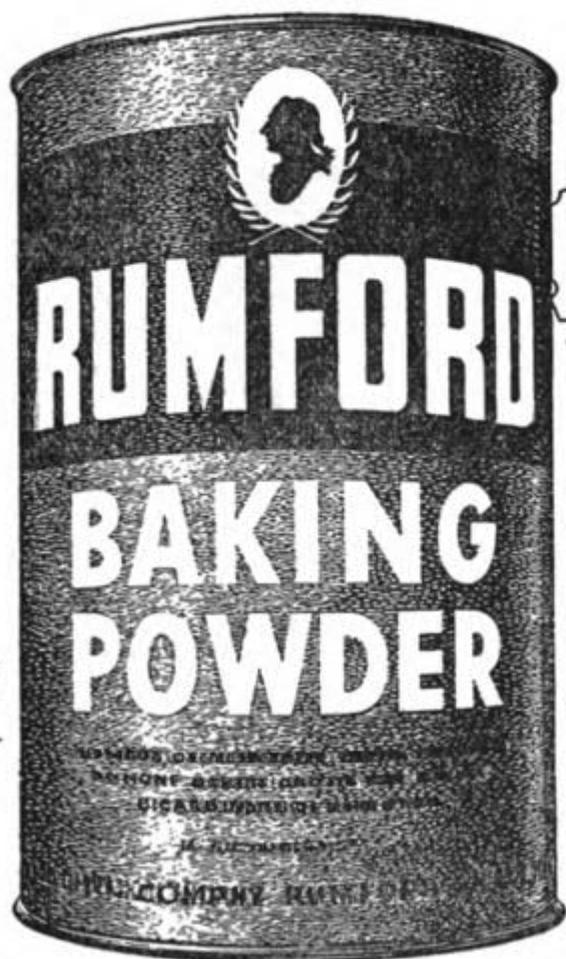


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DOUBLE
ACTING



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45th Revised Edition

1st Edition Printed in 1908

Printed in U. S. A.

PREFACE

THIS book is the newest link in perhaps the greatest of cooking traditions. One can start that tradition 90 years ago, when Rumford was the first to issue booklets and folders on better cooking. So useful did these prove that in 1908 Rumford brought out the first edition of its famous Complete Cook Book. With the unequalled testing of the years, friends of this book and sharers in its delights have increased, until today there are more than 6,000,000 copies of it in use.

This edition lives wholly up to the great Rumford tradition. It includes the flavor of the old and true, seasoned with the methods of modern practice. The book, however, is well able to speak for itself.

One can, we said above, start the Rumford tradition of cook books 90 years ago; but one can carry twice as far back the unparalleled Rumford tradition of pioneering in the dietary and culinary world. Here are four historical facts:

1790 — Count Rumford made his epochal findings as to the vital importance of certain “nutriment” in the diet, particularly the diet of the very poor. He told how to make good any deficiency in that nutriment. Today we call that “nutriment” by the familiar word “vitamins.”

1857 — Professor Eben Horsford, holder of the Rumford Chair of Applied Science at Harvard and co-founder of the Rumford Company, found that calcium and phosphates in baking powder would largely replace the natural minerals lost from flour in the milling process.

1859 — Rumford Chemical Works gave the country its first baking powder, which remains today the only nationally distributed calcium phosphate baking powder.

1940 — The United States Department of Agriculture in its 1939 Year Book stated:

“The minerals and inorganic materials that must be supplied by the diet include sodium, potassium, calcium, magnesium, iron, copper, manganese, sulfur, phosphorus, chlorine, iodine, and probably many others in small amounts. Of these, only four—calcium, phosphorus, iron, and iodine—are likely to be deficient in ordinary diets.

“Calcium forms a large part of the bones and teeth, and it is necessary for normal blood clotting, the steady working of the heart, and normal muscular activity. Phosphorus is also liberally used in the bones and teeth, and it plays a vital part in some of the delicate chemical activities of the body, notably those that release energy from foods. Beginning at birth, children need a generous supply of these two minerals to meet the needs of growth. Evidence indicates, however, that many people of all ages do not get enough calcium. In children, a severe calcium deficiency stunts growth; among older people it sometimes causes ‘late rickets.’”

Many things are passed down from generation to generation, things which people hold dear—family names, customs, old silver, precious heirlooms. None, surely, is more precious than a tradition of unflinching leadership. That is the Rumford tradition: leadership toward BETTER cooking, better, more wholesome food.

DEFINITIONS OF TERMS USED IN FOOD PREPARATION

- À la créole.** Served with sauce of tomatoes, onions and pepper.
- A la king.** Served in a cream sauce containing green peppers and pimiento.
- Aspic.** Highly seasoned jelly made with meat stock or tomato juice; used as appetizer or salad base.
- Au Gratin.** Served with browned crumbs usually mixed with grated cheese and butter or margarine.
- Bake.** To cook by dry heat in an oven; roasting when applied to meat.
- Blanch.** To dip into boiling water for a few minutes. Used to remove or set color or remove skins from almonds, tomatoes, peaches, etc. A part of process in freezing fresh vegetables.
- Boil.** To cook in liquid at boiling temperature (212° F. at sea level).
- Braise.** To brown meat or poultry in a small amount of fat, then simmer slowly, covered, with a small amount of liquid.
- Canapé.** Various shapes of bread, cut small, covered with seasoned spreads and garnished. Some served hot and others cold as accompaniments to appetizers.
- Brush.** To spread lightly, such as melted butter or margarine on biscuit dough before baking.
- Caramelize.** To melt sugar very slowly in a heavy pan over low heat until it becomes liquid and golden brown.
- Croûtons.** Bread cut into various shapes (usually cubed) then fried in butter or toasted until golden brown.
- Cube (dice).** Cut into small squares, about 1/2 inch in size.
- Dredge.** To coat with flour or sugar.

- Drippings.** Fat and juice which cook out of meat or poultry.
- Dust.** To sprinkle lightly with flour or sugar.
- Entrée.** Main dish of main course of informal meal or a light course served between soup and meat of formal dinner.
- Flake.** To separate lightly into small pieces with a fork.
- Grate.** Rubbing food on rough surface to obtain small particles.
- Knead.** To work biscuit, bread, shortcake, etc., dough by pushing away with palm of hand, making a quarter turn; pulling dough forward onto itself, then pushing away.
- Lard.** To insert strips of fat pork or bacon into gashes of very lean meat or to cover it with slices of the fat.
- Marinate.** To let food stand in French Dressing, etc., to soften or add flavor.
- Mince.** To chop very fine.
- Purée.** To force food through coarse sieve.
- Roast.** To cook uncovered by dry heat.
- Roll.** To spread thin with a rolling pin.
- Scald.** To bring liquid just below boiling point; bubbles should appear around sides of surface.
- Shred.** To cut or tear in thin strips.
- Sift.** To put through fine sieve.
- Simmer or stew.** To cook just below boiling point.
- Skewer.** To fasten with metal or wooden pins to hold shape.
- Steam.** To cook with live steam in a tightly covered container.
- Steep.** To let stand in hot liquid below boiling point to extract flavor.
- Stock.** Liquid in which meat, fish, poultry or vegetables have been cooked.
- Toast.** To brown by direct heat.
- Whip.** To beat rapidly to incorporate air and increase volume, as heavy cream, egg whites, gelatin mixture, etc.

COMMON FOOD EQUIVALENTS

Butter or margarine	2 cups	1 pound
Egg Whites	8-10	1 cup
Egg Yolks	12-14	1 cup
Egg, medium	1	2 ounces
Flour		
All-purpose — sifted	4 cups	1 pound
Cake — sifted	4½ cups	1 pound
Graham (whole wheat)	3½ cups	1 pound
Lemon		
Juice	3-4 tablespoons	1 lemon
Rind	1½ teaspoons	1 lemon
Nuts, chopped	4 cups	1 pound
Raisins	3 cups	1 pound
Orange		
Juice	½ cup	1 orange
Rind	1 tablespoon	1 orange
Sugar		
Granulated	2¼ cups	1 pound
Brown	2¼ cups (firmly packed)	1 pound
Confectioners	3½ cups (sifted)	1 pound
Powdered	2½ cups	1 pound
Cream, heavy	1 cup	2 cups after whipping

Food preparation techniques to help achieve successful results will be found at beginning of each chapter.

Macaroni and spaghetti approximately double in bulk when cooked; rice triples. Corn meal yields four times its original amount.

EQUIVALENT MEASUREMENTS (ALL LEVEL)

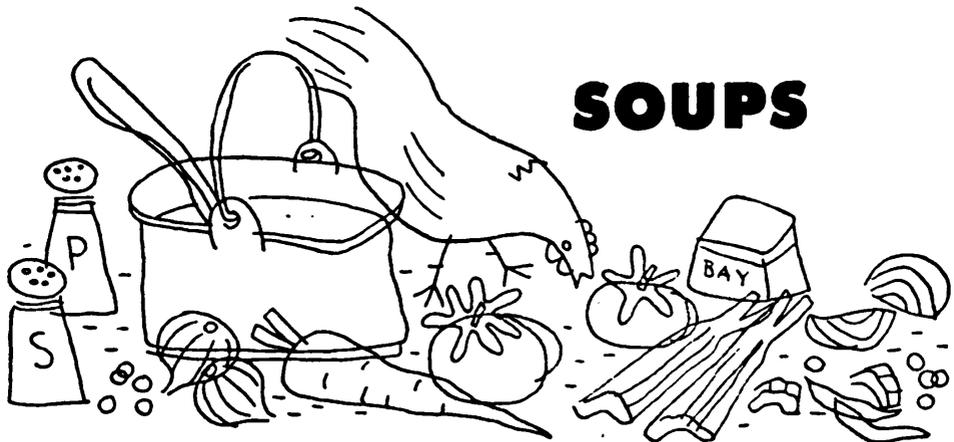
Dash		Less than $\frac{1}{8}$ teaspoon
3	teaspoons	1 tablespoon
4	tablespoons	$\frac{1}{4}$ cup
5- $\frac{1}{3}$	tablespoons	$\frac{1}{3}$ cup
8	tablespoons	$\frac{1}{2}$ cup
16	tablespoons	1 cup
2	cups	1 pint
4	cups (2 pints)	1 quart
4	quarts	1 gallon
8	quarts (solid)	1 peck
4	pecks	1 bushel
16	ounces	1 pound

STANDARD CAN SIZES

8 ounce	1 cup
Picnic	$1\frac{1}{4}$ cups (10 ounces)
No. 1 Tall	2 cups (16 ounces)
No. 2	$2\frac{1}{2}$ cups (20 ounces)
No. $2\frac{1}{2}$	$3\frac{1}{2}$ cups (28 ounces)
No. 10	12-13 cups (6 pounds 10 ounces)

FOOD SUBSTITUTIONS

1 square (ounce) chocolate	= $\frac{1}{4}$ cup dry cocoa (in cakes and cookies increase shortening by $1\frac{1}{2}$ teaspoons)
1 tablespoon cornstarch	= about 2 tablespoons flour
1 cup cake flour	= $\frac{7}{8}$ cup all-purpose flour



SOUPS

The soup pot can adapt itself to any meal. A hearty soup such as chowder is almost a complete meal, best served at lunch or supper. Cream soups, not as hearty as chowder, are good as sandwich or salad accompaniment for lunch. The light soups, as consommés and bouillons, are stimulants to serve just before a dinner. Each has a place all its own.

Soup Stock: Use diced meat and cracked bones; always beef for brown stock and veal or chicken for white stock. Use one pound of meat and bone for each quart of cold water or vegetable stock and pint of raw, chopped vegetables; add herbs as desired such as parsley, bay leaves, thyme, savory, marjoram, etc.

Mix the meat, water and vegetables; cover. Simmer very slowly about 4 hours. Strain through a sieve; cool quickly, chill. Remove hardened fat from surface; strain through several thicknesses of cheesecloth.

CONSOMMÉ

Makes 6 servings

1 quart meat stock
1 egg white and shell

$\frac{1}{2}$ cup cold water

Strain meat stock through sieve; chill. Remove fat; strain through several thicknesses of cheesecloth. Add egg white and shell; bring slowly to boil. Boil about 5 minutes. Add cold water; let stand 10 minutes. Strain through several thicknesses of cheesecloth.

Variations:

Consommé Julienne: Add $\frac{1}{3}$ cup each finely shredded carrots, turnip and celery.

Consommé Royal: Garnish consommé with fancy shapes of Royal Custard made as follows: Combine 2 beaten egg yolks, $\frac{1}{8}$ teaspoon salt, $\frac{1}{8}$ teaspoon onion juice, $\frac{1}{8}$ teaspoon white pepper, $\frac{1}{3}$ cup meat stock. Strain into pan $\frac{1}{4}$ inch deep; place in pan of hot water. Bake in moderate oven (350° F.) until firm. Cool; cut into fancy shapes.

Consommé with Macaroni: Add $\frac{1}{2}$ cup cooked macaroni, cut into thin rings.

OXTAIL SOUP

Makes 6 servings

1 oxtail (about 2 pounds) cut in small pieces	2 tablespoons chopped parsley
1 tablespoon flour	1 bay leaf
3 tablespoons shortening, melted	2 tablespoons barley
2 quarts water or soup stock	1 tablespoon salt
$\frac{1}{2}$ cup diced celery	1 teaspoon Worcestershire sauce
	$\frac{1}{4}$ cup Sherry wine (optional)

Wash, drain and dry oxtail; dust with flour. Brown in melted shortening. Add stock; simmer about 3 hours. Remove oxtail; add celery, parsley, bay leaf, barley, salt and Worcestershire Sauce. Cook about 20 minutes; remove bay leaf. Remove meat from oxtail; cut fine. Add to soup with Sherry.

TURKEY SOUP

Makes 6 servings

Bones from 1 turkey	3 tablespoons cooked rice
2 quarts cold water	2 teaspoons salt
$\frac{1}{2}$ cup diced celery	
$\frac{1}{2}$ cup diced onion	

Break up carcass of turkey; add water, celery and onion. Simmer 2 hours. Strain; add rice and salt.

BLACK BEAN SOUP

Makes 6 servings

$\frac{3}{4}$ cup black beans	1 tablespoon flour
$\frac{1}{2}$ cup chopped onion	1 teaspoon salt
$\frac{1}{2}$ cup diced celery	$\frac{1}{4}$ teaspoon dry mustard
1 quart water	1 hard-cooked egg
2 tablespoons butter or margarine, melted	1 lemon, sliced

Cover beans with cold water; soak overnight. Add onions, celery and water; cover. Simmer until beans are tender, about 5 hours; add more water if necessary. Strain and press beans through sieve. Blend and add butter, flour, salt and mustard; simmer about 3 minutes. Garnish each bowl of soup with 1 slice of egg and 1 slice of lemon.

Variation:

Bean Soup: Substitute navy or pea beans for the black beans; omit egg and lemon.

CREAM VEGETABLE SOUP

Makes 6 servings

3 tablespoons butter or margarine melted	3 cups vegetable puree*
3 tablespoons flour	2 teaspoons salt
3 cups milk	$\frac{1}{2}$ teaspoon pepper

Blend butter and flour in saucepan; gradually add milk. Bring to boiling point, stirring constantly; slowly stir in puree, salt and pepper. Mix thoroughly.

* Cooked vegetables such as tomatoes, carrots, asparagus, corn, etc., pressed through sieve.

FRENCH ONION SOUP

Makes 6 servings

2 cups thinly sliced onions	1 teaspoon salt
$\frac{1}{2}$ cup butter or margarine, melted	$\frac{1}{4}$ teaspoon pepper
1 quart stock or stock and milk	6 rounds toast
	Grated Parmesan cheese

Sauté onions in butter until clear but not browned. Add stock; bring to boiling point. Add salt and pepper; simmer 15 minutes. Sprinkle rounds of toast with cheese; serve one round on each portion of soup.

SCOTCH BROTH

Makes 6 servings

2 pounds neck slices lamb or mutton shank	½ cup sliced onion
2 quarts cold water	½ cup diced celery
1 cup diced turnip	2 tablespoons barley
½ cup diced carrot	2 teaspoons salt
	1 teaspoon chopped parsley

Cut meat into small pieces; cover with water. Simmer 2 hours, skimming off fat occasionally. Add turnip, carrot, onion, celery, barley and salt; cook about 30 minutes longer. Sprinkle with parsley before serving.

VICHYSOISE

Makes 6 servings

6 leeks	1 cup heavy cream or evaporated milk
⅓ cup butter or margarine, melted	½ teaspoon salt
2 cups thinly sliced potatoes	¼ teaspoon pepper
4 cups chicken stock	2 teaspoons chopped chives

Remove stem ends and green tips of leeks, leaving about two inches above white portion; slice. Sauté in butter about five minutes, or until tender. Add potatoes and stock; cook over medium heat until potatoes are tender. Press through a sieve; add cream, salt, pepper and chives. Serve hot or chilled.

CLAM and TOMATO BROTH

Makes 6 servings

3 cups shucked clams, chopped fine (18 large clams*)	3 cups tomato juice or strained canned tomato
2¼ cups water or clam liquor	1½ tablespoons sugar
1 bay leaf	⅛ teaspoon pepper

Combine clams, water and bay leaf; cook for 15 minutes. Strain; add tomato juice, sugar and pepper. Bring to boiling point.

* Steam washed clams in the water until shells open; strain. Retain and use liquor. Remove and chop clams.

CLAM BROTH

Makes 6 servings

1½ dozen large clams
1 quart boiling water

Place washed clams in large kettle with water; cover tightly. Steam about 15 minutes or until shells open; strain broth through several thickness of cheesecloth. Reheat; if a mild broth is desired, dilute to 1½ quarts with hot milk or water.

NEW ENGLAND CLAM CHOWDER

Makes 8 servings

¾ cup diced salt pork	1½ cups diced potatoes
¾ cup minced onion	1 quart milk
2½ cups water and clam liquor	3 tablespoons butter or margarine
1 quart shucked clams, chopped fine (24 large clams*)	2 teaspoons salt
	¼ teaspoon pepper

Fry salt pork in large kettle until brown; add onion. Sauté until lightly browned. Add water, clams and potatoes; cook about 15 minutes or until potatoes are tender. Add milk; bring to boiling point. Add butter, salt and pepper. Serve immediately.

Variations:

Fish Chowder: Substitute 1½ pounds fresh or frozen haddock or cod fillet for the clams. Cut fish into small pieces and add with potatoes.

* Steam washed clams in small amount of water until shells open. Strain; retain and use liquor. Remove and chop clams.

NEW YORK CLAM CHOWDER

Makes 8 servings

$\frac{3}{4}$ cup diced salt pork	5 cups water and clam liquor
1 cup diced onion	1 quart shucked clams, chopped fine (24 large clams*)
4 cups diced potatoes	1 quart canned tomatoes
1 cup diced celery	
1 teaspoon salt	
$\frac{1}{4}$ teaspoon pepper	

Fry salt pork in large kettle until brown; add onion. Sauté until lightly browned. Add potatoes, celery, salt, pepper, water, clams and tomatoes; cover and cook until potatoes are tender.

* Steam washed clams in small amount of water until shells open. Strain; retain and use liquor. Remove and chop clams.

OYSTER BISQUE

Makes 6 servings

1 pint shucked oysters (about 24)	2 tablespoons flour
2 tablespoons butter or margarine, melted	1 quart milk, scalded
	$\frac{1}{2}$ teaspoon salt

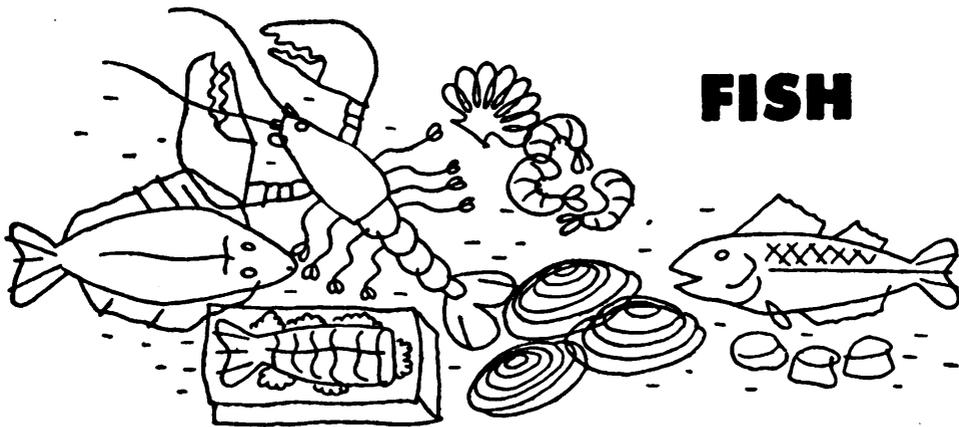
Chop oysters very fine; measure drained liquor. Add an equal amount water; bring to boiling point. Add oysters; cook 3 minutes. Blend butter and flour until smooth; gradually stir in milk. Cook 5 minutes; add oysters, liquor and salt.

OYSTER STEW

Makes 6 servings

1 pint shucked oysters (about 24)	1 quart milk
2 tablespoons butter or margarine, melted	2 teaspoons celery salt
	$\frac{1}{2}$ teaspoon Worcestershire Sauce

Add oysters and liquor to butter; heat until edges of oysters begin to curl. Add milk, celery salt and Worcestershire Sauce; serve immediately.



Most fish contain as much food value as meat and help ease the food budget. Serve fish more than just once a week. Select fresh fish that is in season in your locality; usually the best flavored and most nutritious cost the least. The price and availability of frozen fish does not vary too much throughout the year. Salted, smoked and canned fish add to the variety which can be used by the homemaker.

In buying fresh fish, look for a fresh smell, firm, moist flesh and bright eyes. Shells of clams and oysters should be firmly clamped while crabs and lobsters should be very much alive. If lobster is purchased cooked, keep on ice. The tail of a cooked lobster should spring back into place after being straightened; this will determine if it was alive when cooked.

Buy the cut of fish according to the method of cooking to be used. Fish can be purchased in any number of ways.

Fillets: Meaty sides of dressed fish with bone and skin removed; no preparation is needed before cooking. Cod, mackerel, perch, halibut, whiting and flounder (sole) are usually those filleted.

Steaks: Cross sections of large dressed fish; swordfish, halibut, and salmon are most commonly cut into steaks. It may be boneless or have a single large bone which is a cross section of the backbone.

Whole: Buy whole fish for stuffing. Either purchase it whole, then dress and scale it, or buy it drawn (entrails removed). Dressed whole fish has been scaled, drawn and head and tail removed.

Salted Fish: Fish most usually salted is cod, haddock, herring and mackerel. Serve creamed, in cakes, pies, etc. To freshen, follow package directions or wash in cold running water about 15 minutes; cover with cold water. Bring to boil; pour water off. Repeat several times until salt taste is gone or, after washing in cold water, let stand in cold water overnight.

Smoked Fish: Kippered herring and Finnan Haddie (Haddock) are best known. Freshen by soaking in a water and vinegar solution for one-half hour; store in a cool place.

Amounts to buy for 6 servings:

6 pounds whole fish	1½ pounds smoked fish
3 pounds dressed fish	1 pound (2½–3 cups)
2 pounds steaks and fillets	salt fish

Keep frozen fish solidly frozen until ready to use; use thawed or frozen. Follow package directions. Once thawed, never refreeze.

Wrap fresh fish lightly in waxed paper; place in coldest part of icebox or refrigerator.

Store salt and smoked fish in jars in refrigerator.

RECOMMENDED COOKING METHODS FOR FRESH FISH

Bluefish	Bake, broil, pan or deep fry
Butterfish *	Broil, pan or deep fry
Cod	Bake, poach or steam, chowder, broil
Croaker	Poach or steam, broil, pan or deep fry, chowder
Drumfish	Bake, poach or steam, chowder
Flounder	Bake, poach or steam, broil, pan or deep fry, chowder
Haddock	Bake, poach or steam, broil, chowder
Halibut *	Bake, poach or steam, broil, chowder
Mackerel *	Broil, bake
Mullet	Bake, poach or steam, chowder, broil
Ocean Perch	Bake, poach or steam, chowder, broil

Pollock	Bake, broil, chowder
Pompano *	Bake, poach or steam, broil
Porgy *	Broil, pan or deep fry
Red Snapper	Broil, pan or deep fry
Rosefish *	Bake, broil, poach or steam
Salmon *	Bake, broil, poach or steam, pan or deep fat fry, chowder
Sea Bass *	Bake, broil, pan or deep fry
Sea Trout *	Bake, broil
Shad *	Broil, pan or deep fry
Smelt *	Broil, pan or deep fry
Spanish Mackerel *	Bake, broil, pan or deep fry
Striped Bass	Bake, broil, pan or deep fry
Swordfish	Broil, bake
Tuna *	Poach or steam, broil, bake
Weakfish *	Broil, pan or deep fry, bake
Whiting	Bake, broil, pan or deep fry
* Fat fish.	

Preparation: Fish cookery is simple; just remember not to overcook. When fish is easily separated from the bone, remove it from heat. To remove fish odor from hands, use hot water and salt—*never use soap*. Soak fish dishes and pans in a strong solution of salt and water. Again, *do not use soap*.

Baked Fish: This method is best for fish containing a lot of fat. Either dip fish in bread crumbs or leave plain and sprinkle with salt and pepper; place in greased baking pan. Bake in very hot oven (500° F.) about 10 minutes. Place stuffed whole fish on greased rack in shallow, uncovered pan. Stuff loosely so that in expanding, stuffing will not break fish. Sew up opening or close with metal skewers. Bake in moderate oven (375° F.) allowing 10 minutes per pound for fish under 4 pounds, and 15 minutes per pound for large fish. Baste occasionally with juice from bottom of pan; if fish is lean, place strips of bacon or salt pork across fish before baking or brush with French Dressing.

Poached: Use whole fish or thick slices of large fillets or

steaks. Wrap fish in cheesecloth or parchment paper; cover with water. Add 1 tablespoon salt and $\frac{1}{2}$ tablespoon lemon juice for each quart of water. Herbs may be added for seasoning; bring water to boil, then just simmer until tender. Allow about 10 minutes cooking time per pound of thin fish, 10–20 minutes per pound for thick.

Steamed: Use fish as for poaching. Sprinkle with salt and pepper. Place, one layer deep, in greased tray or on rack in a steamer. Cook over boiling water until tender, allowing same cooking time as for steaming.

Broiled: Use small sizes of whole fish, fillets or steaks. Sprinkle with salt and pepper. If a lean fish, brush with melted fat or French Dressing. Place skin side down in a preheated broiler pan about 2 inches from heat. Broil both sides until browned, about 10 minutes for medium-sized fish.

Pan Fried: Roll fish in flour or in egg, then crumbs. Sauté on a hot, greased skillet; brown one side quickly, then turn and brown other side.

Deep Fat Fried: Prepare fish as for pan fried. Place one layer in frying basket; fry in deep hot fat (370° F.) until brown, about 5 minutes. Drain.

Planked Fish: Use special plank of hard wood or heat-proof platter; place fish skin side down. Sprinkle with salt and pepper. Brush with melted shortening or French Dressing if fish is lean. Bake in hot oven (400° F.) about 20 minutes. Place in broiler for a few minutes to brown. Garnish with a border of mashed potatoes and broiled tomatoes; return to oven to heat fish and brown potatoes. If head is left on fish, remove eyes and replace with half a stuffed olive.

Boiled Smoked Fish: Cover fish with cold water; bring to boil. Pour water off; add 1 cup milk. Bring slowly to boil; add butter or margarine, salt and pepper.

Baked Smoked Fish: Place fish in baking pan; cover with equal proportions milk and water; place over low heat. Let stand 25 minutes; pour off liquid. Brush with butter or margarine; bake in moderate oven (375° F.) about 25 minutes.

Steamed Smoked Fish: Place fish over boiling water; cover

tightly. Steam about 15 minutes or until tender. Sprink with pepper.

Left-over Fish: Use in timbales, loaves, pies, casserole dishes or salads.

BAKED STUFFED FILLETS of FISH

Makes 6 servings

3 tablespoons butter or margarine, melted	$\frac{3}{4}$ cup chopped cooked mushrooms
3 tablespoons flour	1 teaspoon salt
1 cup milk	$\frac{1}{8}$ teaspoon pepper
	12 fillets of fish

Blend butter and flour; gradually add milk. Stir until thick; add mushrooms, salt and pepper. Spread fillets with mixture; roll and fasten with toothpicks or skewers. Place in greased shallow pan; add $\frac{1}{2}$ cup water. Bake in moderate oven (350° F.) about 25 minutes.

FISH STUFFING

Makes about $1\frac{1}{3}$ cups*

1 cup soft bread crumbs	1 tablespoon minced onion
$\frac{1}{3}$ cup bacon fat, diced bacon or salt pork	1 egg, slightly beaten
1 tablespoon minced parsley	$1\frac{1}{2}$ tablespoons milk
$\frac{1}{2}$ teaspoon dried sage	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Combine crumbs, fat, parsley, sage, onion, egg, milk, salt and pepper; pack lightly into whole fish or use to stuff fillets. Mixture may also be formed into small balls and baked in pan with fish, serving as a garnish.

Variation:

Savory Fish Stuffing: Add 2 teaspoons chopped cucumber pickle, $\frac{1}{2}$ teaspoon grated lemon rind and 1 teaspoon lemon juice.

* Sufficient to stuff a $1\frac{1}{2}$ -2 pound fish.

CODFISH BALLS

Makes 6 servings

3 cups diced potatoes (medium)	2 tablespoons butter or margarine
2½ cups flaked cod- fish*	½ teaspoon pepper 2 eggs, slightly beaten

Cook potatoes and fish in boiling water until tender; drain thoroughly. Mash; add butter, pepper and egg. Beat until light; shape into balls or drop from spoon into deep fat (375° F.). Fry golden brown; drain on soft crumpled paper. Serve with or without sauce.

* 1 pound salt codfish freshened according to package directions.

FISH PIE

Makes 6 servings

1½ pounds cod or had- dock (or 2 cups cooked)	1½ cups soft bread crumbs
2⅔ cups Egg Sauce*	3 tablespoons butter or margarine, melted
2 teaspoons Worces- tershire Sauce	

Boil and flake fish, removing skin and bone; combine Egg Sauce and Worcestershire Sauce. Arrange fish and sauce in alternate layers in greased casserole of 1½ quart capacity; top with mixture of crumbs and butter. Bake in hot oven (425° F.) about 15 minutes or until crumbs are browned.

* Fish stock may be substituted for half of the milk in making egg sauce.

FISH TIMBALES

Makes 6 servings

3 cups cooked, flaked fish (cod, had- dock, salmon)	¾ teaspoon salt ¼ teaspoon pepper
1½ cups soft bread crumbs	1½ teaspoons lemon juice
1½ tablespoons butter or margarine, melted	1½ teaspoons Worces- tershire Sauce ¾ cup milk 3 eggs, separated

Combine fish, crumbs, butter, salt, pepper, lemon juice and Worcestershire Sauce; combine and add milk and well-beaten egg yolks. Fold in stiffly beaten egg whites; put in greased custard cups or timbale molds. Place in pan of hot water; bake in moderate oven (350° F.) about 25 minutes or until firm. Unmold; serve with or without sauce.

SALMON LOAF

Makes 6 servings

- | | |
|--|---|
| 1 1-pound can salmon,
drained and
flaked | 1/8 teaspoon pepper |
| 1 1/2 cups soft bread
crumbs | 1 tablespoon butter or
margarine, melted |
| 1/2 teaspoon salt | 1 egg, slightly beaten |
| | 1/2 cup milk and (or)
salmon liquor |

Mix salmon, crumbs, salt, pepper and butter; combine and add egg and milk. Put in greased loaf pan 9 x 5 x 3 inches or in a greased casserole of 1-quart capacity. Bake in a moderate oven (375° F.) about 40 minutes. Serve with parsley or egg sauce.

SEAFOOD

Amounts to Buy for 6 Servings

- | | |
|--------------------------------------|--------------------------------|
| 1 pound (quart)
shucked clams | 6 3/4-pound lobsters |
| 36-72 clams | 1 pound lobster meat |
| 6 hard-shelled crabs | 1 quart shucked oysters |
| 1 pound (2-3
crabs) crab-
meat | 4 dozen oysters in shell |
| 3 2-pound lobsters | 2 pounds shrimp |
| | 1 quart (2 pounds)
scallops |

CLAMS

Soft shell clams have a light shell and are usually steamed, fried, roasted or used for broth; large hard shell clams (quahaugs) are usually chopped and used in chowders, etc.

Littlenecks (small hard shell clams) and **cherrystones** (slightly larger and stronger in flavor) are usually eaten raw with a hot sauce or steamed. To open shells, slip a very solid, sharp knife between the shells; cut through the muscle. Open clam flat and remove meat.

Steamed: Wash clams thoroughly with a stiff brush; rinse. Place in kettle with $\frac{1}{2}$ cup boiling water for each 4 quarts of clams; cover tightly. Steam until clams are partially open. Serve with melted butter. Strain broth and serve.

Fried: Dip shucked clams in fritter cover batter or roll in dry crumbs. Fry in deep hot fat (375° F.); drain.

Baked: Steam quahaugs as directed above; remove clams and chop. Mix with an equal portion of fish stuffing. Put back in shells; tie together. Bake in moderate oven (375° F.) until thoroughly hot.

MINCED CLAMS

Makes 4 servings

1 pint shucked soft clams	2 tablespoons chopped parsley
$\frac{1}{4}$ cup butter or margarine	$\frac{1}{2}$ teaspoon salt
$\frac{2}{3}$ cup clam liquor	$\frac{1}{8}$ teaspoon pepper
	2 teaspoons lemon juice

Drain and mince clams; retain all liquor. Melt butter; add clams and liquor. Simmer three minutes; add parsley, salt, pepper and lemon juice. Serve at once on toast.

CRABS

Soft-Shelled: Crabs which have shed hard shell should be purchased alive, and are cleaned and ready for cooking. Dip in egg and crumbs and fry in hot greased skillet or in deep hot fat (370° F.).

Hard-Shelled Crabs: Should be purchased alive and placed headfirst into a kettle of boiling water. Water should

cover the crabs; add 2 tablespoons vinegar and 1 teaspoon salt per quart of water. Cover. Boil 15 minutes; shell is red when cooked. Cool. Remove claws and tail; separate upper and lower shells. Remove meat with a fork. Discard gills, stomach and intestine (spongy substance between shell and body). Use meat in cocktails, newburgs, casseroles, etc.

CRABMEAT RAVIGOTE

Makes 4 servings

2 cups flaked crabmeat	1 teaspoon chopped
1 teaspoon salt	parsley
1/8 teaspoon cayenne	1 hard-cooked egg,
1 teaspoon dry mustard	chopped
1 tablespoon olive oil	3 tablespoons vinegar

Combine crabmeat, salt, cayenne, mustard, oil, parsley, egg and vinegar. Serve on lettuce leaves or spread on crackers (will cover about 36) as an hors d'oeuvre. Top with Ravigote Mayonnaise.

LOBSTER

To boil lobster, plunge live lobster headfirst into kettle of boiling water; add 1 tablespoon salt per quart of water. Cover; boil 15 minutes. Do not overcook, as lobster will be tough. Remove lobster; drain. With a sharp knife, make a deep cut entire length of body. Remove lungs, stomach (near head) and intestinal vein. Reserve liver (green) and coral (red); crack claws. Remove meat, including that in small legs. Serve warm with butter, in newburgs, salads, cocktails, etc.

To live broil lobster, place lobster on its back, fold large claws across each other. Hold firmly; with a sharp knife, make a deep incision near mouth; cut entire length of body. Remove intestinal vein and stomach; crack claws. Sprinkle with melted butter or margarine. Place under broiler, shell side up and broil about 15 minutes; turn and broil 5-10 minutes longer.

LOBSTER CROQUETTES

Makes 6 servings

2 tablespoons butter or margarine, melted	¼ teaspoon grated nutmeg (optional)
¼ cup flour	2 cups lobster meat, minced
1 cup milk	1 egg, beaten
½ teaspoon salt	bread crumbs
⅛ teaspoon pepper	
1 teaspoon lemon juice	

Blend butter and flour in sauce pan; gradually add milk. Cook over low heat until thick and smooth, stirring constantly. Add salt, pepper, lemon juice and nutmeg. Add lobster meat; blend thoroughly. Cool; shape into balls; dip in egg and then into crumbs. Fry in deep hot fat (375° F.) until golden brown. Drain on soft crumpled paper. If desired, mixture may be shaped into flat patties and browned in hot fat in a skillet. Serve with sauce.

Variation:

Salmon Croquettes: Substitute flaked salmon for the lobster meat.

LOBSTER NEWBURG

Makes 6 servings

2 cups lobster meat, cut	⅛ teaspoon pepper
¼ cup butter or margarine, melted	½ cup cream or evaporated milk
2 tablespoons flour	2 egg yolks, slightly beaten
1½ cups milk, scalded	2 tablespoons Sherry Wine (optional)
¼ teaspoon salt	

Sauté lobster in butter about three minutes; remove lobster. Blend flour with butter until smooth; gradually stir in milk. Cook over hot water, stirring constantly until thick and smooth; add salt, pepper, and lobster. Cook 5 minutes; combine and add cream, egg yolks and Sherry. Cook 2 minutes. Serve hot on toast, in patty or timbale shells.

Variations:

Lobster, Shrimp or Oyster Patties: Substitute cooked shrimp or oysters for the lobster. Omit Sherry. Serve in Biscuit Patty Shells.

Shrimp or Crabmeat Newburg: Substitute cooked shrimp or crabmeat for the lobster.

SAVORY LOBSTER

Makes 3 servings

$\frac{1}{4}$ cup butter or margarine, melted	1 tablespoon lemon juice
$\frac{1}{3}$ cup chili sauce	$\frac{1}{4}$ teaspoon salt
1 tablespoon chopped parsley	2 cups cooked, diced lobster

Combine butter, chili sauce, parsley, lemon juice and salt; add lobster. Simmer five minutes, turning the lobster about in the sauce while heating. Serve hot.

OYSTERS

To open, insert strong sharp knife under back end of right valve; push knife forward to cut muscle; raise right valve and separate from left. Save the liquor; wash oysters in own liquor being certain to remove all pieces of shell.

Serve oysters on half shell with hot sauce, scalloped, fried, etc.

Fried Oysters: Dry oysters thoroughly; dip in fritter cover batter or in beaten eggs and cracker crumbs. Brown both sides in hot greased skillet.

ESCALLOPED OYSTERS

Makes 6 servings

3 cups soft bread crumbs	$\frac{1}{8}$ teaspoon pepper
$1\frac{1}{2}$ pints oysters (about 36)	$\frac{1}{2}$ cup butter or margarine, melted
1 teaspoon salt	$\frac{3}{4}$ cup oyster liquor, milk or cream

Arrange all but $\frac{1}{2}$ cup of crumbs in alternate layers with

oysters, salt, pepper and butter in a greased baking dish of 2 quart capacity. Top with remaining crumbs; pour oyster liquor over top. Bake in moderate oven (375° F.) about 30 minutes.

SCALLOPS

Scallops are almost always purchased out of the shell; the edible portion is the single muscle which opens and closes the shell. Cape scallops are small, pink-white in color; these are preferred for flavor. Deep sea scallops are white and larger than cape scallops. If bought in the shell, clean and open as for oysters. Only the muscle is used. Serve broiled, fried and in creamed dishes.

Broiled: Dip scallops in melted butter or margarine; roll in dry bread crumbs. Place on baking sheet in a preheated broiler; brown both sides, about 5 minutes.

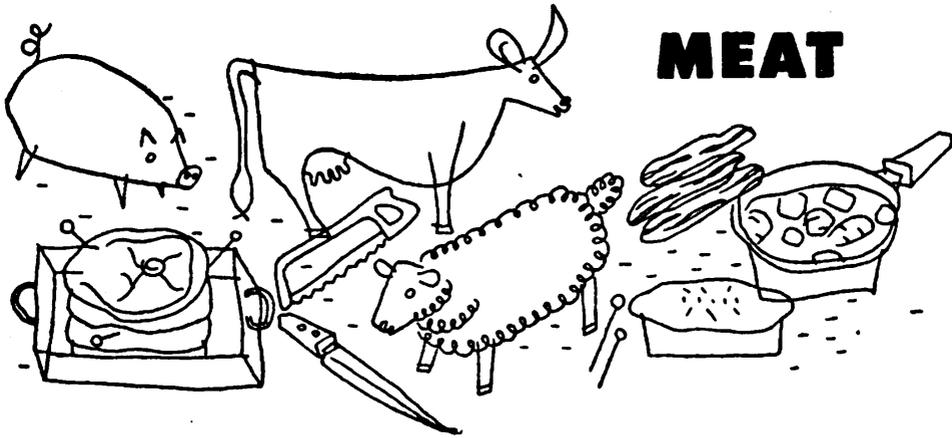
Fried Scallops: Dip in crumbs, egg-milk mixture and again in crumbs; fry in deep hot fat (375° F.) until brown, about 5 minutes.

SHRIMP

Shrimp are marketed with head removed; fresh raw shrimp are gray-green color and bright pink when cooked.

Cover shrimp with salted water; boil 15 minutes or until shells turn pink. Let stand in cooking water until cold. Remove shells; remove intestinal vein with point of knife. Shrimp will have less odor in cooking if shells are removed before cooking by splitting down back. Serve cooked shrimp as cocktail with hot sauce, in creamed dishes, salad, etc.

Fried Shrimp: Dip cooked shrimp in fritter cover batter or in flour, then egg-water mixture and crumbs. Fry in deep hot fat until brown.



Meat is important as a source of body-building protein, vitamins, minerals and fat to furnish energy as well as flavor. The selection of meat to fit the occasion, cooking facilities, time available and budget contributes largely to the success of the meal. In buying meat, consider the storage facilities, amount to purchase, family tastes, variety in menu, work involved and cost.

Amount to purchase per person

4 ounces meat without bone
8 ounces meat with bone

Buy cuts of meat that give the most lean meat for the money; veal shoulder for stuffing, etc. Save by buying large cuts and having your butcher slice off small cuts for you. Ask for the trimmings if they are cut off. Use them in soup; save drippings for frying. Fresh meat should be wiped off if necessary, then stored uncovered or loosely covered in the coldest part of the icebox or refrigerator. Ground and variety meats (heart, etc.) should be cooked within 24 hours after purchase. Cooked meat should be kept covered. Frozen meat should be kept frozen until ready for use. Cook as soon as possible after thawing, following package instructions. Smoked meats should be stored in a dry, cold place. Meat can be frozen for temporary storage in an automatic refrigerator. Wrap in waxed paper (wrapping individual portions separately to prevent their freezing together). Place in freezing tray on bottom shelf of freezing unit with cold con-

trol turned to coldest setting. After freezing, reset control to normal. Meat can be kept a week.

Fit the cooking method to the cut purchased. The most important guide to follow is low cooking temperature; this retains juices and flavor, reduces shrinkage, produces more tender, palatable meat.

Two methods used in meat cookery are:

1. *Dry heat*—baking or broiling for large tender cuts and panfrying for small.
2. *Moist heat*—cooking less tender cuts in hot liquid (as stew) or steam. Braising, boiling and stewing are methods used.

In roasting or broiling, use a timetable or a meat thermometer to estimate doneness. Use plenty of seasoning to include parsley, bay leaf, etc. Use leftover meats in cold platters, gravies, sauces, casseroles, stews, sandwich fillings and salad.

Less tender cuts of meat are just as nutritious as tender and can be made tender by grinding, pounding and marination. Grinding cuts the connective tissue finely; pounding cuts through the tissue; marinating (letting meat stand in an acid mixture such as French Dressing) softens connective tissue.

In cooking frozen meat, thaw or partially thaw for most uniform cooking—especially large cuts and thick steaks. It will take 2–3 days to thaw meat unopened in a refrigerator but it retains more juice. 2–2½ hours per pound at room temperature are needed while in front of an electric fan the meat can be defrosted in ¾–1 hour per pound. Cook as soon as possible after defrosting. Cook the same way and in same length of time as corresponding cut of fresh meat. Unthawed meat will require from 10–25 minutes per pound longer for roasting.

COOKING METHODS

Roasting—Season; place meat, fat side up, on rack in shallow, open roasting pan. Do not add water; do not cover.

Do not baste; roast in slow oven to desired doneness. Use a meat thermometer for accuracy. A constant low to moderate temperature for the entire cooking period gives less shrinkage, better flavor and a more uniformly cooked product. This method also saves fuel even though the cooking time is longer.

Broiling—Set oven regulator for broiling; place meat 2–3 inches from heat. Broil until top is brown; season. Turn and broil other side to desired doneness. Do not overcook as meat continues to cook after it leaves heat. Before broiling steaks or chops, for variety rub with garlic or spread prepared mustard or French Dressing over surface.

Panbroiling—Place meat in hot heavy frying pan; do not add water or fat. Do not cover; brown both sides. Season after browning one side; cook slowly, turning occasionally. Pour off fat.

Pan Frying—Brown meat on both sides in small amount of fat; season. Do not cover; cook over moderate heat to desired doneness.

Moist Heat Methods

Braising—Flour meat to obtain browner, more flavorful product; brown meat slowly on all sides in heavy skillet or kettle over moderate heat. Season; add small amount of liquid. Cover tightly; cook over low heat or in a slow oven (325° F.) until tender.

Cooking in Liquid—Cover meat with water; add seasonings. Cover kettle. Cook below boiling point until tender; if vegetables are to be added, add just long enough before serving to be cooked.

Cooking times given for each variety of meat are only approximate. Temperature may not be as specified, shape of roast may influence rate of heat penetration and the size of the roast may vary. The more aged the meat, the shorter the cooking time.

Meat thermometer should be inserted in raw roast so that bulb reaches center of meat or thickest part of lean. Thermometer must not touch fat or bone.

