANDY

1 cup sugar 1 cup molasses
1/2 cup butter 1 tablespoon vinegar
1/4 teaspoon soda

Boil all together and stir frequently to prevent burning. When syrup cakes when tested in water, remove from fire and flavor to taste. Pour upon buttered tin in a sheet 1/4 inch thick; and when nearly cold, mark in squares with sharp knife. Separate the squares when cold, and wrap in waxed paper.

—Mrs. S. M. Atkinson.

* * *

CANDIED GRAPEFRUIT PEEL

Grapefruit peel Sugar
Water

Soak the peel (which has been cut into strips) overnight in cold water. Pour off water, add fresh water, put over slow fire and let come to a boil. Pour off this water. Repeat 5 times,
adding fresh water each time. Wash the peel in cold water and drain. Then weigh the peel and use an equal amount of sugar and \( \frac{1}{2} \) cup water to each 2 cups of sugar. Bring to the boiling point, then add the peel and cook until it is clear. Drain from syrup, cool, and roll in sugar. Set aside to dry.

—Mrs. E. S. Simpson.

DIVINITY FUDGE

\begin{align*}
3\frac{1}{2} \text{ cups granulated sugar} & \quad \frac{1}{2} \text{ cup corn syrup} \\
1 \text{ cup water} & \quad 2 \text{ egg whites (stiffly beaten)}
\end{align*}

Boil sugar, water and syrup until a ball is formed in cold water. Cook slowly at first, stirring gently until sugar is dissolved, when heat may be increased. Pour slowly into stiffly beaten egg whites and beat until it will hold its shape when dropped by spoonfuls on waxed paper. Nuts may be added before placing on paper.

—Mrs. J. K. Hall.

BUTTERSCOTCH SAUCE

\begin{align*}
1 \text{ cup brown sugar} & \quad \frac{1}{2} \text{ cup cream} \\
1 \text{ tablespoon butter} & \quad 1 \text{ tablespoon salt}
\end{align*}

Mix sugar and cream; let come to a boil; add butter.

—Mrs. J. K. Hall.

CHILI SAUCE

\begin{align*}
4 \text{ onions} & \quad 2 \text{ cups vinegar} \\
1 \text{ cup sugar (more for sweet sauce)} & \quad 4 \text{ tablespoons white mustard seed} \\
1 \text{ tablespoon salt} & \quad 2 \text{ teaspoons ground black pepper} \\
4 \text{ green peppers} & 
\end{align*}

Cut the tomatoes into small pieces. Remove seeds and fiber from peppers and grind them with onions in food chopper. Mix all ingredients and cook until thick enough to be a sauce, not watery.

—Mrs. A. H. Apperson.

CHOCOLATE SAUCE

\begin{align*}
\frac{1}{2} \text{ cup sugar} & \quad \frac{1}{2} \text{ cup cocoa} \\
1 \frac{1}{2} \text{ cups milk} & \quad 1 \text{ tablespoon butter} \\
1 \text{ tablespoon coffee} & 
\end{align*}

Mix sugar, cocoa and milk, and boil slowly for 8 or 10 minutes, stirring constantly. Add butter, beat, and add coffee.

—Mrs. J. K. Hall.
CARAMEL SAUCE
1 lb. brown sugar 1/4 lb. butter
1 cup unsweetened evaporated milk
Cook in double-boiler for 1 hour.
—IRENE BREWSTER.

CHOCOLATE SAUCE
3 cups water 3 squares or 3 oz. chocolate
1 1/2 cups sugar
Cook together slowly until thick.
—MRS. CHAS. WOOD.

HARD SAUCE
1/3 cup butter 1 cup XXXX sugar
1 tablespoon cream
Soften butter and mix with sugar. Beat all together and season to taste. Makes a light, fluffy, hard sauce.
—MRS. E. S. SIMPSON.

HOT CHOCOLATE SAUCE
3/4 cup sugar 1 tablespoon butter
6 oz. can evaporated milk 1/2 teaspoon vanilla
Little over 1/4 cake chocolate
Put chocolate in double-boiler, and when melted add butter, then sugar, then milk, and last, vanilla.
—KATHERINE RHOADS.

HOT LEMON SAUCE FOR CAKE
1 cup water 1 tablespoon cornstarch
1 egg 1/4 lb. butter (or less)
1 cup sugar 1 lemon (juice and grated rind)
Cream butter and sugar. Add egg, beaten light, and water. Cook in double-boiler until thick. Add lemon juice and grated rind. Remove from fire. Delicious on hot cake.
—VIRGINIA D. THORNTON.

