The Fate of Nations depend on how they are fed!

THE UNIVERSAL COOK BOOK

A COLLECTION OF TRIED AND TESTED HOME RECEIPTS

COMPILED BY

FANNIE FRANK PHILLIPS AND REEVA HUSON LEVY

ISSUED BY THE
Boston Section, Council of Jewish Women

BOSTON:
DANIELS PRINTING COMPANY
79 FRANKLIN ST.
1909
Copyright, 1900
By FANNIE FRANK PHILLIPS and REEVA HUSON LEVY
(All rights reserved.)
“Domestic events are certainly our affair.”—Emerson.

PREFACE.

Our little book does not claim to exhaust the subject of cookery; it rests with such noted cooks as Miss Parloa, Mrs. Lincoln and Aunt Babette to do that.

We simply have touched the important lines, but we trust we have done well, and will give satisfaction to the members of our Council and all our friends. We have endeavored to admit nothing to our pages that is not both practical and excellent. The ladies whose names are attached to most of the recipes do not claim to have originated all of them. They have been gathered from many sources, and their excellence tested. The unsigned recipes are gathered from valuable sources, and also from our too modest members.

We also offer a supplement dealing with Recipes for preparing Natural Foods, and as the compilers have had practical and beneficial results from their use, they are most highly recommended.

Furthermore, we felt the need of giving them prominence, as their use is more and more advocated by many of the most advanced thinkers.

THE COMPILERS.
TO THE

Boston Section, Council of Jewish Women

The compilers take pleasure in presenting this edition of their work, with the hope that it will be the means of enabling the council to carry on their worthy philanthropic activities.
HORS D'OEUVRE.

AN APPETIZER.
TO BE SERVED BEFORE THE SOUP.

One slice nicely rounded toast. Cover with slice of tomato, same size as toast. Place half of a hard boiled egg, pointed end upwards, on tomato; soak some salt sardellen (those in bottles do not need to be left in water as long as loose sardellen) and place one on either side of tomato. Place all on lettuce leaf, and cover with Mayonnaise dressing before serving one to each person.—Mrs. Daniel Frank.

BAKED CLAMS.
FOR FIVE PERSONS.

Steam one-half peck of clams in the shell. Then remove the black heads, using only the soft part of the clams mixed with bread crumbs. Have ready for use five individual baking plates of brown earthenware, filled with rock salt. Then put six oyster shells (as they are larger than clam shells) on each baking plate. Then place three or four of the soft part of the clams and bread crumbs mixed, on each shell, and put a butter ball made of butter, chives cut in very fine pieces, and pepper and salt to taste on top of same. Put in oven and bake ten minutes.—Mrs. Henry Ehrlich.

PEAR AND GINGER COCKTAIL.
FIRST COURSE AT DINNER OR LUNCHEON.

Use very ripe, mellow pears, or cooked pears. Cut the pears into small pieces. For eight glasses take about four tablespoon-
fuls of sliced ginger root; eight tablespoonfuls of syrup from the ginger jar, and six or eight tablespoonfuls of sherry wine (Solera). Add a very little powdered sugar and mix carefully. Make very cold and serve in cocktail glasses. Do not use too much sugar.—R. H. L.

BEET AND EGG.

Chop equal parts of pickled beets and the whites of hard boiled eggs together. Arrange on round pieces of toast with the minced yolks of the eggs mixed with a little chopped chives and parsley in a cone on the centre. Sprinkle a few capers on. Season well.—R. H. L.

MUSHROOM COCKTAIL.

One jar button mushrooms; one pint sauce. Place a cup without a handle, or glass in center of a plate and encircle it with four or five white lettuce leaves. On each leaf place two pimolas or olives, or pickled walnuts. In each glass put six or eight button mushrooms; cover them well with cocktail sauce.

COCKTAIL SAUCE.

One cup tomato catsup; one teaspoonful lemon juice; one saltspoonful salt; two drops tabasco sauce.—R. H. L.
SOUPS.

Peas porridge hot,
Peas porridge cold;
Peas porridge in the pot,
Nine days old.

Take required quantity of meat, and fill pot with water; should be boiled in a closely-covered kettle, used for no other purpose; boil slowly and steadily to extract all of the meat juices. A granite soup kettle is preferable to any other, as it is more easily kept clean. Skim the soup as soon as it begins to boil, and never add salt until the soup is strained. When strained skim off every particle of fat, and save this fat in a little jar; it will come in handy for various uses: in making pie crust, and for browning flour and croutons, and for other purposes too numerous to mention. Root celery, tomatoes, parsley, onions, carrots, asparagus and potatoes are the best vegetables to add to the soup stock. Celery leaves should never be used for beef soup; they may, however, be used in potato soup, very sparingly with chopped parsley leaves. Bouillon should always be thickened with yolks of eggs, beaten up with a spoonful of cold water. Ordinary beef soup or tomato soup may be thickened with flour. In order to do this properly, heat a scant spoonful of soup drippings; stir in a spoonful of flour briskly, and add a large quantity of soup to prevent it becoming lumpy.

BARLEY SOUP.

Put on the barley (a very small teacupful) in a porcelain kettle, with about a quart of water. Let it boil slowly on the
back of the stove. Put on the soup meat in another kettle, adding whatever vegetables you may happen to have. As the barley thickens, keep adding some of the soup stock, strained of course. Salt to taste. The soup meat should be put on to boil about two hours before you put on the barley.

BEEF SOUP A LA JULIENNE.

"Taste of it first."—King John II.

Cook all the vegetables in a separate kettle. Use a nice piece of soup meat, weighing about four pounds, and a large soup bone. Cut up two carrots, two turnips, a quarter of a head of cabbage, two heads of celery, a few tomatoes and some beans; cut up a handful of peas very fine and a few tablespoonfuls of corn. When the vegetables are tender, pour your soup stock over them. Season to taste and serve. You can (if desired) add some noodles, cut into little squares or diamonds, but do not add too many or the soup will be too thick.—Anonymous.

LOBSTER SOUP.

One large lobster; remove the meat from the shell, and chop very fine; one quart milk, one quart water; when milk and water are boiling, add the lobster and three rolled crackers, and a quarter of a pound of butter. Salt and pepper to taste. Boil fifteen minutes.

GREEN PEA SOUP.

"A genial savour of certain stews."—Byron.

Boil fresh green pea pods in water twenty minutes; take them out; put in the peas; boil until soft; take nearly all of them out, and add rich milk; thicken with flour; season with salt and pepper, and add butter to taste.
BISQUE SOUP.

"I will eat this broth with a spoon of amber."—Johnson.

Three pounds of mutton, one quart of milk, two quarts of water, one-half cupful of rice, two slices of carrot, one onion, one cupful of stewed tomatoes, three teaspoonfuls of salt, one teaspoonful of pepper, one tablespoonful of flour, and one tablespoonful of butter. Cut all the fat from the meat, and put into kettle with rice, vegetables and the cold water; heat slowly to boiling point, then skim carefully; then cover tight, and set back on the stove where the stock will simmer slowly four hours. Then add butter and flour mixed to a smooth paste, and the salt and pepper. Heat the milk in the double boiler, and when boiling pour onto the other ingredients. Strain the soup immediately and serve.

SOUP D’ETE.
Summer Soup.

One cupful of shelled beans, one green onion, chopped fine, a little parsley, one bay leaf, two tomatoes (skinned), one carrot cut small; boil together until beans are tender; season with pepper, salt, green ginger; thicken with a little cornstarch; add small piece of butter, and serve with croutons.

—Mrs. Henriette Goldstein.

OX-TAIL SOUP.

Two ox-tails separated at the joints. Put into sauce pan and cover with cold water. Add salt, pepper, a few cloves, allspice, and a few bay leaves. Let all come to a boil, and add one tablespoonful of barley, one onion, piece of carrot, parsnip, celery and tomato. Boil until the meat drops off the bone. Add a little table sauce.—Jessie Springer.
CELERY SOUP.

Three stalks celery, three cupfuls of milk, a slice of onion, three tablespoonfuls of butter, three tablespoonfuls of flour; salt and pepper to taste, and one cupful of cream. Break celery into one inch pieces, and pound in a mortar. Cook in double boiler with onion and milk for twenty minutes.—M. W.

SPLIT PEA SOUP.

Add two quarts of water (and salt to taste) to a good-sized piece of soup meat, and let it come to a boil, and then remove the scum. Then add one pint of yellow split peas, three stalks of celery cut in small pieces, one small carrot, one small onion, and half a cupful of lima beans. Boil all slowly four to five hours. Half an hour before serving add small pieces of bologna sausage, which gives the soup a good flavor.—Mrs. George Moses.

EGG SOUP.

Soup meat with plenty of meat bones; juice of one lemon, six eggs; sugar to taste. Boil meat and bones with sufficient water to make a good soup; then add juice of one lemon and sugar to taste, in order to give the soup a sweet and sour taste; strain soup. Break each egg into soup separately.—Mrs. R. Sick.

TOMATO SOUP AND RICE.

One can tomatoes, juice of one lemon; sugar to taste; one-half pint sour cream, one-half pound rice, one cup milk, butter size of walnut; add one quart of water. Boil all and strain; mix with sour cream. To one-half pound of rice add one pint water, one cup of milk and butter; boil until thick. Pour tomato soup over rice and serve.—Mrs. R. Sick.
CREAM OF SPAGHETTI SOUP, SAVOY STYLE.

Melt one-third a cup of butter; in it cook one-third a cup of flour until frothy, then add a quart of broth of any kind and stir until boiling; add a second quart of broth and let cook fifteen minutes. Break one-half a pound of spaghetti into inch lengths and cook until tender in boiling salted water; drain, rinse in cold water and drain again, then add to the soup. Beat the yolks of four eggs; gradually beat in from two to four ounces of grated Parmesan cheese (fresh), then half a cupful of cream; stir this mixture into the soup, and continue to stir while the cheese melts and the egg thickens, but do not let it boil.—Reeva H. Levy.

MOCK BISQUE SOUP.

One quart can tomatoes, three pints of milk, one large tablespoonful of flour, butter the size of an egg, pepper and salt to taste, and one scant teaspoonful of soda. Stew the tomatoes, and boil the milk in a double boiler, reserving one-half cupful to mix with the flour. Mix the latter smoothly, stir into the boiling milk, and boil ten minutes. Add the soda to the tomatoes, and stir this well and rub through a sieve that is fine enough to keep back the seeds. Add butter, salt and pepper to the milk, and the tomatoes last of all. Serve immediately.

BALLS, DUMPLINGS, ETC. (For Soups.)

BREAD CROUTONS.

Cut up two slices of bread into small dice, drop them into very hot fat, and fry a light brown. Pour soup in tureen, drop in croutons, and serve immediately.
GRATED EGG FOR SOUP.

Make an extra stiff noodle dough, so stiff that it can scarcely be worked. Grate on coarse grater, and spread on board to dry. After the soup is strained, put grated egg in, and boil ten minutes before serving.

FARINA DUMPLINGS.

Put one large spoonful of fresh butter in the double boiler, and stir in one cupful of milk. When it begins to boil, stir in enough farina to thicken. Take it off the stove, and when cold add the yolks of two eggs, and also the stiffly beaten whites, and a little salt and grated nutmeg, and one-half cupful grated almonds if desired. Let the mixture cool, and then form into little balls, and drop in boiler ten minutes before soup is served, and let boil up once or twice.

NOODLES.

Take one handful of flour, a little salt; make a hole in the center of flour, break in one egg, and work enough of the flour into the egg, mixed with an equal quantity of cold water, with a silver fork to make a very stiff dough. More flour may be needed. Now divide the dough in equal parts, and roll as thin as a wafer with the rolling-pin. Lay the rolled dough on clean towels to dry, (do not allow it to become too dry); then fold together in long narrow strips, and cut in very fine strips with a noodle cutter or a very sharp knife. Drop in boiling soup, ten minutes before serving, and boil. These noodles are delicious served with filled fish, cut in pieces about three inches long and three-fourths of an inch wide and boiled in water ten minutes, then drained, and placed in covered vegetable dish, over which the narrow noodles, fried in hot butter until they are a golden brown, are thrown as a garnish.—Mrs. Isidor Phillips.
EGG CUSTARD.

Break two eggs in a cup, and fill same up with milk; stir until mixture is smooth. Put into a small earthenware or china bowl, add a pinch of salt, and set in a pan of boiling water on the stove, until it becomes thick. Turn out of bowl, cut in small pieces, and put in tureen, just before serving. Do not remove from stove until custard is set.

MARROW BALLS.

Split the marrow bones, and remove the marrow. Place on ice until very cold; then cream until smooth and soft; stir in one egg thoroughly, and just enough cracker meal to form them into balls by rolling in the palms of your hands. Try one by dropping it in the soup, being careful not to get it too stiff. Season with ginger, celery salt and nutmeg. Drop in the boiling soup fifteen minutes before serving.—Mrs. Isidor Phillips.

GRATED IRISH POTATO.

Peel, wash and grate one large Irish potato, or two medium-sized ones. Put grated potato in a sieve, and let hot water run over it until it is perfectly white. Beat the white of one egg to a very stiff froth, (before grating the potatoes) and then stir it into the potatoes, and add it to the boiling soup twenty minutes before serving. Beat the yolk of an egg up well, in the soup tureen, and pour the hot soup over it, stirring carefully.

GEROESTETE FERVELCHEN (EIRGRAUPEN).

Egg Barley.

Make same as you would a noodle dough, only make dough stiffer, by adding and working in as much flour as possible, and
then grate on a coarse grater. Spread on a large platter to dry; boil in salt water or milk, which must boil before you put in the egg barley, and boil until thick. Serve with melted butter poured over them. A simpler and much quicker way is to sift a few handfuls of flour on a board; break in two or more eggs, and work the dough by rubbing it through your hands until it is as fine as barley grains.

MACAROONS.

Three tablespoonfuls of cracker meal, scalded with three tablespoonfuls of hot soup; then add the yolks of three eggs, a pinch of salt and sugar, a little grated nutmeg, and the stiffly beaten whites of the eggs. Stir the mixture well, and fry by one-half teaspoonfuls in hot fat. Drop in soup just when ready to serve same, and heat the soup well before serving. Excellent. —Mrs. Isidor Phillips.

SPINACH BALLS.

Equal quantity of finely chopped spinach that has been well seasoned and very fine dry bread crumbs. Season to taste with pepper, salt and cayenne. Add enough white of egg to moisten well and stand ingredients aside to stiffen. Shape into balls the size of a hickory nut. Poach in hot soup for five minutes and serve three or four to each plate of clear soup. These balls are especially pretty served in cream of spinach soup.—Anonymous.
FISH AND OYSTERS
WHEN TO EAT VARIOUS KINDS OF FISH.

Fresh salmon is best in May.
Pickerel is best from September to January.
Black bass is best from January to April.
Carp is best from October to April.
Shad is best from March to May.
Trout is good all the year round.
Lobster is best from May to September.
Oysters are best from September to April.

OYSTER LOAF.

"You cannot choose your earthly lot,
Nor right all seeming wrongs;
The clam likes not
The chowder hot,
But that's where he belongs.