BEST WAYS TO COOK MEAT

Roasting—Beef—ribs, rump or loaf

Veal—leg, loin, rack, shoulder, loaf

Fresh Pork—loin, shoulder, spareribs, loaf, ham

Smoked Pork—ham, picnic, shoulder, butt, loaf

Lamb—leg, shoulder, loaf

Broiling and Pan-Broiling—Beef—steaks (rib, club, tenderloin, T-bone, porterhouse, sirloin, top round), patties

Veal—chops

Smoked Pork—ham slice, Canadian bacon, bacon

Lamb—chops (shoulder, rib, loin), patties

Variety Meats—brains, sweetbreads, liver, kidney

Frying—Beef—steaks as for broiling but cut thin, patties

Veal—chops, cutlets

Fresh Pork—thin chops, tenderloin

Smoked Pork—ham slice, Canadian bacon, bacon

Lamb—chops, patties

Variety Meats—liver, brains, sweetbreads

Braising—Beef—chuck, short ribs, bottom round, heart, kidney

Veal—breast, chops (rib, loin, shoulder), steaks, cutlets, heart, kidney

Fresh Pork—shoulder steaks, chops (loin, rib), spareribs, tenderloin

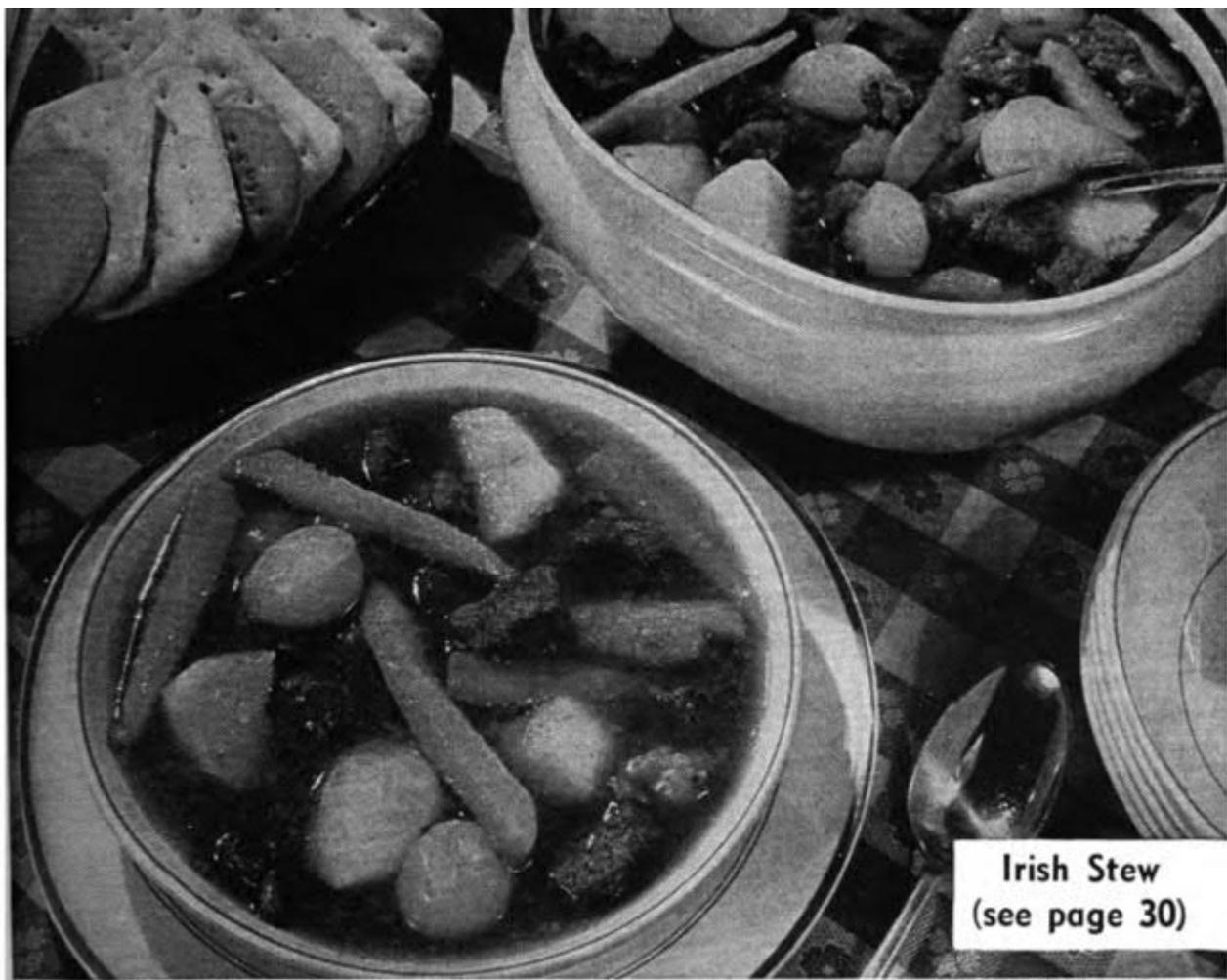
Lamb—breast, shoulder, neck slices, shank

Cooking in Liquid—Beef—neck, shank, heel of round, plate, brisket, chuck, flank, heart, tongue, kidney, corned beef

Veal—shoulder, flank, neck, shank, breast, tongue, heart, kidney

Fresh Pork—hocks, ham, picnic, butt

Lamb—neck, breast, shoulder, shank

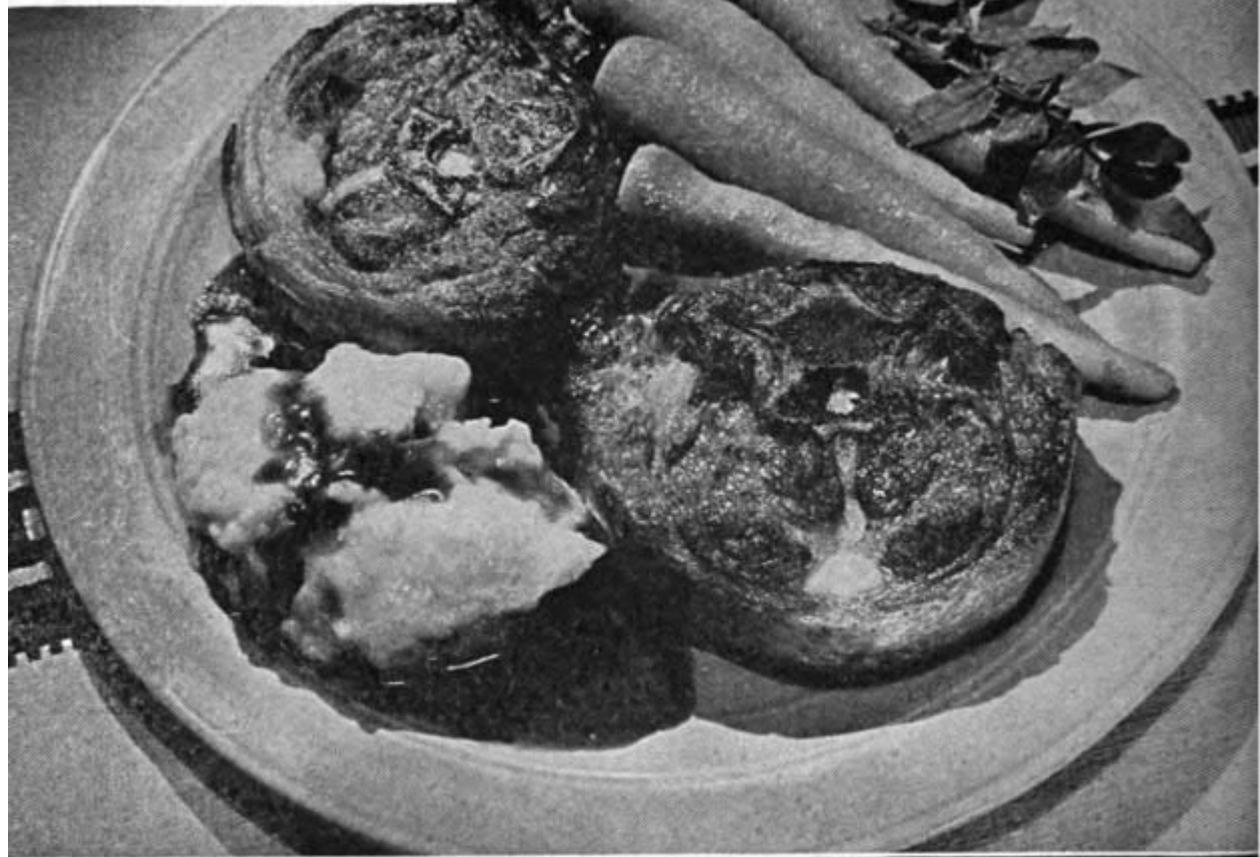


Irish Stew
(see page 30)

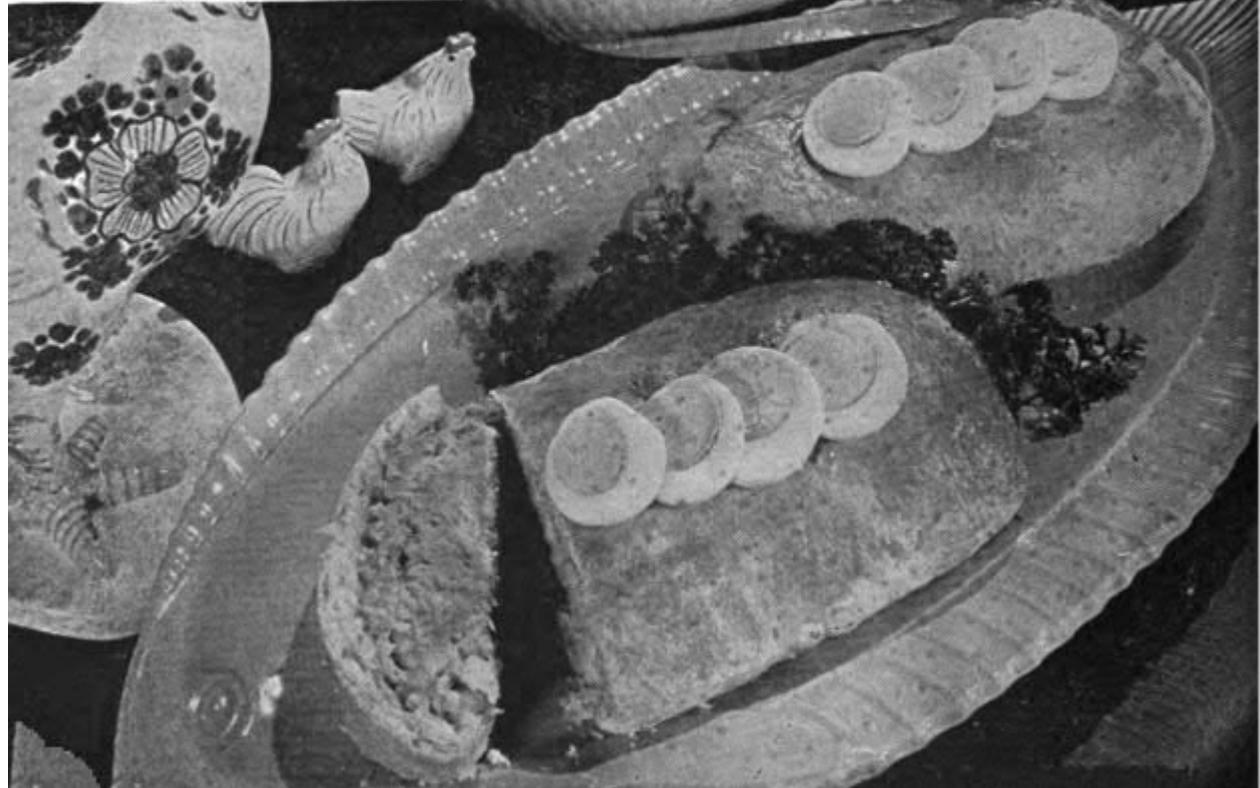


Rib Roast of Beef
(see pages 20 and 23)

Braised Lamb Neck Slices
(see pages 22 and 29)



**Fish or Chicken Roll with
Rumford Biscuit Crust**
(see page 118)



TIMETABLE FOR COOKING BEEF

CUT	POUND WEIGHT	ROASTED* AT 300° F.		BROILED †		BRAISED ‡	COOKED IN WATER
		Int. Therm. Reading	Min. per Lb.	(Moderate Rare)	350° F. Medium		
				Hours	Cooling Time		
<i>Rib Standing</i>	6-8
<i>Rare</i>	140	18-20
<i>Medium</i>	160	22-25
<i>Well done</i>	170	27-30
<i>Rib Rolled</i>	6-8	Same as above; add	10 min. per lb.
<i>Rump Standing or Rolled</i> ...	3-5	150-170	25-35
<i>Steaks</i>	1-3	15-20	20-25
1 ½ inches.....	1 ¼-4 ¼	25-30	30-35
2 inches.....	2 ¼-5 ¾	35-40	45
<i>Patties</i> 1 inch.....	4 oz.	15	25
<i>Pot Roast Chuck or Rump</i> ...	3-5	3-4
<i>Swiss Steak</i>
1 ½-2 ½ inches thick.....	2-3
<i>Shortribs</i> 2 inch pieces.....	1 ½
<i>Corned or Fresh Beef</i>	4-6	40-50
<i>Stew</i>	min. per lb.	2 ½-3 ½ hr.

* Do not cover, baste or add water.

† Rare steaks have internal thermometer reading of 130° F. and medium of 160° F. Pan broiling requires half this time.

‡ Add ½ cup liquid for each 3-4 pounds of meat.

BEEF

Good quality beef has smooth covering of creamy white, firm fat over exterior surface; lean is red and well marbled. Texture of lean beef is fine-grained and firm. Bones in young beef are porous and light pink. Tender cuts of beef are those cut from muscles which are not used too much. Less tender cuts are from leg, shoulder and neck.

BEEF OLIVES

Makes 6 servings

1½ pounds flank steak	¼ cup chopped onion
¼ cup uncooked rice	1 teaspoon salt
1 tablespoon chopped parsley	¼ teaspoon pepper
½ teaspoon poultry seasoning	¼ cup shortening
	2 tablespoons flour
	3 cups stock or water

Score meat with a knife; cut into strips about 1½ inches wide. Combine rice, parsley, poultry seasoning, onion, salt and pepper; spread over meat. Roll lightly; fasten with a toothpick. Heat shortening in a skillet; brown meat in it. Remove meat to a casserole. Blend fat in skillet with flour; gradually stir in water. Bring to boiling point. Pour over meat; cover. Simmer 1½ hours or bake in moderate oven (350° F.) about 2 hours.

BEEFSTEAK PIE

Makes 6 servings

2 tablespoons flour	2 pounds round steak, thinly sliced
2 teaspoons salt	1 recipe Baking Powder Biscuit dough
½ teaspoon pepper	

Combine flour, salt and pepper. Dip meat slices in seasoned flour; roll up. Fasten with toothpicks; place in casserole of about 2 quart capacity. Add cold water to about two-thirds depth of the casserole; cover. Bake in moderate oven (350° F.) about 1½ hours; top with biscuit dough. Bake in hot oven (425° F.) about 20 minutes.

POT ROAST of BEEF

Makes 8 servings

- | | |
|---|-------------------------|
| 1/4 cup beef suet or shortening | 2 teaspoons salt |
| 4 pounds beef, top or bottom round or chuck | 1/4 teaspoon pepper |
| | 2 medium onions, sliced |
| | 1 cup water |

Sauté suet in heavy kettle until most of fat is liquid; brown meat in it on all sides. Add salt and pepper while meat is browning. Place a rack under the meat; place onions on top of meat. Pour water into kettle; cover. Simmer about 4 hours, or until meat is very tender. If a rack is not available, turn meat occasionally. Add more water if necessary. Make Brown Gravy with the remaining liquid at end of cooking period.

MEAT LOAF

Makes 6 servings

- | | |
|-------------------------------------|--|
| 1/3 cup diced salt pork | 1 1/2 teaspoons salt |
| 1/3 cup chopped onion | 1/2 teaspoon pepper |
| 2 1/4 pounds ground beef | 2 tablespoons chopped parsley (optional) |
| 2 1/4 cups cooked tomatoes (#2 can) | |
| 1/2 cup quick-cooking tapioca | |

Brown salt pork; add onions and cook until light brown. Combine pork, onions, beef, tomatoes, tapioca, salt, pepper and parsley; mix thoroughly. Put in greased loaf pan 9 x 5 x 3 inches; bake in hot oven (450° F.) about 15 minutes. Reduce oven temperature to moderate (350° F.); bake 30 minutes.

DRIED BEEF ROLLS

Makes 6 servings

- | | |
|--|--|
| 1 1/2 cups seasoned mashed potato | 1/4 pound dried beef (about 12 slices) |
| 1 teaspoon onion juice | 1 tablespoon butter or margarine, melted |
| 1 teaspoon chopped parsley | |
| 2 tablespoons chopped green pepper or pimiento | |

Combine potato, onion juice, parsley and green pepper; spread on slices of beef. Roll up; fasten with toothpick. Place close together in greased casserole; brush with butter. Bake in moderate oven (375° F.) about 20 minutes. Serve with Egg Sauce.

SWISS STEAK

Cut round steak about 2 inches thick; with wooden mallet or a hammer, pound seasoned flour in thoroughly. Brown in hot fat; add tomatoes, tomato juice or sour cream. Cover; cook over low heat about 2 hours until tender.

PLANKED STEAKS or CHOPS

Brown meat under broiler; place on a hot, oiled plank. Place a border of mashed potatoes around edge; bake in moderate oven (350° F.) until potatoes are browned. Arrange around on plank cooked vegetables such as grilled tomatoes, cauliflower, etc.

KABOBS

Place 1½ inch cubes of steak on metal skewers alternately with mushrooms and onion slices; brush with butter or margarine. Broil as for steaks, brushing with butter while broiling.

LONDON BROIL

Broil large flank steaks 5 minutes on each side; cut in thin slices across grain to serve.

VEAL

Because veal contains such a large amount of connective tissue, it must be cooked by slow, moist cooking.

TIMETABLE FOR COOKING VEAL

CUT	POUND WEIGHT	ROASTED* AT 300° F.		BRAISED †	COOKED IN WATER
		Int. Therm. Reading	Min. per Lb.		
Leg Rump or Shank half.....	5-8	170	25-30
Loin.....	3½-6	170	30-35
Rack.....	2½-5	170	30-35
Shoulder					
Whole (bone in).....	7	170	25
Rolled.....	5	170	40-45
Breast					
Stuffed.....	3-4	1½-2
Rolled.....	2-3	1½-2
Birds, chops, breaded chops, steaks or cutlets ½-¾ inch.....	¾-1
Shoulder chops or cubes ½-2 inches.....	¾-1
Stew.....	2-3 hr.

* Do not cover, baste or add water.

† Add ½ cup liquid for each 3-4 pounds meat.

BLANQUETTE of VEAL

Makes 6 servings

1½ tablespoons butter or margarine, melted	½ teaspoon grated lemon rind
1½ tablespoons flour	1 teaspoon lemon juice
1¼ cups stock	2 egg yolks, slightly beaten
¼ cup cream or evapo- rated milk	2 cups cooked, diced veal
½ teaspoon salt	½ cup cooked, sliced mushrooms
¼ teaspoon pepper	

Blend butter and flour; gradually stir in stock and cream. Cook over low heat until thick and smooth; add salt, pepper, rind, and juice. Stir into egg yolks; return to heat and cook 1 minute longer. Add veal and mushrooms. Serve with rice or mashed potatoes.

VEAL CUTLET

Makes 6 servings

2¼ pounds veal steak, ½ inch thick	1 egg, beaten
1½ teaspoons salt	fine dry bread or cracker crumbs
½ teaspoon pepper	

Cut veal into serving pieces; sprinkle with salt and pepper. Dip in egg, then in crumbs; brown both sides evenly in hot fat. Reduce heat; add a small amount of water, tomato juice or sour cream. Cover tightly; cook over low heat until tender.

LAMB

Lamb has a large amount of fat which is firmer than beef fat. The lean meat is fine-grained, the fat clear, white and brittle. The bones are porous and reddish in color; because lamb is a small animal, all cuts are tender.

TIMETABLE FOR COOKING LAMB

CUT	POUND WEIGHT	ROASTED* AT 300° F.		BROILED †	BRAISED ‡		COOKED IN WATER
		Int. Therm. Reading	Min. per Lb.		Hours	Cooking Time	
<i>Leg</i>	6½-7½	175-180	30-35
<i>Shoulder</i>							
Whole, rolled or cushion.....	3-5½	175-180	30-45
<i>Rib</i>	1½-3	175-180	30-45
<i>Chops</i>							
1 inch.....	2-3 oz.	12
1½ inches.....	4-6 oz.	18
2 inches.....	5-10 oz.	22
<i>Patties</i>							
1 inch.....	4 oz.	18
<i>Breast</i>							
Stuffed or rolled.....	1½-3	1½-2
<i>Shoulder</i>							
Chops or cubes ½-2 inches.....	¾
<i>Neck Slices</i>							
¾ inch.....	1
<i>Shanks</i>	½ lb. each	1-1½
<i>Stew</i>	1½-2 hr.

* Do not cover, baste or add water.

† Pan broiling requires half this time.

‡ Add ½ cup liquid for each 3-4 pounds meat.

IRISH STEW with DUMPLINGS

Makes 6 servings

3 pounds lamb shoulder or neck	6 medium potatoes
1½ quarts water	2 teaspoons salt
12 small onions	¼ teaspoon pepper
6 small carrots	1 recipe Dumplings

Cut meat into small pieces; cover with the water. Cover and simmer 1 hour; add onions, carrots, potatoes, salt and pepper. Cook 1 hour longer. Prepare dumplings; drop from tablespoon onto mixture. Cover tightly; steam 15 minutes without removing cover. Serve at once.

LAMB STEW

Makes 6 servings

3 pounds lamb shoulder, neck or breast, diced	4½ cups stock or water
3 tablespoons fat, melted	½ teaspoon salt
¼ cup flour	⅛ teaspoon pepper
	6 small onions
	6 small carrots
	1½ cups diced celery

Brown meat in fat; remove. Stir flour into remaining fat; brown lightly. Gradually stir in stock; bring to boiling point. Add meat, salt and pepper; cover and simmer 1 hour. Add onions, carrots and celery; continue cooking about 45 minutes longer.

Variation:

Meat Pie: Put lamb stew mixture in casserole of 4-quart capacity; top with crust of Baking Powder Biscuit dough or mashed potatoes. Bake in hot oven (425° F.) about 15 minutes.

LAMB TERRAPIN

Makes 6 servings

2 tablespoons butter or margarine, melted	1½ cups stock or milk
1 teaspoon dry mustard	¼ cup light cream or evaporated milk
2 tablespoons all-purpose flour	2 cups cold, diced lamb
½ teaspoon salt	2 hard-cooked eggs, diced
	2 tablespoons Sherry Wine (optional)

Blend butter, mustard, flour and salt; gradually add stock and cream. Cook over low heat until mixture comes to a boil; cook until thick and smooth, stirring constantly. Add meat and eggs; heat thoroughly but do not boil. Stir in wine; serve immediately on hot toast.

ROAST STUFFED LAMB

Makes 6 servings

1 recipe Standard Poultry Stuffing
1 boned shoulder lamb (3-4 pounds)

Prepare stuffing; sprinkle inside of lamb shoulder with salt and pepper. Fill lightly with stuffing; sew edges together. Roast according to time table.

PORK

Pork cuts are almost always tender because, as with lamb, the hog is a small animal. Canadian bacon is boned pork loin, smoked like bacon.

Preparation of Smoked Hams

Properly cured and smoked hams may be kept in a cool, dry place for several years without loss of flavor. Scrub the ham thoroughly with a brush; let stand overnight in cold water. Drain; cover with fresh water and simmer about 2 hours. Let stand in this juice overnight; drain and bake according to chart.

Cooked, ready-to-eat hams can be baked without any preliminary preparation.

If desired, remove rind from and glaze any baked ham by spreading with any syrup mixture or jelly; bake an additional 15 minutes in a hot oven (400° F.) or cover ham 30 minutes before it is done with brown sugar; stick whole cloves into the surface about 1 inch apart; pour $\frac{1}{4}$ cup cider, vinegar or wine over ham. Baste occasionally.

TIMETABLE FOR COOKING PORK

CUT	POUND WEIGHT	ROASTED* AT 350° F.		BROILED	BRAISED** Hours	COOKED IN WATER Cooking Time
		Int. Therm. Reading	Min. per Lb.			
<i>Fresh Loin—whole</i>	12-15	185	15-20
<i>Loin—center or half</i>	3-7	185	35-40
<i>Loin—ends</i>	3-4	185	45-50
<i>Picnic Shoulder</i>	12-14	185	30-35
<i>Boned and rolled or cushion</i>	4-6	185	35-45
<i>Boston Butt</i>	4-5	185	45-50
<i>Fresh Ham</i>	10-12	185	30-35
<i>Chops—¾-1½ inches</i>	¾-1
<i>Spareribs</i>	2-3	1½
<i>Tenderloin whole or</i>	¾-1	1
<i>frenched ½ inch</i>	30 min.
<i>Shoulder Steak—¾ inch</i>	½-¾
<i>Smoked Ham</i>
<i>Uncooked</i>	10-12	(roast at 300° F.) 160	15
<i>Cooked</i>	8-11	130	10
<i>Shank or butt</i>	5-8	160	18-20
<i>Shoulder butt</i>	2-4	170	35
<i>Picnic Shoulder</i>	3-10	170	30-35
<i>Ham Slice</i>	¾-2	10-20

TIMETABLE FOR COOKING PORK (Continued)

CUT	POUND WEIGHT	ROASTED * AT 350° F.		BROILED	BRAISED **		COOKED IN WATER
		Int. Therm. Reading	Min. per Lb.		Hours	Cooking Time	
Butt Slice—½ inch.....	10-12
Canadian Bacon—slice	6-10
¼-½ inch.....	5
Bacon.....
Shank or butt.....	5-8	Min. per Lb.
Ham—large.....	12-14	20-25
Ham—small.....	10-12	20
Ham—half.....	6-8	25
Smoked Shoulder.....	4-8	30
							45

*Do not cover, baste or add water.

**Add ½ cup liquid for each 3-4 pounds meat.

BAKED SLICED HAM

Makes 6 servings

- | | |
|--|---|
| 2½ to 3 pounds sliced ham (1-inch thick) | 1½ teaspoons dry mustard |
| 2 cups milk or cider | ¼ teaspoon pepper |
| | 2 tablespoons butter or margarine, melted |

Cut gashes about one inch apart around edge of ham; place in shallow baking dish. Add milk. Combine mustard, pepper and butter; spread on ham. Cover; bake in moderate oven (350° F.) about 30 minutes; uncover, bake about 1 hour or until tender.

SAVORY HAM

Makes 6 servings

- | | |
|------------------------------|-----------------------------------|
| ¼ cup lemon juice | 1 tablespoon minced green pepper |
| 1 tablespoon sugar | 12 thin slices cooked, cold ham |
| 1 teaspoon dry mustard | ¼ cup butter or margarine, melted |
| ¼ teaspoon paprika | |
| 2 tablespoons minced parsley | |

Mix lemon juice, sugar, mustard, paprika, parsley and green pepper. Place with ham in a deep dish in alternate layers. Let stand two hours to marinate; baste the ham occasionally with sauce in dish. Remove ham; sauté in butter. Place ham on serving dish; heat sauce with butter remaining in skillet. Serve over ham.

CREAMED HAM and PEAS

Makes 6 servings

- | | |
|--------------------------|----------------------------|
| 2¼ cups White Sauce | 1 teaspoon chopped parsley |
| 1½ cups cooked diced ham | ¼ teaspoon pepper |
| 1½ cups cooked peas | |

Combine sauce, ham, peas, parsley and pepper; serve hot on toast, in Biscuit Patty Shells or potato nests.

HAM and MACARONI SCALLOP

Makes 6 servings

- | | |
|---|---|
| 1 8-ounce package macaroni | 1 cup milk |
| 1 quart boiling water | $\frac{1}{4}$ teaspoon pepper |
| 1 teaspoon salt | 1 cup minced ham |
| $\frac{1}{4}$ cup butter or margarine, melted | $\frac{1}{4}$ cup (1 ounce) grated cheese |
| 1 tablespoon flour | $\frac{1}{2}$ cup soft bread crumbs |

Break macaroni into short pieces; cook in water and salt until tender, about 10 minutes. Drain. In a saucepan, combine 2 tablespoons of the butter with the flour. Gradually add milk; cook over low heat until thick and smooth. Add pepper. In greased baking dish of 2-quart capacity, arrange alternate layers of sauce, ham, cheese and drained macaroni. Combine remaining butter with crumbs. Sprinkle over mixture in casserole. Bake in moderate oven (350° F.) about 25 minutes.

SUNDRIES

Liver, sweetbreads, brains, kidney, tongue, oxtail, tripe. Plan to serve liver at least once a week; beef, lamb and pork liver can be cooked tender and are less expensive than calves liver.

LIVER

Have liver cut $\frac{1}{2}$ - $\frac{3}{4}$ inch thick; scald pork or lamb liver before cooking to improve flavor.

BRAISED LIVER

Makes 6 servings

- | | |
|---|-------------------------------------|
| 1 $\frac{1}{2}$ pounds beef liver, sliced | $\frac{1}{4}$ pound diced salt pork |
| salt and pepper | $\frac{1}{4}$ cup sliced onion |
| 1 tablespoon butter or margarine, melted | 1 tablespoon chopped parsley |
| | 1 cup water |

Sprinkle liver with salt and pepper; place butter in large

greased casserole. Arrange alternate layers of liver, pork, onion and parsley in casserole; pour water over top. Cover; bake in moderate oven (350° F.) about 1 hour. Place on serving platter; serve with noodles or rice. Any remaining liquid may be thickened and poured over liver.

FRIED LIVER

Makes 6 servings

**1½ pounds sliced liver,
(½-inch thick)** **¾ teaspoon salt**
2 tablespoons flour **¼ teaspoon pepper**

Cover liver slices with mixture of flour, salt and pepper. Fry quickly in hot fat until both sides are well browned; serve with or without bacon or fried onions. Liver can be broiled if first brushed with melted butter or margarine; broil 3 inches from heat about 3 minutes on each side.

Sweetbreads and Brains

Sweetbreads and brains should be cooked and used soon after purchased or precooked and stored in icebox or refrigerator until ready to use.

To cook, soak in cold water; remove membrane. Simmer in water to cover 15 minutes, adding 1 tablespoon lemon juice or vinegar and 1 teaspoon salt for each quart of water. After cooking, use as follows:

1. Dip in egg and crumbs and sauté or fry in deep fat.
2. Brush with butter and broil.
3. Use in salad plain or mixed with chicken.
4. Serve in rich sauce plain or with chicken or veal and mushrooms.

BROILED SWEETBREADS

Makes 6 servings

3 pairs sweetbreads **½ cup melted butter or**
1 tablespoon lemon juice **margarine**
1 teaspoon salt

Soak sweetbreads in cold water about 1 hour; drain and remove all membrane. Cover with water; add lemon juice and salt. Simmer about 20 minutes. Plunge into cold water; drain. Split sweetbreads; brush with butter. Broil about 5 minutes. Serve with Maitre d'hotel Sauce.

Kidneys:

Wash and remove outer membrane; split and remove fat and larger tubules. Soak beef or pork kidneys in salted water $\frac{1}{2}$ -1 hour. Beef kidneys are best for braising. Veal, pork and lamb kidneys are more tender and may be broiled.

Tongue:

Scrub thoroughly in cold water; soak smoked or pickled tongue several hours. Cover with water; add 1 teaspoon salt per quart. Cover; simmer until tender, about 3-4 hours. Plunge in cold water to loosen skin; remove skin and cut away roots.

Heart:

Braise or cook in water; wash thoroughly in warm water. Change water often; soak in sour milk or French Dressing $\frac{1}{2}$ -1 hour.

Tripe:

Always bought cooked, but more cooking is necessary. Simmer 1 hour or until tender. Brush with bacon fat; broil or dice and serve in tomato or creole sauce. Tripe may also be dipped in Fritter Cover batter and fried in deep, hot fat.

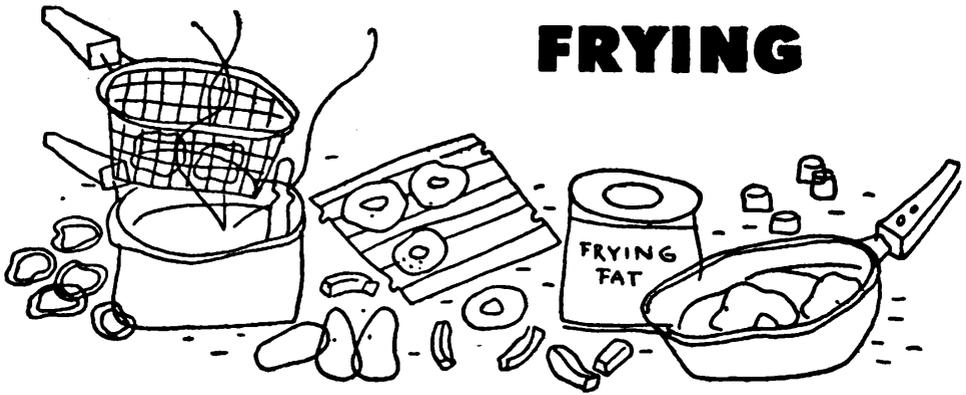
BROWN GRAVY

Makes 6 servings

$\frac{1}{4}$ cup fat *	1 teaspoon salt
3 tablespoons flour	$\frac{1}{4}$ teaspoon pepper
3 cups water, meat or vegetable stock	

Blend fat and flour; brown lightly over low heat. Gradually add liquid; add salt and pepper. Cook until thick and smooth, stirring constantly.

* Obtained from roasted, broiled or fried meat or chicken.



FRYING

Fried foods lend variety to any meal—deep fat fried foods particularly. If properly fried, the food is perfectly digestible. Deep fat frying need not be expensive since, if properly cared for, the frying fat may be used for many foods.

PAN FRYING — SAUTÉING

Just a small amount of fat should be used; since it becomes hot very quickly, extreme care should be taken. Vegetables (such as onions for seasoning) should be diced and fried in the hot fat until tender. Brown foods such as breaded chops, etc. Continue cooking until tender, either covered or uncovered.

DEEP FAT FRYING

A good deep fat fried product should have a crisp, uniformly browned crust with a thoroughly cooked moist interior and little fat absorption.

Use a straight-sided kettle deep enough to allow fat to cover the food yet not overflow when food is added. A wire basket makes it easier to add and remove food.

A deep fat thermometer should be used for accuracy. If this is not available, drop a dry cube of bread into hot fat; if it turns golden brown in one minute, the temperature is right for frying uncooked mixtures; 40 seconds for cooked mixtures. However, due to varying moisture content of the bread, this method is not always accurate.

Oils used in deep fat frying are hydrogenated fat, lard and vegetable oils. Other fats will smoke at a low temperature; food cannot cook quickly enough to be wholesome.

To prepare food for deep fat frying:

1. Prepare foods in pieces of uniform size; thoroughly dry those containing water (potatoes, etc.).
2. Coating food with egg and crumbs gives a crust to the food; the egg hardens on instant contact with the fat, preventing absorption of fat by the food. To do this, beat 1 egg slightly with 1-2 tablespoons cold water. Dip food in dry, fine crumbs (bread or cracker), then in egg and again in crumbs. Let stand a few minutes before frying.
3. Heat fat slowly; overheated fat causes a bad odor and gives the food a bitter flavor. The food will also be hard to digest.
4. For assured success, temperature must be correct when food is put in and the temperature should be kept constant.
5. Fry only as much food at one time as fat will cover.
6. Drain fried food thoroughly on crumpled paper towel- ing or unglazed paper.
7. Test temperature of fat after frying each batch.
8. After frying, save fat for another frying. Put several slices raw potato in fat; heat slowly. These will absorb any odor or flavor; cool before handling. Strain through several thicknesses of cheesecloth into a clean can; cover.

FRYING TEMPERATURES *

	°F.	Minutes Cooking Time
Uncooked food (doughnuts, fritters, shellfish)	360-375	2-5
Small whole fish and fish fillets	370	3
Cooked food (croquettes, fishballs, etc.)	375-385	2
Raw vegetables	385-395	1½-2

* *Caution:* If fat is too hot, food is overdone on outside and underdone on inside. When temperature is too low, food fails to crust over quickly enough and absorbs too much fat.

OVEN FRYING

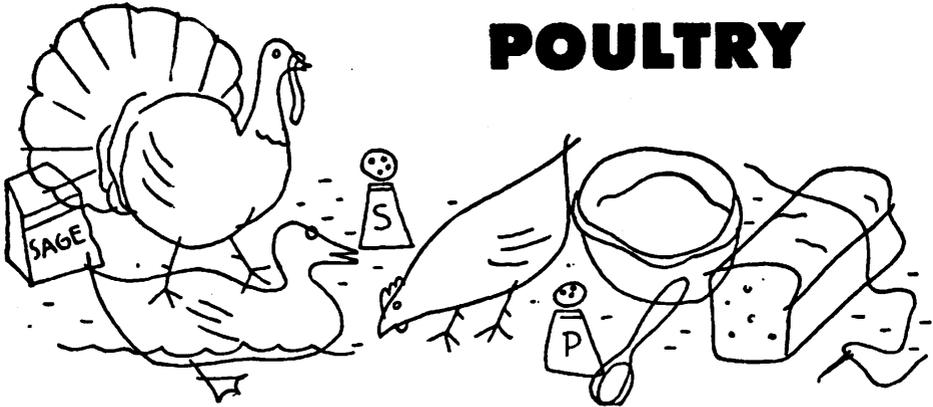
Vegetables:

Cut pared vegetables thinly; place in shallow pan. Pour $\frac{1}{4}$ cup melted fat over. Bake in very hot oven (475° F.) about 25 minutes, turning once.

Nuts:

Spread blanched or shucked nuts in a shallow pan; pour about $\frac{1}{4}$ cup corn oil or butter or margarine over top for each cup of nuts. Toast in slow oven (250° F.) about 20 minutes; stir frequently.

POULTRY



In this classification are domestic birds grown for food such as chicken, turkey, goose, duck, squab and game. The latter includes wild birds and animals such as pheasant, squirrel, wild rabbit, wild duck, venison and partridge. The gamey flavor of this group may be varied according to method of preparation. State college extension services or county agents can give information as to dressing and cooking of game found in the individual states.

POULTRY

As with meat, select poultry for the method to be used in cooking it. Select young birds for broiling, frying or roasting. For braising, steaming or stewing, use older birds. Remember that stewing fowl is suitable for cooking with noodles or dumplings, as fricasee or by other slow cooking methods and it costs less per pound. Purchase only those birds with soft, smooth skin, plump appearance and a flexible breastbone. Allow $\frac{1}{2}$ – $\frac{3}{4}$ pound per person for roast chicken or turkey, $\frac{3}{4}$ pound per person for frying and $\frac{1}{2}$ pound for stewing chicken. If poultry is purchased in the market, it can be bought in any of the following ways:

Eviscerated—Completely ready to cook. Quick frozen. If frozen, keep in that condition until ready to use.

Drawn—Requires removal of lungs, kidneys, oil sac and pinfeathers before cooking.

By-the-piece—Disjointed into legs, breast, wings, neck, back and giblets. Any part desired can be purchased. Refrigerate promptly; can be kept 2–3 days.

New York dressed—Head and feet are on; chicken is plucked but not drawn. Should be drawn as soon as possible after purchase.

Frozen—Defrost in icebox or refrigerator (in cellophane wrapper) overnight to 3 days, in running water $\frac{1}{2}$ –2 hours or in front of an electric fan $1\frac{1}{2}$ –4 hours; never refreeze. Remove giblets from body cavity. Poultry may be cooked when partly defrosted; cooking time should be increased.

To Draw Poultry

After feathers and pinfeathers have been removed, head should be cut off. Before removing feet, tendons should be removed from the legs as these become hard when cooked. Make a 2-inch lengthwise slit at back of leg. Place a wooden skewer or a large nail under the tendon. Pull 1 tendon at a time by pulling with the tendon between the first two fingers. Remove the legs.

Singe the bird by holding over an open flame or by flaming with a lighted taper; place bird on its back. Make a small opening above the vent; slit the skin up to the breastbone. Insert hand carefully and pull out entrails; discard all but gizzard, heart and liver. Carefully cut gall bladder away from liver. Remove lungs and kidneys; cut out oil sac at base of tail. Slit skin of neck down the back; cut neck off where it joins the body. Remove windpipe and crop. Discard windpipe; cook neck with giblets (heart, gizzard and liver).

Wash outside of bird thoroughly, rubbing skin with soft brush. Rinse in cold water; blot dry. Clean and wash giblets. Cut through thick muscle of gizzard down to lining of inner sac; split apart. Pull away and discard inner sac.

ROAST CHICKEN and TURKEY

Stuffing improves the appearance of the bird and enhances the flavor of it. Season the neck and body cavities lightly. Use 1 cup stuffing per pound of bird. If any meat is added to the stuffing, it should be cooked first. Never put hot stuffing in a bird. Stuff cavities lightly. Stuffing ex-

pands in cooking and may cause the poultry to burst. Overpacking will also cause stuffing to be soggy. Fill neck with stuffing; skewer skin to back. Bring wing tips to back. Fill body cavity with dressing; place a slice of bread over stuffing at opening. Skewer lightly. Trussing yields a more uniformly browned bird which is easier to carve. Skewer legs and wings to body. Truss by pulling leg ends close to body and tying to tail.

To roast the bird, brush the skin with melted fat. Place bird, breast side down in shallow roasting pan. Roast in preheated oven at low temperature (300–325° F.). Low temperature roasting assures less shrinkage and less loss of juice, better flavor and appearance. Do not sear; do not add water; do not cover pan; do not baste.

ROASTING TIMES

	Weight of bird	Minutes per pound
Chicken	less than 4 pounds	30
	over 4 pounds	22–25
Turkey	6–10	20–25
	10–16	18–20
	18–25	15–18

After 1 hour of roasting, cut trussing string. Turn bird breast side up when about $\frac{3}{4}$ done. If a meat thermometer is used, it should register 180° F. if bulb is placed in center of stuffing; 190° F. if in center of inside thigh muscle. To test for doneness otherwise, press thickest part of drumstick; meat should be very soft. Skewer inserted into thickest part of breast and thigh should allow juice to run out without its being red. Or move leg by grasping end; joints should move easily or break. Cook heart, gizzard and neck by simmering in salted water until tender (2–3 hours). Add liver about 15 minutes before remaining giblets are done. Save stock for use as liquid in stuffing or gravy. Plan roasting of chicken or turkey so that it will be out of oven 20–30 minutes before serving. Meat will absorb juices and bird will carve easier.

After serving, remove all stuffing from bird; store, covered, when cool. Cool roast as quickly as possible.

ROAST HALF TURKEY

Rub cut side of turkey with salt ($\frac{1}{8}$ teaspoon per pound); tie leg firmly to tail. Brush bird with melted fat; place, cut side down, on dressing in a shallow pan. Extra dressing can be baked alongside in another pan. Roast 25–30 minutes per pound in a slow oven (325° F.).

ROAST GOOSE

Prepare as for chicken or turkey, roasting it 20 minutes per pound.

ROAST DUCKLING

6-pound ducklings (about 9 weeks old) are best for roasting. Duck meat, all dark, is very high in iron, thiamine and riboflavin. Prepare duck as for roast chicken or turkey; fill body cavity with bread stuffing or with mixture of quartered apples, sliced onions and celery stalks. Because ducks have such short legs and wings, they do not have to be trussed. Prick bird with fork around tail and back to allow fat to flow. As duck roasts, pour off fat as it accumulates to keep it light and sweet for use in other food preparation. Roast as for chicken or turkey, about 30 minutes per pound.

CHESTNUT STUFFING

Sufficient to stuff a 4–5 pound bird

$1\frac{1}{2}$ pounds chestnuts	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{3}$ cup butter or margarine, melted	$1\frac{1}{2}$ cups soft bread crumbs
1 teaspoon salt	$\frac{1}{2}$ cup scalded milk

Remove shells from nuts by making 2 crossing slits in skin then cooking in a small amount of salad oil in a covered pan until skins loosen. Place chestnuts in boiling salted water to cover; boil until very tender, about 30 minutes. Mash; add butter, salt, pepper, crumbs and milk.

ONION-SAGE STUFFING

Makes 6 cups*

2½ cups chopped onion	2 teaspoons powdered sage
1 quart boiling water	
1 teaspoon salt	½ teaspoon salt
4 cups soft bread crumbs	

Cook onion in water and salt until tender; drain. Add crumbs, sage and salt; mix thoroughly.

* Sufficient to stuff a 6-pound fowl. Double recipe to stuff a 12-pound goose, use half the recipe to stuff a 4-pound center cut loin of fresh pork.

POTATO STUFFING

Makes 4 cups*

3 cups hot mashed potato (8 medium potatoes)	½ cup finely chopped salt pork
1 cup soft bread crumbs	¼ teaspoon pepper
¼ cup minced onion	½ teaspoon salt
	1 egg, slightly beaten

Combine potato, crumbs, onion, salt pork, pepper, salt and egg. Mix thoroughly.

* Sufficient to stuff a 4-pound center cut loin of fresh pork or a 4-pound duck; triple the recipe for a 12-pound goose.

POULTRY STUFFING

Makes 6 cups*

⅔ cup butter or margarine, melted	2 teaspoons poultry seasoning or mixed herbs
6 cups soft bread crumbs	4 teaspoons grated lemon rind
½ cup onion, chopped (2 medium)	2 tablespoons chopped parsley
2 teaspoons salt	
½ teaspoon pepper	

Combine butter with crumbs, onion, salt, pepper, poultry seasoning, lemon rind and parsley. If a moist dressing is desired, add about ½ cup liquid.

* Sufficient to stuff a 6-pound fowl.

Variations:

Giblet Stuffing: Add to poultry stuffing the cooked, finely chopped giblets (heart, liver and gizzard).

Oyster Stuffing for Turkey: Double poultry stuffing recipe; add 1 quart oysters drained and chopped, and 1 cup chopped celery. Sufficient to stuff a 14-pound turkey.

BROILED CHICKEN or TURKEY

Buy only young birds for broiling; have backbone and neck removed. Remove wing tips. Cook with giblets. Break major joints by snapping cartilage in each; cut turkey into 4 pieces. Preheat broiler 5–10 minutes, depending upon range directions. Place broiler rack so that top of chicken will be about 4 inches from the heat. Place chicken in shallow pan; brush both sides with melted fat. Flatten, skin side down. Broil slowly, basting and turning every 10 minutes. Cook until tender and evenly browned (30–45 minutes).

FRIED CHICKEN

Cut chicken into serving pieces, wash and dry. Dredge with seasoned flour or dip in fritter cover batter. Fry in heavy skillet containing $\frac{1}{2}$ –1 inch of fat. Turn the pieces in the skillet to brown all sides. For a crisp crust, cover pan during first half of cooking period, then uncover. For a tender crust, brown with pan uncovered, then cover for last half of cooking. Cook in the skillet 30–60 minutes or fry in deep hot fat (365° F.) about 15 minutes, then bake in moderate oven (350° F.) about 1 hour.

OVEN FRIED CHICKEN

Makes 6 servings

1 3½-pound frying chicken	3 tablespoons flour
½ cup butter or margarine, melted	3 cups water
¼ cup sliced onion	2 teaspoons salt
	¼ teaspoon pepper
	½ cup cream

Cut chicken into serving pieces; sauté about ten minutes in butter. Remove chicken and place in large casserole. Sauté onion in butter until tender. Stir in flour until thick and smooth; gradually stir in water. Add salt and pepper. Pour over chicken; cover. Cook in moderate oven (350° F.) about 1 hour or until tender. Add cream just before serving.