COCOA HARD SAUCE
1/3 cup butter 1 cup powdered sugar
1/4 cup cocoa 1 teaspoon vanilla
Cream butter, add gradually sugar, mixed with cocoa. Then add flavoring. (Serves three.)
—MRS. C. O. SWAN.
LEMON SAUCE (for Fruit Fritters)

1 tablespoon cornstarch
1 teaspoon grated lemon rind
½ cup sugar
2 tablespoons butter

2 tablespoons lemon juice
Sprinkling nutmeg
1 cup boiling water
½ teaspoon salt

Mix cornstarch, sugar and grated rind. Add water gradually stirring constantly; boil 5 minutes. Remove from heat; add lemon juice, nutmeg, butter and salt. Serve on hot fritters.

—Mrs. Henry S. Winston, Sr.

* * *

MINT SAUCE

3 tablespoons fresh mint
1 tablespoon sugar

4 tablespoons vinegar

Chop mint very fine and stir into mixture of vinegar and sugar, Let stand 1 hour. Serve very cold with lamb roast.

—Mrs. E. D. Gunter.

* * *

PEPPER SAUCE

1 doz. green peppers
(seeds taken out)
2 tablespoons salt
½ doz. large onions

1 doz. sweet red peppers
(seeds taken out)
1 qt. vinegar
1 cup sugar

Put all through meat grinder, sprinkle with salt, let stand 10 minutes and drain until dry. Put into kettle vinegar and sugar and boil 30 minutes. When cool, add a few celery seed; put in glasses and seal.

—Mrs. W. E. Barrett.

* * *

PUDDING SAUCE

½ cup butter
1 egg

1 cup sugar
6 tablespoons hot water

Cream butter, add sugar, then add egg yolks and beat until very light. Pour in 1 tablespoon hot water slowly. Add 5 more in same way. Season to taste. Keep warm over hot water, and when ready to serve add the stiffly-beaten egg white.

—Mrs. A. H. Apperson.
SAUCE

2 eggs (well beaten) 3 cups sugar
1 cup melted butter 1 cup wine
Mix and cook until thick. Serve hot.

—Mrs. Elam C. Toone.

* * *

“OLD TIME” HOMEMADE MINCE MEAT

1/2 lb. citron
1 can white corn syrup
1 lb. brown sugar
1 lemon
1 pt. sweet cider
1 tablespoon ginger
1 tablespoon ground cinnamon
1 1/2 teaspoons salt
1 1/2 lbs. round steak

(ground)

Peel apples and cut fine. Cook meat and grind in food chopper with suet, candied lemon and orange peel and citron. Mix all ingredients and cook slowly, stirring frequently. When cooked, put in glass jars. 1 tablespoon good brandy in top each filled quart jar just before sealing. Store in fairly dark, cool place. Will keep for two seasons. Makes about 7 quarts.

—Mrs. M. E. H. Lewis.

* * *

GRAPE BUTTER

4 lbs. grape pulp 4 lbs. sugar
3 cups vinegar 2 teaspoons cinnamon
2 teaspoons allspice 2 teaspoons cloves
2 teaspoons nutmeg

Wash grapes, cook, and strain. To 4 lbs. of pulp add spices vinegar and sugar, and cook until it jellies.

—Mrs. H. W. Shelton.

* * *

SANDWICH FILLING

1 teaspoon peanut butter 1 teaspoon chopped chives
1/4 lb. butter Paprika

Cream butter, about the size of 2 eggs, together with peanut butter, chopped chives and a generous amount of paprika.

—Mrs. George Call.
STUFFED ORANGES

\[
\begin{align*}
&\frac{1}{2} \text{ cup stoned dates} & & 6 \text{ oranges} \\
&\frac{1}{2} \text{ cup shredded coconut} & & \frac{1}{2} \text{ cup chopped walnut meats}
\end{align*}
\]

Cut a slice from end of each orange and carefully remove pulp. Discard all tough membrane. Clean and chop the dates. Mix dates, nuts, orange pulp and coconut together and refill the orange shells. Serve with mayonnaise on lettuce leaves or in bed of parsley.

—Mrs. I. R. Drury.
"'Taint no use to come sellin' things here,  
Missus buyin' cook book ads al' dis year."
—Janet Harris

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Mrs. Leland L. Miller, Chairman.
"—till death do us part"

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