One solid pint of oysters, one scant pint sweet cream, one five-cent loaf milk bread; pepper, salt, butter to taste. A tablespoonful of flour made to a paste with milk. Select a perfect stale loaf of bread with firm crust on all sides; cut off the upper crust and remove every bit of the soft bread, crumbing it fine. Brown these crumbs in plenty of butter and set aside. Handle each oyster to remove bits of shell and throw them into cold water. Drain this off and heat the oysters thoroughly, but do not allow them to boil. Place the cream over the fire; season
well and thicken with the flour paste. Place a layer of the brown crumbs in the empty loaf, a layer of oysters next, then a layer of cream; repeat until loaf is filled. Place in the oven for twenty minutes and serve hot. The bread shell acts only as a pudding dish.—*Amelia M. Arnstein.*

**YELLOW STEWED FISH.**

"I have other fish to fry!"—*Don Quixote.*

Two pounds halibut, one large onion, one medium parsnip, two eggs, one and one-half lemons, butter size of walnut, salt and pepper to taste. Cut onion and parsnip in slices, cover with water, boil until tender; add salt, pepper and butter; fish cut in slices about one inch thick, boil ten minutes. Have eggs beaten in bowl and a little of liquid, fish is cooked in, stirring constantly; then pour over fish while on stove and shake pot until gravy thickens, (do not boil) and remove from stove.

—*Mrs. Leon Van Vliet.*

**TOMATO SHRIMPS.**

"A morsel for a monarch."—*Shakespeare.*

One can tomatoes, one quart shrimps, one tablespoon mixed spices, three-fourths teaspoon salt, half pint stuffed olives, two eggs. Let tomatoes simmer one hour with spices tied in cheese cloth bag. Then add shrimps and salt. Cook ten minutes then add olives and their liquid. Have ready buttered toast and hard boiled eggs; take from fire, pour over toast and cut eggs in slices; garnish, serve hot.—*Mrs. Leon Van Vliet.*

**GRILLED SARDINES.**

Stir a cream cheese and a little cream together, and flavor with cayenne pepper and grated onions. Spread on squares of wheat bread, and on top of each slice put two boneless sardines. Broil on under side of bread only.—*Mrs. S. Gutman.*
SWEET AND SOUR FISH.—NO. 1.

Shad or salmon cooked sweet and sour is delicious. To a four-pound shad or two pounds of salmon sliced, take one small onion sliced, one-fourth of a cupful of vinegar, two lemons peeled and sliced, with seeds removed. Cover fish and the ingredients with two and a half cupfuls of water, and boil until done; then remove the fish, using water, etc., in which the fish was cooked for the following sauce:

Fish Sauce.

Four eggs, beaten well; one cupful of sugar; half a cupful of water; a pinch of ground cinamon and one tablespoonful of almonds, chopped fine. Add the water, etc., in which the fish was cooked, boiling hot to the other ingredients, and beat all well. Put back into pot and stir until it is thickened enough for sauce, and pour over fish.—Matilda Samuels.

SWEET AND SOUR FISH.—NO. 2.

Yellow Sauce.

Use shad, halibut or mackerel. Boil one-half cupful of seeded raisins, one-half cupful of vinegar, or two lemons; one-fourth teaspoonful of cinnamon; one-fourth teaspoonful of salt; one-fourth teaspoonful of cloves, and one cupful of water, and one small onion, if desired, together one-half hour. Add the fish, either whole, as when shad or mackerel is used, or cut in slices, and boil about twenty minutes longer. Beat yolks of two eggs until light. Remove the fish from pot, strain the liquor, and add enough to the eggs to make quantity of sauce desired. Heat again, and boil slowly until thick, stirring occasionally, so it will be very smooth. In serving pour over the fish, and garnish with about one dozen raisins.—Mrs. Julius Falkenberg.
FILLED FISH BALLS.

One haddock weighing about four pounds; salt over night. Scrape fish from bone and skin and put in chopping tray, add one-half a small onion. Chop fish and onion quite fine; while chopping add a little cold water, parsley and nutmeg, pepper and salt and celery salt to taste. Soak enough bread in cold water to make two good handfuls when water is squeezed out. After chopping the fish add the bread, a little melted butter and two eggs beaten well. Form into about fifteen balls. Use a kettle kept for fish; place a plate of some kind at the bottom. Put enough water in to cover fish and boil from one-half to three-quarters of an hour. Then drain off the water, leaving a quart of water. Take one quart milk, pinch granulated sugar, one heaping tablespoon flour and mix smooth. Add it to the water and put the fish in, allowing it to boil until it thickens. Delicious served with broad noodles, with fine noodles on top which have been browned. —Mrs. J. Roman.

SALMON RING.

Fruit of the wave, O, dainty and delicious!

Take one pound of lobster meat, one pound of salmon. Boil in salted water until tender. Fill a round tin fish border very solid. Cut up two hard boiled eggs, also capers, and small pitted olives. Then take two tablespoonfuls of gelatin; dissolve with cold water, add some soup stock and two tablespoonfuls of bouillon, one tablespoonful of Worcestershire sauce, one teaspoonful lemon juice. Strain all through a cloth and pour over fish. Put on ice. Can be made day before using.—Mrs. I. Phillips.
LOBSTER CUTLET.

Her soups scientific,
Her fishes quite prime;
Her salads superb,
And her cutlets sublime.—Moore.

A lobster weighing about three pounds, (or a can of the best lobster), three tablespoonfuls of melted butter, one-half cupful of stock, one heaping tablespoonful of flour, a speck of cayenne pepper, salt, two eggs and some bread crumbs. Cut the meat of the lobster into very small pieces, season with salt and pepper. Heat the butter, add the flour when smooth, add stock and one well beaten egg; boil up once; add a tablespoonful of lemon juice. Butter a platter and pour the mixture upon it, to the thickness of about an inch; make perfectly smooth with a knife and let cool. Cut into pieces to resemble cutlets. Dip into beaten egg and then into bread crumbs. Be sure every part is covered. Put into frying basket and plunge into boiling fat. Cook a rich brown. It will take only a few minutes. Drain in frying basket. Arrange on a hot dish with a claw of a lobster in each cutlet.—Mrs. A. S. Lauferty.

DEVILLED CRABS.—NO. 1.

One can crab meat, two hard boiled eggs, piece of butter half size of an egg, a heaping teaspoonful of flour, three tablespoonfuls of cream, diluted with a little milk; pinch of red pepper, some parsley, one-half teaspoonful salt, one-half cupful grated bread crumbs. Grate hard boiled eggs, bread crumbs, red pepper, and salt together; add to crab meat chopped very fine with parsley. Put butter in a pan; when melted (not brown), add the flour; stir until very smooth and add cream and milk; boil and thicken, then add this to the other
ingredients and fill ramekins or shells very full; put melted butter over the top of them and bake in oven for fifteen minutes, or until lightly browned.—Mrs. B. E. Frank.

DEVLILED CRABS OR LOBSTER.—NO. 2.

Melt three tablespoonfuls butter; add one cupful rich milk; season with a quarter of a teaspoonful of salt, pinch paprika, and sugar, grating of nutmeg, one teaspoonful Worcestershire sauce, one-half teaspoonful dry mustard; one tablespoonful chopped parsley; simmer two minutes; beat the yolk of one egg with one-half cupful of cream; add to sauce; then add two cupfuls of crab or lobster meat cut in fine pieces. Fill shells, and put buttered crumbs on top, and bake in a quick oven until brown.

FISH A LA ORLEANS.

Any kind of large fish may be used. Season fish well, and boil it until it can be pulled apart in small pieces. Put a layer of fish, then beets, olives and capers in a mold, and continue thus until the mold is full. Soak a quarter of a box of Cox’s gelatine in enough cold water to dissolve it; then pour the hot liquor in which the fish has been boiled on it, until the gelatine is all dissolved. Then pour as much liquor into the mold as it will take up, over the layers of fish, and beets, olives and capers. When cold, take out of mold, and serve on lettuce, with a mayonnaise dressing.—Mrs. M. Lowenberg.

SALMON CROQUETTES.

To the contents of one can of salmon, chopped fine, add one small onion, one egg, pepper and salt to taste, and one-fourth
cupful of cracker crumbs, and stir well together. Mould into shape, dip into cracker crumbs, and fry in hot butter until brown. Serve with green peas.—Mrs. A. G. Daniels.

SAGE HALIBUT.

Four pounds of boiled fish (halibut) chopped, with one-half pint of cream, one teaspoonful each of sage, pepper and salt, one egg. Press in melon mold for two hours. When ready to serve heat by placing mould in pan of hot water. Pour cheese sauce over it and serve hot.

Cheese Sauce for Fish.

Melt one to two and a half tablespoonfuls of butter, and one and one-half teaspoonfuls of cornstarch, one-half cup milk, one-half pound American cheese, cut very, very fine; season with salt, mustard and cayenne to taste. When all is melted, add one beaten egg. Pour hot over fish.—Mrs. G. E. Beekman.

MARINIRTER (PICKLED) HERRING.

The most economical way of purchasing Holland herring, used for the above recipe, is to obtain a keg containing thirty-eight or thirty-nine fish, costing about ninety cents, each one of which is a milch herring. Take the herring, wash well, removing the heads and scales; open them and take out the milch, and lay them both in cold water over night. Change water several times. Next day place the herring in a stone crock with alternate layers of sliced onions, sliced lemons, minus the seeds, a few whole cloves, whole peppers, some capers, and whole mustard seed, and quite a few bay leaves. Take the milch and rub it vigorously through a hair sieve; stir in a spoonful or more of
light brown sugar and sufficient cider vinegar, diluted with cold water, to completely cover the herring in the crock. Pour over the herring, and place inverted china saucer on top of same, to keep them submerged. A cupful of walnut meats, cut in small pieces, greatly improves the flavor.—Mrs. I. Phillips.

PLANKED SHAD.

Use a goodsized shad, leaving it whole. Do not cut off the head or tail. Wash well and season to taste with salt and pepper, and rub plenty of butter all over it even on the inside of the fish, and fill with the following bread stuffing:—Plenty of melted butter and a medium-sized onion cut in small pieces, fried in same to a golden brown. A couple of slices of white bread soaked for a few minutes in cold water, then squeezed dry, and salt, pepper and nutmeg (grated) to taste added and then sauté in the butter and onion for about five minutes, stirring all the time. Allow the above ingredients to cool, and then add one whole egg, stirring it in well and fill fish and sew edges together. Place on a hickory plant and place fish and plank in a large Russian iron pan, and bake in a hot oven an hour or more, until the shad is tender and well-browned. Baste frequently with butter and serve on plank placed on a suitable platter or not, as desired, and garnish with slices of lemon and parsley.—Fannie F. Phillips.
FISH AND MEAT SAUCES.

"Nor do you find fault with the sauce, keen hunger being the best."
—Massinger.

HOLLANDAISE SAUCE.

To be served with salmon and green peas.

Half a teacupful of butter, half a teacupful of boiling water, juice of half a lemon, yolks of two eggs, half a teaspoonful of salt, a little cayenne pepper. Beat the butter to a cream; add the yolks, one by one, then the other ingredients, and stir thoroughly. Place the dish in which the above ingredients are mixed in a kettle of boiling water. Beat with an egg-beater until it begins to thicken; when it is like a soft custard, it is done. Pour over the salmon and peas, and serve hot.

TARTARE SAUCE.

Break into a bowl the yolks of two eggs, then stir one cupful of olive oil, drop by drop, briskly in. When perfectly stiff add the juice of half a lemon, one saltspoonful each of salt, pepper and dry mustard, and a dash of cayenne. Add two tablespoonfuls of capers, one small shallot, one-quarter of a small onion, two cucumber pickles, and one tablespoonful parsley, all chopped fine.

SAUCE FOR COLD SLAW.

Two or three eggs, beaten well with a little salt; three or four tablespoonfuls olive oil, half a cupful malt vinegar, and one cupful cold water; put all on to boil, and stir con-
constantly; when mixture begins to boil, add a little dry mustard, moistened with a little water. Boil until the sauce is thick enough and very smooth. When slightly cooled, add to cold slaw, which has been previously salted and pressed, and grate a small onion over same.—Mrs. I. Phillips.

---

CREAM SAUCE.

Two full tablespoonfuls of malt vinegar, one ounce of dry mustard; cook until thick. One tablespoonful of olive oil, one scant teaspoonful of sugar; salt to taste, and one whole egg beaten well added to the vinegar and mustard, and boiled a few minutes. Be careful not to let it curdle. Then add one pint of cream, beaten stiff. "Good for anything."—Mrs. I. Phillips.

---

TOMATO SAUCE.

Cook two tablespoonfuls of butter, and two tablespoonfuls of flour together; when frothy, add one cupful of strained tomatoes gradually, and half a cupful of rich milk; cook until thick and smooth, and season to taste with pepper, salt, onion-juice and a speck of cayenne. Fine served with filets of halibut. —Mrs. I. Phillips.

---

HORSE RADISH SAUCE.

"A most sharp sauce,—And is it not well served?"—Romeo and Juliet.

Two tablespoonfuls cracker meal, a little water, and enough broth to make quantity of gravy desired; let it boil; then add a little sugar, and fresh grated horse-radish. Do not boil any longer, and just before serving beat in yolk of one egg.—Mrs. Ida Cohen.
MINT SAUCE.

The mint should be fresh and tender. Strip leaves from the stems of one-half dozen stalks, wash well, and chop very fine. Allow two tablespoonfuls of powdered sugar to three tablespoonfuls of chopped mint; mix well and add six tablespoonfuls of malt vinegar gradually. While this sauce is very good to be used with lamb or mutton when served hot, it may also be used for other meats when served cold.

EGG SAUCE.—NO. 1.

Mash the yolks of three hard-boiled eggs, and mix with an ounce of butter, one tablespoonful of cream or rich milk, and two tablespoonfuls of lemon juice.

EGG SAUCE.—NO. 2.

Make a pint of good plain white sauce and add to it the whites and yolks of two hard-boiled eggs, chopped fine. Season to taste with salt and pepper. This is an excellent sauce to serve with cauliflower and other vegetables.

OLIVE SAUCE.

Mix together one tablespoonful each of melted butter, flour, and one-half cupful of good soup stock, stirring all the ingredients until smooth and thick. Add one dessertspoonful Worcestershire sauce, and one dozen finely-chopped olives; season with salt and pepper to taste, and simmer gently for three minutes.

WHITE SAUCE.

Melt two tablespoonfuls of butter, then add two tablespoonfuls of flour, and when thoroughly blended, pour on,
gradually while stirring constantly, one cupful of milk; then beat until smooth and glossy; season with one-quarter of a teaspoonful of salt, and a dash of pepper. A wire whisk or a wooden quirl (German) are the best utensils to use in making sauces.

**LEMON SAUCE.**

Cut three slices of lemon into very small dice, and add them to drawn butter; let it come just to the boiling point, and pour over boiled fowls.

**MONSIEUR GIRARD’S SAUCE, HOTEL BALMOREL.**

**Béarnre Noir.**

Two tablespoonfuls butter (browned in a frying-pan); when it is very hot, add one teaspoonful of chopped parsley and one teaspoonful of lemon juice; salt and pepper to taste. Boil up once. Serve on fish. Très excellent!—*Lizette Hambro.*

**WALDORF SAUCE.**

*To be used with Fish, Meat Balls or Timbals.*

“Change is the sauce that sharpens appetite.”

Half a tablespoonful of butter, one tablespoonful of sherry, pinch each of salt and pepper, two tablespoonfuls of tomatoes, pinch paprika, one tablespoonful of flour, one teaspoonful of Worcestershire sauce, and cook carefully ten minutes.

**DRAWN BUTTER SAUCE.**

Put two tablespoonfuls of fresh butter in a saucepan on the stove to melt (not brown); stir in two tablespoonfuls sifted flour until smooth; then stir in slowly two cupfuls boiling water, and let it simmer on the side of the stove until it thickens. Season with salt and pepper; stir continually, and when it thickens, squeeze in the juice of half a lemon.
MEATS.