STEWED CHICKEN or TURKEY

To cut up poultry for stewing, etc., cut through skin where leg joins body. Pull leg back from body and locate joint; cut through. Cut each piece into two pieces. Cut wings from body in same way. Separate breast from back by cutting down both sides along ribs. Split back and breast in half along center, then cut each piece in two crosswise.

Place cut-up poultry in kettle; add $\frac{1}{2}$ teaspoon salt and 1 cup water for each pound. Add 1 stalk celery, 1 small carrot and 1 small onion. Bring to boiling point; cover. Simmer until tender, about 2-2 $\frac{1}{2}$ hours. Use for creaming, pie, salad, etc. A 3 $\frac{1}{2}$ -4 pound fowl will yield 2-3 cups cooked meat.

CHICKEN CROQUETTES

Makes 6 servings

3 tablespoons butter or margarine, melted	$\frac{1}{2}$ teaspoon grated lemon rind
$\frac{1}{4}$ cup flour	2 cups finely chopped chicken
1 cup milk or chicken stock, hot	1 egg, slightly beaten
$\frac{1}{2}$ teaspoon salt	bread crumbs
$\frac{1}{8}$ teaspoon pepper	

Blend butter and flour; gradually add milk. Cook over low heat until thick and smooth; add salt, pepper, lemon rind and chicken. Chill thoroughly. Shape into croquettes; dip into egg and bread crumbs. Fry in deep hot fat (375° F.) until golden brown; drain. Serve with any sauce.

Variations:

Ham Croquettes: Substitute chopped ham for chicken and prepared mustard for lemon rind.

Turkey Croquettes: Substitute chopped turkey for chicken and onion juice for lemon rind.

CHICKEN à la KING

Makes 6 servings

1½ cups raw, sliced mushrooms	2¼ cups diced chicken
1 tablespoon minced green pepper	1½ teaspoons salt
⅓ cup butter or margarine, melted	¼ teaspoon paprika
¼ cup flour	3 egg yolks, beaten
1¼ cups milk	⅓ cup cream
	1½ tablespoons lemon juice

Sauté mushrooms and green pepper in butter for five minutes; blend in flour. Gradually add milk; cook over low heat until thick and smooth. Add chicken, salt and paprika; stir into beaten egg yolks. Add cream and lemon juice. Serve on toast or in Biscuit Pattie Shells.

Variation:

Creamed Chicken: Omit mushrooms and green pepper; serve on toast.

CHICKEN in RICE RING

Makes 6 servings

2 cups uncooked rice	1 tablespoon chopped parsley
4 quarts boiling water	¾ teaspoon salt
4 teaspoons salt	¼ teaspoon pepper
¼ cup butter or margarine, melted	1 recipe Mushroom Sauce
3 cups cooked, diced chicken	

Cook rice in water and salt until tender; drain. Rinse with hot water; drain. Mix in butter; pack firmly in greased ring mold about 10 inches in diameter. Let stand 30 minutes in a pan of hot water or in moderate oven (350° F.);

unmold on hot platter. Mix chicken, parsley, salt and pepper; fill center of ring. Pour sauce over top.

CHICKEN SOUFFLÉ

Makes 6 servings

2 tablespoons butter or margarine, melted	1/4 teaspoon pepper
2 tablespoons flour	1/2 cup soft bread crumbs
1 1/2 cups milk	1 cup cooked, minced chicken
1/2 teaspoon salt	3 eggs, separated

Blend butter and flour; gradually add milk. Cook over low heat until thick and smooth. Add salt, pepper and crumbs; cool. Stir in chicken and well-beaten egg yolks; fold in stiffly beaten egg whites. Put in a baking dish of 1 1/2-quart capacity; bake in moderate oven (375° F.) about 30 minutes. Serve immediately.

Variation:

Turkey Soufflé: Substitute 1 cup cooked, minced turkey for the chicken. Add 1/2 teaspoon grated onion to sauce mixture.

CURRIED CHICKEN

Makes 6 servings

1/4 cup butter or margarine, melted	1 teaspoon onion juice
1/4 cup flour	1/2 teaspoon salt
1 teaspoon curry powder	1/4 teaspoon pepper
2 cups milk or chicken stock	2 cups cooked, diced chicken

Blend butter and flour; stir in curry powder. Gradually add milk; cook over low heat until thick and smooth. Add onion juice, salt and pepper; stir in chicken. Serve with boiled rice.

ESCALLOPED CHICKEN and HAM

Makes 6 servings

1½ tablespoons butter or margarine, melted	2 cups cooked, diced chicken
1½ tablespoons flour	1 cup cooked, diced ham
1 cup milk	½ cup buttered bread crumbs
½ teaspoon salt	
¼ teaspoon pepper	

Blend butter and flour until smooth; gradually stir in milk. Cook over low heat until thick and smooth; add salt and pepper. Combine chicken and ham; place in alternate layers with sauce and crumbs in greased casserole of 1½-quart capacity. Top layer should be crumbs. Bake in moderate oven (375° F.) about 20 minutes.

CHICKEN en CASSEROLE

Makes 6 servings

1 4-pound chicken	3 medium potatoes, sliced
⅓ cup flour	¼ cup mushrooms
¼ cup butter or margarine, melted	2 cups water
1 small onion, sliced	1 bay leaf
1 small carrot, sliced	3 teaspoons salt
	¼ teaspoon pepper

Cut chicken in serving pieces; roll in flour. Sauté in butter until brown. Arrange chicken with onion, carrot, potatoes, and mushrooms in greased casserole of 3-quart capacity. Combine water, bay leaf, salt and pepper; pour over mixture in casserole. Cover; bake in slow oven (325° F.) about 2 hours, or until tender.

CHICKEN FRICASSEE and DUMPLINGS

Makes 6 servings

1 4-5 pound fowl	1 stalk celery
1½ quarts boiling water	6 tablespoons flour
1 small onion	¼ cup cold water
	3 cups chicken stock

Wash, singe and cut fowl into serving portions; place in large kettle on rack. Cover with the boiling water; add

onion and celery. Cover; simmer over low heat about 3 hours, or until meat begins to loosen from bones. Cooking time will depend upon age of the fowl. Add more water during cooking if necessary. During the last hour of cooking, add 2 teaspoons salt.

Remove the chicken from kettle. Mix the smaller amount of flour and cold water; stir slowly into stock. Cook until thick; replace chicken. Prepare dumplings; drop from tablespoon onto hot chicken. Cover tightly; steam about 15 minutes without removing cover. (For dumplings, see p. 120.)

CHICKEN ITALIAN

Makes 6 servings

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|------------------------|--------------------------------|
| 1 3¼-4 pound fowl | 1 tablespoon cornstarch |
| 6 cups water | 2 tablespoons cold water |
| ½ cup olive oil | 1 egg yolk, slightly
beaten |
| ¼ cup chopped
onion | |

Cut chicken into serving portions; cover with water. Simmer until tender, about 2-3 hours, depending upon age of bird. During last hour of cooking, add 1½ teaspoons salt; drain and cool. Heat oil in skillet; add onion and chicken. Brown thoroughly; place on platter. Mix cornstarch and water; stir into oil. Gradually stir in 1½ cups of the chicken stock; stir until thick and smooth. Cook about 10 minutes; stir into egg yolk. Pour around chicken; serve with spaghetti.

CHICKEN POT PIE

Makes 6 servings

- | | |
|--|-----------------------------|
| 1 4-pound fowl | 3 tablespoons flour |
| 1 tablespoon salt | 3 cups chicken stock |
| 1 bay leaf | 1 recipe Dumpling
batter |
| 3 tablespoons butter or
margarine, melted | |

Cut chicken into serving portions; half cover with boiling water. Add salt and bay leaf; simmer until tender about

1-1½ hours. Drain; put chicken in large kettle. Blend butter and flour; gradually stir in chicken stock. Cook over low heat until thick and smooth; pour over chicken. Cook about 20 minutes. Drop dumpling batter from tablespoon on top; cover tightly. Cook 20 minutes longer.

Variation:

Chicken Pie: Prepare chicken and gravy as for pot pie; remove chicken from bones. Put chicken and gravy in baking dish of 3-quart capacity. Top with one recipe Baking Powder Biscuit dough. Bake in moderate oven (375° F.) about 15 minutes.

PILAU of FOWL

Makes 6 servings

1 4-pound fowl	¼ cup sliced onion
1 quart water	¼ cup seeded raisins
½ cup butter or margarine, melted	1 cup uncooked rice
¼ cup blanched, sliced almonds	2 whole cloves
	1 inch-stick cinnamon

Cut fowl into serving portions; cook in water about 1½-2 hours or until almost tender. Sauté almonds, onion, and raisins in butter; remove from skillet. Add rice; sauté until brown. Add browned almonds, onions, raisins and rice with cloves and cinnamon to chicken; cook about ½ hour longer.

SAUTÉED CHICKEN with HERBS

Makes 6 servings

1 4-pound chicken	1½ teaspoons chopped chives
¼ cup flour	1 tablespoon minced onion
½ teaspoon pepper	½ cup white wine or water
1½ teaspoons salt	¾ cup sour cream or evaporated milk
¼ cup butter or margarine, melted	
1½ teaspoons powdered sage	
1½ teaspoons chopped parsley	

Cut chicken into serving portions; mix together flour, pepper, and salt. Roll chicken in seasoned flour; brown lightly in butter. Place pieces of chicken in casserole of 2-quart capacity; sprinkle sage, parsley, chives and onion over top. Pour $\frac{1}{4}$ cup of the wine over top; cover. Cook in moderate oven (350° F.) about $1\frac{1}{2}$ hours or until chicken is tender. Place chicken on serving platter; stir sour cream and remaining wine into casserole. Bring to boiling point over direct heat; pour over chicken.

BRAISED CHICKEN

Makes 6 servings

1 $3\frac{1}{2}$ –4 pound fowl	3 cups liquid
salt and pepper	1 cup cooked, diced
3 tablespoons	carrots
flour	1 cup cooked peas
3 tablespoons	2 egg yolks, slightly
butter or	beaten
margarine,	1 tablespoon chopped
melted	parsley

Cut fowl into serving portions; sprinkle with salt and pepper. Dredge with flour; brown in butter. Add liquid (stock, water, sour cream, wine, etc.); cover. Simmer over low heat until tender, about 1 hour; remove chicken to platter. Stir liquid in pan into egg yolks; return to pan. Add carrots and peas; heat thoroughly. Pour over chicken; sprinkle with parsley.

BRAISED DUCK

Makes about 6 servings

1 5-pound duck	$\frac{1}{2}$ cup diced celery
2 teaspoons salt	$\frac{1}{4}$ cup diced carrot
$\frac{1}{2}$ teaspoon pepper	$\frac{1}{4}$ cup sliced onion
$\frac{1}{4}$ cup shortening,	3 cups water, stock,
melted	sour cream or wine
1 bay leaf	

Cut duck into serving pieces; sprinkle with salt and pepper. Brown in the shortening. Add bay leaf, celery, carrot and onion; brown lightly. Add water; cover tightly. Sim-

mer over low heat or bake in moderate oven (350° F.) about 1½ hours or until the duck is tender. Add more water during cooking if necessary. If desired, thicken the gravy by blending 2 tablespoons of fat with 2 tablespoons of flour for each cup of liquid. Add chopped cooked giblets if desired.

BRAISED TURKEY

Rub cut-up pieces or quarters with seasoned flour; brown in hot fat. Add ¼–½ cup water; cover. Simmer about 1 hour for cut-up pieces or 45 minutes per pound for whole quarters. Uncover during last 15 minutes of cooking.

BARBECUED TURKEY

Proceed as for Braised Turkey, substituting Barbecue Sauce for water.

CHICKEN LIVERS en BROCHETTE

Makes 6 servings

12 chicken livers	¼ cup butter or mar-
12 slices bacon, halved	garine, melted
12 whole mushrooms	

Cut chicken livers in half; wrap each in a half slice of bacon. Place on six metal skewers alternately with mushrooms; brush well with butter. Broil under moderate heat until bacon is crisp and liver browned, turning occasionally.

SQUAB

One squab will serve 2 persons.

Broiled—Prepare and proceed as for Broiled Chicken; allow 15–25 minutes broiling time.

Fried—Proceed as for Fried Chicken.

Braised—Proceed as for Braised Turkey. Allow 45–60 minutes cooking time.

GUINEA HEN

Allow ¾–1 pound per person.

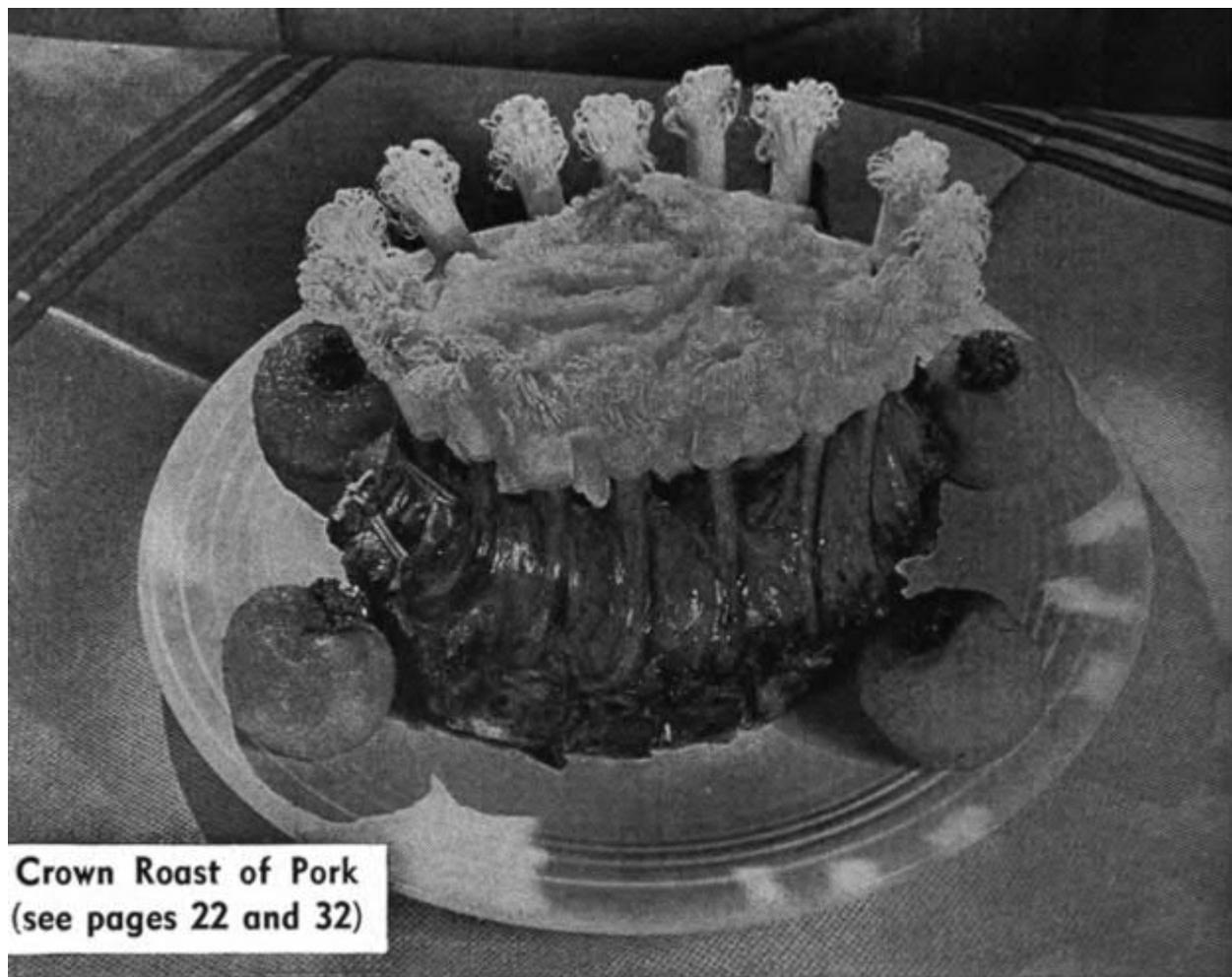
Broiled—Use only very young bird. Prepare and proceed as for Broiled Chicken, allowing 20–25 minutes broiling time.

A black and white photograph of a round platter. The platter is filled with a serving of creamed shrimps and peas. The shrimps are arranged in a circular pattern around a central mound of peas. Several round, golden-brown biscuits are scattered around the perimeter of the platter. The platter has a decorative rim.

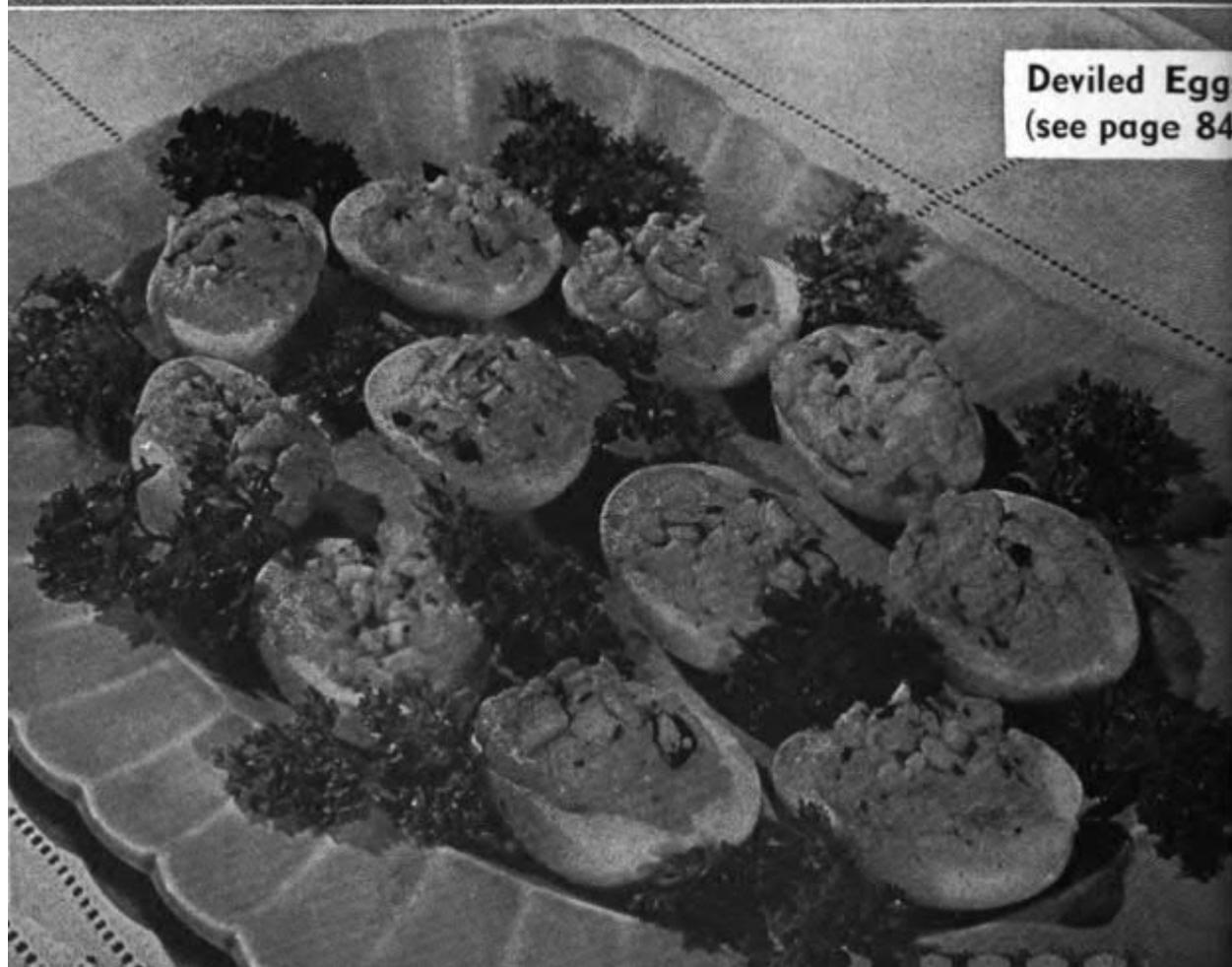
**Creamed Shrimps and Peas
with Rumford Biscuits
(see page 118)**

A black and white photograph of a beefsteak pie. The pie is round and sits in a dark-colored tin. The top of the pie is covered with a thick layer of Rumford biscuits, which are arranged in a circular pattern. The biscuits are golden-brown and appear to be slightly puffed. To the right of the pie, there is a decorative paper doily with a floral pattern. The pie is set on a striped tablecloth.

**Beefsteak Pie with
Rumford Biscuit Crust
(see page 24)**



Crown Roast of Pork
(see pages 22 and 32)



Deviled Eggs
(see page 84)

Braised—Prepare and proceed as for Braised Turkey.

Roast—Prepare and proceed as for Roast Chicken. Place strips of salt pork across back before roasting. Allow 30 minutes per pound.

GAME

Freshly-killed game should hang at least 24 hours in a cool, dry place to become more tender. If bird has a strong odor, soak in salt water an hour before cooking. Small birds may be split and broiled; larger ones are usually roasted. Allow 1 pound per person.

State college extension services or county agents can give information as to dressing and cooking of game found in the individual states.

Broiled—Prepare and broil tender, young birds as for chicken. General broiling times are: quail and grouse—15–20 minutes; pheasant and partridge—20–30 minutes.

Roast—Prepare as for Roast Chicken but do not stuff small birds; sprinkle inside with salt or herbs. Cover breast with slices of salt pork or bacon. General roasting time is: 1–1½ hours for grouse, pheasant and partridge; wild duck should be roasted from 30 minutes to 1 hour, depending upon size.

Braised—Prepare as for Braised Turkey, using water, wine or sour cream for liquid.

RABBIT or HARE

Purchase 1 pound of rabbit per person.

Broil, roast, fry or braise as for chicken or turkey.

VENISON

Steaks and chops—pan-fry or broil as for steak.

Braised—Follow directions for Pot Roast of Beef.

Roast—Cover with slices of salt pork before roasting. Roast as for beef, allowing 15–20 minutes per pound for rare roast, 20–25 for medium and 30 for well-done. Venison should be basted frequently as it is roasted.



ENTREE SAUCES

Many foods are more attractive and, therefore, more appealing to the appetite when accompanied by a sauce. An excellent sauce, well made, can dress up an otherwise seemingly plain item on the menu. A good sauce should not mask the flavor of the dish but enhance it. Most sauces are based on the White Sauce for technique or ingredients and, here again, seasonings can be varied to fit individual taste.

WHITE SAUCE (Medium)

Makes $1\frac{1}{8}$ cups

2 tablespoons butter or margarine	1 cup milk
2 tablespoons flour	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Blend butter and flour over boiling water; add milk gradually, stirring constantly until sauce thickens. Cook five minutes; add salt and pepper. Use for creamed vegetables, meat and fowl.

Variations:

Onion Sauce: Makes $1\frac{1}{3}$ cups. To White Sauce add $\frac{3}{4}$ cup cooked chopped, well-drained onions.

Curry Sauce: Makes $1\frac{1}{4}$ cups. To White Sauce add 1 teaspoon curry powder; beat in one egg yolk after sauce is removed from heat.

Egg Sauce: Makes $1\frac{1}{3}$ cups. To White Sauce add 1

hard-cooked egg, chopped and 1 teaspoon lemon juice.

Shrimp Sauce: Makes $1\frac{1}{3}$ cups. To White Sauce add $\frac{1}{2}$ cup cooked chopped shrimps, 1 teaspoon lemon juice and 1 teaspoon minced parsley.

Parsley Sauce: Makes $1\frac{1}{8}$ cups. To White Sauce add 2 tablespoons finely minced parsley.

THIN WHITE SAUCE: Use only 1 tablespoon butter and 1 tablespoon flour. Use as base for cream soups.

THICK WHITE SAUCE: Use 3 tablespoon butter and 4 tablespoons flour. Use for casserole dishes and croquettes.

BARBECUE SAUCE

Makes about $2\frac{1}{2}$ cups

$\frac{1}{4}$ cup minced onion	1 teaspoon dry mustard
$\frac{1}{2}$ cup melted butter or margarine	1 teaspoon salt
3 tablespoons vinegar	$\frac{1}{2}$ teaspoon black pepper
1 cup chili sauce	$\frac{1}{8}$ teaspoon cayenne
1 cup water	
2 tablespoons brown sugar	

Sauté onions in butter until tender; add vinegar, chili sauce, water, brown sugar, mustard, salt, pepper and cayenne. Simmer about 20 minutes; stir occasionally. Use to baste roasting meat or to serve as an accompanying sauce.

BÉARNAISE SAUCE

Makes $\frac{2}{3}$ cup

$\frac{1}{4}$ cup butter or margarine, melted	2 tablespoons hot water
4 egg yolks, well beaten	1 tablespoon vinegar
	$\frac{1}{8}$ teaspoon salt

Gradually add butter to egg yolks; mix well. Add hot water very gradually; place over hot water. Cook, stirring continually, until thick and smooth. Remove from heat; add vinegar and salt.

BÉCHAMEL SAUCE

Makes 1½ cups

2 tablespoons butter or margarine, melted	¼ teaspoon salt
2 tablespoons flour	⅛ teaspoon pepper
1 cup chicken stock	½ cup cream or evaporated milk

Blend butter and flour until smooth. Gradually add stock, stirring constantly. Cook over low heat until thick and smooth; add salt and pepper. Add cream just before serving.

CUCUMBER SAUCE

Makes ⅔ cup

2 medium-sized cucumbers	1 tablespoon vinegar
½ teaspoon onion juice	½ teaspoon salt
2 tablespoons olive oil	⅛ teaspoon pepper

Peel cucumbers; grate or chop fine. Drain thoroughly. Combine and add onion juice, oil, vinegar, salt and pepper. Serve immediately. This sauce is good with either broiled or fried fish, or cold meats.

HOLLANDAISE SAUCE

Makes 1 cup

½ cup butter or margarine	1 tablespoon lemon juice
2 egg yolks	⅓ cup boiling water
	½ teaspoon salt

Combine one-third of butter with egg yolks and lemon juice; place over hot water. Stir constantly until butter is melted. Add another third of butter, continue stirring until sauce is thick. Add remaining butter; add boiling water gradually. Cook one minute longer; add salt. If sauce should curdle (because of too high temperature or too long cooking) very slowly add 1 tablespoon hot water, beating with a rotary beater.

HORSERADISH SAUCE

Makes about 1 cup

2 tablespoons flour	1/2 teaspoon salt
2 tablespoons butter or margarine, melted	1/8 teaspoon pepper
1 1/2 cups milk or fish stock	1 teaspoon lemon juice
	3 tablespoons grated horseradish
	1 egg yolk, well beaten

Blend flour and butter until smooth; gradually add liquid. Cook over low heat until thick and smooth; stir in salt, pepper and lemon juice. Remove from heat. Cool; add horseradish and egg yolk.

MAITRE D'HOTEL SAUCE

Makes 1/2 cup

1/2 cup butter or margarine	1 tablespoon chopped parsley
1 tablespoon lemon juice	1/4 teaspoon onion juice
	1/2 teaspoon salt
	1/8 teaspoon pepper

Cream butter; gradually add lemon juice. Stir in parsley, onion juice, salt and pepper. Chill thoroughly before serving.

MINT SAUCE

Makes 2/3 cup

1/2 cup fresh mint leaves	2/3 cup mild vinegar
	3 tablespoons sugar

Chop mint leaves fine; add vinegar and sugar. Let stand until sugar is dissolved. Serve cold or warm with roast lamb.

MUSHROOM SAUCE

Makes 2 cups

1 1/2 tablespoons butter or margarine, melted	1 cup cooked or 2 cups sliced or chopped fresh* mushrooms
2 tablespoons flour	
1 1/2 cups brown stock	1/2 teaspoon salt
1 slice of onion	1/8 teaspoon pepper
1 bay leaf	

Blend butter and flour; cook until brown. Slowly stir in stock; add onion and bay leaf. Cook over low heat until thick and smooth; remove bay leaf and onion. Add mushrooms, salt and pepper.

* Sauté in $\frac{1}{4}$ cup melted butter or margarine before adding to sauce.

OYSTER SAUCE

Makes about $2\frac{1}{2}$ cups

1 pint oysters	1 cup milk
3 tablespoons butter or margarine, melted	$\frac{3}{4}$ cup oyster liquor
3 tablespoons flour	1 teaspoon salt
	$\frac{1}{4}$ teaspoon pepper

Scald oysters in own liquor; drain. Retain liquor; chop oysters coarsely. Blend butter and flour until smooth; gradually stir in milk and oyster liquor. Cook to boiling point; cook about 5 minutes over low heat. Add salt, pepper and oysters; heat thoroughly.

PIQUANT SAUCE

Makes $\frac{2}{3}$ cup

2 tablespoons minced onion	$\frac{1}{8}$ teaspoon pepper
2 tablespoons butter or margarine, melted	1 teaspoon vinegar
2 tablespoons flour	1 teaspoon chopped parsley
1 cup fish or vegetable stock	1 teaspoon dry mustard
$\frac{1}{2}$ teaspoon salt	4 teaspoons chopped pickles

Sauté onion in butter until tender; blend in flour. Gradually add stock; cook over low heat until thick and smooth. Add salt, pepper, vinegar, parsley, mustard and pickles. Cook 5 minutes longer. Serve on broiled or baked fish.

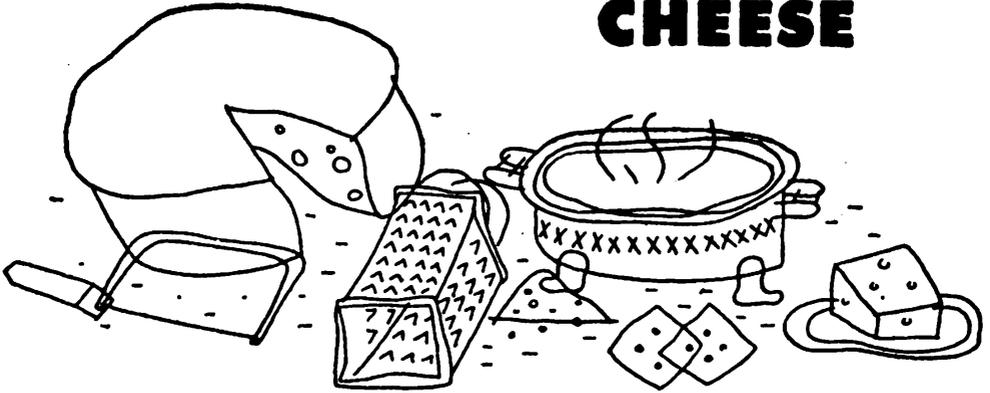
TOMATO SAUCE

Makes $\frac{2}{3}$ cup

$1\frac{1}{2}$ cups canned tomatoes	2 tablespoons butter or margarine, melted
$\frac{1}{2}$ small onion	2 tablespoons flour
1 sprig parsley	$\frac{1}{2}$ teaspoon salt
1 bay leaf	$\frac{1}{8}$ teaspoon pepper

Combine tomatoes, onion, parsley and bay leaf; simmer for 20 minutes. Strain; blend butter and flour until smooth. Slowly add tomato pulp. Add salt and pepper; cook over low heat until thick and smooth.

CHEESE



One of the most highly concentrated protein foods, cheese is also one of the tastiest. Take advantage of many ways cheese can be used to add flavor and food value to your meals. Use cottage cheese often as an inexpensive protein food. Serve it alone or with grated carrots or chopped chives, fruit or nuts. Use hard bits of other cheese by grinding or grating.

Because cheese toughens and becomes stringy if overcooked or cooked at too high temperature, follow cooking directions carefully. A flavorful cheese like aged cheddar (American, "rat" or "store" cheese) is best for all-around cooking.

CHEESE FONDUE

Makes 6 servings

1½ cups soft bread crumbs	2 tablespoons butter or margarine
1½ cups scalded milk	¾ teaspoon dry mustard
4 eggs, separated	¾ teaspoon salt
2¼ cups (8 ounces) cheese, grated	

Combine crumbs and milk; let stand five minutes. Add well-beaten egg yolks, cheese, butter, mustard and salt; fold in stiffly beaten egg whites. Turn into well-greased baking dish of 1½-quart capacity or into individual baking dishes; bake large dish in moderate oven (350° F.) about 25 minutes. Bake individual dishes about 15 minutes.

CHEESE SOUFFLÉ

Makes 6 servings

4½ tablespoons butter or margarine, melted	1½ cups (6 ounces) grated cheese
4½ tablespoons flour	¾ teaspoon salt
1½ cups milk	¼ teaspoon pepper
	5 eggs, separated

Blend butter and flour; gradually add milk. Cook over low heat until thick and smooth. Add cheese, salt and pepper; stir until cheese is melted. Remove from heat. Stir slowly into beaten egg yolks; fold in stiffly beaten egg whites. Pour into ungreased casserole of 2-quart capacity. Bake in moderate oven (350° F.) about 25 minutes. Serve immediately.

DEVILED CHEESE

Makes 6 servings

1½ cups (6 ounces) grated cheese	⅛ teaspoon cayenne
1 teaspoon dry mustard	2 tablespoons butter or margarine, melted
½ teaspoon salt	1 teaspoon vinegar
	Crackers or toast

Blend cheese, mustard, salt, cayenne and butter; gradually stir in vinegar. Spread on hot toasted crackers or toast; bake in hot oven (400° F.) about five minutes.

MACARONI AU GRATIN

Makes 8 servings

1 8-ounce package macaroni	½ teaspoon dry mustard
1 quart boiling water	1 cup (4 ounces) grated cheese
1 teaspoon salt	
2¼ cups White Sauce	

Cook macaroni in boiling salted water about 12 minutes; drain. Combine with White Sauce, mustard and three-fourths of the cheese. Put into greased baking dish of 2-quart capacity; sprinkle remaining cheese over top. Bake in moderate oven (375° F.) about 30 minutes or until browned.

PIZZA

Makes two 9-inch pies

1 recipe Baking Powder Biscuit dough	1/4 cup chopped onion or 1 clove garlic, minced
1/4 cup olive or corn oil	1/2 teaspoon salt
2 cups cooked, drained, chopped tomatoes (# 2 1/2 can)	1/4 teaspoon pepper
1 cup (4 ounces) grated Parmesan Cheese	12 ounces cheese, sliced (Mozzarella or Cheddar)
	1 teaspoon sage or Oregano

Divide biscuit dough in half; roll into two 10-inch rounds. Place in 9-inch pie pans; flute edges if desired. Brush surface of dough with oil; cover with tomatoes. Sprinkle Parmesan cheese, onion, salt and pepper over top; sprinkle with oil. Arrange slices of cheese over top; sprinkle with sage and remaining oil. Bake in hot oven (425° F.) about 25 minutes; cut hot pizza in wedges to serve. Rounds of dough may be placed on cookie sheets before filling, or may be rolled into an oblong to fit the sheet then cut into squares to serve.

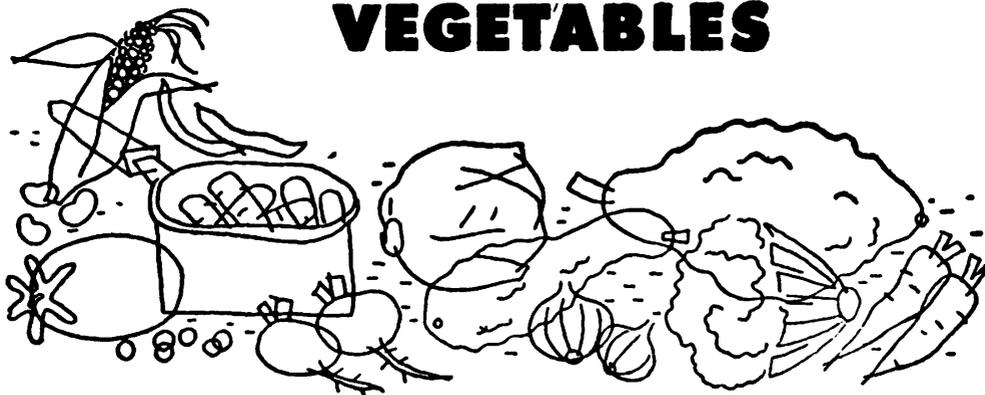
WELSH RAREBIT

Makes 6 servings

4 1/2 cups (1 pound) grated cheese	1/4 teaspoon cayenne
2 tablespoons butter or margarine	3/4 cup milk
1 1/2 teaspoons dry mustard	2 eggs, slightly beaten

Melt cheese over hot water; add butter, mustard and cayenne. Blend thoroughly; when cheese is melted, gradually add milk. Stir in the egg; cook two minutes longer. Serve hot on toast.

VEGETABLES



Meal planning with a thought to nutrition does not neglect vegetables. Serving a variety of vegetables, properly cooked (with frequent variations in method) and well seasoned makes it easier to “sell” vegetables to the family.

Buy perishable vegetables in season as far as possible and in small quantities; buy them fresh, young and free from dirt. Fresh string wax beans should snap. Broccoli heads should be firm and bright green. Pea and bean pods should be crisp and well filled. Vegetables can be purchased cleaned and packaged, but they cost more.

Store root vegetables in a cool, dry, well-ventilated spot; leafy vegetables covered in refrigerator, canned in a cool well-ventilated spot, dehydrated vegetables in metal or glass containers in a cool dark place or in a refrigerator, and frozen vegetables at zero degrees fahrenheit.

One serving of a green vegetable and one of yellow (raw or cooked) as well as potato should be eaten by everyone daily. Serve vegetables to complement the rest of the meal, considering flavor, color and texture.

Directions for preparing fresh vegetables follow a general pattern. Wash thoroughly; soak tightly-headed vegetables (as cauliflower) in cold, salted water about 1 hour to help remove any insects. Remove any bad spots, wilted leaves, coarse stems, etc. Slit broccoli stems to hasten cooking and dice cauliflower stems. Break asparagus stalks off as far down as stalks snap easily. If vegetable is to be peeled, pare thinly. Cook as soon as possible after preparation.

Most important to remember in cooking vegetables is *do not overcook*.

Methods for cooking vegetables:

Baked: Oven baked vegetables are most nutritious. The vegetables are peeled and baked, uncovered if whole or covered if diced, in a dish with a small amount of liquid and seasoning in a moderate oven (350° F.). Bake potatoes and squash in skins uncovered. Baking also includes roasting of vegetables with meat.

Boiled: Cook all vegetables, covered, as quickly as possible in a small amount of boiling salted water. Use $\frac{1}{2}$ teaspoon salt per pound of vegetables or per cup of boiling water. If the cover is left off during the first few minutes of cooking, the vegetables will have a brighter color. Never use baking soda as it destroys vitamin value. Boil beets with skins on, when tender, hold under cold running water and slip skins off with hands. Do not add any extra water to washed greens. If hard water is used, add a small amount of lemon juice or vinegar to avoid yellowing of white vegetables during cooking.

Pan Sautéed: Shredded, diced, sliced or julienned vegetables put in a heavy skillet with about $\frac{1}{4}$ cup shortening per quart of vegetables; skillet is covered and vegetables cooked over moderate heat just until tender.

Pressure Cooked: This method saves flavor, color, nutritional value, time and fuel; manufacturer's directions must be carefully followed.

Steamed: Steamed vegetables are more nutritious than boiled but more time is needed and not all vegetables can be cooked this way. Place the vegetables in a perforated pan over boiling water; sprinkle with salt. Cover tightly; steam just until tender. Cabbage, etc., will taste stronger and green vegetables will lose color.

Stuffed Baked Vegetables: Use large, firm vegetables. Boil until almost tender. Remove center portion. Measure and add half again as much bread crumbs with onion juice, salt and pepper. Put back in center or shell. Top with

butter or margarine. Bake in moderate oven (375° F.) about 30 minutes.

Season cooked vegetables with butter or margarine, salt, pepper, and any of the following: herbs, cheese, bacon or salt pork, spices, sugar, lemon juice or vinegar, etc.

Serve left-over vegetables by heating in White Sauce, combining with other ingredients in a casserole, puréeing for soup or combining with a freshly-cooked vegetable.

Ways of using cooked vegetables:

Au Gratin Vegetables: Makes 6 servings. Proceed as for Scalloped Vegetables; mix $\frac{1}{2}$ cup grated sharp cheese with the crumbs.

Candied Vegetables: Place cooked vegetable in greased skillet; pour honey or molasses, maple, corn or a prepared syrup over top. Use about 1 cup of syrup per 6 servings. Cook, turning vegetable frequently until glazed. Sweet potatoes, carrots, onions, parsnips adapt themselves especially well.

Creamed Vegetables: Makes 6 servings. Combine $1\frac{1}{8}$ cups White Sauce with 3 cups cooked vegetables or pour the sauce over the vegetables in a serving dish.

Mashed Potatoes: Makes 6 servings. To 3 cups hot potatoes add $\frac{1}{2}$ cup hot milk, $\frac{1}{4}$ cup butter, salt and pepper to taste. Beat until light and fluffy.

Scalloped Vegetables: Makes 6 servings. Combine $1\frac{1}{8}$ cups White Sauce with 2 cups cooked vegetables in alternate layers in a greased casserole of $1\frac{1}{2}$ -quart capacity. Top with $\frac{1}{2}$ cup buttered crumbs; bake in moderate oven (375° F.) until brown.

Canned Vegetables: Concentrate juice of vegetable by boiling; add vegetable and just heat through. Use left-over juice in soups, gravies, etc.

Dehydrated Vegetables: (Pea beans, peas and lentils). Soak in cold water at least 12 hours to rehydrate. Simmer in the same water until tender. Season and serve as is, bake with additional seasonings or use in soup.

French Fried Vegetables: Use cooked brussel sprouts,

quartered carrots, cauliflower flowerets and sweet potato sticks or raw onion rings, cucumber, egg plant or summer squash sticks. Dip in Fritter Cover batter, flour or in egg and crumbs; fry in hot deep fat (375° F.) until browned.

Frozen Vegetables: Keep frozen until ready to use; do not thaw before cooking. Follow package directions for cooking. After block of vegetable has been in water a few minutes, break vegetable pieces apart with a fork to hasten cooking.

French Fried Potatoes: Let raw shoestring, cubed, chipped white potatoes stand in cold salted water 20 minutes; drain and dry. Fry. Potatoes may be partially fried in advance, drained and frying completed when ready to serve.

VEGETABLE PURCHASING—COOKING CHART

VEGETABLE	POUNDS (approx.) to purchase for 6 servings	MINUTES*		
		Boil	Steam	Bake
Asparagus.....	2	15-25	30-40
Beans, green and wax.....	2	20-25	30-40
Beans, lima.....	3-4	25-30	35-45
Beets, young.....	2	20-30	40-60	60
Broccoli.....	2½	15-30	20-30
Brussels Sprouts.....	1½	10-20	20-30
Cabbage.....	2¼	10-15	10-20
Carrots, young.....	2	15-20	20-30
Cauliflower, whole.....	2¼	15-20	30-40	30
Cauliflower, flowerets.....	2¼	10-12	15-30
Celery, diced.....	1 large bunch	15-20	20-25
Corn on Cob.....	12 ears	8-10
Cucumber, diced.....	4 medium	8-10
Dehydrated vegetables.....	1½	90-180	30-240
Egg Plant.....	1 large	10-15	30
Greens † (spinach, chard, kale, dandelions)	2	15-30
Mushrooms.....	1½	5-10
Onions.....	2	20-40	25-30	30-45
Parsnips.....	2	25-30	35-40	90
Peas.....	4½	10-15	15-25
Potatoes, white.....	3	20-35	30-45	50-60
Potatoes, sweet, yam.....	3	20-40	30-40	30-40
Squash, acorn.....	3	50-60
Squash, hubbard.....	3	20-30	30-40	45-60
Squash, summer.....	3	10-15	20-30	15-20
Tomatoes †.....	2	5-10	10
Turnips, white, yellow.....	3	20-30	25-35	5
				3-8

* Depends on freshness, age and size of vegetables. † Just use water remaining on leaves after washing.

‡ Add no additional water.

CREOLE RICE CAKES

Makes 6 servings

½ cup flour	3 tablespoons chopped onion
1 teaspoon Rumford Baking Powder	3 tablespoons chopped green pepper
1 teaspoon salt	1 cup cooked rice
½ teaspoon pepper	1 cup canned tomatoes
4 slices chopped bacon, crisply cooked	2 eggs, slightly beaten

Sift together flour, baking powder, salt and pepper; mix in bacon, onion, green pepper and rice. Combine and add tomatoes and eggs; mix well. Drop by spoonfuls onto hot, greased skillet; brown both sides.

CREOLE TOMATOES

Makes 4 servings

4 large, fresh tomatoes	¼ cup butter or margarine
¼ cup finely chopped onion	½ cup water
½ cup finely chopped green pepper	2 tablespoons flour
¼ teaspoon salt	1 cup milk or tomato juice
¼ teaspoon paprika	4 slices toast

Cut tomatoes in halves, crosswise; place cut-side up in baking dish. Sprinkle with onion, pepper, salt and paprika; dot with half the butter. Pour the water into the baking dish; bake in hot oven (400° F.) about 20 minutes or until tomatoes are tender. Melt remaining butter; blend in flour. Gradually stir in milk; cook until mixture comes to a boil. Cook 3 minutes longer, stirring constantly. Place baked tomatoes on toast on serving plates; pour sauce over.

DEVILED TOMATOES

Makes 6 servings

½ cup butter or margarine, melted	¼ cup mild vinegar
2 teaspoons sugar	½ teaspoon salt
1 teaspoon dry mustard	⅛ teaspoon pepper
1 egg, slightly beaten	4 tomatoes sliced thick
1 hard-cooked egg yolk	¼ cup flour

Blend half of the butter with sugar and mustard; stir in egg and egg yolk, vinegar, salt and pepper. Cook over hot water until thick. Dredge tomatoes in flour; sauté in remaining butter. Place tomatoes on serving plates; pour hot sauce over.

GLAZED CARROTS with HERBS

Makes 4 servings

2 cups raw, sliced carrots	¼ cup butter or margarine
2 tablespoons chopped parsley	1 tablespoon sugar
1 teaspoon celery seed or other dried herb	1 cup water

Mix carrots, parsley, and celery seed; place in greased baking dish of 1-quart capacity. Dot with butter; sprinkle with sugar. Add water; bake in moderate oven (375° F.) about 45 minutes or until carrots are tender.

HASHED BROWNEED POTATOES

Makes 6 servings

¼ cup shortening	1 teaspoon salt
3 cups cooked finely chopped potatoes	¼ teaspoon pepper
	¼ cup milk

Melt shortening in skillet; add potatoes. Sprinkle with salt and pepper; add milk. Cook slowly, without stirring, until browned on bottom. Turn and brown on other side.

LYONNAISE POTATOES

Makes 6 servings

2 cups sliced onions	½ teaspoon salt
6 cups cooked, sliced potatoes	¼ teaspoon pepper

Cook onions in hot fat until tender; add potatoes. Sprinkle with salt and pepper; cook, stirring frequently, until browned.