"I smell it; upon my life, it will do well."—King Henry IV.

THE PROPER WAY TO BROIL STEAK.

"A thing of custom,—'tis no other."—Macbeth.

If a Porterhouse or sirloin, snip the fat (to prevent curling), place the steak on a platter and spread it generously with olive oil (Plagniol, on both sides; allow it to stand about half an hour; if using a gas stove place a pie plate beneath the iron grill to catch any drippings. Do not put the light on full force, but enough to cook quickly. When done put on hot platter. Add chopped parsley to the drippings and pour over the steak.—R. H. L.

SPANISH OLLA.

One pound slice thin round steak, one dozen olives, two tomatoes, one onion, one egg. Chop the olives, tomatoes and onions. Season freely with pepper, salt and allspice and simmer for ten minutes. Cool and beat one raw egg into mixture. Place steak on flat board and pound, then use mixture as filling. Roll tightly and tie with cord, securing ends with skewers. Dust slightly with flour and broil. Remove string and serve hot. This makes enough for two.—L. E. de Haas.
BRAISED OX-JOINTS.

One oxtail; small quantity of fat and one onion; brown and put oxtail in, then add a little water, and cook a couple of hours; then set back to simmer. Cook one carrot cut in dice, a few small onions, three or four ball potatoes (white), a small quantity of canned peas, mushrooms and tomatoes. Skim the fat from the meat, add the vegetables and let boil for a few minutes and serve on one platter. Add a speck of tobasco.—Mrs. I. Phillips.

PHILADELPHIA SCRAPPLE.

Select a piece of beef as for soup. When boiled tender remove the meat and put the liquor into an earthen vessel to let the fat rise. Cut the meat from the bones and mince fine; put into kettle with the liquor after the fat is removed; add salt and pepper to taste. When this boils, thicken with Indian meal as for hasty pudding, and cook until thick. When done, mould in a brick loaf and when hard cut in slices an inch thick and brown on griddle greased with butter. This can be kept on hand for days.—H. S.

MINCE MEAT.

Six pounds of beef, boiled until tender, and then chopped fine. Then add two pounds of suet, four pounds of seeded raisins, four pounds of currants, one peck of apples, six lemons, two pounds of citron, all chopped fine in the meat-chopper, and five pounds of brown sugar, one pint of molasses, one tablespoonful each of cinnamon, allspice, mace and cloves, and one-half cupful of salt. Boil all together with one gallon of brandy and one quart of cider until done.—Miss Emma O'Brien.
MEAT LOAF.
Chop fine one and one-half pounds beef and small piece of suet, add two eggs, one tablespoonful of grated onion, one tablespoonful of chopped parsley, one cupful tomatoes, two tablespoonfuls cracker crumbs; salt, pepper and ginger to taste. Mix thoroughly, bake in a hot oven one hour, basting often.—Mrs. J. Bensemoil.

LIVER BALLS.
Chop fine two pounds of calves liver, three slices of bread, and one onion; add two cups flour, two well-beaten eggs. Mix thoroughly with a spoon. Season to taste with pepper, salt and nutmeg. Drop by tablespoonfuls into salted boiling water and allow to boil ten or fifteen minutes. Remove from liquor and fry.—B. A.

POT ROAST.
Four or five pounds of beef from bottom of the round. Wash well, rub on all sides with salt, pepper, ginger, and garlic if liked. Place in a deep kettle a tablespoonful of chicken or goose fat, let it get hot, then put the meat into it and allow it to brown on all sides. When thoroughly browned add a cupful of water, a carrot (cut up), and small quantity of chili sauce. Simmer slowly for three hours. Thicken gravy with little flour. If beef is salted the night before, it will be more tender.

SWEET AND SOUR BEEF.
Two pounds bottom of the round, cut in small pieces. Brown two medium-sized onions in two tablespoonfuls of (fat) drippings. Add two tablespoonfuls of flour, one-half cupful of seeded raisins, one-half cupful of vinegar, one-quarter teaspoonful of ginger, one-quarter teaspoonful of cinnamon, one-
eighth teaspoonful of pepper, one-eighth teaspoonful cloves, one-half teaspoonful of salt, and one pint water or soup stock. This is also good for fresh ox or calf’s tongues.

—Mrs. Julius Falkenberg.

STEAK A LA CREOLE.

“What say you to a piece of beef and mustard?”—Taming of the Shrew.

Broil a good-sized steak. Ingredients for Creole sauce:—one-half can tomatoes, one can mushrooms, one small bottle olives (cut in pieces), one cup boiled rice, good-sized piece of butter, two eggs beaten well stirred in last; dash of paprika. Let all boil ten or fifteen minutes and serve on steak.—Mrs. A. Weiscopef.

HUNGARIAN GOULASH.

Melt two tablespoonfuls chicken fat, add one large onion cut fine, one pound beef, one pound veal, cut in small pieces; fry until brown; add salt, paprika, pinch of sugar, one teaspoonful caraway seed, add one cup of hot water; cover closely, let simmer until meat is tender. Slice and parboil six potatoes, drain and add to meat. Thicken with a little flour.—Mrs. J. Bensemoil.
POULTRY.

CHICKEN A LA NEWBERG.

Melt two tablespoonfuls of butter, one tablespoonful of flour; when yellow add one cup of rich milk, two cups of chicken cut in dice, one-quarter cup of sherry; mash yolks of three hard-boiled eggs, and chop the whites, add to chicken, season to taste, let simmer five minutes. Can be used to fill pastry shells.—Mrs. J. Bensemoil.

SALMI OF DUCK OR GOOSE.

Stew the breast and meaty portions of the duck or goose with two small onions, add one-half teaspoonful paprika, one-half teaspoonful of cinnamon, one-half teaspoonful of ginger, and one-half teaspoonful of salt. Cook very slowly. When tender add juice of one lemon. Serve hot with olives and parsley.—Mrs. Julius Falkenberg.

TRUE AND TRIED DRESSING FOR POULTRY.

"The cook deserves a hearty cufing,
Who serves roast fowls with tasteless stuffing."—Samuel Ward.

Soaked bread, the quantity according to the amount of poultry; a large onion chopped, a sprig of celery, a liberal amount of parsley, a pinch of salt, a shake of paprika, a little pepper. Melt a tablespoonful of butter and add two eggs. Put all on hot spider and get perfectly dry; then stuff. Result? You will never try any other.—Fannie R. Harris.
CHICKEN A LA MARYLAND.

Two broilers or one small chicken. Cut off legs, wings, divide breast into four pieces. Put the gizzard, liver, heart and neck in a small saucepan, cover with water; add salt to taste, one onion, some celery leaves or stalks, plenty of parsley, and allow to cook until giblets are soft (about two hours). Have a large frying-pan or deep kettle with hot chicken fat ready, salt chicken, cover with flour and fry slowly until dark brown. Take from the pan and place on a deep platter. Lift the giblets from the gravy (should be two cupfuls of liquid), strain and put the liquor into the pan in which the chicken was fried, stir vigorously to mix little brown crusts from the pan. When boiling about three minutes add one-half cupful of rich cream and thicken all with potato flour paste. Add some fresh parsley and pour over the chicken.—Reeva Huson Levy.

POT ROAST FOWL.

Rub the fowl well with salt and pepper and flour. Have some hot fat in a deep kettle; brown the fowl all over. Add enough hot water to cover. Slice two onions and one carrot, a little allspice; add to fowl. Cover tightly and cook slowly four or five hours. Either strain gravy or serve with vegetables.—S. A. W.

EN CASSEROLE.

"The glory of the kitchen."—Ben Johnson.

CHICKEN EN CASSEROLE.

Cut two small chickens apart the same as you would for fricassee, and brown the pieces in hot fat or butter, then add two small onions and place in casserole-dish. Add one pint
soup-stock, thickened with flour; cover tightly, and cook slowly for two hours in the oven. When tender, add one can small mushrooms, and one can green peas. Season to taste.—Mrs. Julius Falkenberg.

TURKISH PILAU EN CASSEROLE.

"Right glad, when she
By lucky search achieves so rare a dish."—Beaumont and Fletcher.

Four kidney lamb chops, one cup rice, one pound or one-half can tomatoes, one-eighth pound pistache nuts (chopped), one-quarter pound suet. Line the casserole freely with the suet, then put in the lamb chops, seasoned with pepper and salt. Add in alternate layers rice (par boiled) and tomatoes slightly cooked and seasoned with salt and sugar. Then sprinkle top with chopped pistachio nuts and chopped suet. Close the casserole and bake in moderate oven one hour. This makes enough for four.—L. E. de Haas.

GERMAN MEAT AND VEGETABLE STEW.

For Six Persons.

Take six very large or nine medium-sized potatoes and cut in slices, as you would for potato-salad. Butter casserole dish well, and cover the bottom of same with a layer of potatoes, and add salt to taste. Cut up two pounds of beef (the top of the round) in small dice-shaped pieces and season with salt, pepper and onion cut fine. Place a layer of this on top of the potatoes. Cut quite a little celery-root, carrot, green-leek and parsley in fine pieces, and form a layer over meat. Continue adding layers of potatoes, beef and green vegetables until the dish is filled, the top layer to be of potatoes. Pour one cupful of water or bouillon over all the layers and cover closely, and stew slowly about two hours.—Miss Elise Gartner.
CANNELON OF BEEF.

For Six Persons.

A tender piece of beef from the top of the round, about three pounds, and cut lengthwise in thin slices about one-half an inch thick; pound on one side with a potato-masher. Cut two medium-sized onions in tiny pieces; add salt and pepper to taste. Put a portion of the above in the centre of each slice of beef, and also a thin slice of bacon, and roll and tie with string. Put one heaping tablespoonful each of butter and fat in a casserole-dish, and heat to a golden brown. Place rolls of beef side by side in dish, and also on top of first row if necessary. Put dish in a hot oven, and turn beef rolls constantly from side to side for the first fifteen minutes; then add another medium-sized onion, cut fine; water to half cover, and a little salt. Keep well covered, and stew slowly until tender, in a moderately hot oven. When done, stir a heaping teaspoonful of potato-flour to a smooth paste, in a little cold water, and stir into gravy. Let cook five minutes longer, and take string off before serving in casserole-dish or on platter, garnished with parsley.—Miss Elise Gartner.

VEGETABLES A LA JARDINIÈRE.

For Six Persons.

This is best in the spring. Two medium-sized carrots cut in dice, one pint of string beans, cut in very small pieces, one-half pint of green peas, after shelling, one head of cauliflower, if small, cut in small flowers, one-half bunch of asparagus (not too small), cut in small pieces, using only the tender portions. Boil each vegetable separately, adding butter and salt to taste, and water to half cover. Heat three tablespoonfuls of butter,
and stir in two tablespoonfuls of flour, and fry to a golden brown. Pour a little of the water in which each vegetable was cooked onto the flour, and stir until smooth, and cook a few minutes. Put all the vegetables in a casserole-dish, mixed well together, placing the pieces of cauliflower on top, as they break easily. Pour sauce over same. Cook all slowly for five minutes. Add chopped parsley to taste after taking vegetables from casserole-dish, and mix well with them, and serve with butter-dumplings made as follows:—one scant tablespoonful of butter, creamed; one egg, stirred in thoroughly; grated nutmeg and salt to taste, and enough breadcrumbs added to make a soft batter. Form into balls, using one teaspoonful of the batter for each ball. Cook gently for ten minutes in salted water. Use as a garnish on top of vegetables.—Miss Éliše Gartner.

SOUR POTATOES.

For Six Persons.

Twelve medium-sized potatoes, boiled in their jackets until done; peel and cut as for potato-salad; then set them aside and make the following sauce:—two heaping tablespoonfuls each of butter and fat, heated in a casserole-dish with one medium-sized onion, cut in tiny pieces, then add two heaping tablespoonfuls of flour, and stir until it is a golden brown; then add one quart of water, and mix well with other ingredients until smooth; then add two bay leaves, thirty allspice berries, sugar and salt to taste, and one tablespoonful of vinegar; more if desired. Boil well for ten minutes, and then put the potatoes in, and boil very slowly for ten minutes longer. Poach as many eggs as desired. Shortly before serving, put eggs in casserole-dish on top of the potatoes and sauce and cover with sauce. Fine.—Miss Éliše Gartner.
ENTRÉES.

Soup, fish, and meat now out of the way, Briskly we turn to the toothsome entree.

CREAMED MUSHROOMS.

Wash and scald mushrooms until perfectly white. Boil about ten minutes in just enough water to cover. When soft, drain and cut mushrooms in halves, or in smaller pieces if desired. Add a little of the liquid to two heaping tablespoonfuls of butter, and one small onion chopped fine, and fry to a golden brown. Then add the mushrooms, one tablespoonful of flour to thicken, one pint of milk, and pepper and salt to taste. Stir all the ingredients thoroughly together and heat well. Serve hot.—Mrs. A. G. Daniels.

CREAMED SWEETBREADS AND MUSHROOMS.

"By the rose-flesh mushrooms, undivulged last evening."—Browning.

FOR SIX PERSONS.

One pair sweetbreads, one cupful of milk, one tablespoonful butter, one-half pound mushrooms, one-half pint cream, one scant tablespoonful flour, pepper and salt to taste. Parboil sweetbreads in salted water with a few drops of lemon juice for twenty minutes. Cut mushrooms in half and boil in one cupful of milk and one-half pint cream about one-half hour. Cut sweetbreads into dice and add to mushrooms. Melt butter in saucepan, stir in flour, then turn it into the rest of the mixture and boil about five minutes. Serve in ramekins or on slices of toast nicely garnished.—Mrs. Daniel Frank.
SWEETBREADS AND TOMATOES.

Parboil the sweetbreads the day before using. When ready to use, butter a tin, and lay sweetbreads in, and cover with sweet cream, and put in the oven. Bake a few minutes, remove from the oven, and have ready slices of fresh tomatoes (small ones), which have been fried in butter, and seasoned with butter and salt. In serving cut the sweetbreads into individual portions the size of the slices of tomatoes.—A.

SWEETBREADS IN GERMAN PANCAKES.

Make small thin German pancakes in which roll small pieces of sweetbreads, that have been sautè (fried brown) in butter. Garnish with watercress.—Mrs. J. Ackerman.

VOL AU VENT.

"Boy, tell the cook I hate all knick-knackeries—Fricassee, vol-au-vents, puffs, and gim crackeries!"—Moore.

Minced chicken, veal, or beef highly seasoned. Fill patties (home-made or bought); bake in a hot oven and serve with hot mushroom sauce.

MUSHROOM SAUCE.

One can French mushrooms (champignons), heat and thicken with a little barley flour (prepared barley), season to taste. A suspicion of garlic is acceptable to many. Pour into a dish in which you have whipped up an egg, stir as you pour; add the juice of half a lemon.—Henriette Goldstein.

CHICKEN LIVERS A LA PHILLIPE.

One and a half dozen chicken livers, season to taste; six medium-sized sweet potatoes boiled, peeled and mashed; one
cupful boiled rice (slightly salted). Fry the livers in butter. Then take pudding dish, make a border around the inside of the dish with sweet potatoes, then inside of that a border of rice, and fill in center with chicken livers; on top of which place two slices of bacon, which is removed when entrée is ready to serve. Cover potatoes with white of egg not beaten; put in fairly hot oven. Bake until potatoes are light brown. Do not fry the livers too much or they will be too dry. Put little dabs of butter on the rice before baking.—Mrs. I. Phillips.

**STUFFED EGGS.**

Put fresh eggs into cold water, bring to boiling point, and let simmer twenty minutes; drop them into cold water and strip off the shells; cut them in halves lengthwise; remove the yolks, mash and add half the quantity of finely-minced sardines, skinned and boned. Season to taste with salt, pepper, dry mustard and lemon juice. Moisten with melted butter and press the mixture back into the whites. Fit the halves together, fasten with wooden toothpicks, dip in beaten egg diluted with one tablespoonful of water. Roll in fine dry bread crumbs; fry in deep, hot fat; drain on brown paper, remove the picks and serve with tomato sauce.

**Tomato Sauce.**

Cook together two tablespoonfuls of butter, two of flour; when frothy, add gradually one cup of strained tomato and one-half cup of rich milk; cook until thick and smooth; season with pepper, salt, onion juice and cayenne pepper.—Mrs. A. I. Jalkut.

**FILLED MUSHROOMS.**

Use stems of mushrooms chopped fine enough, celery to taste, chopped; parsley, pepper, salt, two tablespoonfuls of cream, one teaspoonful of flour mixed with a bit of milk, table-
spoonful of butter, and sherry wine to taste. Fill hollow of mushrooms with above mixture and bake in oven. Serve hot on toast. Only large mushrooms can be used. The sherry may be omitted.—Mrs. G. E. Beekman.

JELLIED EGGS.

Take ten eggs, remove a very small section from one end of egg, the smaller the better. Break up yolks and whites by inserting a steel skewer, and allow them to drain from shells. Then wash inside of shells very thoroughly and fill with cold water and stand upright, in either a wooden stand, which may be purchased for the purpose, costing but a few cents, and will hold one dozen egg-shells, or in a pasteboard egg-box with divided sections, in which eggs are usually delivered. Now make the following jelly to fill shells:—Dissolve one boxful of red Plymouth Rock gelatine in sufficient cold water to cover for about an hour. Then add one pint boiling hot water, the juice of one orange, sugar, cinnamon and allspice to taste. Heat on stove well and strain several times through cheese-cloth. Pour the water from the egg shells and fill them with the strained jelly. Must be prepared a day or two before using. When about to serve crack egg shells very gently and remove from jelly and perfectly formed jelly-eggs should result from the above process. Serve in individual nests of spun sugar, or shredded lettuce-leaves, or in a large nest of either.—Fannie F. Phillips.

BAKED EGGS WITH CHEESE.

Fill ramekins three-quarters full of mild cheese, cut in small pieces; break a whole egg on the top of each portion; then add grated cheese on the top of each egg, and bake in a very hot oven about six minutes. Baking the eggs too long toughens them.—Mrs. Isidor Phillips.
THE CHAFING DISH.

"Now let the wild wind work its will,
While snow heaps up the window-sill;
Light all the lights. Then, if you wish,
Cook dainties in the chafing-dish."

CREAMED OYSTERS.

Use Cape Cod oysters, drain them. Take one-half cupful of liquor, place in chafing dish, add one cupful cream, one cupful milk (for one pint of oysters); while this is heating cream a tablespoonful of butter with one and one-half tablespoonfuls flour; stir into cream; when it thickens add oysters, a few at a time; allow them to cook about two minutes; pour in a sherry-glassful of sherry. Serve in timbal cases or on toast. Sherry may be omitted and one tablespoonful of parsley added. Cape oysters need very little salt, if any.—Reeva Huson Levy.

LOBSTER A LA NEWBERG.

Four pounds of lobster cut in small pieces, one tablespoonful of butter, one tablespoonful flour, one-half pint cream, and yolks of two eggs well beaten. Heat the butter, and add the lobster meat. Mix the cream and eggs together and add the flour, which has been made into a smooth paste. Stir all thoroughly, so as to avoid lumps. Season with the juice of one-half a lemon or one small wineglassful of sherry wine, as preferred; salt and pepper to taste and a pinch of bicarbonate of soda. Serve very hot on toast or crackers.—Mrs. Julius Falkenberg.
WELSH RAREBIT.

Melt one teaspoonful of butter in a chafing-dish or double boiler, and add one pound of mild cheese cut in squares; stir until smooth, and then add the yolk of one egg, one-half teaspoonful of dry mustard, one-half teaspoonful of Worcester-shire sauce. Stir all the ingredients well together, and then add one-half cupful of ale or beer, and mix thoroughly. Then pour while hot on toast, and serve.—Mrs. Felix Kornfeld.
EGGS.

"The vulgar boil, the learned roast an egg.—Pope.

Eggs beaten with a knife will cause sorrow and strife,
Eggs beaten with a spoon, will make heavy soon,
Eggs beaten with a fork are as light as a cork.

STUFFED EGGS.—NO. 1.

Boil twelve eggs hard, and divide in halves lengthwise; mash the yolks fine, and also the contents of one box of sardines, and mix with the yolks. Fill the halves of the eggs with this mixture, and put them together to look like whole eggs. Serve on lettuce-leaves.—Mrs. Felix Kornfeld.

TOMATO OMELET.

Three or four eggs well beaten together with salt and pepper to taste; add a heaping tablespoonful of tomatoes, stewed with a little fried onions to flavor. If the tomatoes are thickened use also one tablespoonful of boiling water to each egg, mixing it in just before placing in the pan. Have the pan hot with plenty of butter. Pour in the mixture, taking care not to allow the centre to burn. When omelet is brown on the under side, place in the oven, to finish the process of cooking. (The boiling water makes it light and puffy.) When a nice light brown, fold and serve at once.—Mrs O. S. Judah.

CHEESE FONDU.

One cupful scalded milk, one cupful stale bread crumbs, one cupful of mild cheese cut in small pieces, one tablespoonful
of butter, one-half teaspoonful salt, yolks of three eggs, and the whites of three eggs. Mix the first five ingredients well together, and add the yolks of the eggs well beaten, and last of all fold in the whites beaten to a stiff froth. Bake in buttered dish twenty-five minutes in a moderate oven.—A.

SCRAMBLED EGGS.

Oh, egg within thy oval shell,
What palate tickling joys do dwell.

Heat plenty of butter in a hot spider; when it is near the boiling point drop in a good sized onion cut into tiny pieces for the purpose. Fry in the butter until a golden brown, and very tender. Then pour six eggs, well beaten but not separated, over the onions. Stir with a silver fork towards the centre. Take off the stove when creamy, which takes but a few moments. Delicious.—Mrs. Isidor Phillips.

HARD BOILED EGGS.

Boil eggs from three-quarters of an hour to an hour, and they will then be found to be both creamy and easily digested. —Mrs. I. Phillips.

GENUINE POTATO PANCAKES.

"A certain knight swore, by his honor, they were good pancakes!"

—As You Like It.

Pare and wash about ten large potatoes, grate them and then add three eggs, one onion, grated, and salt to taste, and one heaping tablespoonful of flour to them, beating all well together. Do not pour off the water that appears after grating,
but mix thoroughly. Have your fat very hot in the frying-pan. Take a spoonful of batter, and drop it into hot fat, turn with pancake turner over and over again in the hot fat until they are crisp and brown.—*Florence Levy.*

---

**STUFFED EGGS.—NO. 2.**

Boil desired number of eggs twenty minutes, and cut in halves lengthwise; remove the yolks, and mash to a paste. Chop olives and add to the mashed yolks, and mix with mayonnaise dressing. Put the mixture back into the halved whites of the eggs. Serve on lettuce-leaves, and add pimolas to top of eggs, one to each egg.—*Mrs. Samuel Mitchell.*

---

**GRIDDLED EGGS.**

Heat the griddle almost as much as you would for baking cake; butter it lightly and arrange small muffin rings on it. Drop an egg in each ring and turn as soon as lightly browned. They resemble fried eggs, but are far more delicate.—*Anonymous.*
VEGETABLES.

"Take the goods the gods provide thee."—Dryden.

KITCHEN TIME-TABLE.

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes</td>
<td>30 minutes</td>
</tr>
<tr>
<td>String beans</td>
<td>From 30 to 45 minutes</td>
</tr>
<tr>
<td>Lima beans, (fresh)</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Sweet potatoes</td>
<td>3-4 of an hour</td>
</tr>
<tr>
<td>Green peas</td>
<td>3-4 of an hour</td>
</tr>
<tr>
<td>Green corn</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Asparagus</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Spinach</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Fresh tomatoes</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Canned tomatoes</td>
<td>20 minutes</td>
</tr>
<tr>
<td>New cabbage</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Beets</td>
<td>1 or 1 1-2 hours</td>
</tr>
<tr>
<td>Squash</td>
<td>3-4 of an hour</td>
</tr>
<tr>
<td>Carrots, (cut in dice)</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Onions</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Parsnips</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Macaroni</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Rice</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>20 minutes</td>
</tr>
</tbody>
</table>
BAKED.

Potatoes .................................................45 minutes
Sweet potatoes, (if large) ..............................1 hour
Beans ......................................................6 hours
Biscuit ....................................................20 minutes
Turkey .....................................................2 to 3 hours
Roast, (medium rare, 8 pounds) ......................1 1-2 hours
Ducks ......................................................2 hours
Fish .........................................................3-4 to 1 hour
Mutton, (8 pounds) .....................................3 hours
Veal, (8 pounds) .........................................3 hours
Lamb, (8 pounds) .........................................3 hours

CREAMED OYSTER PLANT.—(Salsify).

Scrape two bunches salsify, slicing into pieces one-quarter of an inch in thickness, and put immediately into water containing some lemon juice, to retain whiteness; drain and put in boiling water, using enough to cover it, and let cook about three-quarters of an hour, salting the water during last half hour’s boiling. Drain and serve with cream or parsley sauce, the latter made with the water in which the salsify is cooked, with the addition of a little milk or cream.—Mrs. F. J. L.

MOCK OYSTERS.

Cook oyster plant as above (or use what has been left over), put in a bowl and mash thoroughly; when all smooth add one beaten egg and one-half cup of browned bread crumbs (or cracker dust); form into pieces size of an oyster, dip in egg, then in cracker dust and fry in deep fat until dark brown. Serve with triangles of lemon.—Mrs. F. J. L.
ESCALLOPED BEANS AND CORN.

One can string beans or one can Lima beans, one can sweet corn, one-half cup milk; butter a baking dish and arrange a layer of beans; dot with butter, season to taste, then put on this a layer of corn about half an inch deep, season, and so proceed until dish is filled. Then pour over all one-half cup milk (cream makes it more delicious), and sprinkle with bread crumbs; bake until the crumbs are browned. —Mrs. M. H.

POTATO APPLES.

“A morsel for a monarch.”—Shakespeare.

Boil six good-sized potatoes for half an hour or so, then mash them. While hot, add to them, butter the size of a walnut, and one egg beaten light, one teaspoonful salt, quarter of a teaspoonful of cayenne pepper. Form them into balls resembling apples. Fry in deep fat, and put a clove in each end.—Mrs. Edward Rintals.

SWEET AND SOUR CARROTS.

Take four or five carrots; wash them and scrape off the skin, and cut them into dice-shaped pieces. Put on to boil, and almost cover them with water, to which a teaspoonful of salt has been added. When they are soft (it will take about thirty minutes), add half a cupful of seeded raisins. Then take two teaspoonfuls of flour, and enough vinegar to thin it; mix flour and vinegar, a piece of butter the size of a small egg, and two teaspoonfuls of granulated sugar in with the carrots. Let all simmer for fifteen minutes, and serve.—Mrs. R. Dreyfus.
SPAGHETTI A LA ITALIENNE.

Divide one-half pound of spaghetti into pieces eight inches long; cover with boiling water and add one tablespoonful salt, and cook rapidly fifteen minutes. Drain and serve with meat sauce made as follows:

MEAT SAUCE.

To one cupful of meat gravy add one cupful of tomato sauce and a small onion cut up fine. Cook about twenty minutes, and strain. Thicken with flour; add one tablespoonful catsup or Worcestershire sauce. Serve grated Parmesan cheese. Good with pot roast.—Eva van Dam.

SPINACH.

GERMAN STYLE.

Use two pecks of spinach for a family of eight, as it will be much smaller when boiled. Cleanse by removing tops and bad leaves, and washing many times. Put in hot water, and boil half an hour. Drain the water off and chop fine in the meat-chopper. Make a dressing by putting a large tablespoonful of good fat or butter in a spider, and when it is very hot adding a small tablespoonful of flour, and mixing them until they are a golden brown. Then put spinach in with a little soup stock to thin it, and a little salt, and simmer slowly for half an hour. When ready to serve, slice hard-boiled eggs, and place on top as a garnish.—Mrs. R. Dreyfus.

CREAMED ASPARAGUS.

Boil two cupfuls of asparagus tips in salted water for fifteen minutes, drain; while they are cooking put one cup of milk
in a double boiler; when boiling pour some of it onto two lightly beaten eggs, stirring vigorously meanwhile, then return to double boiler and stir until it begins to thicken. Add one teaspoonful of butter, season to taste. Add tips to the sauce. Take five stale rolls, cut off the tops, remove inside, put in the oven until crisp. Fill each with creamed asparagus.

—Reeva H. Levy.

CHESTNUT "GEMUSE" (VEGETABLE).—NO. 1.

One pound chestnuts (French chestnuts preferred), one pound of prunes, one cupful of granulated sugar, three large onions, one-half pound flank (procure a piece of meat with plenty of fat), two tablespoonfuls of molasses; salt and sugar to taste. Boil prunes about one hour with meat and onions and sugar; then remove prune-stones. Peel and blanch chestnuts, and add them to the above, boiling all together for an hour additional. Add molasses and sugar, and salt to taste, about fifteen minutes before serving.—Mrs. M. I. Bornstein.

POTATO DUMPLINGS.

Boil twelve medium-sized potatoes (after paring), and cook them the day before they are to be used. Grate or chop very fine, and brown one medium-sized onion in two large spoonfuls of fat, and add this to the potatoes first of all and then two eggs well beaten and add enough flour to make a stiff batter, like bread dough. Season to taste with salt and pepper. Roll the desired size and boil in salted water for ten minutes. Serve at once.—Mrs. Julius Falkenberg.

SWEET AND SOUR SAUCE FOR DUMPLINGS.

Boil one-half cupful of sugar and one pint of water together, and add one tablespoonful of butter and the juice of one lemon,
one teaspoonful of cornstarch or flour mixed to a paste with cold water; then add the yolks of two eggs well beaten, last of all; do not cook them, simply heat on back of stove. Season with salt and cinnamon or any desired flavor.

Mrs. Julius Falkenberg.

CHESTNUT GEMUSE (VEGETABLE).—NO. 2.

One pound of French chestnuts peeled and soaked in cold water for two hours; scald and scrape off all skin; four or five medium-sized potatoes parboiled, one cupful or more of prunes (stoned), one-half cupful of seeded raisins. Mix all the above ingredients together and add enough water to cover, and boil slowly, closely covered, for two hours, with one cupful of sugar, juice of one lemon, one tablespoonful of chicken fat or butter, one teaspoonful of cinnamon, and salt to taste added.

—Mrs. J. P. Morse.

BAKED TOMATOES.
Delicious Luncheon Dish.

Take good-sized tomatoes, scrape out centers; fill each one with a raw egg broken into it, and over this grate American cheese, and sprinkle cracker crumbs with a little melted butter over the top of each. Season to taste. Bake twenty minutes and serve hot.—Aimeé Goulston Sturm. (Chicago, Ill.)