MASHED TURNIP

Makes 6 servings

- | | |
|-----------------------------------|--|
| 6 cups diced yellow turnip | 1 tablespoon chopped parsley |
| 2 tablespoons butter or margarine | 2 tablespoons light cream or evaporated milk |
| 1 teaspoon salt | |
| ¼ teaspoon pepper | |

Cook turnip in boiling water until tender; drain thoroughly. Mash or put through ricer. Add butter, salt, pepper, parsley and cream; beat thoroughly.

POTATO CROQUETTES

Makes 4 servings

- | | |
|----------------------------------|---------------------------------------|
| 2 cups hot, mashed potato | 2 teaspoons chopped parsley or chives |
| 1 tablespoon butter or margarine | ½ teaspoon onion juice |
| | 1 egg, well beaten |

Mix thoroughly potato, butter, parsley, onion juice and egg; cool slightly. Shape into balls or croquettes; roll in flour. Dip in additional beaten egg; roll in flour. Fry in deep hot fat (375° F.) until brown.

POTATO NESTS

Makes 6 servings

- | | |
|---|--|
| 3 cups hot, well-seasoned mashed potato | 1 egg, slightly beaten |
| 2 tablespoons cream | 1 teaspoon Rumford Baking Powder |
| 1 tablespoon onion juice* | 1 tablespoon butter or margarine, melted |

Combine potato, cream, onion juice and egg; beat mixture until light. Add baking powder; beat thoroughly. Place by spoonfuls on well-greased baking sheet; shape into nests by hollowing out centers with back of spoon. Brush with melted butter; bake in hot oven (450° F.) until golden brown, about 15 minutes. Using a broad spatula or pancake turner, place nests on serving plates, fill with creamed meat, fish or eggs.

* Scrape cut side of an onion with a spoon to obtain juice.

SAVORY POTATOES

Makes 6 servings

- | | |
|------------------------------------|-------------------------------|
| 1 quart raw thinly sliced potatoes | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons finely chopped onion | $\frac{1}{4}$ teaspoon pepper |
| | 2 cups milk |

Place potatoes in alternate layers with onion, salt and pepper in greased baking dish of $1\frac{1}{2}$ -quart capacity; pour milk over top. Bake in a moderate oven (350° F.) about 1 hour.

STUFFED GREEN PEPPERS

Makes 6 servings

- | | |
|--|---|
| $1\frac{1}{2}$ cups cooked, minced chicken | 2 tablespoons butter or margarine, melted |
| 1 cup chopped oysters and liquor | 1 teaspoon salt |
| $\frac{2}{3}$ cup soft bread crumbs | $\frac{1}{4}$ teaspoon pepper |
| | 6 green peppers |

Combine chicken, oysters and liquor, crumbs, butter, salt and pepper. Cut a slice from stem end of peppers; if very large, cut in half lengthwise. Fill lightly with chicken mixture; bake in moderate oven (375° F.) about 45 minutes. Serve with or without a sauce.



SALADS & DRESSINGS

Hearty salads for luncheon or light supper and green salads as a hearty dinner course offer contrast in flavor and texture to the rest of the meal. Almost any food can be used as a salad or a salad ingredient. Lettuce is most often used as the background. Cut the center core from a head of lettuce; hold the head under cold running water so that the water can get down in between the leaves and separate them. The outside leaves are the most nutritious so don't throw them away. After they have been crisped, shred and use instead of leaves under a salad or combined with other greens.

Wash and drain salad greens such as romaine, escarole, chicory, endive, watercress, spinach, etc. Pat dry and refrigerate in a covered container or wrapped in a clean towel.

A wooden salad bowl, used for mixed green salads, should always be wiped dry after use, never washed.

FRUIT-NUT SALAD

Makes 6 servings

- | | |
|---|---|
| 2 oranges | 1 cup diced peaches or
halved strawberries |
| 1 grapefruit | Lettuce |
| 1 cup shredded pine-
apple, fresh or
canned | Whipped cream
mayonnaise |
| $\frac{1}{2}$ cup chopped nuts | |

Pare the oranges and grapefruit; remove all membrane. Remove the sections of fruit; mix with pineapple, nuts and peaches. Serve on lettuce; garnish with mayonnaise.

GINGER-MINT SALAD

Makes 6 servings

1 package lime or lemon-flavored gelatin dessert	1/4 cup finely chopped mint leaves
1/2 cup boiling water	1 cup mixed fruit, diced
1 1/2 cups gingerale	Lettuce
1/4 cup chopped walnuts	Mayonnaise

Dissolve gelatin in boiling water; cool. Add gingerale; chill until mixture begins to thicken. Fold in walnuts, mint leaves, and fruit. Turn into mold or individual molds; chill until firm. Unmold on lettuce; garnish with mayonnaise.

CRANBERRY-ORANGE SALAD

Makes 6 servings

1 package lemon- flavored gelatin dessert	2 cups whole cranberry sauce
1 1/2 cups boiling water	Lettuce
1 orange	Mayonnaise

Dissolve gelatin in boiling water; cool. Chill. Cut orange in quarters; remove seeds. Put skin and pulp through food chopper. When gelatin mixture begins to thicken, fold in orange and cranberry sauce. Put in individual molds or large mold of 1-quart capacity; chill until firm. Unmold on lettuce; garnish with mayonnaise.

CHICKEN SALAD

Makes 6 servings

3 cups cooked, diced chicken	1 tablespoon chopped onion
2 cups diced celery	1/2 teaspoon salt
1/4 cup diced green pepper or	1/4 teaspoon pepper
	1 cup mayonnaise
	Lettuce

Combine chicken, celery, green pepper, salt, pepper and mayonnaise; chill. Serve on lettuce or salad greens.

JELLIED CHICKEN SALAD

Makes 6 servings

1 envelope (1 table- spoon) plain gelatin	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup cold water	1 cup cooked, cold, minced chicken
$1\frac{1}{2}$ cups hot chicken stock	1 cup mixed cooked vegetables
$\frac{1}{2}$ teaspoon salt	Lettuce
	Mayonnaise

Soften gelatin in water; dissolve in stock. Stir in salt and pepper; cool. Chill; when mixture begins to thicken, fold in chicken and vegetables. Pour into mold of 1-quart capacity or into individual molds; chill until firm. Unmold on lettuce; garnish with mayonnaise.

VEGETABLE SALAD

Makes 6 servings

1 cup cooked diced carrots	$\frac{1}{4}$ cup chopped onion
$\frac{1}{2}$ cup cooked diced beets	1 cup raw cauliflower flowerets
1 cup cooked peas	1 cup mayonnaise
$\frac{1}{2}$ bunch watercress, chopped	Lettuce

Combine carrots, beets, peas, watercress, onion, and cauliflower; mix in mayonnaise. Serve on lettuce.

CREAM CHEESE SALAD

Makes 6 servings

2 packages cream cheese	1 teaspoon chopped parsley
2 tablespoons cream or evaporated milk	1 teaspoon chopped olives
1 teaspoon chopped chives	Lettuce
	French dressing

Combine cheese and cream; blend thoroughly. Stir in chives, parsley, and olives. Shape into balls; serve on lettuce with French Dressing.

FROZEN TOMATO SALAD

Makes 6 servings

1 quart stewed or canned tomatoes* (#3 can)	1/4 teaspoon pepper
2 tablespoons chopped onion	1/4 cup mayonnaise
3 whole cloves	1/2 cup heavy cream or evaporated milk, whipped
1 sprig parsley	Lettuce
1 teaspoon salt	Mayonnaise

Combine tomatoes, onion, cloves, parsley, salt and pepper; cook about 20 minutes. Press through a sieve; pulp should be thick. Cool; chill. Combine with mayonnaise and cream; put into mold or refrigerator tray of 1-quart capacity or into individual molds; freeze. Unmold on lettuce; serve with mayonnaise.

* Or 6 medium fresh tomatoes and 1 cup water may be substituted.

HARLEQUIN SALAD

Makes 6 servings

1 cup shredded white cabbage	1/2 cup raw, shredded carrots
1 cup shredded red cabbage	1/4 cup chopped onion
1 cup cooked peas	1 teaspoon salt
1/2 cup cooked diced beets	1/4 teaspoon pepper
	1/2 cup French Dressing

Combine cabbages, peas, beets, carrots, onion, salt, pepper and French Dressing; chill about 1 hour. Serve with additional dressing.

MIXED GREEN or CHEF'S SALAD

Any variety of salad greens may be used; romaine, watercress, chicory, endive, escarole, lettuce or spinach. The leaves may be shredded or torn into pieces. Mix in sliced

green pepper, radishes, onions, tomatoes, cabbage or carrots, julienne beets, carrots or turnip. For a heartier salad bowl, mix in shredded ham, tongue, chicken, or other meat, Swiss or other cheese. Rub the salad bowl with warm oil, then with a cut garlic. Sprinkle with an oil dressing; toss gently. Serve at once. If desired, fresh and dried herbs such as basil, chives, parsley, marjoram and thyme may be added. Use the herbs sparingly for their flavor should be subtle.

POTATO-EGG SALAD

Makes 6 servings

3 cups cooked, diced potatoes	1 tablespoon chopped parsley or green celery leaves
3 hard-cooked eggs, diced	1 teaspoon onion juice
$\frac{1}{4}$ teaspoon salt	$\frac{3}{4}$ cup French Dressing or Mayonnaise
$\frac{1}{8}$ teaspoon pepper	Lettuce

Combine potatoes, eggs, salt, pepper, parsley, onion juice, and dressing; chill. Serve on lettuce.

STUFFED TOMATO SALAD

Makes 6 servings

6 large ripe tomatoes

Stuffing

Remove skin* and stem end from tomatoes; cut into five sections, almost through to bottom. Sprinkle with salt and pepper. Fill with any one of the following:

Cucumber Stuffing: Mix 2 medium cucumbers, peeled and diced, with $\frac{1}{4}$ cup mayonnaise and 1 teaspoon chopped parsley.

Lima Bean Stuffing: Mix $1\frac{1}{2}$ cups cooked lima (or green) beans with 2 tablespoons diced celery, 1 tablespoon chopped parsley, 1 teaspoon onion juice and $\frac{1}{4}$ cup French Dressing.

Shrimp and Asparagus Stuffing: Mix 1 cup shrimp, 1 cup cut asparagus, 2 tablespoons diced celery, 1 teaspoon chopped chives, and $\frac{1}{2}$ cup mayonnaise.

* Dip tomatoes in boiling water for about $\frac{1}{2}$ minute; skin will then be easy to remove.

SALAD DRESSINGS

The thing which often "sells" a salad is its dressing. With a variety of fresh and dried herbs, the three basic dressings—French, Mayonnaise, and Cooked—can be altered to suit individual tastes. Vary the oils from olive to corn; the vinegar choices are numerous. Choose the dressing best fit for the salad such as tart dressing with a bland salad and bland with a tart. Make the dressings in advance and add them last to the salad.

COOKED SALAD DRESSING

Makes about 1 cup

1 tablespoon flour	2 eggs, slightly beaten
1 tablespoon sugar	2 tablespoons butter or margarine, melted
1 teaspoon dry mustard	1 cup mild vinegar
1 teaspoon salt	
¼ teaspoon pepper	

Mix thoroughly the flour, sugar, mustard, salt and pepper; stir in eggs and butter. Cook over hot water until thick, stirring constantly. Gradually add vinegar; continue cooking for three minutes. Cool.

FRENCH DRESSING

Makes ⅓ cup

½ teaspoon salt	1 teaspoon dry mustard
⅛ teaspoon pepper	¼ cup salad oil
¼ teaspoon paprika	1½ tablespoons vinegar

Combine salt, pepper, paprika, mustard, oil and vinegar; beat until thoroughly blended. Chill because the oil and vinegar will separate on standing. Always shake before using.

HORSERADISH DRESSING

Makes 1½ cups

1 tablespoon grated horseradish	⅛ teaspoon salt
2 tablespoons lemon juice	⅛ teaspoon paprika
	½ cup cream, whipped

Mix horseradish, lemon juice, salt and paprika; fold in cream. Serve immediately. If prepared horseradish is used, slightly reduce amount of lemon juice.

SOUR CREAM DRESSING

Makes 1 cup

2 egg yolks, slightly beaten	1 cup sour cream or evaporated milk
1 teaspoon dry mustard	2 tablespoons mild vinegar
1 teaspoon salt	
1 tablespoon sugar	

Combine egg yolks, mustard, salt and sugar; gradually add sour cream. Cook over hot water, stirring constantly, until thick. Remove from heat; gradually stir in vinegar. Cool.

MAYONNAISE

Makes 2½ cups

2 cups salad oil	1 teaspoon salt
2 egg yolks, well beaten	¼ teaspoon paprika
¼ cup lemon juice or vinegar	

Very slowly, a drop at a time, add oil to egg yolks; beat continuously. After about ¼ cup of the oil has been beaten in, add the oil more rapidly. Slowly add lemon juice, salt and paprika; beat well. Chill. If mayonnaise should curdle, due to adding oil or vinegar too fast, beat another egg yolk. *Very slowly*, as if starting from beginning, beat curdled mixture in.

Variations:

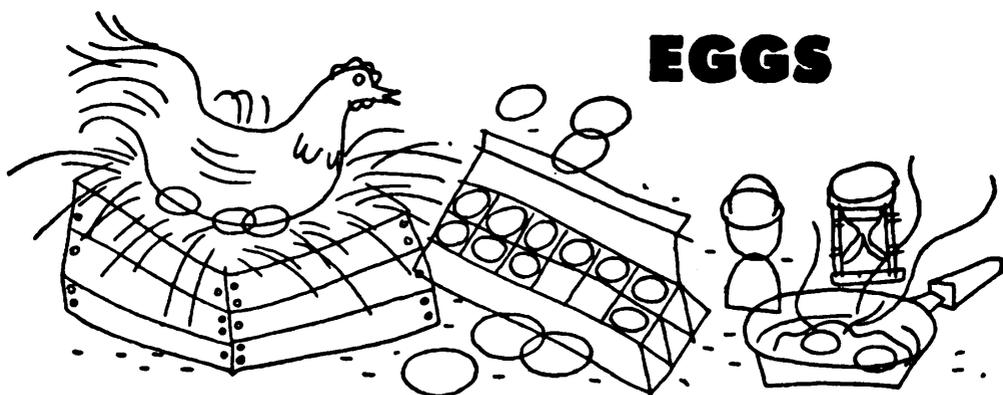
Russian Dressing: Makes about 1¾ cups. To 1¼ cups mayonnaise add ⅓ cup chili sauce, 1 tablespoon minced green pepper, 2 tablespoons minced pimiento, 1 tablespoon minced chives (or 1 teaspoon grated onion) and 1 tablespoon minced pickles.

Ravigote Dressing: Makes about 1½ cups. To 1¼ cups mayonnaise add 1 tablespoon vinegar, 1 teaspoon finely minced capers, 1 teaspoon finely minced parsley, and 1 teaspoon grated onion.

Chiffonade Dressing: Makes about $1\frac{3}{4}$ cups. To $1\frac{1}{4}$ cups mayonnaise add 2 tablespoons minced green pepper or pimiento, 1 teaspoon grated horseradish and $\frac{1}{2}$ cup finely minced sweet pickles.

Whipped Cream Mayonnaise: Makes about $2\frac{1}{4}$ cups. To $1\frac{1}{4}$ cups mayonnaise add 1 cup whipped cream. If desired, sweeten with honey or confectioners sugar.

Tartar Sauce: Makes about $1\frac{1}{2}$ cups. To $1\frac{1}{4}$ cups mayonnaise add 1 teaspoon dry mustard, 1 teaspoon finely chopped parsley, 1 tablespoon finely chopped capers, $1\frac{1}{2}$ teaspoons finely chopped pickles and $\frac{1}{2}$ teaspoon onion juice.



EGGS

Eggs should appear in some form in everyone's daily diet—as breakfast fare, in between-meal beverages, luncheon salad or dinner dessert. The egg adds flavor, color, variety and high food value. It thickens sauces, custards, etc., leavens baked products and souffles, binds ingredients together as in meat loaves and croquettes.

The color of the yolk may vary from light to deep yellow; this does not affect the nutritive value or cooking quality of the egg. Neither does the shell color. Always keep eggs refrigerated but remove from refrigerator a half hour before using. The eggs separate better and whites will yield better volume. If the yolks are not used immediately, put in a small container; cover with a small amount of water or salad oil; cover. Try to use within three days. The yolk of a fresh egg should stand up when the egg is broken into a saucer; the white should be viscous. Eggs are one of the easiest foods to cook. One important rule applies to all methods of cookery—always cook slowly with low to moderate heat.

Soft Cooked Eggs: Place eggs in saucepan; add boiling water to cover. Cook, just below boiling point 3–5 minutes for a very soft cooked egg, 7–8 for medium. Eggs may also be started in cold water. Bring water to boiling point; turn off heat and let eggs stand 6–8 minutes. Exact time again will depend upon individual taste as well as size of eggs. Cool the eggs a few minutes to prevent further cooking and make them easier to handle.

Hard Cooked Eggs: Follow directions for soft cooked eggs. Let eggs *simmer, not boil*, 20 minutes. Prompt and thorough cooling in cold water makes shells easier to remove.

Shirred Eggs: Slip eggs into greased flat baking dishes. Bake in slow oven (325° F.) about 20 minutes or until set. Serve hot in sauce dish. If desired, line dishes with buttered crumbs, slices of cheese or partially broiled bacon before cooking.

Poached Eggs: Slip eggs into simmering, salted water in a shallow, greased pan. Cook, below boiling point, from 3-5 minutes. Remove eggs with a flat skimmer; serve on hot buttered toast, toasted muffin halves or on hash. For variety, poach eggs in milk, in a tomato or cheese sauce.

Eggs Benedict: Serve poached eggs on thin slices of ham on toasted English muffin halves; top with Hollandaise Sauce.

Fried Eggs: Slip eggs onto a hot griddle or into a heavy frying pan containing a thin layer of fat; amount will depend upon size of pan and number of eggs to be fried. Cook slowly, basting tops with fat from pan. Sprinkle with salt and pepper; remove from pan with pancake turner.

PLAIN or FRENCH OMELET

Makes 6 servings

6 eggs, slightly beaten	$\frac{1}{3}$ cup milk
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter
$\frac{1}{4}$ teaspoon pepper	or margarine

Combine eggs, salt, pepper and milk; melt butter in skillet. When hot, add egg mixture. Cook over low heat until set on bottom; lift with a spatula to allow uncooked portion to run underneath; repeat until mixture is firm and well-browned on bottom. Fold in half; serve immediately. Cooked chopped bacon or ham, grated cheese, chopped mushrooms or herbs may be sprinkled over the omelet before folding. Omelet may also be served with any sauce desired.

ORANGE OMELET

Makes 6 servings

1 cup sectioned, diced oranges	4 eggs, separated
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup water
	$\frac{1}{4}$ teaspoon salt

Combine orange sections and sugar. Beat egg yolks until thick; stir in water and salt. Fold in stiffly beaten egg whites; pour mixture into hot, greased omelet pan or skillet. Cook over low heat until bottom of omelet is set; place skillet in moderate oven (375° F.). Cook until firm to touch, about 15 minutes; remove from oven. Mark lightly across the top of the omelet with a knife; place orange sections on one half of the omelet. Fold the other half over this; remove to serving plate. Serve immediately.

SCRAMBLED EGGS

Makes 6 servings

6 eggs, slightly beaten	6 tablespoons cream or milk
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{2}$ teaspoon pepper	3 tablespoons butter or margarine

Combine eggs, salt, pepper, milk and butter; cook, stirring constantly, in greased skillet over low heat until almost set. Remove from heat.

DEVILED EGGS

Makes 6 servings

6 hard-cooked eggs	$\frac{1}{8}$ teaspoon salt
1 cup minced ham, tongue, or chicken	$\frac{1}{8}$ teaspoon paprika
1 teaspoon minced parsley	$\frac{1}{2}$ teaspoon dry mustard
2 tablespoons butter or margarine	2 tablespoons Mayon- naise or Russian Dressing

Cut eggs in halves lengthwise; remove yolks. Mash; add meat, parsley, butter, salt, paprika and mustard. Blend in Mayonnaise; fill halves of egg whites. Chill.

EGG and HAM TIMBALES

Makes 6 servings

1¼ cups White Sauce	1½ cups chopped ham
3 eggs, slightly beaten	1½ teaspoons chopped onion

Combine white sauce, eggs, ham and onion; mix well. Pour into greased custard cups or timbale molds; place in pan of hot water. Bake in moderate oven (350° F.) about 30 minutes or until firm.

CREAMED EGGS ON RICE

Makes 6 servings

2 cups hot cooked rice	1 teaspoon onion juice
6 hot hard-cooked eggs, halved	1 teaspoon chopped parsley
1⅛ cups White Sauce	

Arrange the rice on a platter; place eggs on the rice. Combine sauce and onion juice; pour over the eggs. Sprinkle with chopped parsley.

CURRIED EGGS

Makes 6 servings

1 tablespoon minced onion	2½ cups Curry White Sauce
1 teaspoon lemon juice	6 hard-cooked eggs, sliced

Add onion and lemon juice to White Sauce; blend well. Add eggs; serve over hot cooked rice.

PLANKED EGGS

Makes 6 servings

4½ cups mashed potatoes	1½ teaspoons minced parsley
6 fresh tomatoes	⅓ cup grated cheese
1½ teaspoons minced chives or 1 teaspoon minced onion	¾ teaspoon salt
	⅛ teaspoon pepper
	¼ cup butter or margarine
	6 eggs

Arrange potatoes in 6 hollowed out portions, on greased plank or cookie sheet. Cut tomatoes in half; place cut side up between potatoes. Combine and sprinkle on top chives, parsley, cheese, salt and pepper; dot with butter. Bake in moderate oven (375° F.) about ten minutes; break eggs into potatoes; sprinkle lightly with additional salt and pepper. Return to oven about 15 minutes or until eggs are set. Garnish with parsley and bacon curls, if desired. If baked on a cookie sheet, remove with a broad spatula; place on serving plates.

SAVORY CUSTARD

Makes 6 servings

4 eggs, slightly beaten ¼ teaspoon salt
2 cups beef or chicken
broth

Combine eggs, broth and salt; strain into custard cups. Place in pan of hot water; bake in slow oven (325° F.) until firm. Unmold; serve hot or cold.

SAVORY EGGS

Makes 6 servings

½ cup minced onion ½ teaspoon salt
3 tablespoons butter or ⅓ cup soft bread
margarine, melted crumbs
6 eggs 1 tablespoon grated
2 teaspoons vinegar cheese

Sauté onion in half of the butter until golden brown; put in baking dish. Break eggs on top; combine remaining butter with vinegar, salt, crumbs and cheese. Sprinkle over eggs; bake in moderate oven (350° F.) about 20 minutes.

SWISS EGGS

Makes 6 servings

6 very thin slices cheese ⅓ cup light cream or
6 eggs evaporated milk
¾ teaspoon salt 3 tablespoons grated
¼ teaspoon pepper cheese

Place cheese in greased baking dish; break eggs onto ~~cheese~~. Sprinkle with salt and pepper; pour cream over top. Sprinkle grated cheese over top; bake in moderate oven (375° F.) about 12 minutes or until eggs are firm and cheese lightly browned.



DESSERTS & SAUCES

Last on the menu but certainly not the least in appeal and nutrition is any one of an endless variety of desserts. Desserts know no season, but make the most of foods that have but one. Use your imagination and creative ability in combining flavors, fruits, textures, colors and sauces. Selecting a dessert to fit a meal is as important as making it.

Baked Fruit Desserts:

A wide variation is possible with the many fruits available throughout the year. Any fruit may be used in the following desserts.

APPLE DUMPLINGS

Makes 6

- | | |
|----------------------------------|-----------------------------------|
| 1 recipe Pastry or Biscuit dough | 1 teaspoon ground cinnamon |
| 6 medium apples (or peaches) | 2 tablespoons butter or margarine |
| $\frac{1}{2}$ cup sugar | |

Roll dough about $\frac{1}{8}$ inch thick; cut into 6-inch squares. Place one peeled, cored apple on each. Mix sugar and cinnamon; fill apple centers. Dot with butter. Bring opposite corners of dough on top of apple; press together. Moisten and seal edges. Bake in moderate oven (375° F.) about 25 minutes or until apples are tender and pastry is brown. Serve warm with Hard or Foamy sauce or whipped cream.

APPLE MACAROON PUDDING

Makes 6 servings

- | | |
|--|--|
| 2 cups sweetened applesauce | $\frac{3}{4}$ cup crushed macaroons |
| $\frac{1}{2}$ cup finely chopped almonds | 2 tablespoons melted butter or margarine |

Put a layer of applesauce in greased baking dish of 1-quart capacity; sprinkle with half the almonds. Combine and add half the macaroons and butter. Repeat layers; bake in moderate oven (350° F.) about 20 minutes. Serve hot or chilled with light cream or Custard Sauce.

BERRY ROLL-UPS

Makes 8

- | | |
|-----------------------------------|---|
| 2 cups sifted all-purpose flour | 1 egg, slightly beaten |
| 3 teaspoons Rumford Baking Powder | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ teaspoon salt | $1\frac{1}{2}$ cups berries* (cranberries, strawberries, blueberries, etc.) |
| $\frac{1}{2}$ cup sugar | |
| $\frac{1}{3}$ cup shortening | |

Sift together flour, baking powder, salt and $\frac{1}{4}$ cup of the sugar; cut in shortening. Combine and add egg and milk; stir just to moisten dry ingredients. Turn dough onto well-floured surface; knead briefly. Roll into an oblong 12 x 10 inches. Mix berries and remaining sugar; sprinkle over dough. Roll as for jelly roll; cut into slices $1\frac{1}{4}$ inches thick. Place cut-side down in greased baking dish or in individual cups; bake in hot oven (400° F.) about 25 minutes. Serve warm with sauce or cream.

* Raw or cooked. If cooked fruits are sweetened (such as canned whole cranberries) do not add any additional sugar.

BROWN BETTY

Makes 8 servings

- | | |
|---|-----------------------------|
| 4 cups dry bread or graham cracker crumbs | 5 cups raw, sliced apples* |
| 6 tablespoons melted butter or margarine | 1 cup brown sugar |
| | 2 teaspoons ground cinnamon |
| | $\frac{2}{3}$ cup hot water |

Combine crumbs and butter; stir over low heat until lightly browned. Place in alternate layers with apples, sugar and cinnamon in greased baking dish of 1½-quart capacity; top layer should be crumbs. Pour water over top; bake in a moderate oven (375° F.) until apples are tender, about 30 minutes.

* 2½ cups cooked apples may be substituted. If apples are sweetened, omit sugar in recipe. Bake at 375° F. until crumbs are browned.

DUTCH APPLE CAKE

Makes one 8-inch cake

2 cups sifted cake flour	½ cup milk
2 teaspoons Rumford Baking Powder	3 cups pared, cored, thinly sliced apples (about 3 apples)
½ teaspoon salt	¼ cup sugar
3 tablespoons shortening	1 teaspoon cinnamon
1 egg, beaten	

Sift together flour, baking powder and salt; cut in shortening. Combine and add egg and milk; mix just until dry ingredients are moistened. Spread batter in greased pan 8 x 8 x 2 inches. Top with apples, arranged in parallel overlapping rows, pressing thinnest edge of apple lightly into batter. Mix sugar and cinnamon together; sprinkle over apples. Bake in moderate oven (375° F.) about 30 minutes; cut in squares. Serve warm with Hard Sauce or whipped cream.

FRUIT COBBLER

Makes 8 servings

2 cups fruit,* canned or frozen	½ teaspoon salt
1 cup sifted all-purpose flour	2 tablespoons shortening
1 teaspoon Rumford Baking Powder	¼ cup sugar
	1 egg, slightly beaten
	½ cup milk

Place fruit in greased pan 8 x 8 x 2 inches. (If fruit is very juicy, mix 1 tablespoon cornstarch with each cup of

juice.) Sift flour, baking powder and salt together; cream shortening and sugar until light. Add egg; mix well. Add dry ingredients alternately with milk; mix just until smooth after each addition. Pour over fruit in pan; bake in moderate oven (375° F.) about 30 minutes. Cut in squares; serve warm with Hard or Foamy Sauce or whipped cream.

* 1 quart prepared fresh fruit may be used. Add ½ cup sugar (or an amount to sweeten fruit being used).

FRUIT TORTE

Makes two 8-inch layers

1⅓ cups sifted cake flour	½ teaspoon almond extract
1¼ teaspoons Rumford Baking Powder	⅓ cup milk
½ teaspoon salt	1 quart sliced strawberries, peaches, etc.
½ cup shortening	
1½ cups sugar	
4 eggs, separated	

Sift together flour, baking powder and salt; cream shortening with ½ cup of the sugar until light. Add egg yolks, one at a time, beating thoroughly after each addition; add almond extract. Add milk alternately with dry ingredients, stirring after each addition just until smooth; put batter in two greased layer pans 8 x 1¼ inches. Beat egg whites until foamy; slowly beat in the remaining cup of sugar. Beat until smooth and glossy; spread over cake batter. Bake in moderate oven (350° F.) about 40 minutes or until meringue is crusty and dry. Cool thoroughly; remove from pans. Put fruit between layers and on top. Serve with whipped or ice cream.

Puddings:

One sure way to increase daily milk intake, in children's diets especially, is by addition of milk puddings to menu.

BREAD CUSTARD PUDDING

Makes 6 servings

2 cups dry bread cubes	$\frac{3}{4}$ cup sugar
4 cups milk, scalded	4 eggs, slightly beaten
1 tablespoon butter or margarine	1 teaspoon vanilla extract
$\frac{1}{4}$ teaspoon salt	

Soak bread in milk 5 minutes; add butter, salt and sugar. Pour slowly over eggs; add vanilla. Mix well; add $\frac{1}{2}$ cup seeded raisins if desired. Pour into greased baking dish of $1\frac{1}{2}$ -quart capacity; place in pan of hot water. Bake in moderate oven (350° F.) about 50 minutes or until firm; serve warm.

Variation:

Meringue Bread Pudding: Use two whole eggs and 2 egg yolks in above recipe. After baking, spread top with raspberry jam or dot with currant jelly. Cover with meringue made by beating 2 egg whites until stiff with $\frac{1}{4}$ cup sugar. Bake in slow oven (300° F.) about 30 minutes.

INDIAN PUDDING

Makes 6 servings

5 cups milk	1 teaspoon ground gin- ger or ginger and cinnamon mixed
$\frac{1}{3}$ cup cornmeal	
$\frac{1}{2}$ cup molasses	
1 teaspoon salt	

Scald 4 cups of the milk, pour slowly over cornmeal; cook over hot water 20 minutes, stirring constantly. Add molasses, salt and spices; turn into greased baking dish of $1\frac{1}{2}$ -quart capacity. Pour remaining cup of milk over top; bake in slow oven (325° F.) about 2 hours, without stirring. Serve with light cream, Hard Sauce or ice cream.

Variation:

Apple Indian Pudding: 1 cup sliced apples or $\frac{1}{2}$ cup raisins can be added to the thickened mixture before baking.

RICE PUDDING

Makes 6 servings

$\frac{1}{4}$ cup uncooked rice	1 tablespoon butter or
$\frac{1}{4}$ teaspoon salt	margarine
3 tablespoons sugar	1 quart milk

Wash rice well; put in a baking dish of $1\frac{1}{2}$ -quart capacity with the salt, sugar and butter. Pour the milk over. Bake in slow oven (300° F.) at least $2\frac{1}{2}$ hours, stirring twice during the first hour. Serve warm.

TAPIOCA PUDDING

Makes 6 servings

3 cups milk, scalded	$\frac{1}{3}$ cup sugar
2 eggs, separated	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup granulated tapioca	1 teaspoon vanilla extract

Stir milk slowly into beaten egg yolks; add tapioca, sugar and salt. Cook over hot water stirring frequently, until mixture thickens; add vanilla. Beat egg whites until stiff; slowly fold hot mixture in. Cool; chill.

Variations:

Chocolate Tapioca Cream: Add 2 squares (ounces) unsweetened chocolate to milk mixture before cooking.

Fruit Tapioca: Add 2 cups fresh or cooked diced fruit before cooling.

Refrigerator Desserts:

Good summertime fare; cool and easy to prepare.

BAVARIAN CREAM

Makes 6 servings

1 tablespoon (1 envelope) plain gelatin	$\frac{1}{4}$ cup cream or evaporated milk, whipped
$\frac{1}{4}$ cup cold water	1 teaspoon vanilla extract
1 cup milk, scalded	
3 eggs, separated	
$\frac{1}{3}$ cup sugar	

Soften gelatin in water; stir milk into beaten egg yolks and sugar. Cook over hot water, stirring constantly until custard thickens and coats a metal spoon; stir in gelatin until dissolved. Cool; chill. When mixture begins to thicken, fold in cream and vanilla; fold in stiffly beaten egg whites. Put into a mold of 1½-quart capacity. Chill until firm.

Variations:

Coffee Bavarian Cream: Substitute ½ cup strong coffee for ½ cup of the milk.

Chocolate Bavarian Cream: Melt 1 square (ounce) unsweetened chocolate in scalded milk.

CHOCOLATE REFRIGERATOR CAKE

Makes 1 loaf

- | | |
|---|--|
| 1 7-ounce package (1 cup) semi-sweet chocolate bits | 1 cup cream or evaporated milk, whipped |
| 2 tablespoons granulated sugar | 1 teaspoon vanilla extract |
| 3 tablespoons cold water | 1 package lady fingers (12 lady fingers) |
| 3 eggs, separated | |

Melt chocolate over hot water; add sugar and water, mix well. Remove from heat; stir gradually into beaten egg yolks. Beat smooth; cool. Beat egg whites until stiff; fold into cooled mixture. Fold in whipped cream and vanilla. Split lady fingers; place on bottom and sides of wax paper-lined loaf pan 9 x 5 x 3 inches. Place alternate layers of chocolate mixture and lady fingers in pan. Top layer should be lady fingers. Chill 24 hours. Unmold; slice.

PEACH CREAM

Makes 6 servings

- | | |
|---|---|
| 1 quart peeled, sliced peaches* (7-8 large) | ¼ cup cold water |
| 1 cup water | ½ cup cream or evaporated milk, whipped |
| ⅔ cup sugar | ¼ teaspoon almond extract |
| 2 tablespoons (envelopes) plain gelatin | |

Cook peaches with water and sugar until tender; put through sieve. Soften gelatin in cold water; dissolve in hot peach puree. Cool; chill. When gelatin mixture begins to thicken, fold in whipped cream and flavoring; put in mold of 1-quart capacity. Chill until firm.

* $2\frac{1}{2}$ cups cooked, sweetened fruit may be substituted. Omit water and sugar; purée fruit.

RHUBARB FLUFF

Makes 6 servings

$1\frac{1}{2}$ cups sweetened,
stewed rhubarb
 $\frac{1}{2}$ teaspoon grated
lemon rind

$\frac{1}{2}$ tablespoon lemon
juice
 $\frac{1}{2}$ cup cream or evapo-
rated milk,
whipped

Combine rhubarb, rind and juice; chill. Just before serving, fold in cream.

Soufflés:

A perfect dessert for a filling meal; these are easy to prepare but require speedy serving.

APRICOT SOUFFLÉ

Makes 6 servings

$\frac{3}{4}$ cup sugar
1 cup apricot pulp

$\frac{1}{2}$ teaspoon almond ex-
tract
4 egg whites

Add half of the sugar to the apricot pulp; bring to boiling point. Add almond extract. Beat egg whites until stiff; beat in remaining sugar. Fold into hot apricot mixture; put in a baking dish of 1-quart capacity which has been greased and sprinkled with granulated sugar. Bake in a slow oven (325° F.) about 1 hour. Serve immediately, from the baking dish, with Custard Sauce or cream.

CHOCOLATE SOUFFLÉ

Makes 6 servings

- | | |
|---|--------------------------------|
| $\frac{3}{4}$ cup milk | $\frac{1}{4}$ teaspoon salt |
| $1\frac{1}{2}$ squares (ounces)
unsweetened
chocolate | 3 eggs, separated |
| 1 cup crumbs (cake or
cookie) | $\frac{1}{2}$ cup sugar |
| | $\frac{1}{4}$ cup chopped nuts |

Scald milk with chocolate over hot water; stir until chocolate is melted. Stir in crumbs and salt. Beat egg yolks until thick with 3 tablespoons of the sugar; stir hot chocolate mixture in. Add nuts; blend thoroughly. Beat egg whites until stiff with remaining sugar; fold into chocolate mixture. Put into ungreased baking dish of 1-quart capacity; bake in moderate oven (375° F.) about 30 minutes. Serve immediately with Foamy Sauce or whipped cream.

OMELET SOUFFLÉ

Makes 4 servings

- | | |
|---------------------------------|------------------------------|
| 4 eggs, separated | 2 tablespoons lemon
juice |
| 3 tablespoons sugar | |
| 1 teaspoon grated
lemon rind | $\frac{1}{8}$ teaspoon salt |

Beat egg yolks until thick with sugar, lemon rind, lemon juice and salt; fold in stiffly beaten egg whites. Turn into ungreased casserole of $1\frac{1}{2}$ -quart capacity; bake in moderate oven (350° F.) about 25 minutes, or until knife inserted comes out clean. Serve immediately with Wine, Custard or Butterscotch sauce.

VANILLA SOUFFLÉ

Makes 6 servings

- | | |
|--|---|
| 2 tablespoons butter or
margarine, melted | 3 eggs |
| 2 tablespoons flour | 3 tablespoons sugar |
| 1 cup milk | $\frac{1}{4}$ teaspoon vanilla ex-
tract |

Blend butter and flour; gradually stir in milk. Cook over low heat, stirring constantly, until thick and smooth. Beat egg yolks with sugar; stir into milk mixture. Stir in vanilla;

fold in stiffly beaten egg whites. Pour into ungreased custard cups; place in a pan of hot water. Bake in a slow oven (325° F.) about 15 minutes; increase temperature to 350° F. and continue baking 15 minutes longer; serve immediately. Dust tops with grated nutmeg if desired.

Steamed Puddings:

A rich dessert, best to follow a light meal. They can be very festively served with any one of a number of intriguing sauces.

In steaming puddings, use a steamer, roasting pan or kettle. Place water to depth of about one inch. Put a wire rack or trivet (to keep mold from bottom) in steamer. Thoroughly grease a pudding mold or coffee can; grease a cover for it. Put batter in mold; cover. If metal cover is not available, tie several thicknesses of wax paper over top. Put mold on rack; cover steamer. Cook over medium heat until steam starts to escape; reduce heat to low to continue steady, slight steaming.

STEAMED ALMOND PUDDINGS

Makes 8 servings

1½ cups sifted cake flour	1 cup sugar
1½ teaspoons Rumford Baking Powder	1 teaspoon almond ex- tract
¼ teaspoon salt	½ cup milk
⅓ cup shortening	3 egg whites

Sift together flour, baking powder and salt; cream shortening, sugar and almond extract until light. Add milk alternately with dry ingredients; mix just until smooth after each addition. Fold in stiffly beaten egg whites; fill greased individual molds or custard cups $\frac{2}{3}$ full. Place in steamer; cover with sheet of waxed paper. Cover kettle tightly; steam about 30 minutes. Unmold and serve warm with a fruit sauce.

Variations:

Lemon Snowballs: Substitute grated lemon rind for almond extract.

Chocolate Puddings: Substitute vanilla extract for almond. Add 1½ squares (ounces) unsweetened chocolate melted, to batter before folding in egg whites.

PLUM PUDDING

Makes 2

1 cup sifted all-purpose flour	¾ cup shortening
1 teaspoon Rumford Baking Powder	1 cup sugar
1 teaspoon salt	2 eggs, well beaten
1 teaspoon grated nutmeg	1 cup cut raisins
1 teaspoon ground cinnamon	1½ cups currants
½ teaspoon ground mace	1 cup diced candied fruit peel
1 cup soft bread crumbs	½ cup finely chopped nuts
	½ cup brandy or grape juice

Sift together flour, baking powder, salt, nutmeg, cinnamon and mace; stir in bread crumbs. Cream shortening and sugar until light; add eggs, raisins, currants, peel, and nuts. Mix thoroughly; add dry ingredients alternately with brandy. Mix well; turn into 2 greased molds of 1-quart capacity. Cover tightly; steam 2½ hours. Serve warm with Foamy or Hard sauce.

STEAMED FRUIT PUDDING

Makes 6 servings

2 cups sifted all-purpose flour	½ teaspoon salt
2 teaspoons Rumford Baking Powder	⅓ cup shortening
½ teaspoon ground cinnamon	½ cup sugar
½ teaspoon ground ginger	1 egg, slightly beaten
	½ cup currants*
	1 cup raisins, cut fine*
	¾ cup milk

Sift together flour, baking powder, cinnamon, ginger and salt; cream shortening and sugar until light. Add egg, cur-

rants and raisins; mix well. Add milk alternately with dry ingredients; mix well. Put in greased, wax paper-lined mold of 1-quart capacity; cover tightly. Steam 3 hours; unmold. Serve warm with Hard or Lemon sauce.

Variation:

Date Plum Pudding: Substitute $1\frac{1}{2}$ cups finely chopped dates for the currants and raisins.

* Other fruit such as raw red sour cherries, whole cranberries, blueberries, or blackberries may be used.

STEAMED VANILLA PUDDING

Makes 6 servings

$1\frac{1}{2}$ cups sifted all-purpose flour	$\frac{1}{2}$ cup sugar
3 teaspoons Rumford Baking Powder	1 egg, well beaten
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla extract
$\frac{1}{4}$ cup shortening	$\frac{2}{3}$ cup milk

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add egg and vanilla; mix well. Add milk alternately with dry ingredients; stir only enough to blend. Put into greased wax paper-lined mold of 1-quart capacity; cover tightly. Steam $1\frac{1}{2}$ hours. Remove mold from steamer; let stand about 5 minutes. Unmold; slice. Pudding will slice easier if a string is slipped under it, then brought up through it. Serve warm with Chocolate or Hard Sauce or any fruit sauce.

Variations:

Steamed Chocolate Pudding: Add 3 squares (ounces) unsweetened chocolate, melted and cooled, to batter.

Steamed Fruit Pudding: Sift 1 teaspoon ground cinnamon with dry ingredients. Add 1-2 cups sliced fresh fruit such as apples, peaches, blueberries, or blackberries to batter.

FROZEN DESSERTS

As good in December as in July are ice creams and sherbets for these help to make the plainest meal more interest-

ing. Ice creams can be frozen in either a dasher freezer or a tray of a mechanical refrigerator. A good ice cream should be smooth and firm with a delicate but definite flavor. Serve a tray of sauces, nuts, fresh frozen fruits, etc. to add variety to the ice cream.

Use of Dasher Freezer:

Chill mixture thoroughly before freezing. All equipment should be thoroughly clean. Put cake of ice in a burlap bag and crush with wooden or metal mallet. Put container in wooden pail; pack ice around until pail is two-thirds full. Pack alternate layers ice and rock salt (allowing 5 parts ice to 1 of salt); do not use any more salt or frozen mixture will be grainy. Put on cover, top and handle; give handle a few turns to be certain can is set straight. Remove; pour mixture into can; do not fill more than two-thirds full. Cover; put on top and handle. Turn handle slowly until mixture becomes hard to turn; then turn faster. As freezing progresses, add more ice and salt. When mixture is frozen, handle will be almost impossible to turn. Drain excess water from pail; remove ice and salt to below top of container; remove top and handle. Wipe cover of can and remove. Remove and scrape off dasher; pack ice cream firmly. Plug hole in cover with cork; put on tightly. Repack container in ice and salt. Let stand at least two hours to improve flavor. A 2-quart freezer should be used in all the following recipes. This size freezer will need about 15 pounds of ice to freeze and pack.

Refrigerator Ice Cream:

Follow directions for freezing that accompany your refrigerator. Generally, set control to fast freezing. This is important to make smooth ice creams. Pour cooled mixture into tray; place on bottom of freezing compartment. Chill until firm; remove mixture to chilled bowl. Break into small pieces; beat with a rotary beater only until free from lumps. Carefully fold in whipped cream or evaporated milk.*

Return mixture to tray and continue freezing. Do not stir

a whipped evaporated milk mixture after it has been placed in the refrigerator tray. After dessert is frozen, cover with waxed paper. Set control between fast and normal. The following recipes do not indicate freezing times; these will vary with the controls of refrigerator.

***To whip evaporated milk:** Pour milk to be whipped into freezer tray. Chill until crystals form around edge. Put into a chilled bowl; surround bowl with cracked ice. Whip with a chilled beater at high speed until stiff. A can of evaporated milk may also be placed in freezing unit of refrigerator overnight, then whipped. Do not try to whip more than 1 cup at a time.

Ices and Sherbets:

· Good sherbets should be grainy, have little body and a strong flavor.

FROZEN CUSTARD

Makes about $1\frac{3}{4}$ quarts mixture

1 quart milk, scalded	1 cup cream or evaporated milk
4 eggs, beaten	
1 cup sugar	1 teaspoon vanilla extract
$\frac{1}{4}$ teaspoon salt	

Slowly stir milk into eggs; add sugar and salt. Cook, stirring constantly, over hot water until mixture thickens and coats spoon. Strain; cool. Chill; add cream and vanilla. Freeze.

PHILADELPHIA ICE CREAM

Makes about $1\frac{1}{4}$ quarts mixture

1 quart light cream or evaporated milk	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup sugar	2 teaspoons vanilla extract

Combine cream, sugar, salt and vanilla; stir until sugar is thoroughly dissolved. Freeze.

Variations:

Peach Ice Cream: When ice cream is half frozen, add 2 cups sieved peach pulp (canned peaches with their syrup or fresh cooked sweetened peaches). Makes about 1 $\frac{3}{4}$ quarts.

Strawberry Ice Cream: When ice cream is half frozen, add 2 cups thoroughly crushed, sweetened strawberries. Makes about 1 $\frac{3}{4}$ quarts.

Chocolate Ice Cream: Heat 1 cup of the cream; melt in it 2 squares (ounces) unsweetened chocolate. Stir or beat until smooth; cool. Add to remaining mixture; freeze.

VANILLA ICE CREAM

Makes 1 $\frac{1}{4}$ quarts mixture

3 eggs, beaten	2 cups light cream or
$\frac{3}{4}$ cup sugar	evaporated milk
$\frac{1}{2}$ teaspoon salt	2 teaspoons vanilla ex-
2 cups milk, scalded	tract

Combine eggs, sugar and salt; stir in milk. Cook over hot water, stirring constantly, until mixture thickens and coats metal spoon. Cool; strain. Add cream and vanilla. Freeze.

Variations:

Chocolate Ice Cream: Melt 2 squares (ounces) unsweetened chocolate in scalded milk; stir or beat until smooth.

Nut Ice Cream: When ice cream is half frozen, add 1 cup coarsely chopped nuts.