PARISIEN BRUSSEL SPROUTS.

Cook in salted water until tender; drain when cold, roll in bread crumbs or cracker dust and fry a light brown in butter. Lemon juice sprinkled over them before serving.

—Lizette Hambro.
CREAMED MACARONI.

"Stuck a feather in his hat and called him Macaroni."

One-half pound macaroni put in boiling salted water, boil twenty to thirty minutes; while it is cooking prepare the following: one pint of milk put on to boil; when boiled add three tablespoonfuls of butter and two of flour which has been worked to a paste, salt and pepper, one-quarter pound grated American cheese and one-quarter cupful rich cream. Drain macaroni, pour the sauce over; serve at once.—Deborah B. Freiman.

SCALLOPED POTATOES.

"Mine eyes smell onions, I shall weep anon."—All's Well That Ends Well.

Peel and slice thin raw potatoes. Butter dish, put in a layer of potatoes, season with salt and pepper, add some grated onion and fleck with butter; on this place another layer of potatoes etc., continuing until dish is full. Before putting in oven add one pint of milk. Bake three-quarters of an hour. —Deborah B. Freiman.

DELMONICO POTATOES.

Fill a baking dish with a layer of creamed potatoes, then a light layer of bread crumbs, then a layer of Parmesan cheese, grated fresh, and so continue until the dish is filled. Put bits of butter here and there on the last layer, which should be of cheese. Bake in a moderate oven until a golden brown. Serve very hot.—Fannie Frank Phillips.

COUNCIL BAKED BEANS.

One pint kidney beans; soak in cold water over night; drain and put beans in bean-pot. Mix thoroughly one-half
Established 1875

Downer & Co.
Members of Boston Stock Exchange

28 STATE STREET
BOSTON, - - MASS.

Commission Orders
Transacted in all Markets

Private Wire to New York Stock Exchange
Telephones, Main 1090 - 1091

JAMES W. BOWEN  HARRY M. STONEMETZ
Member Boston Stock Exchange

J. W. Bowen & Co.

STOCK and BOND BROKERS

25 and 26 Exchange Building
American Telephone Securities

J.W. Bowen & Co.

STOCK and BOND BROKERS

25 and 26 Exchange Building
American Telephone Securities

Maynard & Potter
(Incorporated)

Jewelers
Silversmiths

Diamonds, Pearls
Semi-Precious Stones

Complete Services in Sterling Silver for
the Table, Desk, Toilet

35 CONGRESS STREET
BOSTON

COMPLIMENTS OF
M. C. Barnard & Co.

New York and Boston
Stock Exchange and
Curb Stocks

35 CONGRESS STREET
BOSTON

Maynard & Potter
(Incorporated)

Jewelers
Silversmiths

Diamonds, Pearls
Semi-Precious Stones

Complete Services in Sterling Silver for
the Table, Desk, Toilet

416 BOYLSTON ST.
BOSTON
cupful of molasses, a saltspoonful of dry mustard, two tablespoonfuls of brown sugar, and one-half teaspoonful of salt. Pour over beans, and add one-half of a medium-sized onion. On top of this put one-half a pound of very fatty beef. Bake in a slow oven for 6 hours, adding a little water from time to time, as needed. Pea-beans may be substituted for the kidney beans.—Reeva Huson Levy.
SALADS.

"I warrant there's vinegar and pepper in it!"—Anthony and Cleopatra.

CHICKEN SALAD.

“How green you are and fresh!”—Shakespeare.

Boil fowl until tender; let cool in the liquor in which it was boiled, remove the skin. Reject whatever of the meat is tough or sinewy. Cut the meat into dice about one-quarter inch in size, mix with white crisp celery in the proportion of two measures of celery to three of chicken. Then add cooked mayonnaise dressing as follows: Add the well beaten yolks of four eggs to five tablespoonfuls of boiling vinegar; cook until stiff, stir while cooking. Remove from fire, add large lump of butter, stir until cold and perfectly smooth; season to taste with salt, pepper and mustard. Mix with whipped cream to required consistency. Before serving add about one-half pound Malaga grapes cut in halves and seeded, and one-half pound English Walnuts.—Mrs. A. S. Lauferty.

ENDIVE SALAD.

One-half dozen stalks, washed thoroughly (separated), put in cheese-cloth bag, lay on ice for an hour. Place a good-sized curled lettuce leaf on each plate. Put seven or eight pieces of endive lengthwise, cover ends generously with mayonnaise to which one tablespoonful of chopped celery has been added (celery salt may be used if celery is not available), two small radishes cut into roses with a sprig or two of parsley for garnishing.—Reeva Huson Levy.
CUCUMBER BOAT SALAD.

"How cucumbers along the surface creep, with crooked bodies."—Dryden.

Cut cucumber lengthwise without peeling into halves, remove the inside without injuring the shell and mix with tomato, radishes, green-peppers, etc., cut in small pieces; put back into shell. Serve on lettuce leaf with French dressing.—R. B.

GERMAN MEAT SALAD.

Two cups cold beef cut into dice, two cups cold boiled potatoes cut into dice, one cup cold boiled carrots cut into dice, one cucumber, one cup cold boiled peas, one onion (chopped), three hard-boiled eggs (chopped fine). Mix the ingredients (except eggs) in the order given in large bowl. Add dressing made as follows: One teaspoonful dry mustard, one-half teaspoonful salt, two teaspoonfuls sugar, dash of pepper; mix well, add two tablespoonfuls vinegar, one-half tablespoonful water. Add slowly two tablespoonfuls olive oil, stirring steadily till prefectly mixed. Pour over the mixed vegetables and spread chopped egg on top. This makes enough for from four to six people.—L. E. de Haas.

AMERICAN SALAD.

One cup scraped thinly sliced celery, one cup diced apples, one-half cup chopped English walnuts, one-half cup seeded white grapes. Mix well with mayonnaise. Serve on large, crisp, lettuce-leaves. Enough for four or six persons.—Reeva H. Levy.

POTATO SALAD.

Take twelve large potatoes, boil in their jackets from thirty to forty-five minutes. Skin while hot, cut in medium-sized
pieces. Two onions cut in very small pieces or grated, salt to taste; then add the following: One cupful of olive oil, three-quarters of a cupful of malt vinegar, one and one-half cupfuls of cold water; boil oil, vinegar and water, five or ten minutes, then throw over potatoes. Add a little celery salt and plenty of capers and three or four tablespoonfuls of mayonnaise dressing. Garnish with sliced hard-boiled eggs, olives and parsley. —Fannie Frank Phillips.

SALMON SALAD.

Remove all small bones, mash the salmon with silver fork, add two tablespoonfuls each of chopped celery, sweet pickles and parsley, and over this, when thoroughly mixed, pour the following:

MAYONNAISE.

Eight tablespoonfuls of vinegar, three tablespoonfuls of water, one and one-quarter teaspoonfuls mustard, two teaspoonfuls sugar, one teaspoonful butter, one egg and a little salt. Put vinegar, water and sugar on to heat until sugar dissolves. Beat egg and mustard together thoroughly, pour the hot vinegar into the egg, constantly stirring; replace on fire, cook until it thickens, then stir in butter. When cold pour over salmon. Serve on lettuce-leaves.—Clara Marx, (Chicago).

POLISH SALAD.

Six good-sized boiled beets, chop fine, one tablespoonful horseradish (grated). Mix all with French dressing. Serve on lettuce-leaf.—S. M.
SALAD PIQUANT.

“These crisp and tender leaves aright,
Will surely serve to whet your appetite.”

One head of lettuce, three stalks of celery, one-half a small onion (grated), one tablespoonful chopped parsley, one tablespoonful of capers, one slice of pickled beet (cut in shapes for garnishing), a few sprigs of parsley (for garnishing), four tablespoonfuls vinegar or lemon juice, four tablespoonfuls olive oil (Plagniol), one saltspoonful salt, one-half teaspoonful sugar. Have lettuce crisp; shred it into salad bowl that you have previously lined with the large lettuce leaves; cut celery into half-inch pieces, place on shredded lettuce, then grated onion, parsley, beet and capers. Mix oil, vinegar, sugar and salt thoroughly, pour over salad. Put on ice one-half hour before serving.

—R. H. L.

FISH SALAD.

Boil a piece of halibut in salt water; when tender drain and put on platter. Boil small scooped potatoes, small beets, string beans and cauliflower until tender; drain and decorate edge of platter in following manner: Potatoes next to fish, a few sprigs of parsley next, then beets, then cauliflower, beans and outer edge cauliflower. Over all pour a good French dressing, allowing it to stand an hour to thoroughly saturate the fish. Serve with mayonnaise.—Mrs. I. Phillips.

LOBSTER SALAD.

Buy live lobsters and drop in salted boiling water and boil from twenty minutes to half an hour. Separate the meat from the shell and cut in half-inch pieces. Reserving the tomalley. Add salt and mix plenty of olive oil with lobster; put on ice
for a few hours. Then add twice as much cold water as malt vinegar, a little celery salt and plenty of mayonnaise dressing and the tomalley. Garnish with sliced hard-boiled eggs, radishes and olives and serve on tender lettuce leaves.—Mrs. I. Phillips.

**MACKEREL SALAD.**

Wash mackerel and wrap in clean brown buttered paper, put in pan in oven and bake until the skin adheres to the paper when you remove it. Open fish, place on platter and take out the bone.

**Dressing.**

One-quarter cupful cider vinegar, one-half cupful of cold water, one-quarter cupful olive oil. Mix well together, season with small pieces of onion, celery salt, and a few capers. Garnish with sliced lemons and parsley.—Fannie Frank Phillips.

**SOLOMON GUNDY.**

Soak three Holland herring in cold water twenty-four hours; wash skin and remove all bones; chop fine with one Bermuda onion, two apples, two hard-boiled eggs, season with one-half teaspoonful of sugar and a pinch of pepper. Take the milch and mash until creamy, adding gradually one-half cup vinegar, then mix thoroughly with the herring paste; if too sour add a tablespoonful of water.—Mrs. J. Bensemoil.

**COLONIAL SALAD.**

Select one firm, ripe tomato for each guest. Peel and remove a thin slice from the flower end; scoop out all the pulp and remove seeds. Sprinkle with salt, stand on ice for two
hours. Chop the pulp, and to each cupful add one tablespoonful chopped nuts and one cup of celery cut in small pieces and one tablespoonful of salt pickles. Mix with mayonnaise dressing. Drain the tomatoes and wipe dry. Fill them with salad mixture and top off with salad dressing. Serve very cold on lettuce-leaves.—Mrs. S. Gutman.

EGG SALAD.

Slice one dozen hard-boiled eggs; add one small onion, chopped fine, three stalks of celery cut into dice, three or four lettuce-leaves, chopped fine, pepper and salt to taste, and a teaspoonful of sugar. Stir well together with one-quarter cupful of vinegar to which has been added one-quarter cupful mayonnaise dressing. Serve on lettuce-leaves with mayonnaise dressing on top.—Mrs. A. G. Daniels.

BRUSSEL SPROUT SALAD.

Boil sprouts until tender (about twenty minutes); drain, set aside to cool. Sprinkle with salt and lemon juice one hour before serving. Line salad bowl with crisp lettuce-leaves, put in the sprouts and cover with mayonnaise.—Lizzette Hambro.
CAEMENTIUM
Sticks everything but is not Sticky
Unaffected by fire, water or chemicals
For Sale at all Druggists' and Hardware Stores
EXPERT CHINA RESTORING
CAEMENTIUM SALES CO.
120 Boylston Street

W. Bixby & Company
116 & 118 Blackstone St.
and
153 Hanover St.
Boston, - - Mass.
IMPORTERS OF
James Plagniol Extra Superfine Olive Oil
ALSO A FINE LINE OF
Sherries, Ports, Madeiras
AND THE WORLD RENOWNED
"Guillermo Doblache" Natural Sherry "Palm Solera"
Especially adapted as a tonic for those suffering from Diabetes and Stomach troubles

Telephone Connection
Rhodes Bros. Co.
IMPORTERS and RECEIVERS ON COMMISSION
GROCERIES and PROVISIONS
Wholesale and Retail
438 to 444 Tremont St.
170 to 174 Mass. Ave.
256 to 260 Warren St.
(Roxbury District)
10-11 Harvard Sq., Brookline
BOSTON
SALAD DRESSINGS.

"In dressing salad mind this law—
With two hard yolks add one that's raw."—Samuel Ward.

ITALIAN SALAD DRESSING.

Suitable for Vegetables, Baked Beans, Etc.

One-half teaspoon dry mustard, one-half teaspoon salt, dash pepper, one teaspoon sugar, juice of onion about one-half ounce, one raw egg, one teaspoon red vinegar, one teaspoon tomato ketchup, one tablespoonful olive oil. Mix dry ingredients thoroughly. Work in vinegar, ketchup, and onion juice and egg, beating rapidly. Pour in oil until it forms a syrup like liquid.—L. E. de Haas.

________________________________________

HIBERNIAN MAYONNAISE.

"Olive oil is it! Well! I use Erin's Isle."—Bridget.

Four tablespoonfuls vinegar, four tablespoonfuls water, two eggs, one teaspoonful sugar, one saltspoonful mustard, one saltspoonful salt, one tablespoonful butter, two tablespoonfuls spinach (chopped, uncooked). Put vinegar, sugar, salt on to heat. Separate eggs; beat yolks and mustard; beat whites to stiff froth. Pour gradually the hot vinegar into the yolks, stirring constantly; return to double boiler, add butter, do not stop stirring until thick. Remove from fire to cool. Mascerate two tablespoonfuls chopped spinach (uncooked), press through a sieve, add to mayonnaise. Add whites when mixture is cold. Should be a delicate green.—Reeva H. Levy.
MAYONNAISE.

One tablespoonful sugar, one tablespoonful mustard, one small spoonful salt, one cup best vinegar, one egg, a bit of cayenne. Put mustard, sugar, salt, pepper and vinegar in an earthen kettle, set in boiling water. Stir as it heats. When well cooked, add the egg, well beaten, and stir all together. When cool set away in glass jar. To prepare for salad, two tablespoonfuls of dressing to four of whipped cream.—Adah Brown Guild. (Vermont.)

BUTTER SALAD DRESSING.

Two eggs, four tablespoonfuls butter, melted, one teaspoonful salt, one tablespoonful mustard, one and a half cupfuls thin cream, one teaspoonful flour, one-half cupful vinegar, dash cayenne. Add melted butter and vinegar when cream begins to scald. Boil as one would a soft custard.

CHEESE STRAWS.

One cupful grated cheese, one and a half cupfuls flour, one and a half tablespoonfuls butter, salt to taste and enough milk or cream to make a firm dough. Roll out and cut in small strips and bake.—Mrs. Ida Cohen.

Note:—To be served with salads.
SANDWICHES.

“The chief pleasure in eating does not consist in costly seasoning or exquisite flavor, but in yourself.”—Horace.

CELEY SANDWICHES.

One cup finely-chopped celery, six stoned olives, one tablespoon English walnuts (shelled and blanched); moisten with mayonnaise dressing, making a paste. Spread upon slices of thin bread and butter.—Mrs. W. Shapiro.

SUGGESTIONS FOR SANDWICHES.

Eggs and Parmesan cheese (grated).
Eggs, cheese and nuts.
Eggs and watercress.
Eggs and anchovy.
Olives, ground, and mayonnaise.
Chopped peppers with mayonnaise.
Peanut butter.
Salmon and French dressing.
Cream cheese and pimolas.
Banana with orange juice.
Caviare and lemon juice.
Smoked tongue and sardellen.
Pimolas, walnuts and cheese.
Sweet potato on toast.
Chicken, celery, walnuts.
Sardine paste, eggs, lemon.
DENNISON'S
PAPER NAPKINS
Made under most cleanly of conditions, of finely creped, pure white paper, with graceful designs. Appropriate for every holiday. Printed in fast colors.

No other napkin possesses these characteristics. Ask for Dennison's

DENNISON MFG. CO.
26 Franklin St., Boston

Foster Brothers
PICTURES
AND
FRAMES
COLONIAL MIRRORS
4 PARK SQUARE
BOSTON

The Boston Advocate
The Jewish Weekly
of New England
$2.00 per year
The Brightest and Most Readable Jewish Publication for the Home Circle
A weekly budget of real news
Write for Sample

173 Summer St., Boston

Railroad and Steamship
TICKETS
Agents all Railroads, Coastwise and Transatlantic Steamship Lines
Lowest Rates to Europe
Tickets and Tours Daily to all Resorts

Beekman Tourist Co.
293 Washington St.
Corner School St. Boston
BREAD AND ROLLS.

"Bread is the staff of life!"—Swift.

BOSTON BROWN BREAD.

"Brought out a dusky loaf that smelt of home."—Tennyson.

One cup rye meal, one cup granulated corn meal, one cup graham flour, three-quarters tablespoonful soda, one teaspoonful salt, three-quarters cup molasses, two cups sour milk or one and three-quarters cups sweet milk or water. Mix and sift dry ingredients, add molasses and milk; stir until well mixed. Turn into a well buttered mould and steam three and one-half hours. Do not fill mould more than two-thirds full.—M. W.

BROWN BREAD.

"Methinks I see the old oak table spread,
The clean white trencher, and the good brown bread."—Southey.

One cup corn meal, one cup rye meal, one cup sour milk, one cup water, one-half cup molasses, one-half cup white sugar, one large teaspoonful soda, one small teaspoonful salt. Steam three or four hours.—Adah Brown Guild.

THOROUGH BREAD.

"I live with bread like you."—Richard II.

FOR THREE LOAVES.

One quart entire wheat flour, one-half yeast cake, one flat teaspoonful salt, one flat teaspoonful sugar, one flat tablespoonful butter, two and a half cups tepid water. Mix thoroughly, set
in warm place to raise (about six hours); knead ten or fifteen minutes, form into three loaves, put in pans; allow it to stand from one to one and a half hours. Bake thoroughly in moderate oven until top crust is dark brown—three-quarters to one hour.  

Reeva Huson Levy.

GINGER BREAD.

"Yes, by St. Anne! And ginger shall be hot in the mouth too!"

—Twelfth Night.

One cup granulated sugar, two tablespoons molasses, four tablespoons melted butter, one even teaspoonful salt, one dessert spoonful of cinnamon, one teaspoonful mixed spices. Stir and rub well together then add one beaten egg and one cup of sour milk. Sift one even teaspoonful of soda and two cups of flour into the mixture and beat about two minutes. Put into pan about one and one-half inches deep and nine inches square. Sprinkle sugar on top and bake forty minutes in moderate oven.

—M. W.

OATMEAL BREAD.

Two cups of raw oatmeal, three cups of boiling water, one-half cup of molasses, one-half cup of brown sugar, one piece butter size of a walnut, one yeast cake, one teaspoonful of salt. Stir the oatmeal while pouring on hot water, put in molasses and brown sugar while stirring, and set aside to cool. Dissolve yeast cake in lukewarm water and add to the meal when that is lukewarm. Add enough flour to thicken the dough the consistency or white bread. Bake in a very slow oven.

—Mrs. R. Meshulamy.
STEAMED CORN BREAD.

Two cups sweet milk, two cups sour milk, two cups corn meal, two cups flour, one cup syrup, one cup sugar, one teaspoonful soda, a little salt. Steam three hours.—Miss Benjamin.
TOAST, WAFERS AND MUFFINS.

AMORITA FRENCH TOAST.

Take one pint of milk to twelve slices of zwieback. Beat two eggs, sugar and cinnamon to taste, a pinch of salt, and one heaping tablespoonful of flour together well. Put slices of zwieback on a platter, separately, and then pour batter over them, turning them frequently until well soaked, then fry in hot butter and fat, more butter preferred, to a golden brown on both sides. Sprinkle sugar and cinnamon mixed, on top of each slice, and serve hot, with any kind of jam or jelly. May be eaten also with blueberry or apple sauce, or plain. If bread is used, grate a little lemon peel in the batter.—Mrs. I. Phillips.

ROSETTE WAFERS.

Two eggs, one teaspoonful sugar, one-fourth of a teaspoonful of salt, one cupful of milk, and one cupful of flour, (a little more if necessary). Beat eggs slightly with sugar and salt; then add milk and flour, and beat until smooth. This amount will make forty wafers, which can only be made with the Rosette Irons, and for further information, see booklet, “How to Make Dainty Rosette Wafers,” which comes with same.

CORN MUFFINS.

Mix two cupfuls of Indian meal, one cupful of flour, to which has been added two heaping teaspoonfuls of baking powder, three-fourths of a cupful of sugar, one heaping tablespoonful of melted butter, one cupful of milk and one egg thoroughly together. Bake in muffin pans.—Mrs. A. G. Daniels.
PIES.

"Let good digestion wait on appetite, and health on both!"—Shakespeare.

RICH PIE CRUST.

Three cupfuls of flour, one cupful of fat or butter, one-fourth teaspoonful of baking powder, one-half teaspoonful of cream of tartar, one cupful of cold water, and salt to taste. Work all well together with a knife, and use more flour if necessary. Place in ice chest one-half an hour before rolling out. Roll out very thin, and bake a rich brown.—Mrs. N. E. R.

MOCK CHERRY PIE.

"Ye waves of ocean, spare the bark; 
Ye tempest of the sky—
From distant realms she comes to bring
The sugar for my pie."—Southey.

Two cups cranberries cut in halves, one cup raisins cut in halves, one measuring cup (scant) sugar, one-half teaspoonful vanilla extract, one tablespoonful of flour (to be mixed with sugar dry), one-half cup boiling water. Bake between two crusts of rich paste. This makes a large, very full pie. Unexcelled!—Mrs. Gustave Isaacs.

LEMON PIE.

"The flour, the sugar and the fruit,
Commingled well, how well they suit."—Southey.

Make a rich puff paste, roll thin and fit into a deep porcelain pie dish; prick the crust before putting into the oven. Bake a
Mr. H. L. GIDEON

In Lecture-Recital

The Story of Worship Music
The Modern French Opera
The Jew as a Character in Music

Address: H. L. GIDEON
40 SPRING ST., CAMBRIDGE

George A. Blanchard
Pictures, Frames, Water Colors
Mats and Passepartouts
180 Tremont St. Boston
Refers to Mrs. I. Phillips

Compliments of

A Friend

QUINN - FLORIST
FLOWERS and DECORATIONS
Furnished for all Occasions
95 Harvard St. 1338 Beacon St.
BROOKLINE
Telephones, Brookline 3000-3001

Paul G. Coblenzer
620-622 Shawmut Ave.
Boston, Mass.

Miss C. M. Gartner
INSTRUCTION GIVEN IN GERMAN
5 Temple St., Cambridge, Mass.

SCHOENHOF BOOK CO.
Books in Foreign Languages
128a TREMONT STREET
BOSTON

Harry L. Buitekan
Concert Pianist and Teacher
STUDIO
126 MASS. AVE.,
BOSTON

Just send your name and address for a copy of the best of Cooking Magazines

Address The Boston Cooking School Magazine
BOSTON, MASS.

H. J. OLMSHAED, D. O.
OSTEOPATHIC PHYSICIAN
BOSTON
715-716 Colonial Building, 100 Boylston St.
Telephone, Oxford 98
Hours 9 to 5
WINCHESTER
31 Church Street
Telephone by Appointment
pale yellow and fill with the following filling, which must be prepared in a double boiler: Yolks of six eggs, beaten very light, with one and one-half cups of granulated sugar, the grated rind of one and juice of two lemons; place mixture in double boiler, stir constantly and slowly, boil until quite thick, then add the well beaten whites of the eggs. Mix carefully, fill pie shell and replace in the oven and brown to a golden brown color.—Mrs. A. S. Lauferty.

APPLE-LEMON PIE.

"There's an art in pies:
In raising crust as well as galleries."—Leigh Hunt.

Two large apples pared and stewed, then sifted through a large hole strainer. One lemon rind and juice, one cup of sugar and a pinch of salt, one soda cracker, rolled very fine, four eggs, yolks well beaten; all the above mixed together, then add half the whites which have been beaten stiff, keeping other half for meringue, after it is baked. Make a nice pie crust, line a deep pie plate, perforate with a fork, then bake light brown. Fill with the above and bake; then add the other whites, which have been mixed with one-fourth cup of powdered sugar and a little vanilla essence. Arrange on pie when cool.—Mrs. E. S. Goulston, Sr.

STRAWBERRY PIE.

Bake a rich pie crust and while the crust is baking beat up three eggs, the whites to a stiff froth and the yolks with one cup of sugar; then mix the two together and beat thoroughly. Add three-fourths, or an entire box of strawberries. Place the whole in the hot crust and bake a golden brown.

—Hennie F. Liebman.
FROSTED RHUBARB PIE.

Peel the rhubarb and chop (not too fine); allow one and one-fourth cupfuls of sugar mixed with two level tablespoonfuls of flour to two cupfuls of rhubarb. Add the beaten yolks of two eggs and two teaspoonfuls of melted butter. Fill a paste-lined pie plate with mixture and bake. Cool and cover with a meringue.

MERINGUE.

Whites of two eggs beaten to a stiff froth, with two tablespoonfuls of powdered sugar. Brown in a slow oven.

—Miss Fannie Gutman.

LEMON PIE.

To make the cream use the yolks of eight eggs beaten lightly, into which put one teaspoonful of cornstarch, dissolved in one-half a cupful of water. The juice of two lemons and one-half a cupful of water boiled; add this to the above. Put into a steamer and add one-half a cupful of sugar (or more to taste); boil until it thickens to a consistency of a custard; set aside to cool. Spread on a sponge leaf. Beat the whites of the eight eggs to a stiff froth, slowly adding two tablespoonfuls of powdered sugar. Put it on the custard a la Bunker Hill style and place in oven to brown.—"Grandma" Fishel.

PRUNE PIE.

Line a pie plate with rich crust; use stewed prunes, removing the stones, and place prunes in plate close together. Bake in hot oven. When cold cover with whipped cream and sprinkle with chopped nuts and bits of cherries, or solid jelly.
NEW LEMON MERINGUE PIE.

Line a pie plate with paste and bake. Turn on a flat plate to cool. Make the filling of the following: One cupful sugar, three even tablespoonfuls of flour, one lemon (rind and juice), three eggs (yolks), one cupful of cold water; salt to taste. Whip yolks until light, add cold water, then flour, sugar, lemon juice and grated rind, and salt, stirring until mixture is perfectly smooth. Place in a double boiler, and cook until it thickens. Cool and pour into paste shell. Make a meringue as follows: Three eggs (whites), seven and one-half tablespoonfuls of powdered sugar, one-half teaspoonful of lemon juice or extract. Whip the whites until dry. Measure the sugar by the even spoonful and gradually add it, whipping constantly until four tablespoonfuls of sugar have been used. Do not add more than one-fourth of a spoonful of sugar at a time without thoroughly beating it in. The remaining three and one-half spoonfuls may be added together and quickly folded in. Add the flavoring and turn the mixture on top of the pie, heaping it in a mound at the center. Bake in a slow oven for eight or ten minutes.

—(Mrs. O. S.), Tillie M. Judah.
PUDDINGS.

“It almost makes me wish I vow,
To have two stomachs like a cow.”—Hood, (The Turtles).

DATE PUDDING.

“They call for dates and quinces in the pantry.”—Romeo and Juliet.

One cup chopped dates, one cup chopped walnuts, three eggs separated, one cup powdered sugar. Beat whites stiff, mix sugar and yolks; add dates and nuts also whites of eggs; to this add three tablespoonfuls flour and one teaspoonful baking powder. Pour in tin and bake for one-half hour.

—Mrs. A. Weiscopf.

CARROT PUDDING.

One pound carrots, one-half pound suet (chopped), six tablespoonfuls of flour, one-half pound sugar, three-fourths pound currants, one nutmeg, one-half teaspoonful of ground cloves. Boil the carrots and strain through a colander, mix all together and steam three and a half hours.

Sauce.

Three eggs, one cup of sugar, flavor with wine or brandy. Beat whites and yolks thoroughly and separately. Put half the sugar in the yolks, the other half in the whites, beat lightly. Mix, add the flavoring.—Mrs. R. Kaufman, (N. Y. C.)

CREAM RICE PUDDING.

Use one-third of a cup of rice, one quart cold milk, three-fourths of a cup of sugar, one-half teaspoonful vanilla, generous pinch of salt. Pour enough boiling water over the rice to cover
thoroughly; put aside to soak in a bowl one hour. When soaked, pour off every bit of water, and add one quart cold milk; stir in the sugar, salt and vanilla. Mix well and pour in a pudding dish. Drop bits of fresh butter all over the top. Bake in a moderate oven about three-quarters to one hour.—Mrs. I. Phillips.

APPLE CHOCOLATE PUDDING.

Slice two quarts of apples fine; mix with one cup of sugar, cinnamon to taste, one-half cup currants. Put this in a buttered pudding dish, add one cup of water; put in oven until soft. Take it out and while it cools, prepare a custard of one-eighth pound grated chocolate, one cup sugar, one teaspoonful of vanilla, two yolks of eggs, whites beaten to a froth. Pour over the apples and bake about fifteen or twenty minutes. Serve hot or cold with whipped cream.—Aimeé Goulston Sturm, (Chicago.)

NUT PUDDING.

One cupful sweet milk, one cupful chopped suet, one cupful seeded raisins, one cupful molasses, one pound walnut meats (chopped fine), one-fourth pound figs (chopped fine), one nutmeg (grated), one teaspoonful soda, two and one-half cupfuls flour, salt to taste. Mix thoroughly and steam three hours.

Sauce.

One-half cupful butter beaten until waxy; one-half cupful powdered sugar beaten into butter; one-fourth cupful cream, one tablespoonful of vanilla. Beat all together in a bowl. Set the bowl in hot water. Stir until creamy and smooth. Very nice.
—Mrs. George Brown, Bradford, Vt.
MACAROON PUDDING.

Yolks of three eggs beaten with one cup of sugar; pinch of salt, one-half teaspoonful of vanilla. Put in sauce pan with one pint of milk. Then add two teaspoonfuls of gelatine dissolved in water. Mix well and stir with silver spoon until mixture reaches boiling point. Remove from fire and add beaten whites with one wine glassful of brandy and six crushed macaroons. Line mold with macaroons, pour in mixture and set aside to harden.—Miss Fannie Gutman.

QUEEN OF PUDDINGS.

One pint bread crumbs, one quart of milk, one cupful of sugar, four eggs (yolks), rind of one lemon (grated), butter size of egg. Mix thoroughly, bake until done. Whip the whites of the eggs to a stiff froth, adding slowly one teaspoonful of powdered sugar. Remove pudding from oven, spread top with favorite jelly (raspberry preferred). Pour whites on top of jelly; return to oven and bake light brown. To be eaten cold. Nice served with cream.—E. H. M.