Burnt Almond Ice Cream: Caramelize $\frac{1}{3}$ cup sugar in skillet; add $\frac{1}{2}$ cup blanched, chopped almonds. Blend; cool. Crush and add with cream and vanilla to custard mixture.

FRUIT ICE

Makes 1 $\frac{1}{4}$ quarts mixture

2 cups water	1 tablespoon grated
$\frac{3}{4}$ cup white corn syrup	lemon rind
1 $\frac{1}{4}$ cups sugar	$\frac{1}{4}$ cup lemon juice
	1 $\frac{1}{4}$ cups fruit juice

Combine water, corn syrup, sugar and lemon rind; stir until sugar is dissolved. Boil 5 minutes; cool. Add lemon juice and fruit juice. Freeze until hard; remove to cold bowl. Beat until mushy; return to container and freeze.

Variations:

Fruit Sherbet: After beating Fruit Ice, fold in 2 stiffly beaten egg whites.

Milk Sherbet: Substitute milk for the water. After beating ice, fold in 2 stiffly beaten egg whites.

BISCUIT TORTONI

Makes 8 servings

1 cup crushed macaroons	2 tablespoons sherry
1 cup light cream or evaporated milk	1 cup heavy cream or evaporated milk, whipped
$\frac{1}{4}$ cup sugar	

Combine $\frac{1}{2}$ cup of the macaroons with the cream; let stand 1 hour. Add sugar and sherry; freeze until mushy. Fold in whipped cream; turn into individual molds or dishes. Top with remaining crumbs; let stand at freezing temperature until firm.

GOLDEN PARFAIT

Makes 8 servings

$\frac{1}{2}$ cup light corn syrup	$\frac{1}{8}$ teaspoon salt
2 egg yolks, slightly beaten	1 cup heavy cream or evaporated milk, whipped
1 teaspoon plain gelatin	$1\frac{1}{2}$ teaspoons vanilla extract
2 tablespoons cold water	

Combine corn syrup and egg yolks; cook over hot water until slightly thickened, stirring constantly. Dissolve gelatin in cold water; stir into hot mixture. Add salt; cool. Chill until mixture begins to thicken; fold in whipped cream and vanilla. Pour into refrigerator tray or mold; cover tightly. Place in freezing unit of refrigerator or bury in equal parts ice and rock salt. Freeze about 3 hours.

Variations:

Coffee Parfait: Add 1 tablespoon instant coffee to the hot egg mixture. Freeze as directed above.

Maple Parfait: Substitute $\frac{1}{2}$ cup maple syrup for the corn syrup. Freeze as directed above.

Butterscotch Parfait: Substitute dark corn syrup for the light corn syrup. Add 1 tablespoon butter or margarine to the hot egg mixture. Freeze as directed above.

VANILLA MARLOW

Makes 8 servings

1 cup milk, scalded	1 teaspoon vanilla extract
1 egg, beaten	
16 marshmallows	1 cup cream or evaporated milk, whipped
$\frac{1}{2}$ teaspoon salt	

Stir milk gradually into egg; cook over hot water, stirring constantly, about two minutes. Add marshmallows; stir until dissolved. Cool; add salt and vanilla. Chill. When mixture begins to thicken, fold in whipped cream. Let stand at freezing temperature until firm.

Variation:

Coffee Marlow: Scald $\frac{1}{3}$ cup ground coffee with milk in Vanilla Marlow recipe; strain through fine cheesecloth.

DESSERT SAUCES

Like the frosting on a cake, a dessert sauce is the crowning glory. In many instances, the sauce adds moisture and additional flavor. Like the entrée sauce, the dessert sauce should be a compliment to the food it accompanies. Select a light sauce for a rich dessert and a heavier one for a light dessert.

APPLE SAUCE

Makes 6 servings

$1\frac{1}{2}$ pounds apples	$\frac{1}{3}$ cup sugar *
$1\frac{1}{2}$ cups water	

Wash apples; cut into quarters without paring. Add water; cover. Cook until tender; press through sieve. Add sugar.

Variations:

Plain Apple Sauce: Wash, pare, core and cut apples into eighths; add water. Cook until tender; add sugar.

Cinnamon Apple Sauce: Add about 4 tablespoons red cinnamon candy to hot Apple Sauce, stir until dissolved.

* Amount will depend upon tartness of apples.

BUTTERSCOTCH SAUCE

Makes about 2 cups

1¼ cups dark corn syrup	½ cup butter or margarine
1¼ cups sugar	¼ teaspoon salt
1¼ cups evaporated milk	½ teaspoon vanilla extract

Combine corn syrup, sugar and evaporated milk; cook until thick (220° F.), stirring occasionally. Remove from heat; add butter, salt and vanilla. Blend thoroughly.

CRANBERRY SAUCE

Makes about 1 quart

4 cups raw, whole cranberries	2 cups water
	2 cups sugar

Cook cranberries in water until cranberry skins pop open; strain. Add sugar; mix well. Boil about 10 minutes. Pour into mold or individual molds; chill.

WHOLE CRANBERRY SAUCE

Decrease sugar in cranberry sauce recipe to 1½ cups; combine with water and boil about 5 minutes. Add berries; boil without stirring until all skins pop. Remove from heat; cool.

CUSTARD SAUCE

Makes $1\frac{1}{8}$ cups

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|---------------------------------|---------------------------------|
| 1 cup milk, scalded | $\frac{1}{8}$ teaspoon salt |
| 2 egg yolks, slightly
beaten | 1 teaspoon vanilla ex-
tract |
| 2 tablespoons sugar | |

Stir milk gradually into egg yolks; add sugar and salt. Cook over hot (not boiling) water, stirring constantly until custard forms a coating on a metal spoon, about 5 minutes. Remove from heat; cool. Add vanilla.

FOAMY SAUCE

Makes about 1 cup

- | | |
|---------------------------------------|---------------------------------|
| $\frac{1}{2}$ cup butter or margarine | 1 egg, well beaten |
| 1 cup confectioners
sugar | 1 teaspoon vanilla ex-
tract |

Cream butter and sugar until very light; add egg. Heat over hot water, stirring constantly about 2 minutes. Add vanilla.

FOAMY PEACH SAUCE

Makes about $1\frac{1}{2}$ cups

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|---|-----------------------------|
| 3 tablespoons apricot or
peach marmalade | 2 tablespoons cornstarch |
| 2 tablespoons lemon
juice | 2 tablespoons cold
water |
| 1 cup boiling water | 1 egg white |

Combine marmalade, lemon juice and boiling water in saucepan; bring to boiling point. Mix cornstarch and cold water until smooth; slowly stir into fruit mixture. Cook about 5 minutes; remove from heat. Fold in stiffly beaten egg white; serve immediately over Steamed or Cottage Pudding.

HARD SAUCE

Makes about 1 cup

- | | |
|---------------------------------------|---|
| $\frac{1}{3}$ cup butter or margarine | $\frac{1}{8}$ teaspoon salt |
| 1 cup confectioners
sugar | 1 teaspoon hot water |
| | $\frac{3}{4}$ teaspoon vanilla ex-
tract |

Cream butter and sugar until very light; beat in salt and water. When very light and fluffy, add vanilla; chill.

HOT FUDGE SAUCE

Makes about 1 cup

2 cups sugar	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ teaspoon salt	1 tablespoon butter or margarine
2 squares (ounces) unsweetened chocolate	$\frac{1}{2}$ teaspoon vanilla extract

Combine sugar, salt, chocolate and milk; cook until mixture forms a soft ball in cold water (230° F.). Remove from heat; add butter and vanilla.

LEMON SAUCE

Makes about 1½ cups

1 cup boiling water	2 tablespoons butter or margarine
$\frac{1}{4}$ cup sugar	3 tablespoons lemon juice
2 tablespoons corn starch	$1\frac{1}{2}$ teaspoons grated lemon rind
2 tablespoons cold water	

Combine water and sugar; bring to boiling point. Mix cornstarch and water until smooth; slowly stir into sugar syrup. Cool about 5 minutes; remove from heat. Add butter, lemon juice and rind; serve warm on Cottage or Steamed Pudding.

MAPLE SAUCE

Makes 1½ cups

$\frac{2}{3}$ cup maple syrup, hot	$\frac{1}{4}$ cup cream, whipped
2 egg yolks, well beaten	$\frac{1}{8}$ teaspoon salt

Stir maple syrup into egg yolks; cook over hot water, stirring constantly, about 5 minutes. Cool; chill. Fold in whipped cream and salt just before serving.

WINE SAUCE

Makes 1½ cups

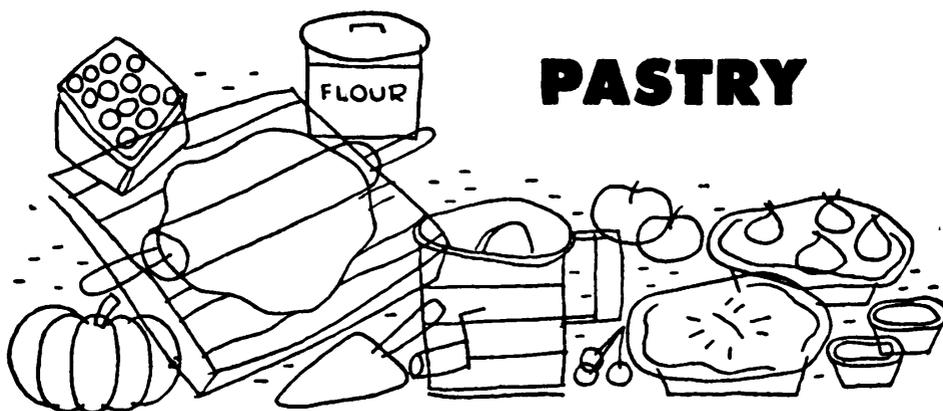
½ cup butter or margarine

½ cup light cream or evaporated milk

½ cup granulated sugar

¼ cup Sherry Wine or Brandy

Cream butter and sugar until very light; add cream. Place over hot water; beat with a rotary beater until light and fluffy. Slowly add Wine; serve warm over Plum or Steamed Pudding.



PASTRY

Pie (particularly apple) is America's most famous dessert. Anyone can make good pie if certain rules are followed. A tender crust means the difference between success and failure. This depends foremost on extent of handling the dough. To help you achieve success, general suggestions follow:

1. Vegetable shortening or lard is most frequently used in making pie dough.

2. All-purpose flour makes very satisfactory pastry. If cake flour is used, the amount should be increased slightly.

3. Cut shortening into flour with two knives or a pastry blender.

4. Use a fork to mix in water; sprinkle water lightly onto flour.

5. If too little water is added, the dough will crumble and crack while being rolled; if too much water is added, the dough will be sticky and, when baked, tough and pale.

6. Handle the dough quickly; roll it lightly, always from the center out. Never roll across the center each time.

7. Avoid split edges by lifting the rolling pin on each stroke before it reaches the edge. Roll pastry until it is about 4 inches larger than diameter of the pie pan.

8. To make a pastry shell, fit dough loosely into ungreased pan. Do not stretch it, as dough will then shrink. Leave about an inch of dough hanging over edge to make fluting. Fold about half of this under and make a standing rim; flute by pressing dough with finger of one hand between thumb

and forefinger of the other hand. Prick entire surface of shell with a fork. Bake in hot oven (425° F.) about 15 minutes.

9. To make tart shells, press dough over inverted muffin pans; prick thoroughly. Bake as for pastry shell; lift from pans carefully with a fork.

10. To make latticed tops on pies, arrange narrow strips of dough lattice fashion across top of pie. Press ends of strips onto rim; turn edge up and flute.

11. For a shiny crust, brush top crust with milk before baking. Sprinkle with sugar if desired.

12. For an extra brown crust, brush top crust with mixture of $\frac{1}{2}$ tablespoon water and 1 slightly beaten egg yolk.

STANDARD PASTRY

Sufficient for one 9-inch two crust pie*

2 cups sifted all-purpose flour	$\frac{2}{3}$ cup shortening
$\frac{3}{4}$ teaspoon salt	6 tablespoons cold water (about)

Sift together flour and salt; cut in shortening with pastry blender or two knives until mixture is like coarse corn meal. Gradually sprinkle water over surface, pressing dampened portions together and pushing aside. Use just enough water to hold all ingredients together. Roll about $\frac{1}{8}$ inch thick on lightly floured board.

Variation:

Flaky Pastry: Cut shortening in very coarsely; use ice water. Chill dough 20 minutes before rolling.

* Or two 9-inch shells or 8 tart shells.

RICH PASTRY

Sufficient for one 9-inch two crust pie*

2 cups sifted all-purpose flour	$\frac{3}{4}$ teaspoon salt
1 teaspoon Rumford Baking Powder	$\frac{2}{3}$ cup shortening
	1 egg yolk, beaten
	$\frac{1}{4}$ cup ice water

Sift together flour, baking powder and salt. Cream shortening until very light; stir in dry ingredients with a fork.







Combine and add egg yolk and water; stir just to moisten dry ingredients.

* Or two 9-inch shells or 8 tart shells.

BOILING WATER PASTRY

Sufficient for one 9-inch two crust pie*

2 cups sifted all-purpose flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon Rumford Baking Powder	$\frac{1}{3}$ cup boiling water
	$\frac{2}{3}$ cup shortening

Sift together flour, baking powder and salt. Pour water over shortening; mix with a fork until thoroughly blended. Stir in dry ingredients just until moistened.

* Or two 9-inch shells or 8 tart shells.

CRUMB SHELL

Makes one 9-inch shell

$1\frac{1}{2}$ cups finely crushed crumbs (graham cracker, ginger-snap, dried bread, etc.)	$\frac{1}{3}$ cup butter or margarine, melted
	$\frac{1}{2}$ cup sugar

Combine crumbs, butter and sugar; mix thoroughly. Press firmly against bottom and sides of 9-inch pie pan; chill thoroughly. Fill with any chiffon or cooled cream filling.

APPLE PIE

Makes one 9-inch pie

1 recipe Pastry	1 teaspoon grated lemon rind
$\frac{3}{4}$ cup sugar *	
$\frac{1}{2}$ teaspoon ground cinnamon	1 quart peeled, sliced apples

Roll half the pastry dough; line 9-inch pie pan. Mix sugar, cinnamon and lemon rind; mix lightly with apples. Place in pie shell. Roll remaining pastry dough; cut several slashes in center. Fit over apples in pan. Bake in hot oven (450° F.) 10 minutes; reduce heat to moderate (350° F.). Bake 30 minutes longer.

Variation:

Cheese Crust: Sprinkle 2 tablespoons grated sharp cheese over top of pie when partially baked.

* Sugar may be increased if apples are very tart.

BERRY PIE

Makes one 9-inch pie

1 recipe Pastry	1 tablespoon lemon juice
¼ cup all-purpose flour	2 tablespoons butter or margarine
1 cup sugar	
1 quart fresh berries, washed (blackberries, blueberries, etc.)	

Roll half the pastry dough; line 9-inch pie pan. Mix flour and sugar; mix lightly with berries. Put in lined pie pan; sprinkle lemon juice over top. Dot with butter. Roll remaining pastry. Cut several slashes in center; fit over fruit in pan. Bake in hot oven (425° F.) about 10 minutes; reduce oven temperature to moderate (350° F.). Bake 20 minutes longer.

CANNED FRUIT PIE

Makes one 9-inch pie

1 recipe Pastry	1 cup fruit juice
1 quart canned, drained fruit (cherries, etc.)	1 tablespoon lemon juice
½ cup sugar	2 tablespoons butter or margarine
1½ tablespoons cornstarch	

Roll half the pastry dough; line 9-inch pie pan. Combine sugar and cornstarch; gradually add fruit juice. Cook juice until thick and clear; mix with drained fruit. Put in lined pie pan; sprinkle lemon juice over top. Dot with butter; roll remaining pastry. Cut several slashes in center; fit over fruit in pan. Bake in hot oven (450° F.) 10 minutes; reduce oven temperature to moderate (350° F.). Bake about 15 minutes longer.

CRANBERRY-RAISIN PIE

Makes one 9-inch pie

3 cups raw, whole cranberries	1 cup water
2 cups raisins	2 tablespoons quick- cooking tapioca
1½ cups sugar	1 recipe Pastry

Combine cranberries, raisins, sugar, water and tapioca. Cook, stirring constantly, about 10 minutes; cool. Roll and line a 9-inch pie pan with half of the pastry dough. Add filling; top with remaining pastry. Cut several slashes in center. Bake in hot oven (450° F.) 10 minutes; reduce temperature to moderate (350° F.). Bake an additional 20 minutes.

DEEP DISH PIE

Makes 8 servings

1 quart berries or sliced fruit	1 teaspoon grated nut- meg or ground cin- namon
¾ cup sugar	½ recipe Pastry

Mix fruit, sugar and spice; place in greased baking dish 11 x 7 x 1½ inches. Roll pastry dough to fit top of dish; cover fruit with it, pressing firmly against inner sides of dish. Make several slashes in center. Bake in hot oven (450° F.) for ten minutes; reduce temperature to moderate (350° F.), bake 20 minutes. Serve hot or cold with or without Custard Sauce or whipped cream.

CUSTARD PIE

Makes one 9-inch pie

½ recipe Pastry	3 cups milk, scalded
4 eggs, slightly beaten	1 teaspoon vanilla ex- tract
½ cup sugar	
¼ teaspoon salt	

Line 9-inch pie pan with pastry dough. Combine eggs, sugar and salt. Stir in milk; add vanilla. Strain into pie shell. Bake in hot oven (450° F.) for 10 minutes. Reduce oven temperature to moderate (350° F.) and bake 30 minutes longer or until a knife inserted in the center comes out clean.

Variation:

Coconut Custard Pie: Add $\frac{2}{3}$ cup shredded coconut to strained custard mixture.

PUMPKIN PIE

Makes one 9-inch pie

$\frac{1}{2}$ recipe Pastry	1 teaspoon ground cinnamon
2 cups cooked, strained pumpkin	1 teaspoon ground ginger
1 cup brown sugar	2 cups milk, scalded
$\frac{1}{2}$ teaspoon salt	2 eggs, well beaten

Line 9-inch pie pan with pastry dough; combine pumpkin, sugar, salt, cinnamon and ginger. Mix thoroughly; add milk and eggs. Pour into pastry-lined pie pan; bake in hot oven (450° F.) for 10 minutes; reduce oven temperature to moderate (350° F.). Bake about 55 minutes or until a knife inserted in the center comes out clean.

LEMON CHIFFON PIE

Makes one 9-inch pie

3 egg yolks, beaten	$\frac{1}{4}$ cup cold water
$\frac{1}{2}$ cup lemon juice	1 teaspoon grated lemon rind
$\frac{1}{2}$ teaspoon salt	3 egg whites
1 cup sugar	1 9-inch baked pastry shell
1 tablespoon (1 envelope) plain gelatin	

Combine egg yolks, lemon juice, salt and $\frac{1}{2}$ cup of the sugar; cook over hot water until thick, beating with rotary beater. Soften gelatin in cold water; stir into hot egg mixture until dissolved. Add lemon rind; cool until partially set. Beat remaining sugar into stiffly beaten egg whites; fold into cooled egg mixture. Put into baked pastry shell; chill thoroughly.

Variations:

Pumpkin Chiffon Pie: Substitute $\frac{1}{2}$ cup milk for the lemon juice; add $1\frac{1}{4}$ cups cooked, strained pumpkin, $\frac{1}{2}$

teaspoon ground ginger, $\frac{1}{2}$ teaspoon ground cinnamon and $\frac{1}{2}$ teaspoon grated nutmeg.

Chocolate Chiffon Pie: Substitute 1 cup milk for the lemon juice; melt 2 squares (ounces) unsweetened chocolate in hot egg mixture.

Mocha Chiffon Pie: Substitute 1 cup strong coffee for the milk in the Chocolate Chiffon Pie recipe.

LEMON MERINGUE PIE

Makes one 9-inch pie

$\frac{1}{2}$ cup cornstarch	$\frac{1}{3}$ cup lemon juice
$1\frac{1}{4}$ cups sugar	2 tablespoons butter or margarine
$\frac{1}{4}$ teaspoon salt	1 9-inch baked pastry shell
2 cups boiling water	3 egg whites
3 egg yolks, well beaten	6 tablespoons sugar
$1\frac{1}{2}$ teaspoons grated lemon rind	

Mix cornstarch, sugar and salt; gradually stir in water. Cook over hot water about 15 minutes, stirring constantly until thick. Add egg yolks, lemon rind and lemon juice; cook 2 minutes, stirring constantly. Add butter; cool slightly. Pour into pastry shell. Beat egg whites until foamy; gradually beat in sugar. Beat until mixture will stand in peaks. Pile lightly on filling; spread to very edge of crust to seal filling in. Bake in moderate oven (350° F.) about 15 minutes; cool.

PEACH PUFF PIE

Makes one 9-inch pie

$\frac{1}{2}$ recipe Pastry	$\frac{1}{2}$ teaspoon grated lemon rind
2 cups peeled, sliced peaches*	One-egg Cake batter (half recipe)
$\frac{1}{2}$ cup sugar	

Line 9-inch pie pan with pastry dough; mix peaches, sugar and lemon rind. Prepare cake batter. Put peaches into lined pie pan; pour cake batter over top. Bake in moderate oven

* $1\frac{1}{2}$ cups canned, sliced peaches may be substituted. Omit sugar in recipe.

(375° F.) for 20 minutes; reduce oven temperature to 350° F. Bake about 10 minutes longer. Serve warm with any sweet sauce.

PECAN PIE

Makes one 9-inch pie

2 tablespoons butter or margarine	1/2 teaspoon vanilla extract
1/2 cup brown sugar	1 cup dark corn syrup
2 eggs, well beaten	1 1/2 cups broken pecans
2 tablespoons flour	1 unbaked 9-inch pastry shell
1/4 teaspoon salt	

Cream butter and sugar until light; add eggs, flour, salt, vanilla, syrup and pecans. Mix thoroughly; put into pastry shell. Bake in hot oven (450° F.) for 10 minutes; reduce oven temperature to moderate (350° F.). Bake about 25 minutes longer.

RAISIN-NUT TURNOVERS

Makes 12

1/2 cup raisins	2 tablespoons grated lemon rind
1 cup sugar	2 tablespoons lemon juice
1/2 cup chopped nuts	1 egg, well beaten
2 tablespoons bread or cracker crumbs	1 recipe Pastry

Combine raisins, sugar, nuts, crumbs, rind, juice, and egg. Roll pastry dough 1/4 inch thick; cut into 4-inch squares. Place a spoonful of fruit mixture on each; fold into a triangle. Press edges firmly with a fork; bake in hot oven (450° F.) about 12 minutes.

CREAM PUFFS

Makes about 12

1 cup boiling water	1 cup sifted all-purpose flour
1/4 teaspoon salt	4 eggs, unbeaten
1/2 cup butter or margarine	

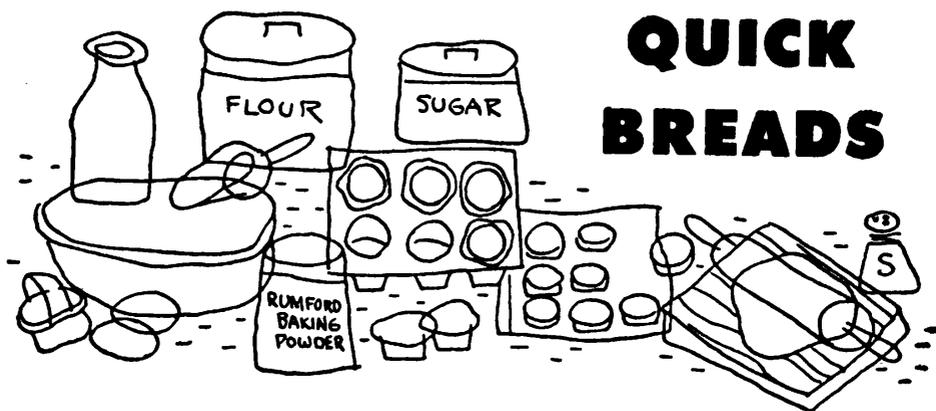
Combine water, salt and butter in saucepan; bring to boiling point. Add flour all at once and cook, stirring constantly until mixture leaves the sides of the saucepan clean. Cool; add eggs, one at a time, beating each in thoroughly. Drop by tablespoonfuls, a little distance apart, on greased baking sheets; bake in hot oven (450° F.) for 15 minutes. Reduce heat to moderate (350° F.); bake 20–25 minutes longer. Puffs should bake until no beads of moisture can be seen on them. When cold, cut small portion of top out; fill with sweetened whipped cream, Cream Filling or Chocolate Cream Filling. Replace top; dust over with powdered sugar or frost with Chocolate Frosting.

Variations:

Whole Wheat Cream Puffs: Substitute whole wheat flour for the all-purpose flour.

Eclairs: Makes about eighteen 4 x 1 inches.

Force Cream Puff mixture onto baking sheet through pastry bag using plain tube or place batter on baking sheet and shape into an oblong with spoon. Bake and fill as for cream puffs.



QUICK BREADS

Quick breads include a great variety of baking powder hot breads. The batters are mixed quickly and very lightly with the liquid ingredients being added to the dry ingredients then stirred just to moisten the dry ingredients. The type of quick bread depends upon the amount of liquid used. That is, biscuits require less liquid than muffins.

Biscuits:

Light, flaky biscuits are worth the making. Served hot with butter and jam or jelly, they are a happy addition to any meal—breakfast, luncheon or dinner. The biscuit dough is one of the most versatile doughs you can make. The dough is improved when kneaded lightly, about $\frac{1}{2}$ minute. Don't overknead or biscuits will be tough and poorly shaped. The biscuits should have excellent volume, texture and flavor. For very crusty biscuits, place them rather far apart on the baking sheet.

Dumplings are in reality a drop biscuit cooked with steam and so are included here.

BAKING POWDER BISCUITS

Makes $1\frac{1}{2}$ dozen

2 cups sifted all-purpose flour	1 teaspoon salt
3 teaspoons Rumford Baking Powder	$\frac{1}{3}$ cup shortening
	$\frac{2}{3}$ cup milk

Sift flour, baking powder and salt together. Cut in shortening until mixture is like coarse corn meal. Add milk, stirring it in quickly, to form a soft dough. Turn dough out

onto lightly floured surface; knead about $\frac{1}{2}$ minute. Roll $\frac{1}{2}$ inch thick, cut with 2-inch cutter. Place on cookie sheet; bake in hot oven (425° F.) about 12 minutes. Serve hot.

Variations:

Biscuit Patty Shells: Makes 8. Roll dough $\frac{1}{4}$ inch thick; cut with $2\frac{1}{2}$ inch cookie cutter. Cut centers out of half of rounds with 2-inch cutter. Place rings on top of solid rounds. Bake as directed for biscuits.

Buttermilk Biscuits: Reduce baking powder to 1 teaspoon; add $\frac{1}{2}$ teaspoon baking soda to the dry ingredients. Substitute sour or buttermilk for the milk.

Butterscotch Pecan Rolls: Roll dough into oblong $\frac{1}{4}$ inch thick. Cream $\frac{1}{2}$ cup butter or margarine and $\frac{1}{3}$ cup brown sugar. Spread over dough. Sprinkle with $\frac{1}{2}$ cup chopped pecans. Roll as for jelly roll, sealing edge with milk. Cut into 1-inch slices. Place cut side down in greased 8 x 8 x 2-inch pan. Bake in hot oven (400° F.) for 20-25 minutes. Makes 12 rolls.

Cheese Biscuits: Add $\frac{1}{2}$ cup (2 ounces) grated cheese to dry ingredients. Brush tops of biscuits with melted butter or margarine; sprinkle with an additional 2 tablespoons grated cheese. Bake 450° F. about 15 minutes.

Drop Biscuits: Increase milk to 1 cup less 2 tablespoons. Drop batter by tablespoons onto a slightly greased baking sheet; bake as directed for biscuits.

Orange Tea Biscuits: Sprinkle each unbaked biscuit with some of the following mixture: 2 teaspoons grated orange rind, $\frac{1}{4}$ cup sugar. Bake as directed for biscuits.

Shortcake Biscuit: Add $\frac{1}{4}$ cup sugar to dry ingredients. (Omit sugar if shortcake is to be used for creamed chicken, fish, vegetables, etc.) Decrease milk to $\frac{1}{2}$ cup and combine with 1 beaten egg. Roll dough $\frac{1}{4}$ inch thick; cut with 3-inch cutter. Put two together and bake as directed for biscuits. Dough may also be divided in half. Roll each half into an 8-inch round. Place one in a greased layer pan 8 x $1\frac{1}{4}$ inches; spread with melted butter or margarine. Top with other layer; bake. Separate baked layers while warm. Serve with fruit between.

Whole Wheat Biscuits: Substitute 1 cup unsifted whole wheat or graham flour for 1 cup of the white flour; use an additional 2 tablespoons milk. Bake at 450° F. about 12 minutes.

DUMPLINGS

Makes 6 large

1½ cups sifted all-purpose flour	½ teaspoon salt
2 teaspoons Rumford Baking Powder	½ cup milk
	2 tablespoons melted shortening

Sift together flour, baking powder and salt; combine and add milk and shortening. Mix thoroughly but quickly; drop from tablespoon into hot stew gravy or onto steamer rack; cover tightly. Steam about 15 minutes without removing lid.

Variations:

Parsley Dumplings: Add ¼ cup chopped parsley (or chives) to dry ingredients in Dumpling recipe.

Egg Dumplings: Reduce milk to ¼ cup; add 1 beaten egg to Dumpling recipe.

Fritters:

Fritters are merely pieces of vegetables, meat and fruit held together by a batter while being fried or dipped into a batter before frying.

CORN FRITTERS

Makes 6 servings

2 cups sifted all-purpose flour	1 egg, beaten
2½ teaspoons Rumford Baking Powder	1 cup milk
1 teaspoon salt	2 tablespoons shortening, melted
¼ teaspoon pepper	1½ cups corn kernels

Sift together flour, baking powder, salt and pepper; combine and add egg, milk and shortening. Stir just to moisten dry ingredients; stir in corn. Fry in hot deep fat (375° F.) or bake on a hot, well-greased griddle.

Variations:

Clam Fritters or Cakes: Substitute $1\frac{1}{2}$ cups drained, chopped clams for the corn. Substitute clam liquor for part of the milk if desired.

Fruit Fritters: Sift 2 tablespoons sugar with dry ingredients; substitute $1\frac{1}{2}$ cups cooked, well-drained chopped fruit for the corn. Dust with confectioners sugar after frying.

Meat Fritters: Substitute cooked, chopped meat for the corn; add 1 teaspoon onion juice and 1 tablespoon chopped parsley to the mixture.

FRITTER COVER BATTER

Makes $1\frac{1}{2}$ cups batter

1 cup sifted all-purpose flour	$\frac{1}{2}$ teaspoon salt
1 teaspoon Rumford Baking Powder	1 egg, slightly beaten
	$\frac{2}{3}$ cup milk

Sift flour, baking powder and salt together; combine and add egg and milk. Stir until smooth. Dip pieces of cooked chicken, seafood, or vegetables into batter; fry in deep hot fat (375° F.) until browned on all sides. Fritters may also be fried in hot fat on a skillet. If fruit is to be dipped into batter, add sugar according to tartness of fruit.

Griddle Cakes and Waffles:

These are thin batters baked on a hot griddle over low heat or in a waffle iron. Again, the batters should be handled quickly and lightly. Follow manufacturer's directions for use and care of equipment. When pouring batter for waffles, pour it around the center of the grids; it will fill the iron. Bake until no steam is visible. When baking griddle cakes, turn the cakes only once. Griddle cakes and waffles should be served immediately.

FRENCH PANCAKES

Makes 8

1 cup sifted all-purpose flour	1 cup milk
1 teaspoon Rumford Baking Powder	1 tablespoon melted shortening
$\frac{1}{2}$ teaspoon salt	Peach or apricot preserve
2 eggs, beaten	

Sift together flour, baking powder, and salt; combine eggs and milk. Gradually add to dry ingredients; mix until smooth. Stir in melted shortening. Pour about $\frac{1}{2}$ cup batter at a time onto hot greased griddle; bake until browned on both sides. Spread with preserve; roll up. Sprinkle with confectioners sugar; serve immediately.

GRIDDLE CAKES

Makes 14

1½ cups sifted all- purpose flour	1 tablespoon sugar
3½ teaspoons Rumford Baking Powder	1 egg, beaten
¾ teaspoon salt	1 cup milk
	3 tablespoons melted shortening

Sift together flour, baking powder, salt and sugar; combine and add egg, milk and shortening. Stir just to moisten dry ingredients; bake on a hot, greased griddle until browned on both sides.

Variations:

Apple Griddle Cakes: Add $\frac{1}{2}$ cup cooked, diced apples and $\frac{1}{4}$ teaspoon cinnamon to batter.

Fruit Griddle Cakes: Add $\frac{1}{2}$ cup fruit, such as blueberries, to batter.

Corn Meal Griddle Cakes: Substitute $\frac{1}{2}$ cup corn meal for $\frac{1}{2}$ cup of flour.

WAFFLES

Makes six 7-inch waffles

2 cups sifted all- purpose flour	2 eggs, separated
2½ teaspoons Rumford Baking Powder	1½ cups milk
½ teaspoon salt	¼ cup melted butter or margarine

Sift together flour, baking powder and salt; combine and add beaten egg yolks, milk and butter. Stir until smooth; fold in stiffly beaten egg whites. Bake in hot waffle iron about 5 minutes.

Variations:

Cheese Waffles: Add 1 cup grated American cheese to waffle batter before adding the beaten egg whites; serve with broiled bacon or grilled tomatoes.

Chocolate Waffles: Add 2 squares (ounces) unsweetened chocolate, melted, and 2 tablespoons sugar to waffle batter; serve with whipped or ice cream.

SOUR MILK WAFFLES

Makes six 7-inch waffles

2 cups sifted all-purpose flour	2 eggs, separated
2 teaspoons Rumford Baking Powder	1½ cups sour milk or buttermilk
1 teaspoon baking soda	3 tablespoons melted butter or margarine
½ teaspoon salt	

Sift together flour, baking powder, soda and salt; combine and add beaten egg yolks, milk and butter. Stir just to moisten dry ingredients; fold in stiffly beaten egg whites. Bake in hot waffle iron about 5 minutes.

Loaf Breads:

Suggestions for muffins apply equally well here, for these are muffin batters baked in loaf pans. The top of loaf breads often crack in baking. The breads slice and taste better after storing about 24 hours and are most adaptable for lunch box and party sandwiches.

ORANGE SANDWICH BREAD

Makes 1 loaf

3 cups sifted all-purpose flour	1 egg, beaten
4 teaspoons Rumford Baking Powder	1 teaspoon grated orange rind
1 teaspoon salt	½ cup chopped nut meats
¼ cup shortening	½ cup milk
1 cup sugar	½ cup orange juice

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add egg, orange rind and nuts;

mix well. Combine milk and orange juice; add alternately with dry ingredients. Stir just to moisten dry ingredients; batter will be very stiff. Put in greased loaf pan 9 x 5 x 3 inches; bake in moderate oven (350° F.) about 1 hour.

RAISIN NUT BREAD

Makes 1 loaf

3 cups sifted all-purpose flour	½ cup chopped raisins
4 teaspoons Rumford Baking Powder	½ cup chopped nuts
1 teaspoon salt	1 egg, slightly beaten
¾ cup sugar	1½ cups milk
	2 tablespoons melted shortening

Sift together flour, baking powder, salt and sugar; mix in raisins and nuts. Combine and add egg, milk and shortening; stir just to moisten dry ingredients. Put in greased loaf pan 9 x 5 x 3 inches; bake in moderate oven (350° F.) about 45 minutes.

WHOLE WHEAT NUT BREAD

Makes 1 loaf

1 cup sifted all-purpose flour	2 cups whole wheat flour
2 teaspoons Rumford Baking Powder	1 cup chopped nuts
1 teaspoon salt	1½ cups milk
1 cup sugar	¼ cup melted shortening

Sift together flour, baking powder, salt and sugar; mix in whole wheat flour and nuts. Combine and add milk and shortening; stir just enough to moisten dry ingredients. Put in greased loaf pan 9 x 5 x 3 inches; bake in moderate oven (350° F.) about 1 hour.

Muffins:

More milk is used in a muffin recipe than in biscuit, and an egg and sugar are added to the ingredients. Muffin batter

should be just stirred, never beaten. A good muffin has a rounded, pebbly, browned top and has slightly coarse texture. For a finer-textured muffin, the ingredients may be mixed as for a conventional cake. Again, just stirring to moisten dry ingredients. Very little stirring is the secret to good muffins. The batter will be lumpy before it is baked. Do not try to beat the lumps out. If muffins must stand in pans before serving, loosen from pan and tip muffin to one side to prevent underside from becoming moist.

MUFFINS

Makes 12 medium

2 cups sifted all-purpose flour	2 tablespoons sugar
3 teaspoons Rumford Baking Powder	1 egg, slightly beaten
1/2 teaspoon salt	1 cup milk
	1/4 cup melted shortening

Sift together flour, baking powder, salt and sugar; combine and add egg, milk and shortening. Stir just enough to moisten dry ingredients; put batter in greased muffin pans. Bake in hot oven (425° F.) about 20 minutes; serve hot.

Variations:

Fruit Muffins: Increase sugar to 1/4 cup; to dry ingredients add 1 cup fresh huckleberries or blueberries, or 3/4 cup cooked, drained, and diced fruit. Bake as directed. If desired, mix 1/2 teaspoon ground cinnamon and 2 tablespoons sugar to sprinkle on batter before baking.

Ham or Bacon Muffins: Omit sugar; to dry ingredients add 1/2 cup cooked, diced ham or crisp bacon; bake as directed for muffins.

Date Muffins: To dry ingredients add 1 cup finely cut dates; bake as directed for muffins.

Whole Wheat Muffins: Substitute 1 cup whole wheat or graham flour for 1 cup of the white flour; increase sugar to 1/3 cup. Bake as directed for muffins.

CORN MUFFINS

Makes 12 medium

1½ cups sifted all-purpose flour	¾ cup yellow corn meal
3 teaspoons Rumford Baking Powder	2 eggs, beaten
1 teaspoon salt	1 cup milk
¼ cup sugar	¼ cup melted shortening

Sift together flour, baking powder, salt, sugar and corn meal; combine and add eggs, milk and shortening. Stir just to moisten dry ingredients; put in greased muffin pans. Bake in hot oven (425° F.) about 20 minutes.

RAISIN BRAN MUFFINS

Makes 12 medium

1 cup sifted all-purpose flour	⅓ cup halved, seeded raisins
3½ teaspoons Rumford Baking Powder	1 egg, slightly beaten
½ teaspoon salt	1 cup milk
1 cup bran	3 tablespoons melted shortening
3 tablespoons brown sugar	

Sift together flour, baking powder and salt; mix in bran, sugar and raisins. Combine and add egg, milk and shortening; stir just to moisten dry ingredients. Put in greased muffin pans; bake in hot oven (425° F.) about 20 minutes.

Yeast Breads:

Yeast breads, characterized by their distinct flavor, are not quick breads for they take considerably longer to make. Rising times and temperatures must be carefully watched to obtain most satisfactory results.

HOT CROSS BUNS

Makes about 18

½ cup milk, scalded	2 tablespoons luke-warm water
¼ cup sugar	1 egg, slightly beaten
¾ teaspoon salt	2½ cups sifted all-purpose flour
2 tablespoons shortening	½ teaspoon ground cinnamon
1 package dry or 1 cake yeast	½ cup raisins

Combine milk, sugar, salt and shortening; cool to lukewarm. Dissolve yeast in water (following package directions if dry yeast is used). Add lukewarm milk mixture and egg. Stir in about half the flour; beat until smooth. Stir in remaining flour with cinnamon and raisins; mix thoroughly. Turn dough out onto lightly floured surface; knead about 10 minutes, or until smooth and elastic. Place in a greased bowl; brush top lightly with melted shortening. Let rise in warm place (about 80° F.), free from draft, until doubled in bulk (two fingers pressed deeply into the dough should leave a deep indentation), about 1½ hours. Punch the dough down. With fingers, shape pieces of dough into smooth balls. Place about ½ inch apart on greased shallow pan. Let rise until doubled in bulk (finger tip pressed gently into the dough should leave a slight indentation), about 1 hour. Bake in hot oven (425° F.) about 20 minutes; cool slightly. Mix until smooth ¼ cup confectioners sugar and 1 teaspoon milk. Use to make cross on each slightly cooled bun.

YEAST BREAD

Makes 2 loaves

1½ cups milk, scalded	1 package dry or cake yeast
2 tablespoons sugar	½ cup lukewarm water
2 teaspoons salt	5½ cups sifted all-purpose flour
2 tablespoons shortening	

Combine milk, sugar, salt and shortening; cool to lukewarm. Dissolve yeast in lukewarm water (following package directions if dry yeast is used). Add to lukewarm milk mixture; mix well. Stir in about half of the flour; beat until smooth. Stir in remaining flour; mix thoroughly. Turn dough out onto lightly floured surface; knead about 10 minutes, or until smooth and elastic. Place in a greased bowl. Brush top lightly with melted shortening. Let rise in warm place (about 80° F.), free from draft, until doubled in bulk (two fingers pressed deeply into the dough should leave a deep indentation), about 1½ hours. Punch the dough down. Divide in two portions. Shape each into a loaf as follows:

Roll the dough into an oblong about 8 x 6 inches; fold ends of oblong into center. Press edge and ends of loaf together firmly. Place, rough side down, in greased bread pan 9 x 5 x 3 inches. Press firmly into pan. Let rise in warm place, free from draft, until doubled in bulk (finger tip pressed gently into the dough should leave slight indentation), about 1 hour. Bake in moderate oven (400° F.) about 45 minutes. Remove from pan immediately; cool thoroughly before storing.

Variation:

Cinnamon Raisin Loaf: Follow recipe for bread. After rolling dough into oblongs, sprinkle each with the following mixture: $\frac{3}{4}$ cup raisins, 2 tablespoons sugar, 1 teaspoon ground cinnamon. Press into the dough with a rolling pin. Roll tightly as for jelly roll. Pinch edges together. Place in pan; let rise and bake as directed above.

Other Hot Bread Recipes

Made from batters treated quite differently, these breads include a wide variety.

BROWN BREAD

Makes 1 loaf

1½ cups whole wheat or graham flour	½ teaspoon baking soda
$\frac{3}{4}$ cup yellow corn meal	$\frac{1}{2}$ cup halved seeded raisins
2 teaspoons Rumford Baking Powder	$\frac{1}{4}$ cup molasses
$\frac{1}{2}$ teaspoon salt	1⅓ cups milk

Mix together flour, corn meal, baking powder, salt and baking soda; add raisins. Combine and add molasses and milk; mix well. Turn into well-greased mold of 1-quart capacity; cover tightly with greased top. Steam 3 hours; serve warm.

COFFEE CAKE

Makes one 8-inch square

$\frac{1}{3}$ cup sifted all-purpose flour	2 teaspoons Rumford Baking Powder
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ cup sugar
1 tablespoon butter or margarine	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ teaspoon ground cinnamon	$\frac{2}{3}$ cup halved, seedless raisins
$1\frac{1}{2}$ cups sifted all-purpose flour	1 egg, slightly beaten
	$\frac{2}{3}$ cup milk
	$\frac{1}{4}$ cup melted shortening

Mix smaller amounts flour and sugar with the butter and cinnamon until crumbly; reserve for topping. Sift together the $1\frac{1}{2}$ cups flour, baking powder, and the $\frac{1}{2}$ cup sugar and the salt; mix in raisins. Combine and add egg, milk and 3 tablespoons of the shortening; stir just enough to moisten dry ingredients. Put in greased square pan 8 x 8 x 2 inches; brush batter with remaining shortening. Sprinkle topping over batter; bake in hot oven (425° F.) about 25 minutes. Cut in squares; serve warm.

CORN BREAD

Makes 9 servings

$1\frac{1}{4}$ cups sifted all-purpose flour	$\frac{1}{4}$ cup sugar
$\frac{3}{4}$ cup corn meal	1 egg, well beaten
3 teaspoons Rumford Baking Powder	$\frac{3}{4}$ cup milk
1 teaspoon salt	$\frac{1}{4}$ cup shortening, melted

Sift together flour, corn meal, baking powder, salt and sugar; combine and add egg, milk and shortening. Stir just to moisten dry ingredients; put in greased square pan 8 x 8 x 2 inches. Bake in moderate oven (400° F.) about 20 minutes.

CORN OYSTERS

Makes 4 servings

$\frac{1}{4}$ cup sifted all-purpose flour	$\frac{1}{4}$ cup cracker crumbs
$\frac{1}{4}$ teaspoon Rumford Baking Powder	1 egg, well beaten
$\frac{1}{2}$ teaspoon salt	1 cup corn, scraped from cob or canned cream style

Sift together flour, baking powder and salt; mix in cracker crumbs. Combine and add egg and corn; drop from tablespoon onto hot well-greased griddle or into deep hot fat (375° F.). Fry until well browned.

CRULLERS

Makes about 24

3½ cups sifted all-purpose flour	½ teaspoon grated nutmeg
3 teaspoons Rumford Baking Powder	¼ cup shortening
½ teaspoon salt	1 cup sugar
	2 eggs, well beaten
	1 cup milk

Sift together flour, baking powder, salt and nutmeg; cream shortening and sugar until light. Add eggs; add dry ingredients alternately with milk. Stir just to moisten dry ingredients; turn onto lightly floured board. Knead lightly; roll out about ½ inch thick. Cut into strips about 8 x ¾ inches; fold each strip. Twist; press ends together firmly. Fry in deep hot fat (375° F.) about 5 minutes; turn each cruller as it rises to the top. Drain thoroughly; roll in powdered sugar.

Variations:

Doughnuts: Follow recipe for crullers; turn onto lightly floured board. Roll ½ inch thick; cut with 3-inch doughnut cutter. Fry as directed above.

Drop Doughnuts: Follow recipe for crullers; drop batter from teaspoon into deep hot fat (375° F.). Cook about 3 minutes; drain. Roll in powdered sugar or in mixture of cinnamon and granulated sugar. These doughnuts should be small; recipe will make about 3 dozen.

HUCKLEBERRY BREAKFAST CAKE

Makes 6 squares

2 cups sifted all-purpose flour	½ teaspoon ground cinnamon
2 teaspoons Rumford Baking Powder	½ cup shortening
⅛ teaspoon salt	1 cup sugar
½ teaspoon grated nutmeg	2 eggs, separated
	1 cup less 2 tablespoons milk
	2 cups huckleberries

Sift together flour, baking powder, salt, nutmeg and cinnamon; cream shortening and sugar until light. Add beaten egg yolks; mix well. Add sifted dry ingredients alternately with milk; stir just enough to moisten dry ingredients. Stir in berries; fold in stiffly beaten egg whites. Put in greased square pan 9 x 9 x 2 inches; bake in moderate oven (375° F.) about 40 minutes. Cut in squares; serve warm.

MASTER-MIX

Makes 3 quarts

9½ cups sifted all-purpose flour	1½ tablespoons salt
¼ cup Rumford Baking Powder	2 cups shortening

Sift together flour, baking powder, and salt; cut in shortening. Store in covered container at room temperature. Use as needed; mix will keep six weeks. Mix will make 4 of the following products: about 14 biscuits, 1 dozen muffins, one 9-inch coffee cake, one loaf cake, 30 cookies, 14 griddle cakes, 5 waffles, or two 8-inch layers of cake. Use additional ingredients as indicated for each product listed below:

Biscuits: Add ⅔ cup milk to 3 cups of mix; stir to form a soft dough. Turn onto floured board; knead. Roll to ½ inch thick; cut with 2-inch cutter. Put biscuits on greased cookie sheet; bake in hot oven (425° F.) about 12 minutes.

Muffins: Add 2 tablespoons sugar to 3 cups mix; combine and add 1 beaten egg and 1 cup milk. Stir just to moisten dry ingredients. Put in greased muffin pans. Bake in hot oven (425° F.) about 20 minutes.

Coffee Cake: Add ½ cup sugar to 3 cups mix; combine and add 2 beaten eggs and ½ cup milk; stir just to moisten dry ingredients. Put in greased layer pan 9 x 11½ inches. Top with mixture of 1 tablespoon shortening, ¼ cup sugar, and 1 teaspoon ground cinnamon; bake in hot oven (425° F.) about 20 minutes.

Lemon Coconut Loaf: Add 1½ cups sugar to 3 cups mix; combine and add 2 beaten eggs, 1 teaspoon lemon rind, juice of 1 lemon with water to make 1 cup, 1 cup coconut. Mix 2 minutes on low speed of mixer (about 120 strokes per

minute by hand). Put in greased loaf pan 9 x 5 x 3 inches; bake in moderate oven (375° F.) about 50 minutes. Substitute orange rind and juice and raisins or nuts if desired.

Bittersweet Chocolate Cookies: Add 1 cup sugar to 3 cups mix; combine and add 1 beaten egg, $\frac{1}{3}$ cup milk, 1 teaspoon vanilla extract, 1 square bitter chocolate, grated. Mix well; drop from spoon onto greased cookie sheet. Bake in hot oven (425° F.) about 12 minutes. Substitute $\frac{1}{2}$ cup raisins or nuts if desired.

Griddle Cakes or Waffles: Add $\frac{1}{4}$ cup sugar to 3 cups mix; combine and add 1 beaten egg and $1\frac{1}{2}$ cups milk. Stir just to moisten dry ingredients; bake on hot greased griddle or in hot waffle iron.

Layer Cake: Add $1\frac{1}{4}$ cups sugar to 3 cups mix; add $\frac{2}{3}$ cup milk. Beat 2 minutes on low speed of mixer (120 strokes per minute by hand). Combine and add $\frac{1}{3}$ cup milk, 2 beaten eggs and 1 teaspoon vanilla extract; beat 1 minute longer. Put into 2 greased layer pans 8 x $1\frac{1}{4}$ inches; bake in moderate oven (350° F.) about 25 minutes.

POPOVERS

Makes 9

1 cup sifted all-purpose flour	1 cup milk
$\frac{1}{2}$ teaspoon salt	1 teaspoon melted shortening
2 eggs, well beaten	

Sift together flour and salt; combine and add eggs, milk and shortening. Beat with a rotary beater for about two minutes, or until batter is smooth. Pour into greased muffin pans; bake in hot oven (425° F.) about 40 minutes. Serve immediately.

SALLY LUNN

Makes 12 squares

2 cups sifted all- purpose flour	3 tablespoons sugar
3 teaspoons Rumford Baking Powder	2 eggs, separated
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup milk
	$\frac{1}{4}$ cup melted shortening

Sift together flour, baking powder, salt and sugar; combine beaten egg yolks, milk and shortening. Stir just to moisten dry ingredients; fold in stiffly beaten egg whites. Put in greased square pan 8 x 8 x 2 inches. Bake in moderate oven (375° F.) about 30 minutes. Cut in squares; serve warm.

SPOON BREAD

Makes 6 servings

1 cup corn meal, white or yellow	2 tablespoons shortening
2 cups milk, scalded	3 eggs, separated
1 teaspoon salt	2 teaspoons Rumford Baking Powder
1 tablespoon sugar	

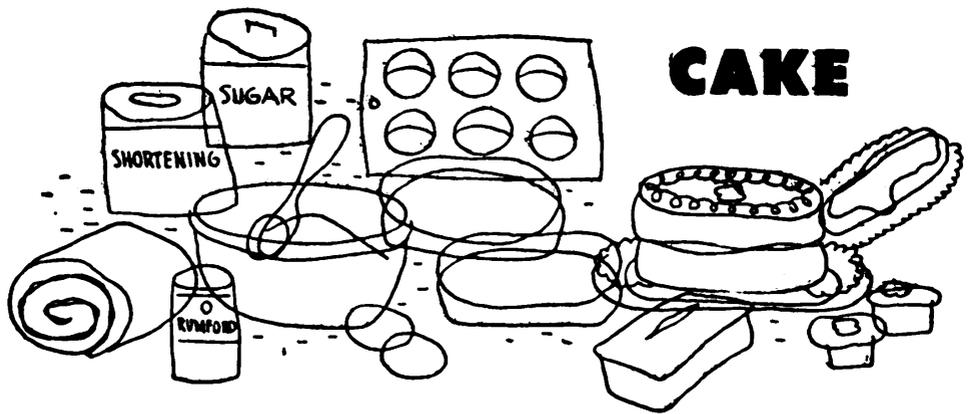
Stir corn meal into milk; cook until thick. Add salt, sugar, shortening and beaten egg yolks; blend thoroughly. Add the baking powder; fold in the stiffly beaten egg whites. Turn into a well-greased casserole of 2-quart capacity; bake in hot oven (400° F.) about 30 minutes. Serve immediately, with a spoon, from casserole.

SWEDISH TIMBALES

Makes about 12

$\frac{3}{4}$ cup sifted all-purpose flour	2 egg yolks, slightly beaten
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup milk
1 teaspoon sugar	1 tablespoon cooking oil

Sift together flour, salt and sugar; combine and add egg yolks, milk and oil. Mix thoroughly; let stand at least one hour to eliminate air bubbles. Heat a timbale iron in deep hot fat (375° F.); drain. Dip into batter, being careful not to let batter come over top of iron; this would make it difficult to remove fried timbale. Lower iron into hot fat; fry until golden brown, about 1 minute. Lift from fat; loosen timbale gently with a fork and remove from iron. Drain on absorbent paper; fill with creamed meat, fish, etc., or cool and fill with ice cream.



There is nothing quite like a good homemade cake. By following tested recipes to the letter and using good quality ingredients anyone can enjoy the reputation of a skilled cake maker and have fun earning it. A good cake has excellent appearance; it is tender and moist and has fine and excellent grain. Suggestions to help you earn this reputation follow in step pattern:

STEP 1.

Read recipe thoroughly. Collect all ingredients and have them at room temperature. Assemble equipment; use standard measuring spoons and cups. Measure accurately. Measure brown sugar by **packing firmly** in the cup. Remember to **always sift flour before measuring**. Sift the flour onto a sheet of waxed paper; then measure into sifter. In measuring dry ingredients, use a measuring cup with the 1 cup mark at the top edge of the cup. Never shake cup or tap it. Cake flour makes a more tender cake; all-purpose flour may be substituted by using 2 tablespoons less for each cup. Sift the dry ingredients together to insure thorough blending. In measuring liquids, use a cup with a 1 cup mark below the top of the cup. Before measuring molasses or syrups, grease the cup lightly or rinse in cold water. Start oven at this point. Prepare baking pans (be certain they are size specified in recipe). Measure inside top edges and inside depth. Pans may be lined with wax paper or greased then dusted with flour. Cut the paper to fit the pan by placing the baking pan on it and tracing around with a

scissors point. Cut several pieces at one time. Grease only bottoms of pans.

Pan sizes in following recipes are standard—that is, are obtainable in most houseware departments. If pan is too small, batter will of course run over sides; cake will be compact on bottom, coarse on top. Cakes baked in pans too large will be pale, crusty, shrunken excessively from side, uneven and thin.

STEP 2.

If it is a conventional cake recipe, cream shortening until soft; add sugar and beat thoroughly. Beat eggs in well. Thorough beating at this point helps develop extra lightness, moistness and fine grain. Add dry ingredients to creamed mixture alternately with milk (add about $\frac{1}{3}$ of dry, stir until smooth; add $\frac{1}{2}$ of liquid, stir until smooth. Repeat, with the last addition being dry ingredients). Stir around the bowl in the same direction to help yield finer texture. *Don't overmix at this stage.* Otherwise a dry, holey, tough cake is apt to result. If using an electric mixer, follow manufacturer's directions carefully.

In the one-bowl method, all dry ingredients are sifted together; shortening and part of the liquid is added. Mixture is usually beaten 2 minutes, then remainder of the liquid is added with eggs and mixture beaten one more minute. Use *only* one-bowl recipe for this method and follow directions carefully.

STEP 3.

Pour the batter into the pans; fewer air holes result than if it is spooned in. Be sure oven is at specified temperature. An oven thermometer or an oven with a thermostatic control is of great importance in securing best results. Too low oven temperature yields cake of poor volume, color and texture. Too high oven temperature yields cake with a cracked top, thick tough crust, and compact texture. Place the pans in the oven so that the pans neither touch each other nor sides of the oven. Check the cake just before baking time

specified is up. Baking time given in recipes can only be approximate. The cake is done when it shrinks a little from the sides of the pan and when the top center leaves no imprint from a fingertip pressing. A sure test is to insert a wooden toothpick or metal cake tester; if it comes out clean, the cake is baked. An overbaked cake will have a thick crust and will be dry; an underbaked cake will have a sticky top and be heavy.

STEP 4.

Place cake on cooling racks. If it is a sponge or chiffon cake, invert to cool; if the pan does not have a center tube higher than the rest of the pan, space glasses or custard cups so that inverted cake pan may rest on them. Cake should not touch the supports and will cool better. Let butter cakes stand about 5 minutes before removing from pan. Loosen cake from sides of pan with a spatula or table knife. Place another cooling rack on top; invert. Remove wax paper if it is used. Place cooling rack on bottom and return to right side up position. Chiffon and sponge cakes should stand inverted until thoroughly cold.

STEP 5.

The extra polish for the perfect cake is the frosting. After the cake is cooled, brush off any loose crumbs. Spread bottom layer with frosting almost to the edge. Put top layer on. Spread frosting around sides first. Then pile on top and spread evenly. Remember that simplicity yields a more attractive cake.

In making a special birthday or anniversary cake, it is not necessary to have an ornately or commercially decorated one. Many interesting children's cakes can be decorated with a bit of imagination on your part. Set animal crackers in a row around the top before the frosting is set—or make a maypole affair with a striped candy stick in the center and ribbons running from its top to the base of each candle. An anniversary cake can be dressed up by cutting a circle of cake out of the top layer before frosting it. Set a very small bouquet of tiny fresh flowers, with stems wrapped in foil or

waxed paper, in the center. A good cook is an artist and you can make your cake look as good as it will taste.

STEP 6.

A good cake will probably not last long enough to present a storage problem. But if you do plan to keep it overnight, store it in a ventilated covered container to prevent drying out. Fruit cakes should be thoroughly wrapped in waxed paper, cellophane, or aluminum foil. Keep in a tightly covered container with an apple to keep the cake moist, replacing apple when necessary. Fruit cakes which stand at least 3 weeks before serving are better.

TERMINOLOGY USED IN CAKE MAKING

Creaming—Stirring of shortening and sugar with spoon or mixer until soft and light.

Stirring—With a mixer or beater, a rapid rotary motion. With a spoon, lifting of batter continuously to incorporate air and mix ingredients. Circular motion of spoon without lifting it from batter, to thoroughly blend ingredients.

Folding—Cut down through batter with a broad rubber spatula or spoon. Lift up a portion of batter and turn it gently over the top. Do not remove from batter but move spatula from bottom of batter over top and back to the bottom with continued rotary motion. Continue until batter is blended.

Mixing—To combine ingredients, like stirring. Follow manufacturer's directions if using an electric mixer. Generally, use medium speed for creaming shortening and sugar, high for beating eggs and low for stirring in dry and liquid ingredients.

Butter Cakes—Butter cakes are most popular and usually are the easiest and least expensive to make. Hydrogenated shortening was used in the tested recipes that follow. However, butter or margarine may be substituted. The one-bowl recipes in this book are so specified. One-bowl cake is quick to make and uses fewer dishes. This recipe cannot be used interchangeably with conventional recipes because of the proportion of ingredients.

APPLESAUCE CAKE

Makes one 9-inch cake

2 cups sifted all-purpose flour	½ teaspoon ground cloves
1½ teaspoons Rumford Baking Powder	½ teaspoon ground nutmeg
½ teaspoon baking soda	½ cup shortening
½ teaspoon salt	1 cup sugar*
½ teaspoon ground cinnamon	1 egg, slightly beaten
	1 cup unsweetened applesauce
	1 cup raisins

Sift together flour, baking powder, soda, salt, cinnamon, cloves, and nutmeg. Cream shortening and sugar until light; add eggs and applesauce. Mix thoroughly. Stir in dry ingredients and raisins; mix well. Put batter in greased square pan 9 x 9 x 2 inches. Bake in moderate oven (350° F.) about 55 minutes.

* Decrease to ¾ cup if sweetened applesauce is used.

CHECKERBOARD CAKE

Makes three 9-inch layers

3 cups sifted cake flour	3 eggs, well beaten
3 teaspoons Rumford Baking Powder	1¼ cups milk
¾ teaspoon salt	1½ teaspoons vanilla extract
¾ cup shortening	2 squares (ounces) unsweetened chocolate, melted
1½ cups sugar	

Sift together flour, baking powder and salt. Cream shortening and sugar until light; add eggs. Mix thoroughly. Combine milk and vanilla; add alternately with dry ingredients. Mix just until smooth after each addition; stir chocolate into one half of the batter. Place a row of chocolate batter around the outside edges in two greased square pans 9 x 9 x 2 inches; place a large dot of chocolate in the inside. Fill in empty space with white batter. In a third greased square pan 9 x 9 x 2 inches, place a row of white batter around the outside edge in pan; place a large dot of white batter in

the inside. Fill in empty space with chocolate batter. Bake in moderate oven (375° F.) about 25 minutes. When cool, put layers together with any white frosting with odd layer in center. This will give a checkered effect when cut.

CHOCOLATE CAKE

Makes one oblong

2 cups sifted cake flour	2 squares (ounces)
2 teaspoons Rumford Baking Powder	unsweetened chocolate, melted
¼ teaspoon salt	¾ cup milk
½ cup shortening	1 teaspoon vanilla extract
1 cup sugar	
1 egg, well beaten	

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add egg and chocolate; mix well. Combine milk and vanilla; add alternately with dry ingredients. Stir just until smooth after each addition; put in a greased oblong pan 11 x 7 x 1½ inches. Bake in moderate oven (350° F.) about 40 minutes.

COFFEE CHOCOLATE LAYER CAKE

Makes two 9-inch layers

2 cups sifted cake flour	3 eggs
2 teaspoons Rumford Baking Powder	3 squares (ounces) unsweetened chocolate, melted
½ teaspoon salt	1 cup strong coffee
¾ cup shortening	1 teaspoon vanilla extract
1½ cups sugar	

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add eggs one at a time. Beat well after each addition; add chocolate. Combine coffee and vanilla; add alternately with dry ingredients. Mix just until smooth after each addition; put in two greased layer pans 9 x 1½ inches. Bake in moderate oven (375° F.) about 25 minutes.

COFFEE LAYER CAKE

Makes two 8-inch layers

2 cups sifted cake flour	1/4 teaspoon grated nutmeg
2 teaspoons Rumford Baking Powder	1/2 cup shortening
1/2 teaspoon salt	1 cup brown sugar
1/4 teaspoon ground cinnamon	2 eggs, beaten
	1/4 cup molasses
	1/2 cup strong coffee

Sift together flour, baking powder, salt, cinnamon and nutmeg. Cream shortening and sugar until light; add eggs. Combine molasses and coffee; add alternately with dry ingredients. Stir just until smooth after each addition. Put in two greased layer pans 8 x 11/4 inches. Bake in moderate oven (375° F.) about 25 minutes.

COTTAGE PUDDING

Makes 9 servings

2 cups sifted all-purpose flour	1/4 cup shortening
2 teaspoons Rumford Baking Powder	3/4 cup sugar
1/2 teaspoon salt	1 egg, beaten
	1 cup milk

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add egg; mix well. Add dry ingredients alternately with milk; mix just until smooth after each addition. Put in a greased square pan 8 x 8 x 2 inches; bake in moderate oven (375° F.) about 30 minutes. Cut in squares; serve hot with any sweet sauce.

CUP CAKES

Makes about 12 medium

Follow recipe for One-egg Cake,* put batter in greased medium sized muffin pans, filling pans about two-thirds full. Bake in moderate oven (375° F.) about 20 minutes.

Variations:

Chocolate Cup Cake: Add 2 squares (ounces) unsweetened chocolate, melted, to batter. Bake as directed above.

Almond Cup Cakes: Substitute 1 teaspoon almond extract for vanilla extract; add $\frac{1}{2}$ cup blanched, chopped almonds to batter. Bake as directed above.

* Any layer cake recipe may be followed instead. Yield may vary from one to two dozen.

DATE CAKE

Makes 1 oblong

$2\frac{1}{2}$ cups sifted cake flour	1 cup sugar
$2\frac{1}{2}$ teaspoons Rumford Baking Powder	2 eggs, beaten
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{2}$ cups pitted dates, cut fine
$\frac{1}{2}$ cup shortening	1 cup milk

Sift together flour, baking powder, and salt; cream shortening and sugar until light. Add eggs; mix thoroughly. Stir in dates; add dry ingredients alternately with milk. Mix just until smooth after each addition. Put in greased pan 11 x 7 x $1\frac{1}{2}$ inches; bake in moderate oven (375° F.) about 40 minutes.

FIG LAYER CAKE

Makes two 8-inch layers

$1\frac{1}{2}$ cups sifted cake flour	1 cup sugar
$1\frac{1}{2}$ teaspoons Rumford Baking Powder	1 egg, beaten
$\frac{1}{2}$ teaspoon salt	$\frac{2}{3}$ cup milk
$\frac{1}{3}$ cup shortening	$\frac{1}{2}$ cup finely shredded figs

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add egg. Add dry ingredients alternately with milk; stir just until smooth after each addition. Add figs; put in two greased layer pans 8 x $11\frac{1}{4}$ inches. Bake in moderate oven (375° F.) about 20 minutes.

GINGERBREAD

Makes 9 servings

2 cups sifted all-purpose flour	2 teaspoons ground ginger
2 teaspoons Rumford Baking Powder	½ cup shortening
½ teaspoon salt	½ cup brown sugar
¼ teaspoon baking soda	1 egg
	½ cup molasses
	½ cup milk

Sift together flour, baking powder, salt, baking soda and ginger; cream shortening and sugar until light. Combine and add egg and molasses; mix well. Add dry ingredients alternately with milk; stir just until smooth after each addition. Put in greased square pan 8 x 8 x 2 inches; bake in moderate oven (350° F.) about 40 minutes.

GRAHAM CRACKER CAKE

Makes two 8-inch layers

¼ cup sifted cake flour	½ cup finely chopped nut meats
1½ teaspoons Rumford Baking Powder	⅓ cup shortening
¼ teaspoon salt	½ cup sugar
2 dozen graham crackers, finely crushed	3 eggs, separated
	¾ cup milk
	1 teaspoon vanilla extract

Sift together flour, baking powder and salt; mix in graham crackers and nuts. Cream shortening and sugar until light; add well beaten egg yolks. Combine milk and vanilla; add alternately with dry ingredients. Stir just until smooth after each addition; fold in stiffly beaten egg whites. Put in two greased layer pans 8 x 1¼ inches. Bake in moderate oven (375° F.) about 25 minutes.

LADY BALTIMORE CAKE

Makes two 9-inch layers

3 cups sifted cake flour	1 cup milk
3 teaspoons Rumford Baking Powder	1 teaspoon vanilla extract
½ teaspoon salt	6 egg whites, stiffly beaten
1 cup shortening	
2 cups sugar	

Sift together flour, baking powder and salt; cream shortening and sugar until light. Combine and add milk and vanilla alternately with dry ingredients; stir just until smooth after each addition. Fold in egg whites. Put in two greased layer pans 9 x 1½ inches; bake in moderate oven (375° F.) about 25 minutes. When cold, fill and frost with Lady Baltimore Filling and Frosting.

LEMON RAISIN CAKES

Makes about 24 medium

2½ cups sifted cake flour	3 eggs, separated
2 teaspoons Rumford Baking Powder	1 cup seedless raisins or halved candied cherries
½ teaspoon salt	¾ cup milk
¾ cup shortening	½ teaspoon lemon extract
1½ cups sugar	

Sift together flour, baking powder, and salt; cream shortening and sugar until light. Add well-beaten egg yolks and the fruit; mix well. Combine milk and lemon extract; add alternately with dry ingredients. Stir just until smooth after each addition; fold in stiffly beaten egg whites. Put in greased medium-sized muffin-pans; bake in moderate oven (400° F.) about 15 minutes.

ONE-BOWL DEVIL'S FOOD CAKE

Makes two 8-inch layers

2 cups sifted cake flour	1 teaspoon salt
1½ teaspoons Rumford Baking Powder	½ cup dry cocoa
½ teaspoon baking soda	⅔ cup shortening
1½ cups sugar	1 cup sour milk
	2 eggs, unbeaten
	1 teaspoon vanilla extract

Sift together flour, baking powder, soda, sugar, salt and cocoa into mixing bowl; drop in shortening. Add two-thirds of the milk; beat on low speed of electric mixer 2 minutes (about 120 strokes per minute by hand). Scrape bowl after 1 minute; add remaining milk, the eggs and vanilla. Beat one minute longer; put in two greased layer pans 8 x 1¼ inches. Bake in moderate oven (375° F.) about 30 minutes.

ONE-BOWL FUDGE CAKE

Makes one 8-inch cake

3 squares (ounces) unsweetened chocolate	1½ cups sugar
¾ cup boiling water	½ teaspoon salt
1½ cups sifted cake flour	⅓ cup shortening
2 teaspoons Rumford Baking Powder	2 eggs, unbeaten
	1 teaspoon vanilla extract

Combine chocolate and water; stir until chocolate is melted. Cool to lukewarm. Sift together flour, baking powder, sugar and salt in mixing bowl; drop in shortening. Add half of chocolate mixture; beat on low speed of electric mixer 2 minutes (about 120 strokes per minute by hand). Scrape bowl after one minute; add remaining chocolate mixture, the eggs and vanilla. Beat 2 minutes longer; put in greased square pan 8 x 8 x 2 inches. Bake in moderate oven (350° F.) about 45 minutes.

ONE-BOWL LAYER CAKE

Makes two 8-inch layers

2 cups sifted cake flour	½ cup shortening
2½ teaspoons Rumford Baking Powder	1 cup less 2 table- spoons milk
1⅓ cups sugar	2 eggs, unbeaten
1 teaspoon salt	1½ teaspoons vanilla extract

Sift together flour, baking powder, sugar and salt into mixing bowl; drop in shortening. Add two-thirds of the milk; beat on low speed of electric mixer 2 minutes (about 120 strokes per minute by hand). Scrape bowl after one minute; add remaining milk, the eggs, and vanilla. Beat one minute longer; put in two greased layer pans 8 x 11¼ inches. Bake in moderate oven (375° F.) about 25 minutes. Batter can also be baked in a greased loaf pan 9 x 5 x 3 inches at 350° F. about 45 minutes or in a greased square pan 9 x 9 x 2 inches at 375° F. about 35 minutes.

Variations:

One-Bowl Gold Cake: Substitute 4 egg yolks for the eggs; increase baking powder to 3 teaspoons. Bake in loaf or square pans as directed above, or in two greased layer pans 9 x 11½ inches in moderate oven (375° F.) about 20 minutes.

Marble Cake: Add 2 squares (ounces) unsweetened chocolate, melted, to one-half the batter; arrange the two batters by alternate spoonfuls in greased loaf pan 9 x 5 x 3 inches. Bake in moderate oven (350° F.) about 45 minutes.

Spice Layer Cake: Sift with dry ingredients ¾ teaspoon ground cinnamon, ½ teaspoon ground cloves, ¼ teaspoon grated nutmeg and ¼ teaspoon ground ginger. Put batter in two greased layer pans 8 x 11¼ inches; bake in moderate oven (375° F.) about 20 minutes.

ONE-BOWL SILVER CAKE

Makes two 8-inch layers

2 cups sifted cake flour	$\frac{1}{2}$ cup shortening
$3\frac{1}{2}$ teaspoons Rumford Baking Powder	1 cup milk
$1\frac{1}{4}$ cups sugar	3 egg whites, unbeaten
1 teaspoon salt	$1\frac{3}{4}$ teaspoons vanilla extract

Sift together flour, baking powder, sugar, and salt into mixing bowl; drop in shortening. Add two-thirds of milk; beat on low speed of electric mixer 2 minutes (about 120 strokes per minute by hand). Scrape bowl after one minute; add remaining milk, the egg whites and vanilla. Beat two minutes longer; put in two greased layer pans 8 x $1\frac{1}{4}$ inches. Bake in moderate oven (375° F.) about 25 minutes. Batter can also be baked in greased square pan 9 x 9 x 2 inches or in a greased loaf pan 9 x 5 x 3 inches in a moderate oven (350° F.). Bake the square about 35 minutes and the loaf about 45 minutes.

ONE-EGG CAKE

Makes two 8-inch layers

2 cups sifted cake flour	1 cup sugar
2 teaspoons Rumford Baking Powder	1 egg, well beaten
$\frac{1}{4}$ teaspoon salt	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ cup shortening	1 teaspoon vanilla extract

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add egg; mix well. Combine milk and vanilla; add alternately with dry ingredients. Stir just until smooth after each addition. Put batter in two greased layer pans 8 x $1\frac{1}{4}$ inches. Bake in moderate oven (375° F.) about 25 minutes. Batter can also be baked in a greased loaf pan 9 x 5 x 3 inches, or in a greased square pan 8 x 8 x 2 inches in a moderate oven (350° F.); bake the loaf about 40 minutes and the square about 35 minutes.

Variations:

Snow Cake: Substitute 2 egg whites for the whole egg; retain $\frac{1}{2}$ cup of the sugar to beat into the egg whites. Fold into batter last; bake in square pan 8 x 8 x 2 inches as directed for One-Egg Cake.

Boston Cream Pie: Follow recipe for One Egg Cake; bake batter in one greased layer pan 9 x 2 inches at 375° F. about 25 minutes. When cold, cut crosswise into 2 layers; put half the recipe for Cream Filling between layers. Frost top with half the recipe for Chocolate Butter Cream Frosting if desired.

Washington Pie: Follow directions for Boston Cream Pie. Put $\frac{3}{4}$ cup raspberry jam between layers; dust top layer with confectioners sugar. To make more decorative top layer, place 2 cake coolers, arranged to yield checkered effect, or open patterned lace doily on cake before dusting with the sugar; lift coolers or doily carefully.

POUND CAKE

Makes 1 loaf

2 cups sifted cake flour	1 cup sugar
$\frac{3}{4}$ teaspoon Rumford Baking Powder	5 eggs, separated
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla extract
1 cup shortening	

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add well-beaten egg yolks and vanilla; beat until very thick and light. Gradually stir in dry ingredients; stir just until smooth after each addition. Fold in stiffly beaten egg whites; put in greased loaf pan 9 x 5 x 3 inches. Bake in moderate oven (350° F.) about 1 hour.

SILVER CAKE

Makes two 8-inch layers

2 cups sifted cake flour	$\frac{2}{3}$ cup milk
2 teaspoons Rumford Baking Powder	1 teaspoon almond extract
$\frac{1}{4}$ teaspoon salt	4 egg whites, stiffly beaten
$\frac{1}{2}$ cup shortening	
1 cup sugar	

Sift together flour, baking powder and salt; cream shortening and sugar until light. Combine milk and almond extract; add alternately with dry ingredients. Stir just until smooth after each addition; fold in egg whites. Put in two greased layer pans 8 x 1 $\frac{1}{4}$ inches; bake in moderate oven (375° F.) about 20 minutes. Batter can also be baked in greased square pan 9 x 9 x 2 inches at 375° F. about 35 minutes, or in greased loaf pan 9 x 5 x 3 inches at 350° F. about 45 minutes.

SOUTHERN SPICY GINGERBREAD

Makes 12 servings

2 $\frac{1}{2}$ cups sifted all-purpose flour	$\frac{1}{4}$ teaspoon ground cloves
2 teaspoons Rumford Baking Powder	$\frac{1}{4}$ teaspoon grated nutmeg
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup melted shortening
$\frac{1}{2}$ teaspoon baking soda	$\frac{3}{4}$ cup brown sugar
1 $\frac{1}{2}$ teaspoons ground ginger	$\frac{3}{4}$ cup molasses
1 teaspoon ground cinnamon	2 eggs, beaten
	1 cup hot water

Sift together flour, baking powder, salt, soda, ginger, cinnamon, cloves, and nutmeg; combine shortening, sugar, molasses and eggs. Mix well. Add dry ingredients alternately with water; stir just until smooth after each addition. Put in greased square pan 9 x 9 x 2 inches; bake in moderate oven (350° F.) about 45 minutes.

THREE-EGG CAKE

Makes two 8-inch layers

2 cups sifted cake flour	1 $\frac{1}{4}$ cups sugar
2 $\frac{1}{2}$ teaspoons Rumford Baking Powder	3 eggs
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup milk
$\frac{2}{3}$ cup shortening	1 teaspoon vanilla extract

Sift together flour, baking powder and salt; cream shortening and sugar until light. Beat in eggs, one at a time. Combine milk and vanilla; add alternately with dry ingredients. Mix just until smooth after each addition; put in two greased layer pans 8 x 1¼ inches. Bake in moderate oven (375° F.) about 25 minutes. Batter can also be baked in a greased square pan 9 x 9 x 2 inches or in a greased loaf pan 9 x 5 x 3 inches in a moderate oven (375° F.) about 40 minutes.

Variation:

Nut Loaf Cake: Substitute almond extract for the vanilla; add 1 cup chopped nuts to batter. Put in greased loaf pan 9 x 5 x 3 inches; bake in moderate oven (375° F.) about 45 minutes.

TWO-EGG CAKE

Makes two 8-inch layers

2 cups sifted cake flour	1 cup sugar
2 teaspoons Rumford Baking Powder	2 eggs, well beaten
½ teaspoon salt	¾ cup milk
½ cup shortening	1 teaspoon vanilla extract

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add eggs; mix well. Combine milk and vanilla; add alternately with dry ingredients. Stir after each addition just until smooth; put batter in two greased layer pans 8 x 1¼ inches. Bake in moderate oven (375° F.) about 25 minutes. Batter can also be baked in a greased loaf pan 9 x 5 x 3 inches or in a greased square pan 8 x 8 x 2 inches in a moderate oven (350° F.). Bake the loaf about 40 minutes and the square 35 minutes.

Variations:

Coconut Cake: Substitute 1 teaspoon almond extract for the vanilla. Add one cup shredded coconut to batter; put in a greased square pan 8 x 8 x 2 inches; bake in a moderate oven (350° F.) about 40 minutes.

UPSIDE-DOWN CAKE

Makes 9 servings

1¼ cups sifted cake flour	½ cup milk
1¼ teaspoons Rumford Baking Powder	1 teaspoon vanilla extract
¼ teaspoon salt	½ cup brown sugar, firmly packed
½ cup shortening	2 cups fresh or cooked, drained fruit
¾ cup sugar	
1 egg, well beaten	

Sift together flour, baking powder and salt; cream half of the shortening with the sugar until light. Add egg; mix well. Combine milk and vanilla; add alternately with dry ingredients. Stir just until smooth after each addition. Melt remaining shortening in a square pan 8 x 8 x 2 inches; sprinkle brown sugar over bottom of pan. Arrange fruit over this. Pour in batter; spread smoothly. Bake in moderate oven (350° F.) about 45 minutes. Loosen cake from sides of pan with spatula; place serving plate on top. Immediately invert; remove pan after about one minute. Top with whipped cream or sauce as desired.

WHITE CAKE

Makes two 8-inch layers

1¾ cups sifted cake flour	½ cup milk
2 teaspoons Rumford Baking Powder	½ teaspoon lemon extract
½ teaspoon salt	½ teaspoon vanilla extract
⅓ cup shortening	3 egg whites, stiffly beaten
1 cup sugar	

Sift together flour, baking powder and salt; cream shortening and sugar until light. Combine milk, lemon and vanilla extracts; add alternately with dry ingredients. Stir just until smooth after each addition; fold in egg whites. Put in two greased layer pans 8 x 1¼ inches; bake in moderate oven (375° F.) about 20 minutes. Batter can also be baked in a greased square pan 8 x 8 x 2 inches at 375° F. about 30

minutes or in a greased loaf pan 9 x 5 x 3 inches at 350° F. about 40 minutes.

FRUIT CAKES—Based on butter cake, with many added ingredients.

CURRANT CAKE

Makes one 9-inch tube cake

2 cups sifted cake flour	1 teaspoon ground cinnamon
2 teaspoons Rumford Baking Powder	$\frac{1}{3}$ cup shortening
$\frac{1}{2}$ teaspoon salt	1 cup sugar
$\frac{1}{4}$ teaspoon ground cloves	1 egg, slightly beaten
$\frac{1}{2}$ teaspoon ground nutmeg	1 cup currants
	$\frac{2}{3}$ cup milk

Sift together flour, baking powder, salt, cloves, nutmeg and cinnamon. Cream shortening and sugar until light; add egg. Mix well; stir in currants. Add milk alternately with dry ingredients; stir just until smooth after each addition. Put in greased tube pan about 9 inches in diameter; bake in moderate oven (350° F.) about 45 minutes.

DARK FRUIT CAKE

Makes 2 loaves

$3\frac{1}{3}$ cups sifted all-purpose flour	$1\frac{1}{2}$ cups walnut or pecan meats, coarsely broken
8 cups seeded raisins	
2 cups citron, finely shredded	$1\frac{1}{2}$ teaspoons grated nutmeg
$1\frac{1}{2}$ cups butter or margarine	1 teaspoon ground mace
8 eggs, separated	$\frac{1}{2}$ pint Brandy or grape juice
$1\frac{1}{2}$ cups sugar	$\frac{1}{4}$ cup molasses
1 cup candied cherries, halved	
$1\frac{1}{2}$ cups almonds, blanched and halved	

Mix $\frac{1}{2}$ cup of the flour with raisins and citron. Cream butter until light; gradually stir in remaining flour. Beat egg yolks until thick; add sugar gradually. Combine with

butter and flour mixture. Stir in cherries, almonds, walnuts, nutmeg, mace, Brandy and molasses; stir in raisins and citron. Fold in stiffly beaten egg whites; put into two greased wax paper-lined loaf pans 9 x 5 x 3 inches; bake in a slow oven (300° F.) about three hours.

FRUIT CAKE

Makes one loaf

2½ cups sifted cake flour	⅓ cup blanched chopped almonds
1½ teaspoons Rumford Baking Powder	½ cup mixed candied peel, finely cut
½ teaspoon salt	1½ cups seedless raisins
⅔ cup shortening	2 tablespoons orange juice
⅔ cup sugar	1 teaspoon grated orange rind
4 eggs, unbeaten	

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add eggs one at a time, beating each in well. Add almonds, peel, raisins, orange juice and rind; mix well. Stir in dry ingredients; mix very thoroughly. Put in a greased loaf pan 9 x 5 x 3 inches; bake in a moderate oven (350° F.) about one hour.

RUMFORD FRUIT CAKE

Makes one 9-inch tube cake

2 cups sifted cake flour	½ cup candied peel, finely cut
1 teaspoon Rumford Baking Powder	⅓ cup shortening
1 teaspoon baking soda	1 teaspoon ground cinnamon
1 cup brown sugar	½ teaspoon ground cloves
1¼ cups water	½ teaspoon grated nutmeg
1 cup seeded raisins	½ teaspoon salt

Sift together flour, baking powder and baking soda; combine sugar, water, raisins, peel, shortening, cinnamon, cloves,

nutmeg and salt. Boil for 3 minutes; cool. Add dry ingredients; mix well. Put in well greased tube pan about 9 inches in diameter; bake in slow oven (325° F.) about 55 minutes.

WHITE FRUIT CAKE

Makes one 10-inch tube cake

4 cups sifted cake flour	1 cup seedless raisins
4 teaspoons Rumford Baking Powder	1½ cups mixed candied fruit and peel finely chopped
1 teaspoon salt	⅔ cup blanched al- monds, chopped
1 cup shortening	6 egg whites, stiffly beaten
2 cups sugar	
5 teaspoons grated orange rind	
⅔ cup orange juice	

Sift together flour, baking powder and salt; cream shortening and sugar until light. Mix in dry ingredients alternately with orange rind and juice; add raisins, fruit and nuts. Mix thoroughly; fold in egg whites. Put in a greased tube pan about 10 inches in diameter; bake in a moderate oven (350° F.) about 1 hour and 20 minutes.

SPONGE CAKE: True sponge cakes depend upon air beaten into eggs, and folded in for leavening of the batter. When leavening is used, the cake is a mock sponge. Angel cakes are really white sponge cakes. Better volume of egg whites is obtained if eggs are at room temperature. Underbeaten white will yield a cake of poor volume and tough texture. Overbeaten whites will yield a cake of poor volume, coarse texture. Always use gentle handling to thoroughly mix ingredients. This is the secret of a good sponge cake. Sponge cakes are *always baked* in an *ungreased* pan to allow the batter to adhere to the sides in rising. And because the baked cake is so tender, it should be inverted until cold. Otherwise, it will shrink. Use a knife with a saw-tooth edge to cut the cake or use two forks to break into pieces.

ANGEL CAKE

Makes one 10-inch tube cake

1 cup egg whites (8 or 9)	½ teaspoon vanilla extract
1 teaspoon cream of tartar	½ teaspoon almond extract
¼ teaspoon salt	1¼ cups sugar
	1 cup sifted cake flour

Beat egg whites until frothy; add cream of tartar, salt, vanilla and almond extracts. Continue beating until stiff; gradually fold in the sugar, about two tablespoons at a time. Gradually fold in flour, sifting a small amount at a time over the egg whites. Turn into ungreased tube pan about 10 inches in diameter; bake in slow oven (325° F.) about one hour. Remove pan from oven; invert until cold.

Variation:

Chocolate Angel Food: Substitute 4 tablespoons dry cocoa for 4 tablespoons of the flour; sift with the flour.

BUTTER SPONGE CAKE

Makes one 8-inch cake

1 cup plus 2 tablespoons sifted cake flour	½ cup milk, scalded
1 teaspoon Rumford Baking Powder	½ teaspoon vanilla extract
5 egg yolks	¼ cup butter or mar- garine, melted
1 cup sugar	

Sift together flour and baking powder. Beat egg yolks with sugar until *very* thick and light; add slightly cooled milk and vanilla. Stir in dry ingredients; fold in butter. Put batter in greased square pan 8 x 8 x 2 inches or an oblong pan 11 x 7 x 1½ inches. Bake in moderate oven (350° F.) about 40 minutes for the square, about 30 minutes for the oblong. Cool thoroughly; *do not* invert pan to cool.

CHOCOLATE CREAM ROLL

Makes 10 servings

6 tablespoons sifted cake flour	$\frac{1}{3}$ cup dry cocoa
$\frac{1}{2}$ teaspoon Rumford Baking Powder	4 eggs, separated
$\frac{1}{4}$ teaspoon salt	$\frac{3}{4}$ cup granulated sugar
	1 teaspoon vanilla extract

Sift together flour, baking powder, salt and cocoa; beat egg whites until stiff. Gradually beat in sugar; beat egg yolks until very thick. Beat in vanilla; fold in egg whites. Gradually fold in dry ingredients; put batter into greased, wax paper-lined jelly roll pan, 15 x 10 x 1 inches. Spread batter evenly; bake in moderate oven; (375° F.) about 15 minutes. Turn onto clean cloth dusted with confectioners sugar; remove wax paper. Roll up quickly with towel rolled inside. Cool; unroll, removing towel. Spread with whipped cream or any frosting; roll up as for jelly roll. Let stand until thoroughly cold; cut in slices to serve.

JELLY ROLL

Makes 8 servings

1 cup sifted cake flour	3 eggs
1 teaspoon Rumford Baking Powder	1 cup sugar
$\frac{1}{4}$ teaspoon salt	3 tablespoons cold water

Sift together flour, baking powder and salt; beat eggs and sugar until very thick. Gradually add water; fold in dry ingredients carefully. Pour batter into greased wax paper lined jelly roll pan 15 x 10 x 1 inches; spread batter evenly. Bake in moderate oven (375° F.) about 12 minutes; turn onto clean cloth dusted with confectioners sugar. Remove wax paper; roll up quickly with towel rolled inside. Cool. Unroll; spread with jam, jelly or any prepared pudding or pie filling mixture. Roll up. Let stand until thoroughly cold; cut in slices to serve.

MOCK SPONGE CAKE

Makes two 8-inch layers

1½ cups sifted cake flour	3 eggs, separated 1 cup sugar
1½ teaspoons Rumford Baking Powder	1 teaspoon grated orange rind
½ teaspoon salt	⅓ cup water

Sift together flour, baking powder and salt; beat egg whites until stiff but not dry. Gradually beat in one-half cup of the sugar; beat egg yolks until very thick. Beat in remaining sugar and orange rind until very thick. Slowly add water, stirring constantly; fold in egg white mixture. Gradually fold in dry ingredients, sifting a small amount at a time over the surface. Put in two layer pans 8 x 1¼ inches or in an oblong pan 11 x 7 x 1½ inches; bake in moderate oven (350° F.) about 25 minutes. Let cake stand in pans until cold; *do not invert*.

SPONGE CAKE

Makes one 10-inch cake

6 eggs, separated	½ teaspoon vanilla extract or grated lemon rind
1 cup sifted sugar	
1½ tablespoons water or lemon juice	1 cup sifted cake flour
¼ teaspoon salt	

Beat egg whites until foamy; gradually beat in sugar. Continue beating until stiff. Beat egg yolks, water, salt and vanilla until *very* thick; fold in egg white mixture. Gradually fold in flour sifting a small amount at a time over the surface. Put in ungreased tube pan about 10 inches in diameter; bake in a slow oven (325° F.) about 1 hour. Remove pan from oven; invert until cold.

CHIFFON CAKES

A combination butter and sponge cake.

CHIFFON CAKE

Makes one 10-inch tube cake

2 cups sifted cake flour	7 egg yolks, unbeaten
2½ teaspoons Rumford Baking Powder	¾ cup cold water
1½ cups sugar	2 teaspoons vanilla extract
1 teaspoon salt	7 egg whites
½ cup salad oil	½ teaspoon cream of tartar

Sift together flour, baking powder, sugar and salt; make a deep hole in center. Add oil, egg yolks, water and vanilla; beat with a spoon until smooth. Beat egg whites and cream of tartar until *very* stiff; gradually pour yolk mixture over top. With a rubber scraper, very gently fold yolk mixture into the egg whites; fold just until blended. *Do not stir.* Pour immediately into an ungreased tube pan 10 inches in diameter. Bake in a slow oven (325° F.) about 50 minutes; increase oven temperature to moderate (350° F.) about 15 minutes. Let stand inverted until cold.

Suggestions for varying flavor:

1. Substitute grated orange or lemon rind for the vanilla.
2. Substitute maple or almond extract for the vanilla.
3. Substitute 1 tablespoon mixed spices for the vanilla.
4. Add 1 cup very finely chopped pecans, walnuts or almonds to any flavored batter.

COCOA CHIFFON LOAF CAKE

Makes one loaf

¼ cup plus 2 tablespoons boiling water	¾ cup plus 2 tablespoons sugar
¼ cup cocoa	½ teaspoon salt
¾ cup plus 2 tablespoons sifted cake flour	¼ cup salad oil
1½ teaspoons Rumford Baking Powder	4 egg yolks, unbeaten
	½ teaspoon vanilla extract
	4 egg whites

Pour water over cocoa; stir until smooth. Cool. Sift to-

gether flour, baking powder, sugar and salt; make a deep hole in center. Add oil, egg yolks, cooled cocoa mixture and vanilla. Beat *with a spoon* until smooth. Beat egg whites until *very* stiff. Gradually pour chocolate batter over top. With a rubber scraper, very gently fold batter into the egg whites; fold just until blended. *Do not stir*. Pour immediately into an ungreased loaf pan 9 x 5 x 3 inches. Bake in slow oven (325° F.) about 50 minutes. Cool thoroughly.

FROSTINGS

Butter Cream: Simple and speedy to make; versatile as can be. Always use sifted confectioners sugar for smoothness. Several variations are given here, but you can add more by varying the liquid and the flavoring.

BUTTER CREAM FROSTING

Sufficient to fill and frost two 9-inch layers*

6 tablespoons butter or margarine	2 teaspoons vanilla extract
3 cups sifted confection- ers sugar	5 tablespoons cream or evaporated milk

Cream butter until very soft; gradually add sugar. Mix in vanilla; gradually add cream. Beat until very light and fluffy and of good spreading consistency.

Variations:

Mocha Filling and Frosting: Mix 5 tablespoons dry cocoa with confectioners sugar. Substitute strong, hot coffee for the cream.

Coffee Filling and Frosting: Substitute strong, hot coffee for the cream or add 1 tablespoon instant coffee to the confectioners sugar.

Chocolate Filling and Frosting: Add 2 squares (ounces) unsweetened chocolate, melted; increase cream to about 6 tablespoons.

* Or three 8-inch layers or 2 dozen medium cupcakes.

CONFECTIONERS SUGAR FROSTING

Makes $\frac{2}{3}$ cup

- | | |
|------------------------------------|-------------------------------|
| 2 tablespoons hot water
(about) | 1 teaspoon vanilla
extract |
| 2 cups sifted confectioners sugar | |

Add water slowly to sugar; beat until smooth. Add vanilla; mix thoroughly. Use to ice cookies or warm breads. Other flavorings may be substituted.

Variations:

Chocolate Confectioners Sugar Frosting: Add 1 square (ounce) unsweetened chocolate, melted; increase hot water to about 3 tablespoons.

Fruit Frosting: Substitute fruit juice for the hot water and vanilla.