APPLE PUDDING.

One-fourth cupful butter, two cupfuls flour, one-half cupful sugar, two and one-half level teaspoonfuls of baking powder, one egg well beaten, one cup of milk, one-half teaspoonful salt, two good-sized apples sliced. Cream the butter and sugar, add beaten egg. Sift together flour, salt and baking powder and add alternately with milk to butter and sugar, adding the apples last. Serve with vanilla sauce.

Vanilla Sauce.

One cupful of sugar, one cupful of water. Boil until it strings. When cold add vanilla to taste. Tried and true? Yes!—Florence Warren Adler.
CHOCOLATE PUDDING.

"In fumes of burning chocolate shall glow
And tremble at the sea that froths below."—Pope.

Put one pint of milk in a double boiler, let it get warm. Take the yolks of three eggs and beat well with one cupful of granulated sugar; dissolve two squares and a half of Baker's unsweetened chocolate; add sugar, eggs, and chocolate to milk and allow it to cook slowly. One cupful of flour made into a paste with milk; add to the other ingredients, stirring constantly to prevent it getting lumpy. Cook until thick. Add vanilla flavoring. Whip the whites to a stiff froth and add to the chocolate (when cool). Bake in oven about one-half hour. Serve with whipped cream.—Mrs. George Moses.

STEAMED PUDDING.

One cupful flour, one cupful raisins, one cupful rye flour, one teaspoonful soda, one cupful milk, one-half cup sugar, one-half cupful molasses, one-half teaspoonful cassia, one teaspoonful allspice, steam three hours.

Sauce.

Beat yolks of two eggs and one cupful sugar and add beaten whites; flavor to taste.—Mrs. Ida Cohen.

STEAMED CHOCOLATE PUDDING.

Three tablespoonfuls butter rubbed with eight tablespoonfuls sugar, yolks four eggs, one cupful grated chocolate, one-fourth pound almonds, whites of eggs beaten to a snow. Steam.

Sauce.

Yolks of three eggs, one teaspoonful flour, two teaspoonfuls sugar, one pint of milk, beaten in a dish on stove until thick; one teaspoonful vanilla.—Mrs. Ida Cohen.
POTATO PUDDING.

Six baked potatoes, one cupful sugar, six eggs, one glassful wine, one tablespoonful fat, cinnamon and salt to taste. Mash the baked potatoes, separate the eggs, mix the sugar with the yolks, add the cinnamon and wine, work in the fat; mix thoroughly and add to the mashed potatoes, putting in the whites (beaten to a stiff froth) last.—Mrs. R. Sick.

———

SCRAP PUDDING.

Use stale bread, pieces of any ginger bread, corn cake, coffee cake left from last Kaffe Klatch, cover with milk and let stand an hour. Drain; add to the milk one teaspoonful each of spices, one cupful of sugar, one cupful raisins, a piece of dried lemon peel, three eggs, a good lump of butter. Mix all together and bake from two to three hours in a well buttered dish.—

Fannie R. Harris.

———

OMELETTE PUDDING.

Four eggs, yolks well beaten, with one scant tablespoonful of flour; add one pint of milk and pinch of salt. Put in baker and bake thirty minutes.

Caramel Sauce.

One cupful brown sugar, one-half cupful granulated sugar, one tablespoonful of water. Put on to boil, then add butter the size of an egg; just before removing from the fire, add one-half cupful of cream. When done beat until cool.

—Aimée Goulston Sturm. (Chicago.)
“CUCKOO PUDDING.”

“Sweetner of life and solder of society.”—Blair.

Butter pan well, peel and core apples enough to fill bottom of the pan. Fill apples with sugar, cinnamon, raisins and almonds. Put in the oven until half done. While apples are baking fix a sponge batter as follows: Four eggs (yolks) and one cupful sugar beaten well, one cupful flour, one teaspoonful baking powder, one teaspoonful vanilla. Beat whites to a snow and mix. Take apples from oven, pour the batter over, return to the oven and bake until golden brown. When cold serve with whipped cream.—Mrs. Philip Brown.

BROWN BETTY WITH AMBROSIA SAUCE.

“Sure, these are modern, very modern treats,
   For I understand ’em not.”—Beaumont and Fletcher.

Stale bread well buttered, (pieces of toast may also be used). Break into fine pieces, put into a well buttered pan; sprinkle generously with sugar and cinnamon. Put on a layer of apples, sprinkle these generously with sugar and cinnamon, adding flecks of butter and a few raisins. Continue to alternate until pan is full. Add two cupfuls of cold water in which the yolks of two eggs have been thoroughly beaten. Bake in hot oven until dark brown. Serve warm or cold with following sauce:

Ambrosia Sauce.

Whites of two eggs beaten to a stiff froth with one-half a cupful of granulated sugar; one medium-sized apple grated into the froth. Beat well and flavor with one-half a teaspoonful of vanilla or orange and lemon juice.—Reeva Huson Levy.
Felix Kornfeld
Importer and Manufacturer of
Feathers, Flowers and Novelties
65 Summer Street
Boston, Mass.
Telephone, Oxford 1222

High Grade Furs
Edward Kakas & Sons...
364 Boylston Street
Boston, Mass.

Le Basche
Ladies' Hatter
372 Boylston St.
Boston

Thayer, McNeil & Hodgkins
Boots and Shoes
47 Temple Place and 15 West St.
Boston, Mass.

Compliments of
Mrs. H. L. Carstein

Established 1858

Anchor Laundry Co.
102 Freeport St.
Dorchester, Mass.
COCOANUT RICE TRIFLE.

"Trifles light as air."—Othello.

Wash thoroughly three-fourths of a cupful of rice. Cook ten minutes in rapidly boiling salted water. Strain and return to double boiler; add two cupfuls of milk and a saltspoonful of salt and boil until soft, then beat until smooth. Add one cupful of shredded cocoanut, which has been soaked for two hours in one-half a cupful of milk and one-half a cupful of sugar. Cook one-half hour more, then add teaspoonful of vanilla. Serve cold with any fruit sauce. Crushed fruit is also very nice.—Eva van Dam.

GRAHAM PUDDING.

Two cupfuls graham flour, one cupful molasses, one egg, one spoonful each, cinnamon, mace, allspice, a shake of nutmeg, one-half cupful of melted butter, one cupful of milk, one teaspooonful of saleratus (dissolved). Place in a well-greased mold. Steam three hours steadily.—Fannie R. Harris.

COLD CHOCOLATE PUDDING.

Dissolve one-half pound grated chocolate in one cup of milk and stir in saucepan on stove until smooth and thick. Beat yolks of six eggs with one cup of sugar, until stiff froth and add chocolate. Dissolve one-third box of gelatine on stove in a little cold water. Beat six whites to froth and add to eggs and chocolate, then stir into gelatine. Mix all thoroughly and flavor with vanilla, put in mold or parfait glasses and set in ice box until ready to serve. Decorate with whipped cream. This amount is for large family. For smaller use one-half of all ingredients.—Hennie F. Liebman.
ENGLISH SUET PUDDING.

“They brought him a pudding of mighty size
To cheer his heart, and charm his eyes.”—Praed.

One pound raisins, one pound currants, one-half pound citron, one-fourth pound lemon peel, one-fourth pound orange peel, one-half a nutmeg grated, one-half teaspoonful cinnamon, two cupfuls sugar, one pound chopped suet, eight eggs. Flour sufficient to make a stiff batter. Mix thoroughly. Place in floured bag, leaving plenty of room for swelling. Boil constantly five hours. Place a plate in bottom of kettle to prevent sticking. This makes a very large pudding, which can be reduced by using one-half the receipt.

WESTMINSTER SAUCE FOR ENGLISH SUET PUDDING.

One-half pound of butter, two heaping cupfuls of sugar, four eggs, four lemons, (juice of). Cream butter and sugar, reserving one cupful of sugar dissolved in juice of lemon. Mix all thoroughly, adding well beaten eggs and one-half of a grated nutmeg. Serve over pudding.—Mrs. Marion Huson.

DECORATION FOR PUDDING.

Place the pudding on a very large round platter (or silver tray). If it is to be used for Christmas, holly is most effective, placing a large border about the pudding and a sprig full of berries on top. Narcissus lend themselves to a very artistic effect for early spring, using Jonquils to make a pronounced yellow and white study. In using this combination cut a good core from the pudding and put a few of the flowers in center, encircling the dish with alternate Narcissus and Jonquils.—R. H. L.
STRAWBERRY MACAROON PUDDING.

One box strawberries, washed; spread on platter, and reserve a few large ones for decoration; sugar well, and place a layer of macaroons over the berries. Then make a custard as follows: The yolks of three eggs beaten to a cream with about one and one-half cupfuls of sugar. Then add a large glassful of white wine, and put the mixture on to heat. Stir a heaping teaspoonful cornstarch smooth in a little cold water, and add to the egg mixture, and stir constantly until it thickens; then remove from the fire, and when cool, pour over strawberries and macaroons. Beat the whites of the eggs to a stiff froth, sweeten to taste, and use as a garnish with strawberries, (reserved) on top, here and there. Place in ice-chest until ready to serve.—

Mrs. Louis Hyneman.

ENGLISH PLUM PUDDING.

One brick loaf of baker's bread grated, ten eggs well beaten in one-half pound sugar, one pound suet chopped fine, one cup molasses, two pounds stoned raisins, one pound currants, two ounces citron, one teaspoonful ground cloves, one teaspoonful ground cinnamon, one teaspoonful ground nutmeg, one glass of brandy, one glass of wine. Boil in mold six hours. Put cloth around mold tightly to prevent water soaking in. Chop suet fine and mix with a little flour to prevent sticking. Add a speck of soda to counteract molasses. This amount fills two melon molds, two-quart size.—Bessie Hurley.

MUSSELAINÉ SAUCE FOR PLUM PUDDING.

Beat the yolks of four eggs until light; add gradually one cup powdered sugar and two tablespoonfuls brandy. Cook over range five minutes, stirring constantly. Set in pan of ice water and beat mixture until cold; then add one cup heavy cream beaten stiff, one teaspoonful vanilla and a few grains salt.—

Bessie Hurley.
CAKES.

"Retain their sweetness after they have lost their beauty."—Hannah Moore.

"Peace hath its triumphs greater far
Than martial echoes wake.
Where lives the man who leads a host
Can make a decent cake?"

WEIGHTS AND MEASURES.

"A pint's a pound the world around!"

Sixty drops of any thin liquid, one drachm or one teaspoonful; two teaspoonfuls, one dessert spoonful; four teaspoonfuls, one tablespoonful; eight tablespoonfuls, one ounce; four gills, one ounce; two cupfuls, one pint; four cupfuls of flour, one pound; two cupfuls of butter, one pound; two cupfuls of granulated sugar, one pound; two and one-half cupfuls of powdered sugar, one pound; one dozen eggs should weigh one and one-half pounds.

Table of Proportions.

One teaspoonful of soda to a cupful of molasses; one teaspoonful of soda to two cupfuls of sour milk; three teaspoonfuls of soda to one quart of flour; one-half cupful of yeast, or one-fourth cake compressed yeast, to one pint of liquid; one teaspoonful of flavoring to one loaf plain cake; one teaspoonful of salt to two quarts of flour; one teaspoonful of salt to one quart of soup; one scant cupful of liquid to two cupfuls of flour for bread, muffins or batters; one quart of water to each pound of meat and bone for soups.
Time-table for Baking.

Bread, brick-shaped loaf ......................... 50 to 60 minutes
Biscuits ............................................. 10 to 20 minutes
Cake .................................................. 45 to 60 minutes
Cookies .............................................. 10 to 15 minutes
Ginger bread ....................................... 20 to 30 minutes
Graham gems ......................................... 30 minutes
Bread, rice, or tapioca pudding ................... 1 hour
Rolls ................................................... 10 to 15 minutes

Time-table for Baking Certain Cakes.

Sponge cake .......................................... 3-4 of an hour
Round cake .......................................... 1 hour
Fruit cake ............................................ 3 or 4 hours, depending upon size
Cup cakes ............................................... 1 full hour

Use two teaspoonfuls of baking powder to one quart of flour. For cakes that are large and rich use spring forms.

SCRIPTURE CAKE.

One cup of butter, Judges 5: 25; 3 and one-half cups of flour, 1 Kings 4: 22; three cups sugar, Jeremiah 6: 20; two cups raisins, 1 Samuel 30: 12; two cups figs, 1 Samuel 30: 12; one cup water, Genesis 24: 17; one cup almonds, Genesis 43: 11; six eggs, Isaiah 10: 14; one tablespoonful honey, Exodus 16: 21; a pinch of salt, Leviticus 16: 13; spices to taste, 1 Kings 10: 10; two tablespoonfuls baking powder, 1 Cor. 5: 56. Follow Solomon's advice for making good boys and you will have a good cake. Proverbs 23: 14. Proceed by the ordinary rules for cake making, putting in nuts last. The raisins should be seeded, the figs chopped and the almonds blanched and sliced, all these well floured to prevent sinking. Bake in square loaf.

—Mrs. J. S. Heiderman.
MARSHMALLOWS CAKE.

"Oh dainty of dainties."—Marlow.

Four eggs beaten together; two cupfuls of sugar, one cupful of butter beaten to a cream; one cupful sweet milk, two and one-half cupfuls flour, two teaspoonfuls baking powder, vanilla flavoring to taste. Bake in layers.

FILLING.

One cup granulated sugar, one cup water, boiled together until thick; butter size of an egg, one-half pound marshmallows (melted), one cup chopped nuts, the white of one egg beaten to a stiff froth. Mix all into the syrup, beat thoroughly and spread while warm.—Florence Levy. (Chicago, Ill.)

A GOOD AND ECONOMICAL SPONGE CAKE.

Four eggs, eight tablespoonfuls of sugar, the grated rind of a whole and the juice of half a lemon, eight tablespoonfuls of flour, sifted five times, one level teaspoonful of baking powder, three and one-half tablespoonfuls of cold water, yolks of eggs and sugar to be beaten to a light yellow; add grated rind and juice of lemon, then the water, next the sifted flour and baking powder and lastly the whites beaten to a stiff froth. Bake in a very moderate oven about forty minutes. A baking tin with tube in the middle gives the best results.—Sarah van Noorden.

PLAIN SPONGE CAKE.

Three eggs beaten separately, one and one-half cups granulated sugar, one-half cup cold water, two cups flour sifted twice, juice and rind of one lemon, one-half teaspoon saleratus and one teaspoon cream of tartar, (scant). Bake from twenty to thirty minutes.—Fannie R. Harris.
CREAM ROLL.

Two eggs, weight of two eggs in powdered sugar and weight of two eggs (not quite) in flour. Bake on the reverse side of the pan; take off while hot and roll. Fill with whipped cream.—Ida Greenbaum.

JELLY ROLL.

Three eggs (separated), one cup sugar, two tablespoonfuls sweet milk; beat yolks and sugar thoroughly, add beaten whites. Mix one heaping teaspoonful of baking powder with one cup of flour; add to the other ingredients. Flavor with lemon and bake immediately in moderate oven. While hot remove from pan and lay on a cloth wet with cold water. Spread with jelly and roll quickly. Sprinkle with powdered sugar.—M. G. W.

NUT CAKE.

One-half pound of butter and one pound of sugar beaten to a cream; add six eggs, beat all until very light, and one and one-half cupfuls of lukewarm milk. Stir in three to three and one-half cupfuls of flour and two teaspoonfuls of baking powder, one teaspoonful of vanilla and one-half pound of grated walnuts. Bake in moderate oven for about one hour.—Maizie C. Goulston.