CREAM CHEESE CHOCOLATE FROSTING

Sufficient to frost two 9-inch layers*

- | | |
|--|--|
| $\frac{1}{3}$ cup cream cheese
(one 3-ounce
package) | 2 cups sifted confectioners sugar |
| 3 tablespoons milk | 2 squares (ounces) unsweetened chocolate, melted |
| $\frac{1}{8}$ teaspoon salt | |

Mix cheese, milk and salt until very smooth; gradually add sugar. Beat until light; beat in chocolate. Mix thoroughly.

* Or three 8-inch layers or 2 dozen medium cupcakes.

CHOCOLATE FROSTING

Sufficient to fill and frost two 8-inch layers

- | | |
|--|---|
| 4 squares (ounces) unsweetened chocolate, melted | 2 tablespoons hot water |
| 1 cup sifted confectioners sugar | 2 eggs, unbeaten |
| | $\frac{1}{3}$ cup butter or margarine, softened |

Combine chocolate, sugar and water; mix thoroughly. Add eggs, one at a time, beating each in well. Add butter; beat until smooth and creamy.

Fudge Type: Like fudge, these require very careful attention, accurate cooking temperature and speed in spreading.

FUDGE FROSTING

Sufficient to fill and frost two 8-inch layers

1½ cups granulated sugar	1½ squares (ounces) unsweetened chocolate
1 tablespoon white corn syrup	6 tablespoons milk
1½ tablespoons butter or margarine	½ teaspoon vanilla extract

Combine sugar, syrup, butter, chocolate and milk; cook, over low heat, until a few drops put in cold water form a soft ball (234° F.); stir frequently. Remove from heat; cool, without stirring, to lukewarm (110° F.). Add vanilla; beat steadily until creamy and a small spoonful dropped on a cool surface will hold its shape. Spread immediately; if frosting should get too hard to spread, soften over hot water.

Meringue Type: These frostings (as 7-minute) are more foolproof than fudge type, but are best served on the day made.

BOILED FROSTING

Sufficient to fill and frost two 8-inch layers

1½ cups sugar	2 egg whites
1½ teaspoons light corn syrup	1 teaspoon vanilla extract
½ cup boiling water	

Mix sugar, syrup and water; stir until sugar is dissolved. Bring to boiling point; continue boiling, without stirring, until a little dropped into cold water forms a soft ball (234° F.). Pour in fine stream over stiffly beaten egg whites, beating constantly. Add vanilla; continue beating until stiff enough to spread.

Variations:

Coconut Frosting: After spreading cake with frosting, sprinkle top and sides with 1 cup of coconut, shredded or grated.

Toasted Almond Frosting: After spreading cake with frosting, sprinkle top and sides with 1 cup shredded, toasted almonds.

Chocolate Boiled Frosting: Fold 2 squares (ounces) unsweetened chocolate, melted, into frosting. Do not beat after adding the chocolate.

Bittersweet Frosting: Melt 2 squares (ounces) unsweetened chocolate with 2 teaspoons butter or margarine. Cool slightly; pour gently over frosted cake. Let the chocolate topping completely cover the cake and run down over the sides.

Lady Baltimore Filling and Frosting:

1/4 cup chopped raisins	1 tablespoon chopped candied peel—orange, lemon, citron
1/4 cup chopped figs	
	1/4 cup chopped walnuts

Combine raisins, figs, peel and nuts. Prepare 1 1/2 times recipe for Boiled Frosting as directed. When stiff enough to spread, add fruit to one third; spread between layers. Spread remaining two thirds on top and sides of cake.

SEVEN MINUTE FROSTING

Sufficient to fill and frost two 9-inch layers*

1 1/2 cups sugar	1 1/2 teaspoons light corn syrup
2 egg whites, unbeaten	1 teaspoon vanilla extract
5 tablespoons water	

Combine sugar, egg whites, water and corn syrup; beat slightly. Place over boiling water; beat steadily with rotary beater about 7 minutes until frosting stands in peaks. Remove from heat; add vanilla. Continue beating about 1 minute longer.

Variations:

Marshmallow Filling and Frosting: Add 1 cup quartered marshmallows to frosting before spreading on cake.

Coconut Marshmallow Filling and Frosting: Substitute almond extract for the vanilla extract; add 1 cup quartered marshmallows to frosting before spreading on cake. Sprinkle cake with 1 cup shredded or fresh grated coconut.

Baked: This frosting is quite different and adaptable only to cakes which are going to be cut in the pan.

* Or three 8-inch layers or 2 dozen medium cupcakes.

BAKED CHOCOLATE FROSTING

Sufficient to frost one oblong cake

$\frac{1}{2}$ cup brown sugar	2 egg whites, stiffly beaten
$\frac{1}{4}$ cup dry cocoa	$\frac{1}{2}$ cup chopped nuts

Beat sugar and cocoa into egg whites; spread on hot baked cake. Sprinkle nuts over top; bake in moderate oven (350° F.) about 20 minutes.

Variations:

Coconut Frosting: Substitute white sugar for the brown sugar; omit cocoa and nuts. Sprinkle 1 cup shredded coconut over frosting before baking.

Orange or Lemon Coconut Frosting: Add 1 teaspoon grated orange or lemon rind to coconut frosting.

CAKE FILLINGS

Especially good in a cake which is not too sweet or rich. Fillings can be varied to fit the cake. The mixture is put between the cake layers, with frosting on top and around sides.

CREAM FILLING

Makes 3 cups

$\frac{2}{3}$ cup granulated sugar	2 cups scalded milk
$\frac{1}{2}$ cup sifted all-purpose flour	2 eggs, beaten
$\frac{1}{2}$ teaspoon salt	1 teaspoon vanilla extract

Combine sugar, flour and salt; gradually add milk. Cook over hot water about 10 minutes; stirring occasionally. Gradually pour a small amount of hot mixture into eggs; mix well. Slowly stir egg mixture into remaining hot mixture; cook two minutes longer, stirring constantly. Cool; add vanilla. Chill. Use as filling for Boston Cream Pie, Eclairs, Cream Puffs, etc.

Variations:

Coffee Cream Filling: Substitute $\frac{1}{2}$ cup strong coffee for $\frac{1}{2}$ cup of the milk. Prepare as directed above.

Chocolate Cream Filling: Melt 2 squares (ounces) unsweetened chocolate in the scalded milk. Prepare as directed above.

FIG FILLING

Sufficient to fill two 9-inch layers

$\frac{1}{2}$ pound dried figs, chopped	$\frac{1}{3}$ cup sugar
$\frac{1}{2}$ cup water	2 tablespoons lemon juice

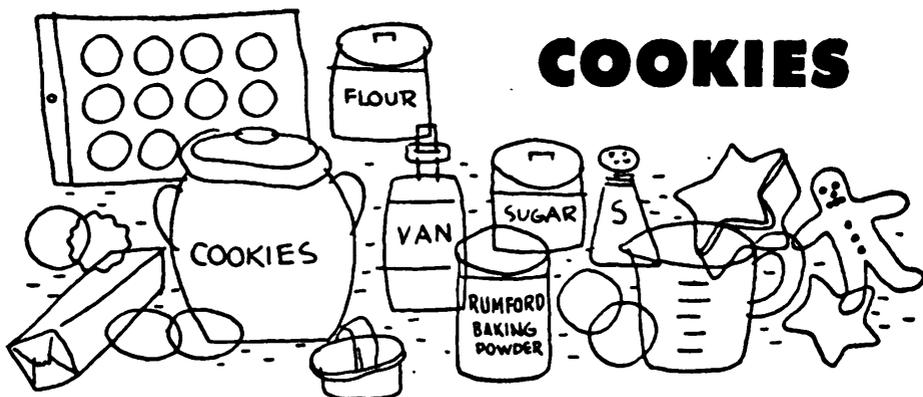
Combine figs, water and sugar; cook over hot water until thick, stirring frequently. Add lemon juice; cool.

PRUNE ALMOND FILLING

Sufficient to fill two 9-inch layers

1 cup sugar	$\frac{1}{2}$ cup cooked pitted prunes, cut small
$\frac{1}{3}$ cup boiling water	$\frac{1}{3}$ cup chopped blanched almonds
$\frac{1}{8}$ teaspoon cream of tartar	
1 egg white	

Mix sugar, water and cream of tartar together; bring to boiling point, stirring *only* until sugar is dissolved. Cook until a few drops put in cold water form a soft ball (234° F.). Pour in a fine stream slowly over beaten egg white, beating constantly. Beat until frosting will form peaks; fold in prunes and almonds.



Happy childhood memories are almost always tied to that American tradition—the cookie jar. For many first lessons in baking were cookies. Cookies are quickly made, require no frosting and are as much at ease with a handsome dish of ice cream as in doing a solo between meals. They also keep longer than most types of cake.

Do not store soft and crisp cookies in the same jar. If cookies should soften, place in hot oven a few minutes.

All cookies should be removed from cookie sheets while warm. Then spread out to cool thoroughly.

Butter Cookies:

Like butter cakes, these are mixed by a conventional method. They are either rolled and cut into varied shapes, dropped onto a cookie sheet, refrigerated and sliced or shaped through a pastry bag or cookie press. If cookie dough is to be rolled, a thorough chilling of the dough will enable using just a small amount of flour for rolling. The cookies will be more moist and tender. If you are short of cookie sheets, use the bottom of an upturned pan.

CARAWAY SEED COOKIES

Makes about 6 dozen

- | | |
|-----------------------------------|----------------------------|
| 3 cups sifted all-purpose flour | 1 tablespoon caraway seeds |
| 2 teaspoons Rumford Baking Powder | 1 cup shortening |
| ½ teaspoon salt | 2 cups sugar |
| | 2 eggs, well beaten |
| | ½ cup milk |

Sift together flour, baking powder and salt; mix in caraway seeds. Cream shortening and sugar until light; add eggs, mix well. Add milk alternately with dry ingredients, mix thoroughly; chill. Roll $\frac{1}{4}$ inch thick on lightly floured surface; cut with 2-inch cookie cutter. Bake on greased cookie sheets in moderate oven (375° F.) about 12 minutes.

CHOCOLATE CHIP COOKIES

Makes about 4 dozen

2 cups sifted all-purpose flour	1 egg, beaten
2 teaspoons Rumford Baking Powder	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon salt	1 teaspoon vanilla extract
1 cup shortening	1 cup semi-sweet chocolate chips
1 cup light brown sugar	$\frac{1}{2}$ cup chopped nuts

Sift together flour, baking powder, and salt; cream shortening and sugar until light. Add egg; mix well. Combine milk and vanilla; add alternately with dry ingredients. Mix thoroughly; stir in chocolate chips and nuts. Drop from teaspoon onto greased baking sheets; bake in moderate oven (375° F.) about 15 minutes.

CHOCOLATE PINWHEEL COOKIES

Makes about 3 dozen

$1\frac{1}{2}$ cups sifted all-purpose flour	1 egg yolk, slightly beaten
1 teaspoon Rumford Baking Powder	3 tablespoons milk
$\frac{1}{8}$ teaspoon salt	$1\frac{1}{2}$ teaspoons vanilla extract
$\frac{1}{2}$ cup shortening	1 square (ounce) unsweetened chocolate, melted
$\frac{1}{2}$ cup sugar	

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add egg yolk; mix well. Combine milk and vanilla; add alternately with dry ingredients to creamed mixture. Mix well; divide dough in two portions. Leave one plain; to the other, add the chocolate.

Chill; roll each portion on lightly floured waxed paper into oblongs about $\frac{1}{8}$ inch thick. Place chocolate layer, paper side up, on plain layer; remove paper. Holding sides of paper under bottom layer, roll dough away, jelly roll fashion. The paper will automatically be removed from the bottom layer as the dough is rolled. Wrap roll of dough in waxed paper; chill. Slice about $\frac{1}{4}$ inch thick. Bake on greased cookie sheets in hot oven (400° F.) about 10 minutes.

GINGERSNAPS

Makes about 4½ dozen

2½ cups sifted all-purpose flour	1½ teaspoons ground ginger
½ teaspoon baking soda	½ cup shortening
½ teaspoon ground cinnamon	½ cup sugar
½ teaspoon ground cloves	½ cup molasses
	¼ cup milk

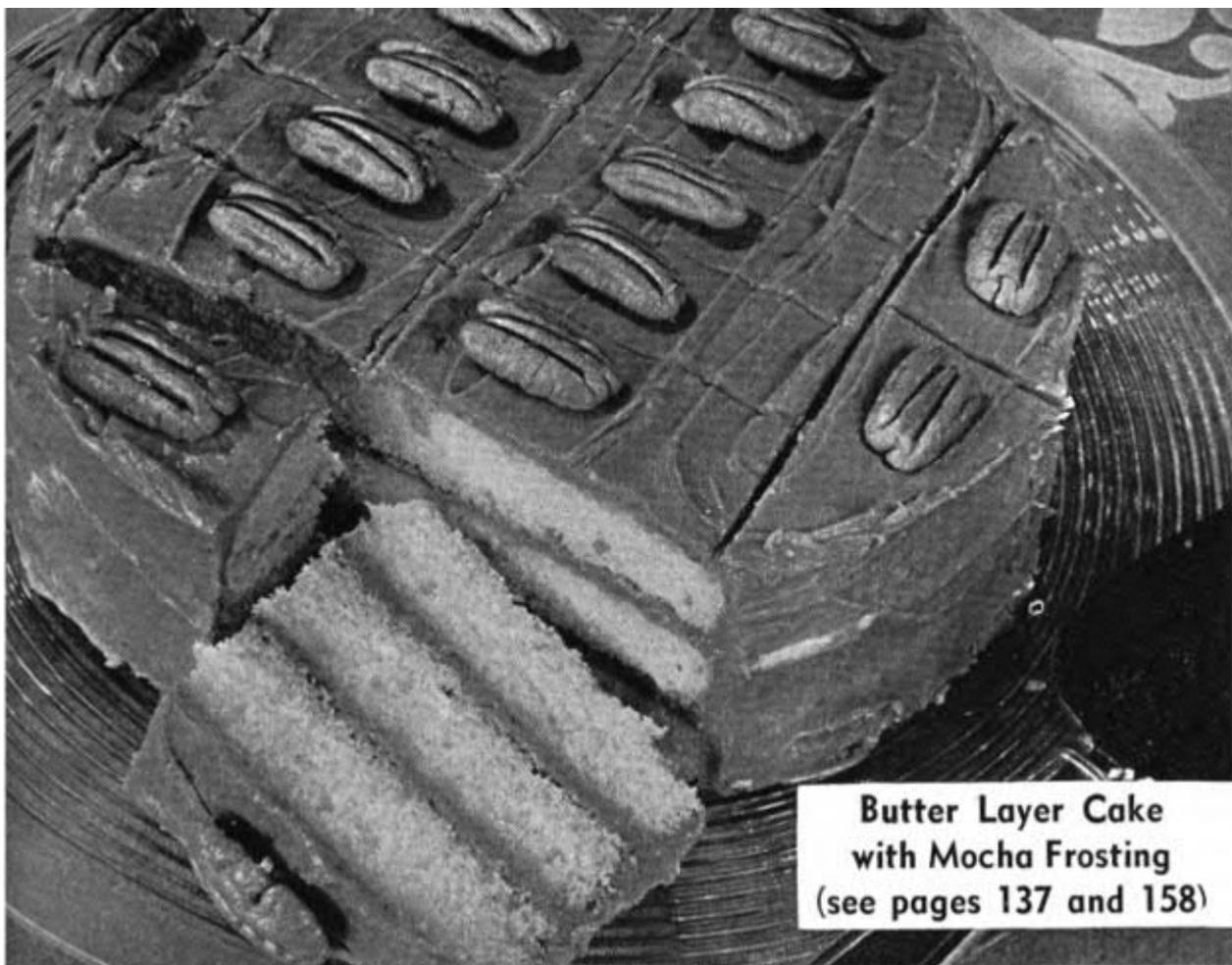
Sift together flour, baking soda, cinnamon, cloves and ginger; cream shortening and sugar until light. Combine molasses and milk; add alternately with dry ingredients. Mix thoroughly; chill. Roll out very thin on lightly floured surface; cut with 2½-inch cookie cutter. Bake on greased cookie sheets in moderate oven (350° F.) about 10 minutes.

LEMON COOKIES

Makes about 1½ dozen

1 cup sifted all-purpose flour	⅓ cup shortening
1 teaspoon Rumford Baking Powder	½ cup sugar
¼ teaspoon salt	1 egg, beaten
	1 teaspoon grated lemon rind

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add egg and lemon rind; mix thoroughly. Add dry ingredients; blend thoroughly. Drop from teaspoon onto greased cookie sheets; bake in moderate oven (375° F.) about 12 minutes.



**Butter Layer Cake
with Mocha Frosting
(see pages 137 and 158)**



**Silver Cake with Rich
Chocolate Filling and Frosting
(see pages 146 and 158)
decorated with Maple
Sugar Leaves**



Chocolate Cream Roll
(see page 155)



Coffee Chocolate Cake
(Baked in Sheet Pan)
(see page 139)

OATMEAL COOKIES

Makes about 4 dozen

1½ cups sifted all-purpose flour	1 egg, well beaten
2 teaspoons Rumford Baking Powder	½ cup milk
½ teaspoon salt	1½ cups uncooked oatmeal
½ cup shortening	¾ cup raisins
1 cup sugar	1½ tablespoons grated orange rind

Sift together flour, baking powder and salt; cream shortening and sugar until light. Combine egg and milk; add alternately with oatmeal. Stir in raisins, orange rind, and dry ingredients. Drop from teaspoon onto greased cookie sheets; bake in moderate oven (375° F.) about 12 minutes.

ORANGE DROP COOKIES

Makes about 3½ dozen

3 cups sifted all-purpose flour	⅔ cup sugar
3 teaspoons Rumford Baking Powder	2 eggs, unbeaten
½ teaspoon salt	3 tablespoons grated orange rind
½ cup shortening	¼ cup orange juice

Sift together flour, baking powder, and salt; cream shortening and sugar until light. Add eggs, one at a time; add orange rind and juice. Mix well; stir in dry ingredients. Drop from teaspoon onto greased cookie sheets; bake in moderate oven (375° F.) about 10 minutes.

PEANUT BUTTER COOKIES

Makes about 8 dozen

2 cups sifted all-purpose flour	½ cup peanut butter
1½ teaspoons Rumford Baking Powder	1 cup sugar
½ teaspoon salt	1 egg, well beaten
2 tablespoons shortening	1 teaspoon vanilla extract
	⅓ cup milk

Sift together flour, baking powder and salt; cream shortening, peanut butter and sugar until light. Add egg, vanilla and milk; mix well. Stir in dry ingredients; chill. Roll very thin on lightly floured board; cut with 2-inch cookie cutter. Bake on greased cookie sheets in moderate oven (375° F.) about 10 minutes. Cookie dough may also be dropped by teaspoon onto cookie sheets, then flattened with the tines of a fork dipped in flour. Yield will be about half, as cookies will be thicker.

REFRIGERATOR COOKIES

Makes about 10 dozen

3 cups sifted all-purpose flour	1¼ cups light brown sugar
2 teaspoons Rumford Baking Powder	2 eggs, well beaten
½ teaspoon salt	1 teaspoon vanilla extract
1 cup shortening	⅔ cup nuts, chopped

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add eggs, vanilla and nuts; mix well. Add dry ingredients; mix well. Form into a compact roll; wrap in waxed paper. Chill thoroughly. Cut, with sawing motion, into very thin slices; bake on ungreased cookie sheets in moderate oven (375° F.) about 10 minutes.

Variation:

Chocolate Refrigerator Cookies: Add 3 squares (ounces) unsweetened chocolate, melted, to sugar-egg mixture.

SCOTCH SHORTBREAD

Makes about 1½ dozen

3 cups sifted all-purpose flour	¾ cup sugar
½ teaspoon Rumford Baking Powder	1 cup butter or margarine

Sift together flour, baking powder and sugar; cut in shortening thoroughly. Work with spoon or hand until mixture forms a dough. Turn onto unfloured surface; knead until

dough is soft and pliable; pat with fingers to about $\frac{1}{4}$ inch thickness. Cut with $2\frac{1}{2}$ -inch cookie cutter. Place on ungreased baking sheet. Bake in slow oven (325° F.) about 30 minutes or until very light brown. Dough may also be patted into an irregular shape on a cookie sheet and baked. Break baked shortbread into pieces to serve.

SOUR CREAM COOKIES

Makes about 3 dozen

$2\frac{1}{4}$ cups sifted all-purpose flour	$\frac{1}{2}$ cup shortening
2 teaspoons Rumford Baking Powder	1 cup sugar
$\frac{1}{4}$ teaspoon baking soda	1 egg, slightly beaten
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup sour cream or evaporated milk
	$\frac{1}{4}$ teaspoon vanilla extract

Sift together flour, baking powder, soda, and salt; cream shortening and sugar until light. Add egg; mix well. Stir in sour cream and vanilla; add dry ingredients. Mix well; drop from tablespoon onto greased cookie sheets. Bake in moderate oven (375° F.) about 20 minutes.

SPICE DROP COOKIES

Makes about $4\frac{1}{2}$ dozen

3 cups sifted all-purpose flour	1 cup shortening
3 teaspoons Rumford Baking Powder	1 cup sugar
1 teaspoon ground cinnamon	2 eggs, beaten
$\frac{1}{2}$ teaspoon ground cloves	$\frac{1}{2}$ cup milk
	$\frac{1}{2}$ cup molasses
	$\frac{3}{4}$ cup seedless raisins

Sift together flour, baking powder, cinnamon and cloves. Cream shortening and sugar until light; add eggs. Mix well; combine and add milk and molasses. Stir in raisins and dry ingredients; mix well. Drop from teaspoon onto greased cookie sheets; bake in moderate oven (375° F.) about 12 minutes.

SUGAR COOKIES

Makes about 7 dozen

2½ cups sifted all-purpose flour	½ cup shortening
2½ teaspoons Rumford Baking Powder	1 cup sugar
½ teaspoon salt	2 eggs, slightly beaten
	1 teaspoon vanilla extract

Sift together flour, baking powder, and salt; cream shortening and sugar until light. Add eggs and vanilla; mix well. Add sifted dry ingredients; mix well. Chill; roll out on floured surface. Cut with 2-inch cookie cutter; sprinkle with granulated sugar. Bake on greased cookie sheets in moderate oven (375° F.) about 10 minutes.

Variations:

Filled Cookies: Place on half of cut cookies any desired filling—chopped nuts and raisins, chopped dates, marmalade, jelly, or coconut. Moisten edges slightly; top with second cookie. Press down firmly with fork or fingers around edges; bake as directed.

Chocolate Cookies: Add 2 squares (ounces) unsweetened chocolate, melted, to sugar cookie dough; bake as directed.

Chocolate Mint Cookies: Put two thinly rolled chocolate cookies baked together with confectioners sugar frosting flavored with peppermint extract.

SWEDISH SPRITZ

Makes about 6 dozen

4 cups sifted cake flour	¾ cup shortening
1 teaspoon Rumford Baking Powder	1 cup sugar
¾ cup butter or margarine	1 egg, beaten
	2 teaspoons vanilla extract

Sift together flour and baking powder; cream butter, shortening and sugar until *very* light. Add egg and vanilla; mix thoroughly. Stir in dry ingredients; mix thoroughly. Put dough through a pastry tube or cookie press onto ungreased cookie sheets. If desired, decorate with colored sugar, candied fruit, etc. Bake in hot oven (400° F.) about 10 minutes or until lightly browned.

Sponge Type Cookies:

Mixed more like sponge than butter cake, lady fingers are most popular example of this type.

LADY FINGERS

Makes about 2 dozen

$\frac{1}{3}$ cup sifted cake flour	3 egg yolks, well beaten
$\frac{1}{8}$ teaspoon salt	
3 egg whites	$\frac{1}{4}$ teaspoon vanilla extract
$\frac{1}{3}$ cup powdered sugar	

Sift together flour and salt; beat egg whites until stiff. Gradually beat in sugar; fold in egg yolks and vanilla. Fold in sifted dry ingredients; shape with spoon or pastry bag on cookie sheet covered with ungreased paper. Sprinkle thoroughly with confectioners sugar; bake in moderate oven (350° F.) about 12 minutes.

Meringue Type Cookies:

Quick to make and a little bit festive. You will have to work faster to remove these from the sheets.

CEREAL MACAROONS

Makes about 3 dozen

2 egg whites	1 cup shredded coconut
1 cup sugar	2 cups flaked cereal (corn flakes, rice krispies, etc.)
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{2}$ teaspoon almond extract	

Beat egg whites until foamy; gradually beat in sugar and salt. Continue beating until stiff; add almond extract. Fold in coconut and cereal; drop from teaspoon onto greased cookie sheets. Bake in moderate oven (350° F.) about 15 minutes.

COCONUT MACAROONS

Makes about 2½ dozen

2 cups shredded coconut	$\frac{1}{2}$ teaspoon vanilla extract
$\frac{1}{3}$ cup sweetened condensed milk	1 egg white, stiffly beaten

Blend coconut, milk and vanilla thoroughly; stir in egg white. Drop from teaspoon onto greased cookie sheets; bake in moderate oven (350° F.) about 15 minutes. Remove from pan while warm.

Cake-Like Cookies:

These are mixed nearly like the conventional butter cookies, but are a cross between a cake and cookies. They are cooked in pans and cut into squares or fingers while warm, then either rolled in confectioners sugar or left plain.

BROWNIES

Makes 16

$\frac{3}{4}$ cup sifted all-purpose flour	2 eggs, beaten
$\frac{1}{2}$ teaspoon Rumford Baking Powder	1 teaspoon vanilla extract
$\frac{1}{4}$ teaspoon salt	2 squares (ounces) unsweetened chocolate, melted
$\frac{1}{3}$ cup shortening	$\frac{3}{4}$ cup chopped nuts
1 cup sugar	

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add eggs and vanilla; mix thoroughly. Gradually add chocolate; mix well. Add dry ingredients and nuts; mix well. Put batter in greased square pan 8 x 8 x 2 inches; bake in moderate oven (350° F.) about 30 minutes. Cut into squares while warm.

BUTTERSCOTCH FUDGE BARS

Makes 16

$1\frac{1}{4}$ cups sifted all-purpose flour	1 cup brown sugar
2 teaspoons Rumford Baking Powder	2 eggs, well beaten
1 teaspoon salt	$\frac{1}{2}$ teaspoon vanilla extract
$\frac{1}{3}$ cup butter or margarine, melted	1 cup chopped nuts

Sift together flour, baking powder and salt. Mix butter and sugar; cook over low heat until mixture is thick. Cool to lukewarm. Add eggs and vanilla; mix thoroughly. Stir in

dry ingredients and nuts; put batter in well greased pan 8 x 8 x 2 inches; bake in moderate oven (350° F.) about 30 minutes.

DATE STRIPS

Makes 1½ dozen

½ cup sifted all-purpose flour	½ cup sugar
1 teaspoon Rumford Baking Powder	1 cup nut meats, coarsely chopped
¼ teaspoon salt	2 cups pitted sliced dates
2 eggs	

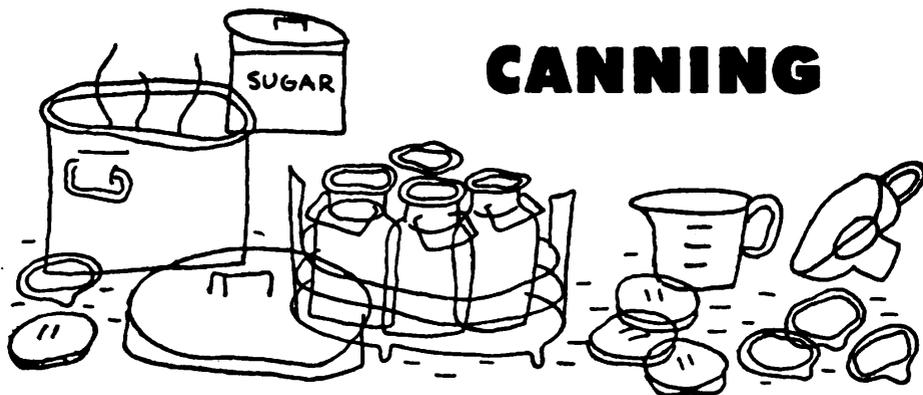
Sift together flour, baking powder and salt; beat eggs and sugar together until very light. Stir in sifted dry ingredients; mix in nuts and dates. Put in a greased pan 8 x 8 x 2 inches; bake in a slow oven (325° F.) about 40 minutes. Cut into strips; remove from pan while warm. Roll in granulated or powdered sugar.

PECAN STICKS

Makes 2 dozen

1½ cups sifted all-purpose flour	⅔ cup sugar
1½ teaspoons Rumford Baking Powder	2 eggs, beaten
½ teaspoon salt	¾ cup coarsely chopped pecans
½ cup shortening	½ cup milk

Sift together flour, baking powder and salt; cream shortening and sugar until light. Add eggs; mix well. Add dry ingredients and nuts alternately with milk; mix until smooth after each addition. Put in greased pan 11 x 7 x 1½ inches; bake in hot oven (400° F.) about 25 minutes. Cool; cut into strips about 3 x 1 inches.



CANNING

Whether you intend to can or freeze food, the principle is the same—to prepare food for future use by destroying or inactivating bacteria and storing to prevent spoilage.

Guides for obtaining good results are the same no matter which method is used.

1. Use only fresh, sound foods; wash thoroughly.
2. Use only clean equipment.
3. Sterilize all jars, covers, rubbers, etc., if food is to be canned.
4. Do small amounts at a time.
5. Do not fill jars completely; place a knife down side of jar to release air.
6. Enjoy canned foods at their best; use within eighteen months. Food will keep longer but natural changes in color, flavor, texture and food value are noticeable in some foods within a year or two.
7. Never taste home-canned fruits, vegetables or meat to detect spoilage until after they have been boiled 15 minutes in an open container.
8. Follow freezer manufacturer's recommendations in wrapping and freezing foods.
9. Oven canning is not recommended because temperature cannot be controlled accurately enough. Even under most accurate conditions some fruits turn dark and juice may bubble out of jars. Under certain conditions pressure may be built up in a jar until it bursts. Tin cans cannot be used in oven canning because seams may spread or burst.
10. Open kettle method can be used with fruits with some

success. However, jars must be sterilized for at least 20 minutes and foods must be packed hot and sealed immediately. Chances of spoilage are great and most fruits become overcooked.

CANNING

METHODS OF PACKING FRUITS AND VEGETABLES

Cold Pack: Uncooked food packed cold into jars; food is then cooked (or processed) in the jar. The jar is completely sealed at end of processing period. This method is best for most fruits and berries.

Hot Pack: Fruits and vegetables cooked a short time before packing; the food is immediately packed into the jars and sealed at once, then processed. Speed is essential. This method is best for vegetables and meat.

METHODS OF PROCESSING

Hot Water Bath: Seal jars partially if cold packed; seal jars completely if hot packed. Put on a rack in a deep kettle of boiling water. Water should cover at least an inch above the jar tops. Cover closely; processing time begins when water begins to boil. Remove jars from water; seal completely. Method best for fruits, fruit juice, and acid vegetables.

Steam Pressure: Be sure all parts of pressure cooker are clean and in working order. Follow manufacturer's directions for using. Method is best for non-acid vegetables and meat.

CARE OF JARS AFTER PROCESSING

Follow directions with type of container. Lift jars from kettle by jar, not handle; place on folded paper or cloth; allow space between jars for circulation of air. Keep out of drafts; do not turn jars upside down. Cool thoroughly before storing. Test for seal by tapping lid gently with spoon. Clear ringing sound indicates good seal; dull low sound indicates poor seal. In this case, if leakage occurs

when can is tipped, reprocess entirely or use food immediately.

Wipe thoroughly; label to include date. Store in cool, dry, dark place.

CANNING FRUIT

<i>Product</i>	<i>Method</i>	<i>Directions</i>
Rhubarb	Hot Pack	Wash; cut into 1-inch lengths. Add $\frac{1}{2}$ –1 cup sugar per quart. Bake until tender; pack into hot jars. Process 5 minutes in hot water bath.
	Cold Pack	Cut into 1-inch lengths. Add $\frac{1}{2}$ –1 cup sugar per quart. Mix well; let stand at least 2 hours. Pack cold into hot jars; process 10 minutes in hot water bath.
Strawberries	Hot Pack	Wash; stem. Add 1 cup sugar to each quart; let stand 2 hours. Boil 3 minutes; cover. Let stand overnight in cool place; pack cold into hot jars. Process 15 minutes in hot water bath.
Pineapple	Hot Pack	Peel; core. Cut into slices or small pieces. Add syrup made of 1 cup sugar to $1\frac{1}{2}$ cups water; simmer until tender. Pack into hot jars; cover with hot syrup. Process 30 minutes in hot water bath.
Cherries	Cold Pack	Wash, stem and pit; pack into hot jars. Cover sour cherries with syrup made of 1 cup sugar to $1\frac{1}{2}$ cups water; or sweet cherries with syrup made of 1 cup sugar to 2 or 3 of water. Process 20 minutes in hot water bath.

	Hot Pack	Wash, stem and pit; mix with $\frac{1}{2}$ to 1 cup sugar per quart. Let stand 1–2 hours; simmer 10 minutes. Pack into hot jars; process 15 minutes in hot water bath.
Apricots and Peaches	Cold Pack	Wash, peel, halve or slice. Pack into hot jars, layers overlapping, cavity side down. Cover with boiling syrup made with 1 part sugar to 1 or 2 of water. Process 20–25 minutes in hot water bath. The longer period is necessary for large fruit.
	Hot Pack	Add peaches to syrup of 1 part sugar to 1 or 2 of water; simmer 3 minutes. Pack into hot jars, layers overlapping, cavity side down. Cover with syrup in which peaches were cooked. Process 20 minutes in hot water bath.
Berries (Blue, black, huckle), raspberries	Cold Pack	Wash; drain. Pack into hot jars as lightly as possible without crushing. Cover with hot syrup made of 1 part sugar to 1–2 of water. Process 20 minutes in hot water bath.
	Hot Pack	Wash; drain. Use $\frac{1}{4}$ – $\frac{1}{2}$ cup sugar per quart berries. Place in layers with berries in a broad, shallow pan. Let stand 2 hours. Simmer 3 minutes until sugar is dissolved. Pack into hot jars. Process 5 minutes in hot water bath.
Pears	Hot Pack	Wash, pare, halve or quarter and core pears; drop into water containing 2 tablespoons salt, 2 tablespoons vinegar per gallon of

		water. Rinse; boil about 5 minutes in syrup of 1 part sugar to 2 or 3 of water. Pack in hot jars; cover with syrup in which pears were cooked. Process about 25 minutes in hot water bath.
Plums	Hot Pack	Wash and prick plums; drop into boiling syrup of 1 or 2 parts sugar to one of water. Cook two minutes; cover and let stand 20–30 minutes. Pack in hot jars. Cover with syrup; process 5 minutes in hot water bath.
	Cold Pack	Wash and prick plums; pack cold in hot jars. Cover with syrup as in hot pack; process 20 minutes in hot water bath.
Tomatoes		Wash, scald $\frac{1}{2}$ minute and drain; core, peel and quarter. Pack into hot jars. Add 1 teaspoon salt to each quart. Do not add liquid. Process 35 minutes in hot water bath. Tomatoes may also be boiled 5 minutes, poured into hot jars and processed 15 minutes in hot water bath.

CANNING VEGETABLES

Steam Pressure Processing is the only method recommended because it is the only means of providing temperatures high enough to kill botulinus bacteria. This method is not recommended for fruits because the high temperature may cause breakdown of tender fruit tissue. Because the fruits contain a large amount of natural acids which the vegetables do not, it is possible for these acids to destroy bacteria by boiling for a short time.

Asparagus: Wash; scale. Place upright in boiling water 3 minutes, with water just below tips; pack upright in jars.

Add 1 teaspoon salt for each quart. Cover with boiling water; process 40 minutes at 10 pounds pressure. Asparagus can be cut in pieces before precooking for packing.

Beets: Wash young beets, leave 2 inches stem and tap root. Cook in boiling, salted water until skins can be slipped; slip skin and trim beets. Slice, dice or leave whole. Pack in hot jars; cover with boiling water; process 40 minutes at 10 pounds pressure.

Carrots: Wash, scrape, rinse; slice, dice or leave whole. Boil 3 minutes. Pack into hot jars; add 1 teaspoon salt to each quart. Cover with boiling water. Process 25 minutes at 10 pounds pressure.

Corn, whole kernel: Shuck and clean; cut off kernels without precooking. Add 1 teaspoon salt or sugar for each quart of corn. Boil 3 minutes. Pour into hot jars; process 1 hour 25 minutes at 10 pounds pressure.

Corn, cream style: Cut off kernels and scrape cob; add 1 teaspoon salt and $2\frac{1}{2}$ cups boiling water for each quart of corn. Boil 3 minutes; pour into hot jars. Process pints only. Process 1 hour and 25 minutes at 10 pounds pressure.

Greens: Wash; discard large, tough, discolored leaves. Heat until wilted, using just enough water to prevent sticking. Pack into hot jars; loosen by cutting through pack several times with sharp knife. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 1 hour and 10 minutes at 10 pounds pressure.

Beans, Lima and Butter: Wash, shell and rinse. Boil 3–5 minutes, depending upon size. Pack into hot jars; add 1 teaspoon salt to each quart. Cover with water in which cooked. Process small beans 55 minutes and large ones 60 at 10 pounds pressure.

Beans, green, wax: Wash, string, break or cut into 2-inch pieces. Boil 5 minutes; pack into hot jars. Add 1 teaspoon salt per quart; cover with water in which cooked. Process small pods 30 minutes and large 50 minutes at 10 pounds pressure.

Peas: Use only very fresh. Wash, drain and shell. Rinse, cover with boiling water. Boil small peas 3 minutes, large

ones 5. Pour into hot jars. Add 1 teaspoon salt per quart. Process small peas 40 minutes and large ones 55 minutes at 10 pounds pressure.

Pumpkin and Squash: Use fully ripe squash; wash. Discard peel; pare. Cut into cubes; steam until tender. Scoop out pulp; add water. Pour into hot jars; add 1 teaspoon salt to each quart. Process 1 hour and 20 minutes at 10 pounds pressure. If desired, sugar and spice may be added at time of canning.

Sweet Potatoes: Use very fresh potatoes; wash. Boil or steam until skins can be rubbed off; do not prick with fork. Slice, quarter or leave whole. Pack into hot jars; cover with fresh boiling water or syrup. Process 1 hour and 30 minutes at 10 pounds pressure.

CANNING MEAT AND POULTRY

Can only meat which has been standing at least 24 hours after slaughter or poultry which has been standing at least 6 hours. Trim thoroughly to remove bone, gristle and excess fat.

Cold Pack—Pack raw meat within 1 inch from top of jar; add 1 teaspoon of salt per quart and any other desired seasoning. Do not add liquid; wipe all fat, etc. from jar top. Process in steam pressure for 1 hour and 10 minutes at 15 pounds pressure.

Hot Pack—Brown meat lightly in hot fat; pack. Add 1 teaspoon salt per quart. Process 1 hour at 15 pounds pressure.

JELLY

Pectin is a natural substance of fruit which makes the jelly become firm. Some fruits have a higher amount of this than others. If using commercial pectin, follow manufacturer's directions for its use. Fruits which do not require added pectin are tart apples, grapes, plums, crabapples, currants, blackberries, gooseberries, some raspberries, cranberries and pears. Quince, pears and ripe apples require added acid.

Fruits which require added pectin are strawberries, peaches, rhubarb, cherries, pineapple, apricots, elderberries and some raspberries.

Proportion of sugar to add will vary according to the pectin content. Generally speaking, for juice high in pectin add 3-4 cups sugar per quart of juice, those moderately high in pectin 2-2 $\frac{2}{3}$ cups per quart of juice and for juices poor in pectin 2 cups of sugar per quart.

<i>Fruit juice</i>	<i>Amount sugar to add to 1 quart</i>
Apples	2 $\frac{2}{3}$ -3 cups
Berries (Blue, black, logan)	3-4 cups
Crabapple	2 $\frac{2}{3}$ -3 cups
Currant	3-4 cups
Grapes	3-4 cups

Wash and drain sound ripe fruits; stem and, if large, cut into pieces. To soft fruits add just enough water to prevent sticking; to hard fruits add water to barely cover. Cook until soft. Drain through several layers of cheesecloth.

Cook only 1-2 quarts juice at a time; measure juice and heat to boiling. Add sugar; stir until sugar is dissolved. Boil rapidly without stirring until jelling point is reached.

To test for jelling point, dip a metal spoon into boiling syrup. Tilt spoon until juice runs out. If jelling point is reached, 2 drops of juice will run together and flake or sheet from the spoon. Range of temperature is from 220°-224° F.

Pour jelly into sterilized, drained glasses; fill jars to within $\frac{1}{4}$ inch of top. When "set," remove any bubbles from surface; cover with a thin layer of paraffin. Turn glass so that paraffin will spread evenly and touch sides. Cover with tin lids; store in a cool, dry place.

FREEZING

Almost all foods can be frozen. For best results, follow recommendations of freezer manufacturer. Other sources

of information include U. S. Department of Agriculture and state college extension services or county agents.

General Directions:

1. Use only freshest foods for freezing.
2. Prepare foods in small quantities.
3. In freezing vegetables, blanch; cool and drain quickly.
4. Scalding vegetables destroys enzymes which would spoil food, improves color, saves nutritive value and softens vegetables slightly to make packaging easier.
5. Before freezing meats, cut into size needed for cooking and serving. Boned roasts save space.
6. Handle fish very quickly.
7. In freezing cooked foods, remember that freezing does not improve their quality and that proper packaging is of utmost importance.
8. Label each item carefully with name, date, and weight.
9. Keep inventory of what goes into a freezer and what comes out of it.

CRANBERRY CONSERVE

Makes about 2 pints

- | | |
|---------------------|--------------------|
| 1 quart cranberries | 1 cup raisins |
| 2 oranges | 2½ cups sugar |
| 2 cups water | 1 cup chopped nuts |

Wash cranberries; put oranges (including skins) through food chopper. Cook in water about 20 minutes. Add raisins, sugar and cranberries. Boil to jelling stage; add nuts. Pour into hot jars. Seal at once.

FRUIT CONSERVE

Makes about twelve 6-ounce glasses

- | | |
|---|--------------------------------|
| 3 pounds plums | 4 pounds sugar |
| 1 quart diced pine-apple, canned or fresh | 2 tablespoons lemon juice |
| 1 pound raisins | 1 tablespoon grated lemon rind |
| 1 cup water or pine-apple juice | 1½ cups chopped nuts |

Wash and pit plums; cut in quarters. Combine with pineapple, raisins and water; cook about 20 minutes or until fruits are tender. Add sugar; cook slowly, stirring occasionally, until thick, about 1½ hours. Stir in lemon juice and rind; cook about ten minutes longer. Add nuts; pour into hot glasses. Seal at once.

ORANGE MARMALADE

Makes about six 8-ounce glasses

6 oranges	3 pints water
2 lemons	Sugar

Wash and peel oranges and lemons; cut peel into thinnest possible slices. Cut pulp into chunks; cover with water. Simmer 5 minutes; let stand overnight. Cook very slowly until skins are tender; cool. Measure; add 1 cup sugar for each cup of fruit and juice. Cook to jelling point. Pour into hot glasses. Seal at once.

Variation:

Citrus Marmalade: Substitute 1 orange, 1 lemon and 1 grapefruit for the fruit in orange marmalade. Use just enough water to cover.

BREAD and BUTTER PICKLES

Makes about 8 pints

6 quarts thinly sliced cucumbers (about 2 dozen)	1 teaspoon ground mace
6 onions, thinly sliced	¼ teaspoon cayenne
1 quart mild vinegar	2 teaspoons mustard seed
2 cups brown sugar	1 teaspoon tumeric
2 teaspoons celery seed	

Combine cucumbers and onions; cover with cold brine (¼ cup salt to each quart of water). Drain. Combine vinegar, sugar, celery seed, mace, cayenne, mustard seed, and tumeric; boil 3 minutes. Add drained cucumbers and onions; bring mixture to boiling point. Pack in hot jars; seal at once.

CHILI SAUCE

Makes about 5 pints

4 quarts skinned, chopped tomatoes	1 tablespoon ground cloves
1½ cups chopped onion	1 tablespoon grated nutmeg
1½ cups chopped green and red peppers	1 tablespoon ground ginger
½ cup sugar	1 tablespoon ground allspice
2 tablespoons salt	
1 quart vinegar	

Mix tomatoes, onion, peppers, sugar, salt, and vinegar; boil about 45 minutes. Add cloves, nutmeg, ginger and allspice; cook until very thick. Pour into hot jars; seal at once.

CHOPPED RAW PICKLES

Makes about 8 pints

2 quarts tomatoes	½ teaspoon ground cinnamon
⅔ cup grated horse- radish	½ teaspoon ground cloves
2 large onions	½ teaspoon ground ginger
2 cups chopped celery	½ teaspoon ground mace
2 cups chopped red peppers	1 quart vinegar
1 cup sugar	
1 teaspoon salt	
½ cup mustard seed	

Peel and chop tomatoes; add horseradish, onions, celery and peppers. Mix well; stir in sugar, salt, mustard seed, cinnamon, cloves, ginger and mace. Add vinegar; mix thoroughly. Cover; keep two weeks before using.

GREEN TOMATO PICKLES

Makes about 8 pints

4 gallons green toma- toes	1 stick cinnamon
4 quarts onions	1 teaspoon ground mace
2 cups salt	½ cup whole pepper- corns
5 pounds brown sugar	2 tablespoons mustard seed
3 quarts vinegar	
9 green peppers	
1 teaspoon ground cloves	

Wash and slice tomatoes; peel and slice onions. Mix, sprinkle salt over top. Let stand overnight; drain. Mix sugar, vinegar, peppers, cloves, cinnamon, mace, peppercorns and mustard seed; boil five minutes. Cool slightly; add tomatoes and onions. Simmer 20 minutes. Pack in hot jars; seal.

MIXED SWEET PICKLES

Makes about 10 pints

2 quarts green tomatoes	2 cups sugar
3 green peppers	1½ quarts vinegar
3 red peppers	1 teaspoon whole cloves
1 quart tiny white onions	2 inch sticks cinnamon
1 quart sliced small cucumbers	2 bay leaves

Wash and stem tomatoes; slice very thin. Wash and cut peppers into strips; remove all white membrane and seed. Peel onions. Combine tomatoes, peppers, onions and cucumbers; cover with brine (¼ cup salt to 1 quart water). Let stand overnight; drain. Rinse with clear water. Add sugar, vinegar, cloves, cinnamon and bay leaves (the last 3 ingredients in small piece cheesecloth for easier removal). Simmer 10 minutes; drain thoroughly. Pack in hot jars; cook drained syrup until thick. Pour hot over pickles; seal.

MUSTARD PICKLES

Makes about 12 pints

24 small cucumbers	¾ cup all-purpose flour
6 green peppers	1 cup sugar
2 quarts green tomatoes	2 tablespoons dry mustard
2 small heads cauliflower	2 tablespoons tumeric
1 quart small onions	3½ quarts vinegar

Wash all vegetables; slice cucumbers and peppers. Cut tomatoes into quarters, cauliflower into flowerets, and leave onions whole. Let stand overnight in cold brine (¼ cup

salt to each quart water). Rinse and drain. Blend flour, sugar, mustard and tumeric with 2 cups of the vinegar; stir into remaining vinegar which has been brought to boiling point. Cook 20 minutes, stirring constantly. Add vegetables; simmer until vegetables are hot. Remove from heat; pack into hot jars, process 10 minutes.

RUMMAGE PICKLES

Makes about 8 pints

1 quart chopped ripe tomatoes	1½ cups chopped red peppers
2 quarts chopped green tomatoes	1½ cups chopped green peppers
1½ cups chopped onion	½ cup salt
1½ cups chopped cucumber	6 cups vinegar
2 cups chopped celery	2 pounds brown sugar
1 quart chopped cabbage	1 teaspoon dry mustard

Combine tomatoes, onion, cucumber, celery, cabbage and peppers; sprinkle with salt. Let stand overnight; drain. Add vinegar, sugar and mustard; simmer about 1 hour. Pack into hot jars; seal at once.

TOMATO CATSUP

Makes about 4 pints

8 quarts sliced ripe tomatoes	1 tablespoon dry mustard
1 cup sliced onions	1 tablespoon whole allspice
1 quart vinegar	1 tablespoon whole cloves
1 cup light brown sugar	
3 tablespoons salt	
1 teaspoon cayenne	

Combine tomatoes, onions and vinegar; cook about 30 minutes. Press through sieve; add sugar, salt, cayenne, mustard, allspice, and cloves. Boil, uncovered, about 30 minutes or until very thick, stirring occasionally. Strain into hot jars; cover. Process 30 minutes; adjust seal.

PICKLED PEACHES

Makes about 6 pints

- | | |
|----------------------------|--------------------------------------|
| 2 pounds brown sugar | 2 tablespoons whole |
| 3 cups mild vinegar | cloves |
| 3 one-inch cinnamon sticks | 4 quarts peeled, pitted peach halves |

Cook sugar, vinegar, cinnamon and cloves about 15 minutes; add peaches a few at a time. Cook until tender. Pack in hot jars; pour syrup over to $\frac{1}{2}$ inch of top. Seal.

SPICED PEARS

Makes about 5 quarts

- | | |
|--------------------------|-------------------------------|
| 8 pounds pears | 2 tablespoons whole |
| Water | cloves |
| 4 pounds sugar | 2 tablespoons whole all-spice |
| 1 quart mild vinegar | 2 teaspoons ground ginger |
| 6 2-inch sticks cinnamon | |

Wash, pare, quarter, and core pears; cover with water. Boil ten minutes. Drain; retain juice. Combine sugar and vinegar. Tie cinnamon, cloves, allspice and ginger loosely in a cheesecloth bag. Put in sugar and vinegar mixture; add pear juice. Boil for 5 minutes; add pears. Simmer until pears are tender; let stand overnight. Remove spice bag; drain pears. Bring syrup to boiling point; pack pears in hot jars. Pour syrup over; cover. Process 30 minutes; adjust seal.

SPICED GRAPES

Makes about 6 quarts

- | | |
|------------------------|---------------------|
| 8 pounds grapes | 1 tablespoon ground |
| 1 quart mild vinegar | cloves |
| 6 inch-sticks cinnamon | 4 pounds sugar |

Wash grapes; separate skins from pulp. Cook pulp until soft with vinegar, cinnamon and cloves. Press through fine sieve; add grape skins. Bring to boiling point; add sugar. Simmer, stirring frequently, until thick. Pour into hot glasses; seal at once.

MINCE MEAT

Makes about 4 quarts*

3½ cups currants	2 cups sugar
3½ cups seedless raisins	1 tablespoon salt
5 cups chopped beef suet	1 teaspoon ground cinnamon
¾ cup candied, chopped orange peel	1 teaspoon ground cloves
¾ cup candied, chopped citron	1 teaspoon ground mace
2 quarts chopped apples	1 cup Brandy, grape juice, or cranberry juice
3 teaspoons grated lemon rind	

Mix currants, raisins, suet, peel, citron, apples, rind, sugar, salt, cinnamon, cloves and mace; mix in Brandy. Cover; cook slowly 1 hour. Pack into hot sterilized jars; process 30 minutes at 10 pounds pressure. Cool; seal. Store in cool place.

* Sufficient for four 9-inch pies.

BLACKBERRY CORDIAL

Makes about 2 quarts

2 quarts blackberry juice*	1 tablespoon ground cloves
3 cups sugar	1 tablespoon ground allspice
1 tablespoon ground cinnamon	1 tablespoon grated nutmeg

Combine juice, sugar, cinnamon, cloves, allspice, and nutmeg; bring to boiling point. Boil 15 minutes; pour into hot jars. Seal at once.

* Crush fruit; simmer until juice flows freely. Strain through several thicknesses cheesecloth or a jelly bag.

GRAPE JUICE

Makes about 2 quarts

2 quarts grape juice*

1 cup sugar

Combine juice and sugar, bring to boiling point. Pour into hot jars; process 30 minutes.

* Crush grapes; simmer until juice flows freely. Strain through several layers of cheesecloth or through a jelly bag; let stand in a cool place about two hours. Pour off juice without disturbing sediment at bottom.

RASPBERRY SHRUB

Makes about 3 quarts

2 quarts vinegar

Sugar

**4 quarts raspberries,
crushed**

Pour vinegar over raspberries; let stand 24 hours. Strain through several thicknesses of cheesecloth or a jelly bag; simmer. Measure; add 2 cups sugar for each pint of liquid. Boil 5 minutes; pour into hot bottles. Seal.

SANDWICHES



About the most versatile item in weekly menu making is the sandwich. Sandwich making is a daily ritual for the school and office lunch boxes. Keep a varied supply of ingredients on hand to make this type of lunch more interesting. Vary the breads used to include whole grain, white, brown or raisin. Vary the fillings to include fish, cheese, meat, vegetable or peanut butter. A good sandwich uses fresh bread and a flavorful, nutritious filling. Suggestions to make this part of your homemaking easier follow:

1. Plan sandwiches a week ahead.
2. Keep jars of fillings made ahead and stored in refrigerator.
3. Use soft butter or margarine.
4. Wrap lettuce separately in waxed paper to keep it crisp.
5. Do not remove crusts unless making fancy sandwiches.
6. In making fancy sandwiches, buy long (Pullman) unsliced loaves of bread; be certain it is very fresh if rolled sandwiches are to be made. Cut crusts from the loaf before slicing; save the crusts for use in cooking.
7. Spread the filling for hearty sandwiches very generously; for tea sandwiches, very thin.
8. If sandwiches are left over, spread the outside of the sandwich with butter or margarine; place under a broiler, turning to brown both sides.
9. All varieties of bread will freeze satisfactorily; therefore, make up a quantity of sandwiches at one time. Label and freeze them. They will thaw within an hour. However, do not attempt to freeze sandwiches containing any of the fol-

lowing ingredients: mayonnaise, hard-cooked eggs, lettuce or tomatoes. The best fillings are peanut butter, sliced meat, fish or chicken.

Ribbon Sandwiches: Remove crusts from loaf of day-old bread; cut lengthwise into 4 slices. Spread 3 slices with any desired fillings; top with remaining slice. Wrap tightly in waxed paper then in a damp towel; chill. Cut into slices $\frac{1}{4}$ inch thick. If loaf is to be served at a table, frost it unsliced with a mixture of three 3-ounce packages cream cheese and $\frac{1}{4}$ cup cream.

Pin Wheel Sandwiches: Remove crusts from loaf of very fresh unsliced bread; slice into very thin slices lengthwise. Spread with any smooth canapé spread. If desired, place a row of parsley, watercress or stuffed olives across slice before starting to roll. Roll each slice firmly as for jelly roll. Wrap, seam side down, in waxed paper then in a damp towel; chill. Cut into thin slices.

Sandwich Rolls: Remove crusts from slices of very fresh bread. Spread with any smooth canapé spread. Roll each slice firmly and fasten with a toothpick; wrap, seam side down, in waxed paper. Cover with damp towel; chill. Remove picks before serving. Rolls may be brushed with melted butter or margarine and toasted before serving.

CANAPÉ SPREADS

Sufficient for about 3 dozen canapés

To $\frac{1}{2}$ cup softened butter or margarine, add ingredients listed under any one of the following. Cream until of spreading consistency; spread on canapé bases (plain or toasted bread, crackers, potato chips, etc.); garnish.

Anchovy: 2 tablespoons anchovy paste, 1 teaspoon lemon juice.

Herb: $\frac{1}{4}$ cup minced chives, parsley or mint, 1 teaspoon lemon juice.

Cheese: $\frac{1}{4}$ cup soft snappy cheese, 1 teaspoon prepared mustard.

Shrimp: 1 cup finely chopped shrimp (or lobster or crabmeat), $\frac{1}{2}$ teaspoon lemon juice.

Parsley Onion: $\frac{1}{4}$ cup minced parsley, 2 teaspoons onion juice.

Olive: $\frac{1}{4}$ cup finely chopped olives, plain or stuffed.

Pimiento: 3 tablespoons sieved pimiento.

Monaco: $\frac{1}{4}$ cup cooked minced salmon or shrimp; 2 hard-cooked, sieved egg yolks.

BAKED BEAN SANDWICHES

Makes 8

1½ cups hot, mashed
baked beans
2 tablespoons chili
sauce
1 teaspoon prepared
mustard

16 slices buttered
Boston Brown
bread
8 slices cooked bacon,
halved

Blend thoroughly beans, chili sauce and mustard; spread on 8 slices brown bread. Top each with bacon and remaining brown bread. Serve two sandwiches per person.

CHEESE and GREEN PEPPER SANDWICHES

Makes 4

2 green peppers
8 ounces sharp cheese
1 teaspoon prepared
mustard

2 tablespoons butter
8 slices white bread

Wash and remove seeds from peppers; put with cheese through a food chopper. Blend in mustard. Spread butter and cheese mixture on bread; put two slices together. Toast both sides brown under broiler; serve very hot.

CLUB SANDWICHES

Makes 4

12 slices buttered toast
4 slices chicken
8 slices cooked bacon
12 thin slices tomato

4 leaves lettuce
2 tablespoons mayon-
naise

Place chicken slices on 4 slices of toast; sprinkle lightly with salt and pepper. Top each with another slice of toast.

Place bacon, tomato slices, and lettuce on top; spread with mayonnaise. Top with remaining toast; fasten layers together with toothpicks; cut in triangles. For a junior club sandwich, omit the center slice of toast.

CREAM CHEESE and GINGER SANDWICHES

Makes 4

- | | |
|---|----------------------------------|
| 1 package (3 ounces)
cream cheese | 1 teaspoon grated orange
rind |
| 3 tablespoons candied
finely chopped
ginger | 2 tablespoons butter |
| | 8 large slices nut bread |

Blend thoroughly cheese, ginger and orange rind; spread butter and cheese mixture on bread. Put two slices together.

CUCUMBER SANDWICHES

Makes 4

- | | |
|-----------------------------|-------------------------------|
| 2 medium cucumbers | $\frac{1}{3}$ cup mayonnaise |
| 1 teaspoon onion juice | 2 tablespoons butter |
| $\frac{1}{4}$ teaspoon salt | 8 slices whole wheat
bread |

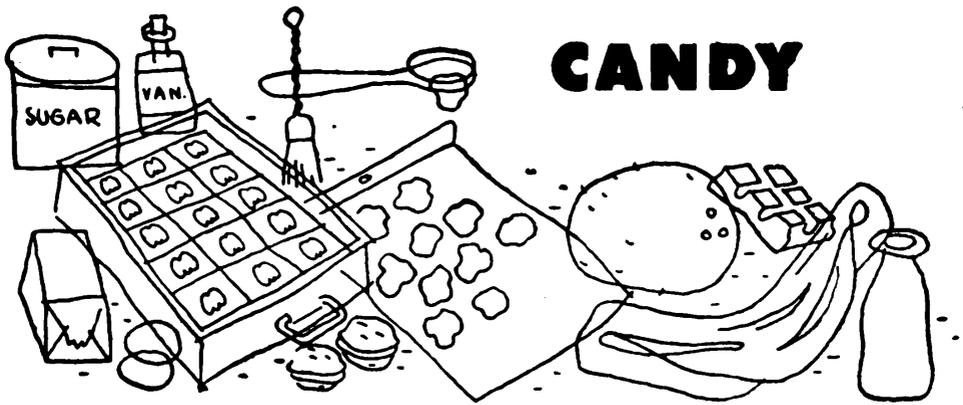
Peel and finely chop cucumbers; press water out. Add onion juice, salt and mayonnaise. Spread butter and cucumber mixture on bread. Serve immediately.

DATE SANDWICHES

Makes 4

- | | |
|----------------------------------|--|
| $\frac{1}{2}$ cup dates | 3 tablespoons heavy
cream or evapo-
rated milk |
| 1 cup shredded coconut | 2 tablespoons butter |
| 2 tablespoons honey | 8 slices white bread |
| 1 teaspoon grated
orange rind | |

Put dates and coconut through food chopper; blend in honey, rind and cream. Spread butter and date mixture on bread; put two slices together.



CANDY

Homemade candy is an American standby. Following a few simple guides conscientiously, anyone can make good fudge or any other homemade candy. A candy thermometer is not too expensive and removes all the guess-work. The cold water test is satisfactory with experience but not always consistent. If using the cold water test, always remove the syrup from the heat while testing. Drop about 1 teaspoon of the syrup into a cup of cold water then test as follows:

<i>Stage</i>		<i>Temperature Reading</i>
Soft ball	Syrup can be shaped into soft ball; will flatten when removed from water.	234° F.-240° F.
Firm ball	Syrup can be shaped into soft ball without much effort; will hold shape out of water.	242° F.-248° F.
Very firm ball	Syrup will form a very firm ball which is chewy.	250° F.-256° F.
Hard ball	Definite hard ball formed.	260° F.-270° F.
Soft Crack	Syrup will form brittle threads.	275° F.-300° F.
Hard Crack	Syrup will hiss when it hits water.	310° F.

In using a thermometer, put it in the syrup before starting to cook; have bulb completely covered. Do not let bulb

rest on bottom of pan. Read temperature at eye level. Cool thermometer before washing.

BUTTERSCOTCH

Makes about 1½ pounds

3 cups sugar	6 tablespoons butter
¾ cup light corn syrup	or margarine
1½ cups water	2 teaspoons vanilla extract

Combine sugar, syrup and water; stir to dissolve sugar. Cook, *without stirring*, to 275° F. or until a small amount dropped in cold water forms brittle threads. Add butter; cook to 295° F. or until a small amount dropped in cold water forms very brittle threads. Remove from heat; add vanilla. Drop by spoonfuls into individual rounds or greased surface or into greased pan. Cool; mark into squares if in pan and break apart when cold.

Variation:

Marshmallow kisses: Brush loose sugar from marshmallows; dip, one at a time, into hot butterscotch. Drain lightly; place on greased surface. Makes about 32.

CARAMELS

Makes about 1 pound

1 cup sugar	2 tablespoons butter or
1 cup light corn syrup	margarine
¾ cup light cream or	1 teaspoon vanilla extract
evaporated milk	

Combine sugar, corn syrup, cream, and the butter; cook over low heat, stirring constantly, to 250° F. or until a small amount dropped in cold water will form a firm but not brittle ball. Remove from heat; add vanilla, stirring only enough to blend. Pour to a depth of ¾ of an inch in a lightly greased pan. Cool; turn out of pan uncut. Cut into ¾ inch squares. Wrap each in waxed paper or cellophane.

Variations:

Chocolate Caramels: Substitute light molasses for the corn syrup; add 4 squares (ounces) unsweetened chocolate to mixture before cooking.

Pecan Slices: Shape slightly cooled vanilla or chocolate caramel into a long roll; press 1 cup chopped pecans into surface. Cool; cut into $\frac{1}{2}$ inch slices.

CHOCOLATE FUDGE

Makes about $1\frac{1}{2}$ pounds

3 cups sugar	$\frac{3}{4}$ cup milk
2 tablespoons light corn syrup	3 tablespoons butter or margarine
3 squares (ounces) unsweetened chocolate	1 teaspoon vanilla extract
	1 cup chopped nuts

Combine sugar, corn syrup, chocolate and milk; stir over low heat until sugar is dissolved. Cool stirring frequently, to 238° F. or until a few drops put in cold water form a soft ball. Remove from heat; drop in butter. Do not stir. Cool, *without stirring*, to lukewarm (110° F.). Add vanilla and nuts; beat steadily until creamy and Fudge loses its gloss or until a small amount dropped from a spoon will hold its shape. Pour into lightly greased pan to depth of $\frac{3}{4}$ inch. Cool; turn out of pan uncut. Cut into squares.

CHOCOLATE NUT CLUSTERS

Makes about 1 pound

8 ounces milk chocolate or chocolate bits	2 cups chopped nuts
	$\frac{1}{8}$ teaspoon salt

Melt chocolate over hot water; stir in nuts and salt. Drop from teaspoon onto waxed paper; cool.

COCONUT FUDGE

Makes about $1\frac{1}{4}$ pounds

2 cups sugar	1 teaspoon vanilla extract
$\frac{3}{4}$ cup milk	
1 tablespoon butter or margarine	$\frac{2}{3}$ cup shredded coconut

Combine sugar and milk; stir over low heat until sugar is dissolved. Cook, without stirring, to 238° F. or until a small amount dropped into cold water forms a soft ball. Remove from heat; drop in butter. Do not stir; cool to lukewarm (110° F.). Add vanilla; beat until creamy and Fudge loses its gloss or until a small amount dropped from a spoon will hold its shape. Stir in coconut; pour into lightly greased pan to depth of $\frac{3}{4}$ inch. Cool; turn out of pan uncut. Cut into squares.

GLACÉ SYRUP

2 cups sugar	$\frac{1}{8}$ teaspoon cream of tartar
$\frac{2}{3}$ cup boiling water	

Combine sugar, water and cream of tartar; stir over low heat until sugar is dissolved. Cook without stirring to 300° F. or until a small amount dropped into cold water forms brittle threads. Remove from heat; place over pan of hot water. Use as indicated below.

GLACÉED NUTS and FRUITS

Dip whole or half nut meats, small pieces of candied, dried or fresh fruits, etc., with a fork one at a time, into syrup. Cover pieces completely; remove excess syrup by draining lightly. Dip juicy fruits just before using; take care not to pierce fruit with tines of fork. Left over syrup may be poured into greased pan and cut into squares when cool.

JELLIED SQUARES

Makes about 2 pounds

4 envelopes (4 table- spoons) unflav- ored gelatin	$1\frac{1}{2}$ cups boiling water
1 cup cold water	1 teaspoon ground cinnamon
4 cups sugar	$\frac{1}{2}$ teaspoon pepper- mint extract
$\frac{1}{4}$ teaspoon salt	

Soften gelatin in cold water; combine sugar, salt and boiling water. Bring to boiling point; stir into gelatin mixture. Stir until gelatin is dissolved; boil slowly for 15 minutes.

Remove from heat; divide into two portions. Add cinnamon and red food coloring to one portion, peppermint extract and green food coloring to the other. Pour into pans 8 x 8 x 2 inches which have been rinsed in cold water; let stand at least 12 hours. Turn onto a board covered with confectioners sugar; cut into cubes. Roll in confectioners sugar.

MAPLE KISSES

Makes about 1 pound

2 cups sugar	1 teaspoon vanilla extract
$\frac{2}{3}$ cup maple syrup	
$\frac{3}{4}$ cup water	$\frac{3}{4}$ cup chopped nuts

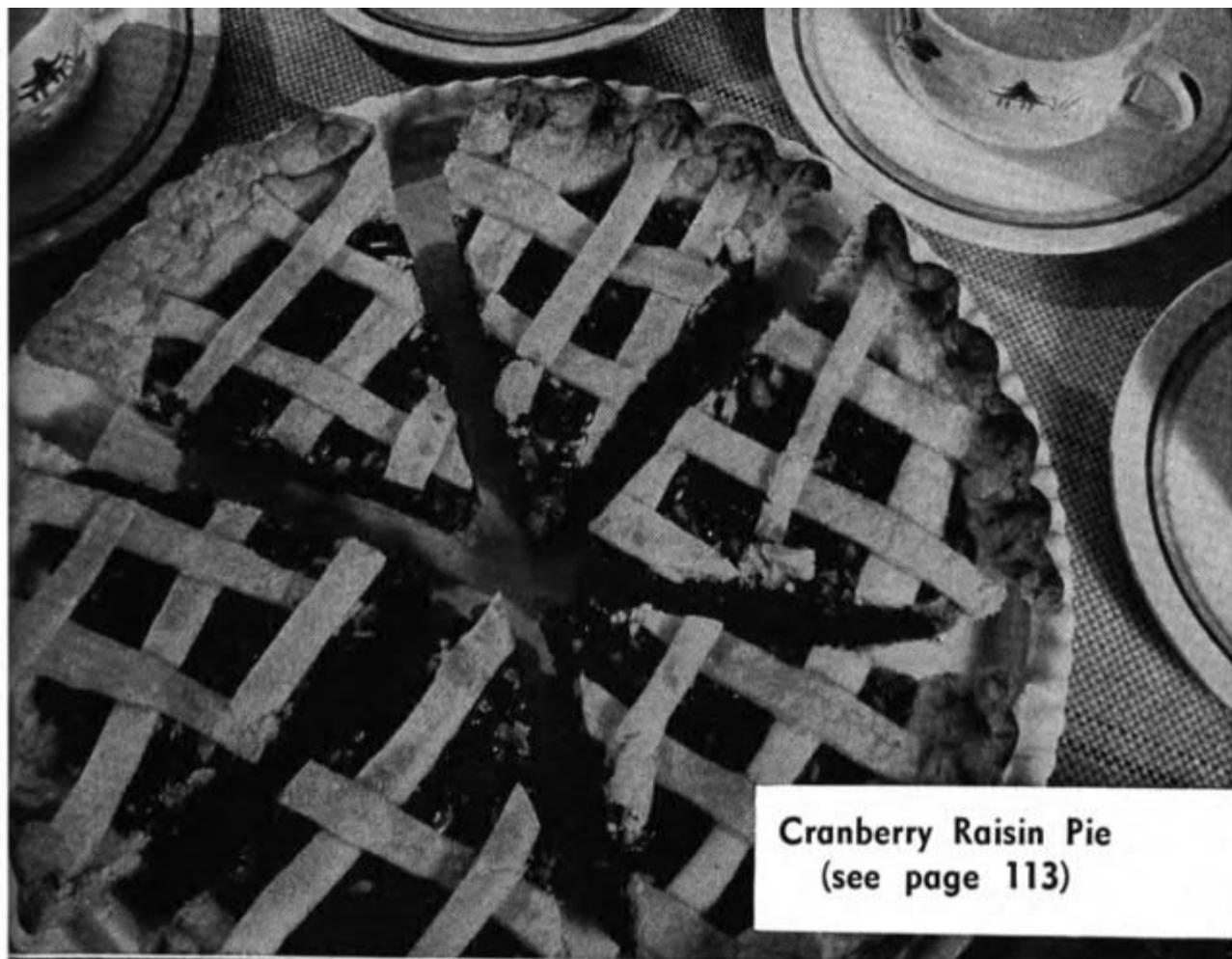
Combine sugar, syrup and water; stir just until sugar is dissolved. Cook, without stirring, to 238° F. or until a small amount dropped into cold water forms a soft ball. Remove from heat; cool to lukewarm (110° F.). Beat until creamy; stir in vanilla and nuts. Drop from teaspoon onto greased surface; cool.

MOLASSES TAFFY

Makes about 1 pound

1 cup sugar	1½ teaspoons vinegar
2 cups molasses	2 tablespoons butter or margarine
$\frac{1}{2}$ cup water	

Combine sugar, molasses, water and vinegar; stir over low heat until sugar is dissolved. Boil to 240° F. or until a small amount forms a soft ball in cold water. Add butter; cook to 265° F. or until a small amount forms a hard ball in cold water. Stir frequently. Remove from heat; pour into a greased pan. Cool until mixture can be handled; stretch and pull until very light. Greasing or dusting hands with powdered sugar makes it easier to handle taffy. Taffy should become glossy and porous as it is pulled. If it becomes too hard to handle, soften over heat. Stretch the taffy into a long rope; cut into small pieces. Wrap in waxed paper or cellophane. If desired, peppermint extract may be added after taking taffy from heat.

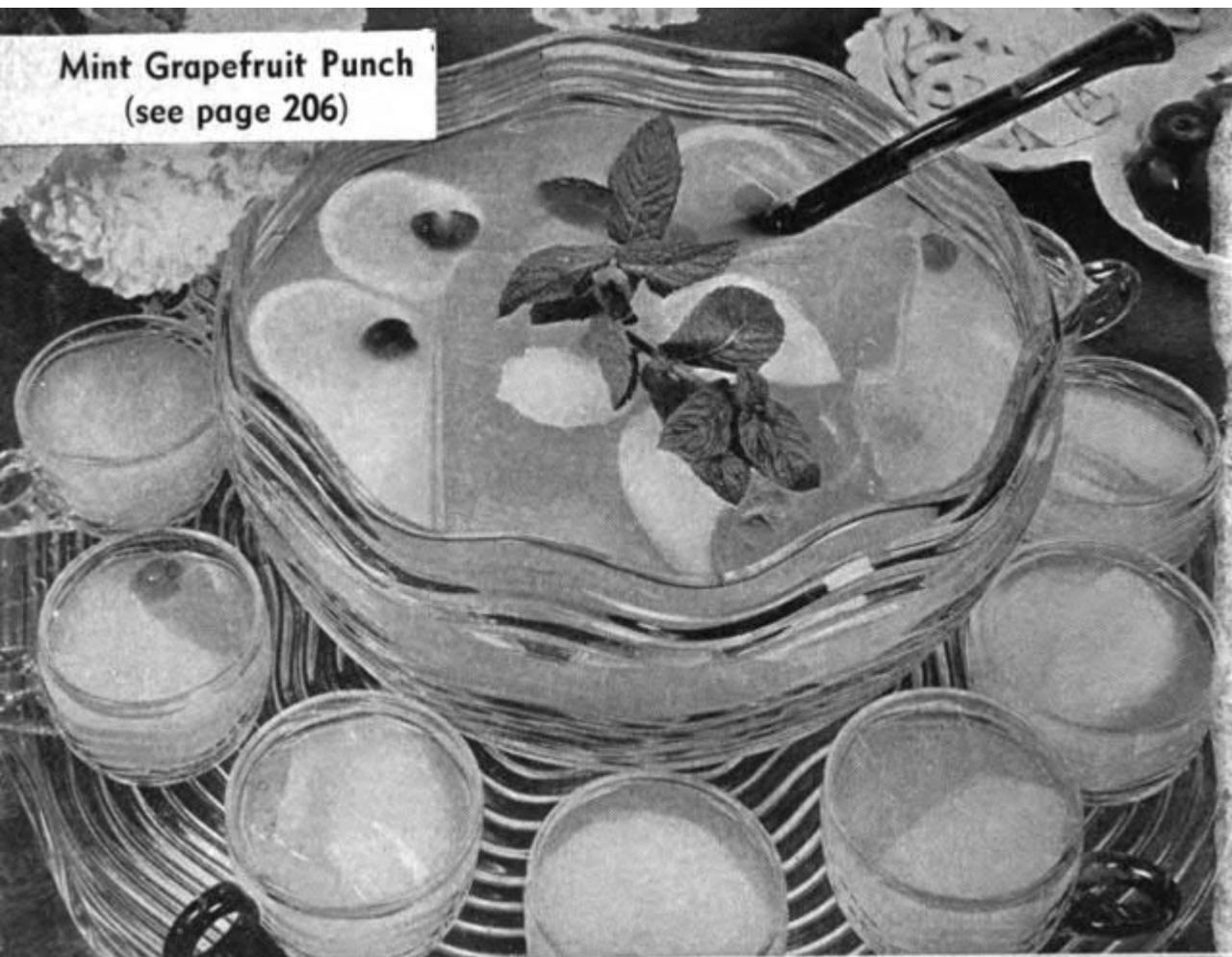


Cranberry Raisin Pie
(see page 113)



Rumford Cookies
(see page 164)

Mint Grapefruit Punch
(see page 206)



Rumford Shortcakes (see
Rumford Biscuit for Shortcake)
(see page 119)

PEANUT BRITTLE

Makes about 1 pound

2 cups sugar	1 cup chopped peanuts
2 teaspoons butter or margarine	

Caramelize sugar in a heavy skillet over low heat; stir constantly until melted and lightly browned. Remove from heat; add butter. Sprinkle peanuts evenly in a shallow, greased pan. Pour syrup over nuts; cool. When cold, break into pieces.

PENUCHE

Makes about 1 pound

2 cups light brown sugar	$\frac{3}{4}$ cup milk
2 tablespoons butter or margarine	$\frac{2}{3}$ cup chopped walnuts

Combine sugar, butter and milk; stir over low heat until sugar is melted. Cook, stirring frequently, to 234° F. or until a few drops put in cold water form a soft ball. (If mixture should curdle, it will become smooth in beating.) Remove from heat; cool, *without stirring*, to lukewarm (110° F.). Beat steadily until creamy and Penuche loses its gloss, or until a small amount dropped from a spoon will hold its shape. Add nuts; pour immediately into lightly greased pan to depth of $\frac{3}{4}$ inch. Cool; turn out of pan uncut. Cut into squares.

SEA FOAM

Makes about 1 pound

3 cups dark brown sugar	1 teaspoon vanilla extract
1 cup water	
1 tablespoon vinegar	1 cup chopped nuts
2 egg whites	

Combine sugar, water and vinegar; stir over low heat until sugar dissolves. Cook, without stirring, to 250° F. or until a small amount dropped in cold water forms a very firm but not brittle ball. Slowly pour over stiffly beaten egg whites,

beating constantly with rotary beater until creamy; add vanilla. Beat until mixture holds its shape; add nuts. Drop from teaspoon onto greased surface or wax paper. If desired, pour into greased pan to depth of $\frac{3}{4}$ inch. Cool; turn from pan uncut. Cut into squares.

BEVERAGES



Each fragrant hot cup of coffee, tall glass of milk or sparkling fruit juice has an important role and may help to round out a well-balanced diet. For the most successful drinks, use quality ingredients and serve the beverage at the proper temperature—either piping hot or chilled.

Following certain guides, good coffee should not be difficult to make. Essentials for making good coffee follow:

1. Thoroughly clean coffee pot.
2. Use correct grind, freshly ground, for type of pot being used.
3. Use two level or one heaping tablespoon coffee for each standard measuring cup of water; amount of coffee can be varied to suit individual tastes.
4. Follow manufacturer's directions in use of coffee pot.
5. Use fresh water.
6. Never let coffee boil.
7. Serve coffee at once.

"Boiled" Coffee:

Place measured coffee and water (hot or cold) into pan; place over heat and bring just to boiling point; stir occasionally. Remove from heat; add about 2 tablespoons cold water to settle grounds. Strain through fine cheesecloth; serve immediately.

Drip Coffee:

Place measured drip grind coffee into correct compartment; pour freshly boiling water into water compartment.

Keep over low heat until water has dripped through; remove container with grounds. Let coffee stand a few minutes before serving.

Percolator Coffee:

Place measured percolator grind coffee into correct compartment; follow manufacturer's directions for type of water to add (hot or cold). Let percolate 5–10 minutes or according to strength desired.

Vacuum-type Coffee:

Follow manufacturer's directions explicitly; general directions cannot yield satisfactory results.

Demi-Tasse:

Prepare coffee by any desired method, using half again as much coffee. Serve black in demi-tasse cups with or without sugar.

Café au Lait:

Prepare coffee as for demi-tasse; heat same amount milk to scalding point. Pour equal amounts of each simultaneously into cups.

Iced Coffee:

Prepare coffee by any desired method, using half again as much coffee. Pour it, hot, over ice cubes or cracked ice in tall glasses. If compartment for coffee will not hold all the coffee, use half as much water with the regular amount of coffee in brewing the coffee.

Iced coffee may also be made by preparing coffee by any desired method, then cooling at room temperature. Pour into glasses of ice cubes or cracked ice. Pour left-over coffee into ice cube tray of mechanical refrigerator. Freeze solid. Use in iced coffee (prepared by the latter method) instead of ice cubes.

Iced coffee may also be made by using instant coffee powders according to manufacturer's directions.

TEA

Essentials for making good tea—tea that has full-bodied flavor and is sparkling clear:

1. Use a clean, hot, earthenware, glass or porcelain container.

2. Use freshly boiling water.

3. Put 3 teaspoons (level) tea leaves for 2 standard measuring cups of boiling water in pot; add water. Let steep in a warm place 3–5 minutes. Or use 1 full teaspoon tea leaves or 1 tea bag for each cup served. If a weaker tea is desired, add hot water. Strain; serve with lemon, cream or milk, and sugar.

Iced Tea:

Prepare hot tea as above. Pour over ice cubes or cracked ice in tall glasses. Serve with lemon slices and sprigs of mint.

Iced tea can also be prepared by cooling hot tea prepared regular strength to room temperature at room temperature. Pour over ice cubes or cracked ice in tall glasses.

MILK, CHOCOLATE and COCOA DRINKS

Most nourishing of all are the popular milk and chocolate beverages which can be served with or in-between meals.

EGGNOG

Makes 6 servings

2 eggs

2 tablespoons sugar

2 cups milk

2 tablespoons Wine (optional)

Beat egg whites until stiff but not dry. Beat egg yolks; add sugar and milk. Add Wine; blend thoroughly. Fold in egg whites. Pour into cups or glasses; sprinkle nutmeg on top.

Variation:

Chocolate Egnog: Substitute chocolate syrup for the sugar.

HOT CHOCOLATE

Makes 6 servings

3 squares (ounces) un-sweetened chocolate	$\frac{1}{8}$ teaspoon salt
$\frac{1}{4}$ cup sugar	$1\frac{1}{2}$ cups water
	$4\frac{1}{2}$ cups milk

Melt chocolate over hot water; stir in sugar and salt. Gradually stir in water. Place over direct heat; boil 3 minutes, stirring constantly. Add milk; heat to boiling point. Beat until frothy with rotary egg beater; top with whipped cream or a marshmallow.

HOT COCOA

Makes 6 servings

6 tablespoons dry cocoa	$1\frac{1}{2}$ cups water
$\frac{1}{4}$ cup sugar	$4\frac{1}{2}$ cups milk
$\frac{1}{8}$ teaspoon salt	

Combine cocoa, sugar, salt and water; place over low heat. Boil, stirring constantly, 3 minutes. Add milk; heat to boiling point. Beat until frothy with rotary egg beater; top with whipped cream or a marshmallow.

ICED CHOCOLATE MOCHA

Makes 6 servings

2 squares (ounces) un-sweetened chocolate	$\frac{1}{8}$ teaspoon salt
1 cup hot strong coffee	3 cups milk
3 tablespoons sugar	1 teaspoon vanilla extract

Place chocolate, coffee, sugar and salt over hot water; stir until chocolate is melted and sugar dissolved. Place over direct heat; boil 3 minutes, stirring constantly. Remove from heat; add milk. Beat until frothy with rotary egg beater, cool. Add vanilla; chill. Pour over chopped ice in small glasses; top with whipped cream.

MILK SHAKE

Makes 6 servings

1½ quarts milk
¾ cup chocolate syrup, fruit juice, malted milk powder,
mashed banana, etc.

Combine milk and syrup; shake or beat until thoroughly blended. Pour into glasses; garnish as desired.

FRUIT DRINKS

Directions for making fruit drinks do not have to be followed too carefully; juices may be varied for flavor and color at will. Generally, 1 measuring cup is sufficient for small glasses or punch cups.

Left-over fruit juices can be utilized very satisfactorily. They can be frozen in ice cube trays and used in place of ice cubes. Ice cubes can be made attractive by placing cherries, mint leaves, etc. in the tray units before freezing.

Carbonated water and ginger ale can be added to any fruit drink just before serving to give an added sparkle.

CRANBERRY ADE

Makes 14 servings

4 cups cranberry juice or cranberry juice cocktail	1/3 cup lemon juice 1 cup pineapple juice 1 cup water Ice or ice cubes
1 cup orange juice	

Mix cranberry, orange, lemon and pineapple juices and water; chill thoroughly. Pour into punch bowl or pitchers over ice or ice cubes.

FRUIT PUNCH

Makes 36 servings

1 pint grapefruit juice	1 cup lemon juice
1 pint orange juice	1½ cups sugar syrup
1 pint grape juice	Ice or ice cubes
1 pint pineapple juice	2 quarts gingerale

Combine grapefruit, orange, grape, pineapple and lemon juices; add sugar syrup. Pour into punch bowl or pitchers

over ice or ice cubes. Add gingerale just before serving. Mix well.

MINT-GRAPEFRUIT PUNCH

Makes 10 servings

- | | |
|--|-------------------------|
| 1 cup sugar | 1 cup orange juice |
| 2 cups water | ½ cup lemon juice |
| Thinly peeled rind
of 2 oranges | 2 cups grapefruit juice |
| 2 cups chopped fresh
mint (1 bunch) | Ice or ice cubes |

Combine sugar and water; bring to boiling point. Boil 5 minutes; pour over orange peel and mint. Cool; chill. Strain; add orange, lemon and grapefruit juices. Chill thoroughly; pour into punch bowl or pitchers over ice or ice cubes.

LEMONADE

Makes 5 servings

- | | |
|---------------------|------------------|
| ⅔ cup lemon juice | 1½ cups water |
| 3 tablespoons sugar | Ice or ice cubes |

Mix lemon juice, sugar and water, stir until sugar is dissolved. Pour into glasses over ice or ice cubes.

LIME-LEMON COOLER

Makes 6 servings

- | | |
|-------------------|-----------------------------|
| 1 cup sugar syrup | Ice or ice cubes |
| ½ cup lemon juice | 1 quart carbonated
water |
| ¾ cup lime juice | |

Combine syrup, lemon juice and lime juice; pour into glasses over ice or ice cubes. Fill glasses with carbonated water; stir. Serve immediately.

MULLED CIDER

Makes 6 servings

- | | |
|-----------------------------|--------------------------------|
| 1½ quarts sweet cider | ¾ teaspoon whole all-
spice |
| ½ cup brown sugar | ¾ teaspoon whole
cloves |
| 3 inch sticks cinna-
mon | |

Combine cider, sugar, cinnamon, allspice and cloves; bring to boiling point. Strain. Serve hot in cups or mugs.

SUGAR SYRUP

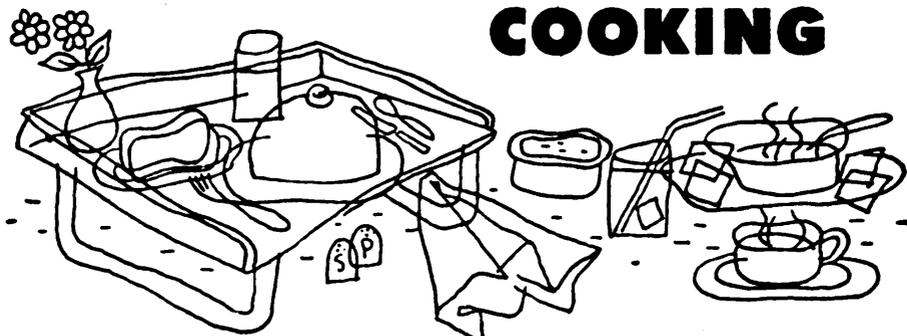
Makes 1½ cups

1½ cups sugar

1½ cups water

Combine sugar and water; stir over heat until sugar is dissolved. Boil about 7 minutes without stirring; cool. Cover; refrigerate. Use for sweetening fruit drinks, since syrup dissolves more readily than plain sugar.

CONVALESCENT COOKING



For the patient who is able to eat a regular diet, the chief concern seems to be maintaining variety in meals served and serving them on time. There is always room for catering just a little to special food likes.

The patient whose diet is somewhat restricted must have more attention paid to his food and tray. The food should be served attractively and in small portions. Create interest in the tray by serving the meal in courses; put a flower or toy on the tray. Always remove the tray as soon as the patient is through with it. Many of the recipes in this book can be adapted to food trays for the convalescent, with respect, of course, to the doctor's orders. Other recipes more pertinent to this type of cooking are included in this chapter.

BARLEY WATER

Makes 6 servings

3 tablespoons pearl
barley

1½ quarts cold water
½ teaspoon salt

Soak barley in water overnight; add salt. Boil 5 minutes; simmer 4 hours. Strain through very fine sieve; serve hot or cold.

BEEF JUICE

Makes 6 servings

3 pounds lean round steak, cut 1-inch thick

Panbroil meat about 3 minutes; cut into cubes. Sprinkle with salt; press out all juice using potato ricer, orange

squeezer or meat press. Serve cold, or heat carefully over hot water (150° F.) until lukewarm, stirring to prevent overheating and coagulation of meat protein.

BEEF TEA

Makes 6 servings

2 pounds lean round
steak

1 quart cold water
1 teaspoon salt

Cut meat into small pieces; chop or grind. Place in container; add water. Cover; let stand 30 minutes to 1 hour. Place on rack in pan of cold water; heat slowly until water is little more than lukewarm (145° F.). Hold at this temperature for 2 hours; strain. Add salt; strain. Chill thoroughly; remove any hardened fat. Reheat over hot water (145° F.); serve at this temperature.

Variation:

Beef-Tapioca Broth: After beef has stood in water one hour, add 1 teaspoon quick-cooking tapioca. Proceed and strain as for Beef Tea. Pour over 1 beaten egg yolk, beating constantly; serve immediately.

OATMEAL GRUEL

Makes 6 servings

$\frac{3}{4}$ cup oatmeal
 $1\frac{1}{2}$ teaspoons salt
 $4\frac{1}{2}$ cups boiling water

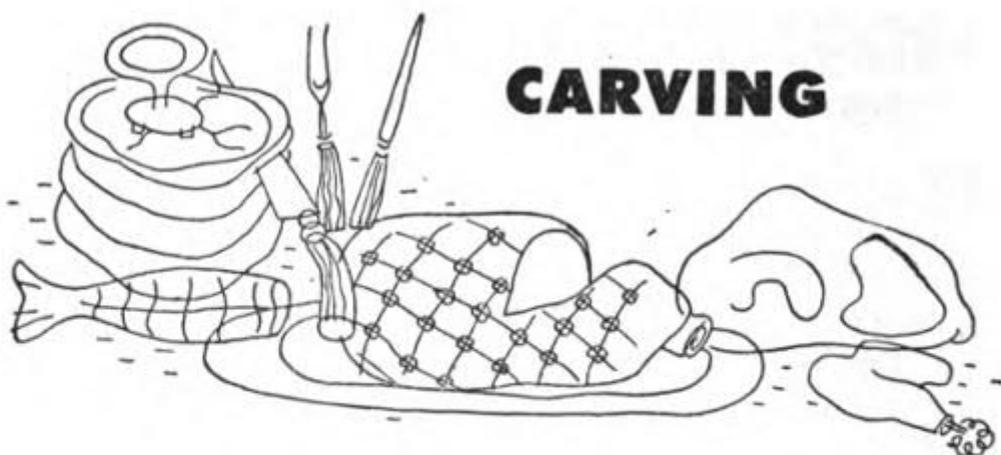
$1\frac{1}{2}$ cups rich milk
2 tablespoons Wine
(optional)

Add oatmeal and salt to water; boil 5 minutes, stirring constantly. Cook over hot water 4 hours; add milk. Strain through fine sieve; add wine.

SCRAPED BEEF

$\frac{1}{4}$ pound very lean steak

Cut meat into strips; scrape with bowl of spoon to remove all meat pulp from fiber. Season very lightly with salt and pepper; spread on bread. Scraped beef may also be shaped into small patties and broiled about 2 minutes.



CARVING

General directions should be followed for most all meat, although it may vary according to the cut.

1. Use a sharp knife and a fork with a finger guard.
2. Slice with a stroke the full length of the blade; do not use a sawing motion.

BEEF

Standing Rib Roast—Have backbone separated from ribs at market; remove backbone after roasting. Place flat side down on platter with ribs to left. Insert fork between two top ribs; draw knife across roast to rib end. Cut slice about $\frac{1}{4}$ inch thick. Loosen slice by cutting along bone with tip of knife; remove each slice with blade of knife to platter.

Rolled Rib Roast—Push fork into left side of roast, about 2 inches from top. Slice across grain from right to left toward the fork. Cut cords binding roast as they are reached.

Blade Pot Roast—Insert fork firmly into left side of roast. Cut a small section of roast nearest carver along natural separation lines. Turn on its side so that grain runs parallel with platter. Cut across grain; remove another section and continue slicing.

Brisket—Place platter so that round side is away from carver. Trim off excess fat; cut slices from the three small sides in rotation. Make thin slices at a slight angle across the grain of the meat.

Standing Pot Roast—Insert fork deep into roast near

right-hand end. Cut $\frac{1}{4}$ -inch slices across the grain of the meat directly down towards the platter.

Beef Tongue—Slice off excess tissue and cartilage from large end. Continue making thin parallel slices.

PORK

Loin—Have backbone separated from ribs at market. After roasting, remove backbone. Place on platter so that rib bones face carver. Insert fork firmly in top of roast. Slice downward, close against both sides of each rib so that slices with bone and without are alternate.

LAMB

Roast—Place roast on platter so that shank end is to right of carver. Insert fork into large end of leg. Carve several thin slices lengthwise from the side near carver. Turn roast so it rests on cut surface. Cut a small wedge-shaped piece from shank end. Cut thin slices down to leg bone. Run knife along bone at right angle to slices to release slices from bone.

Crown Roast—Place fork firmly between ribs; cut along between ribs allowing 1 per slice.

HAM

Baked Whole—Carve as for lamb leg.

Half Ham—Remove cushion section; turn on cut side. Slice, beginning at large end. Separate remaining section from shank by cutting through joint; remove bone, turn and slice.

Center Cut Slice—Divide into 3 sections; remove bone. Turn each section on side and slice down across grain.

TURKEY

Remove all strings and skewers; place on back so that breast is to left of carver. Holding onto legbone nearest carver, cut from left to right through the skin between thigh and body and around leg. Bend leg back while cutting through skin down to joint. With the tip of knife, cut

through socket of the joint and sever leg from the body. Place on extra platter; separate thigh and drumstick by cutting through the joint. Hold drumstick perpendicular to the platter and slice meat downward.

Insert fork at wishbone. Carve breast meat in thin slices downward, parallel to breastbone.

ROAST CHICKEN

Carve same as turkey; do not carve up thigh and drumstick.

GOOSE AND DUCK

Partially sever legs. Place on platter as for turkey. Cut off legs and wings. Insert fork as for turkey. Slice down to the breastbone; loosen the slice from the bone.

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