FUDGE CAKE.

Three-fourths cup butter creamed with one cup sugar, three eggs (beaten separately), one cup milk, one-half cup chopped walnuts (coarse), two and one-half cups flour, two teaspoonfuls baking powder, four squares bitter chocolate, melted over steam with a little milk, vanilla flavor. Bake forty-five minutes. Can be baked in loaf or layer.—Fannie R. Harris.
FEATHER CAKE.

One-fourth cup butter, one-half cup milk, one cup sugar, one and one-fourth cups flour, one egg (beaten), one heaping teaspoon baking powder, flavoring, pinch of salt. This rule makes a small loaf; or two layers. If a nut cake is wanted add one-half cupful of chopped walnuts; and use a boiled frosting. Boil one cup granulated sugar, one-fourth cup boiling water and pinch of cream of tartar until it threads when dropped from a spoon; pour over the beaten white of an egg, flavor with vanilla and beat until thick enough to spread.—M. G. M.

CHOCOLATE CAKE.

With Double Frosting.

One-half cup butter, one cup sugar, two squares melted chocolate, three whites of eggs (beaten), one-half cup milk, one and one-fourth cups flour, one heaping teaspoonful baking powder, pinch of salt.

Frosting—(1st Part).

One tablespoonful melted butter, one and one-half cups sugar, one-half cup milk, a pinch of cream of tartar. Mix thoroughly and boil thirteen minutes; flavor with vanilla and beat until thick enough to spread.

Frosting—(2nd Part).

Melt one and one-half squares chocolate, two teaspoonfuls sugar with five teaspoonfuls of boiling water, until right consistency to spread. Put over the white frosting after it has cooled.—M. G. M.
DATE CAKE.

Cream one cupful of sugar with one-half a cupful of butter; and the beaten yolks of two eggs, two cupfuls of flour sifted with three level teaspoonfuls of baking powder, (reserve enough to flour the fruit); add one-third of a cupful of milk, slowly beating all the time, then the stiffly beaten whites of two eggs and last one pound of dates stoned and cut in pieces and rolled in the flour. Beat well. Bake in a moderate oven three-quarters of an hour in a deep pan.—Aunt Sara.

---

WALNUT CAKE.

"The hand that hath made you fair hath made you good."

—Measure for Measure.

Do Try It. Very Good.

One-half cup butter, one cup sugar, one cup milk, two cups flour, one-half cup chopped walnut meats, two eggs, two teaspoons baking powder, one teaspoon vanilla. Cream the butter and sugar together; you need not separate the eggs, but add to butter and sugar, beating until very light. Next add the milk and flour alternately, beating all the time. Keep out a little flour for the baking powder; next add the walnut meats. Bake in moderate oven about three-fourths of an hour.

—Frances van Baalen.

---

ANGEL CAKE.

Whites of three eggs, three and one-half cups powdered sugar, three cups of flour, two teaspoonfuls baking powder, lemon. Beat whites of eggs and sugar until thick and creamy; add flour well sifted with powder and flavor last. Bake in three greased angel cake tins, in moderate oven.—Mrs. W. Shapiro.
PINEAPPLE SPONGE.

Four eggs, two cups granulated sugar, two cups sifted flour, two level teaspoons baking powder, one cup very hot water. Beat yolks and whites together lightly; add sugar, one cup of flour, little at a time, baking powder in other cup, last hot water, little by little, and little vanilla. Bake twenty-five minutes. An hour and a half before serving, cut top off cake. Take one can shredded pineapple and pour over, pricking cake with fork to let fruit sink into cake thoroughly. Serve with whipped cream over top. —Aimeé Goulston Sturm. (Chicago.)

APPLE SAUCE CAKE.

One cup sugar, one-half cup butter, one cup raisins, one teaspoon cinnamon, one teaspoon nutmeg, one-half teaspoon cloves, one cup apple sauce, one teaspoon of saleratus in little hot water, one and three-fourth cups of flour.—Mrs. Milton M. Jacobs.

PLAIN CAKE.

One-half cup butter (large cup), press all the water out of the butter; two cups sugar sifted, one cup milk, three eggs (do not separate eggs), two level teaspoons baking powder, three cups flour sifted three times. Flavor with nutmeg, add pinch salt. Sprinkle sugar on top before baking.—Mrs. J. Land.

DATE CAKE.

Chop seven ounces of dates, grind seven ounces of almonds into which mix two teaspoonfuls of baking powder. Beat yolks of five eggs light and add seven ounces of granulated sugar; add dates and almonds, then the whites of five eggs beaten stiff. Butter pan. No flour used.—Mrs. J. Simons, (Chicago).
ALMOND TORTE.

Separate nine eggs, beat yolks with a good-sized cup of granulated sugar until very light; grind half pound almonds, beat the whites stiff, then add into the beaten eggs and sugar alternately a teaspoonful of whites and teaspoonful of almonds, stirring constantly. Butter tin and bake in slow oven one hour. No flour used.—Mrs. J. Simons, (Chicago).

CHOCOLATE FRUIT CAKE.

Six eggs, one cupful of milk, one cupful of butter, one cupful pulverized sugar, one cupful dark brown sugar, two cupfuls flour, one-half pound of grated chocolate (unsweetened), one cupful seeded raisins, one cupful currants, one-eighth pound citron, one teaspoonful cloves, one teaspoonful allspice, one teaspoonful cinnamon, two teaspoonfuls baking powder. Beat sugar and butter until light, add yolks of eggs; flour, fruit. After all is mixed, add whites of eggs, beaten to a stiff froth.

—Mrs. I. Phillips.

POUND CAKE.

One and two-third cups sugar creamed with one cup butter, five eggs broken in, one at a time, two cups flour, one-half cordial glass brandy, one-half teaspoonful mace, one-half lemon rind grated. Put all together, adding flour last; bake forty-five minutes.

Frosting.

One cup granulated sugar, one-half cup boiling water, boil five minutes; add white of one egg beaten, flavor with rose.—Fannie R. Harris.
MARBLE CAKE.

One-fourth pound butter, one and one-half cups sugar, one-half cup milk, three eggs, one and one-half cups flour, one and one-half teaspoonfuls baking powder, one teaspoonful vanilla. Mix butter and sugar, add milk and yolks of three eggs, add flavor, then mix in the flour and powder, beaten whites last. Mix part of dough with three tablespoonfuls of cocoa and put in pan on the white dough. Bake in moderate oven.—Mrs. I. Sick.

DEVIL CAKE.

Boil one cup sugar, one-half cup milk, two squares Baker’s chocolate, set aside to cool. Cream one cup brown sugar, one-half cup butter, add two eggs well beaten, one-half cup milk, one teaspoonful baking soda dissolved in a little hot water, two cups of flour; add the boiled mixture to this. Bake in layers or a large flat tin.

ICING.

One tablespoonful butter beaten to a cream, add confectioner’s sugar until thick enough to spread, flavor with vanilla, chopped nuts added if so desired.

—Mrs. C. W. Greene. (Chicago.)

FIG LAYER CAKE.

One cup sugar, one tablespoonful butter, one-half cup water, two cups flour, one egg, two teaspoonfuls baking powder. Bake in two layers.

FILLING.

Eight large figs stewed in a little water until soft enough to mash, add one-half cup of sugar and one teaspoonful of vanilla.

ICING.

One-half cup sugar and a little water; boil until it hairs, then turn over the beaten white of one egg, add some of the figs and beat until cold. Flavor with vanilla.—Miss Fannie Gutman.
DUTCH APPLE CAKE.

One pint flour, one-fourth cup butter, one and one-half teaspoons salt, one egg (well beaten), one-half teaspoon saleratus. One scant cup milk, one teaspoon cream of tartar, four apples. Sift flour, salt, saleratus and cream of tartar together, then rub in butter and egg and mix with milk. Spread one-half inch thick in long pan. Pare apples, slice in small pieces and lay in rows on top. Sprinkle with sugar and cinnamon. Bake in quick oven one-half hour. A sauce of the yolk of egg, milk, sugar and vanilla poured over all will add to flavor.

—Florence Warren Adler.

NEVER FAIL GINGERBREAD.

One-half cup sugar (granulated), one-half cup molasses, one-half cup butter, one-half cup milk, two cups flour, one teaspoonful soda, one teaspoonful ginger, two eggs, added last; beat well, bake in quick oven twenty minutes. Can add one-half cup seeded raisins to improve it.—Reeva Huson Levy.

CHARLOTTE RUSSE.

Dissolve one tablespoonful of gelatine in half a cup of cold milk. Heat another one-half cupful of milk and add two tablespoonfuls of powdered sugar and the dissolved gelatine. Allow to cool and add the whole to one-half pint of whipped cream. Flavor with vanilla and pour into a mold which has been lined with lady fingers. Set away in refrigerator to become chilled.
COFFEE CAKES.

COFFEE CAKE.

One cup granulated sugar or half powdered, one tablespoonful butter mixed to cream; add two eggs (yolks), one and three-fourth cups of flour, one heaping teaspoonful baking powder, sifted and added to the above with one cup of milk, little at a time; one teaspoonful almond flavoring, the stiffly beaten whites. This makes two small loaves.

CRUMBS FOR TOP OF CAKE.

Two tablespoonfuls of flour, two tablespoonfuls of sugar, one-half teaspoonful butter, one teaspoonful milk mixed into small crumbs and strewn on cake before placing in oven; cinnamon or chopped nuts are a great addition to the crumbs.—Mrs. E. S. Goulston, Sr.

BUND KUCHEN.

Make a sponge of one yeast cake, one cup lukewarm milk, two cups of flour, pinch of salt, one teaspoonful sugar. Cover and let stand in warm place until light. Cream one cup of butter with one and one-fourth cups of sifted powdered sugar; add five eggs, one at a time; with each egg two tablespoonfuls of flour; then add grated rind of one lemon, one tablespoonful of brandy, and a grating of nutmeg. Combine the two mixtures thoroughly. Butter a bund form, sprinkle thickly with chopped almonds and granulated sugar, pour in the mixture and let it rise until very light. Bake about one hour.—Mrs. J. Bensemoil.
QUICK COFFEE CAKE.

Two eggs, one cup milk, pinch salt, one cup sugar, rind and juice one-half lemon, one cup butter, one-half teaspoonful baking powder, two cups flour. Beat eggs, sugar and butter to a cream; add milk, salt and lemon; then flour and baking powder. Some currants and citron or any fruit well floured can be added. Sprinkle chopped nuts, sugar and cinnamon over top before baking.—A Member.

DUTCH KUGEL.

Apples or pears, three cups of flour, three teaspoonfuls baking powder, one cup of suet, one and one-half cupfuls sugar, one-half cupful chopped nuts, one-fourth cupful finely sliced candied citron, one teaspoonful salt, one handful of seeded raisins. It is best baked in an iron Scotch bowl. This is to be well lined with thick slices of the whole apple or pears. Put into a mixing bowl, the flour, salt, and sugar, into which rub the suet. Now moisten with enough water to make a soft dough, then add nuts, raisins and citron. Cover with thickly sliced fruit and bake three or four hours in a moderate oven. Serve with hard sauce. —Sarah van Noorden.
TORTES.

SCHWARTZBROD TORTE.

Ten eggs, separated, two cups of sugar beaten with yolks until light; add one-fourth pound of almonds, one-fourth pound citron, cut fine, one cup grated chocolate, one-half teaspoonful cinnamon, one-half teaspoonful allspice, one-half teaspoonful ground cloves, one tablespoonful brandy. Beat the whites to a stiff froth and add one cupful grated rye bread and mix all together and bake in a spring form in a moderate oven for an hour.—M. F.

CHOCOLATE TORTE.

LIKE MOTHER USED TO MAKE.

Two large cups of sweet chocolate, one cup ground crackers, one cup sweet almonds, ground, twenty eggs, separated, well beaten. Beat the yolks for half an hour with two cups of sugar; add all kinds of spices, half a teaspoonful of each, one lemon and one wineglass of brandy. Bake for one hour in a medium hot oven. This makes two large loaves.—Fannie R. Harris.

ALMOND TORTE.

Four eggs, beaten separately, one cup powdered sugar, one-half cup cracker dust, one-half teaspoonful baking powder, one-half cup chopped almonds; add whites last. Bake in two layers and spread whipped cream between and on top.—M. G. W.
CHOCOLATE TORTE.

Nine eggs, two cupfuls sugar, one-fourth chocolate, one cupful matzo meal and potato flour mixed, one teaspoonful ground cinnamon, one teaspoonful ground cloves. Beat yolks of eggs with sugar into a cream. Stir in the matzo meal, potato flour and spices. Dissolve the chocolate in a little boiling water and add to the other ingredients, then the stiffly beaten whites of eggs. Bake in a moderate oven one hour.—Mrs. M. I. Bornstein.

HAZELNUT TORTE.

Beat together one and one-half cups granulated sugar with eight yolks of eggs; juice and rind of one lemon, one-half pound shelled hazelnuts, one-fourth pound blanched almonds, three crackers grated (Uneeda Biscuit); add beaten whites of eggs last. Grate nuts and crackers together.—Mrs. A. Weiscopf.

KOENIGS TORTE.

One pound butter, one pound flour, one pound sugar, ten eggs, grated rind of one lemon, two ounces sweet almonds, two ounces bitter almonds or two teaspoonfuls of almond extract, two teaspoonfuls baking powder. Cream the butter, add the lemon rind and almonds, the yolks; beat the whites to a stiff froth, and add alternately until everything is in, one tablespoonful of sugar, flour, stiffly beaten eggs. Bake in a moderate oven from one to one and a half hours. Do not stop beating the cake from the time you begin to put in the flour and sift flour and sugar into the other ingredients.—Friederike Salomon.
CHOCOLATE TORTE.

Very Easy. Very Nice.

Yolks of four eggs, one-fourth pound Baker’s bitter chocolate melted in a cup of milk, two cups granulated sugar, one teaspoonful baking powder; add whites last, beaten stiffly with pinch salt. Bake in layers, put raspberry jam between. (N. B.—Have batter very thin as this ensures a light damp torte.—Aimeé G. Sturm. (Chicago.)

SAND TORTE.

One-half pound cornstarch, one-half pound butter, one-half pound sugar, five eggs, one tablespoonful sherry, one teaspoonful baking powder, grated rind of half a lemon, two teaspoonfuls of vanilla. Cream the butter with the sugar, add the flavoring, the yolks, spoonful by spoonful, until all the cornstarch is used, then add the wine, lastly the whites of eggs beaten to stiff froth. Bake one hour; moderate oven.—Friederike Salomon.

WALNUT TORTE.

Yolks of six eggs and a cup of granulated sugar well beaten, one-half cup chopped walnuts, rind and juice of one lemon, one-half cup of matzo flour or cracker meal; add beaten whites of six egg’s. Bake in moderate oven about forty minutes.

—Mrs. Jacob Nathan.
ICING FOR CAKE.

WHITE ICING.

The whites of two eggs, not beaten; add one tablespoonful of cold water, lemon or vanilla to taste, and enough confectioner’s sugar to make a frosting stiff enough to spread on cake easily when cool, without running too freely.

MARBLE ICING.

Use white frosting as above; and make a chocolate frosting by using one square piece of Baker’s bitter chocolate cut in small pieces or grated, and add one tablespoonful of confectioner’s sugar, and melt in small saucepan over boiling water. Then add one-half cupful of white frosting, and stir well. Spread cake with white frosting, smoothly, and as soon as possible, drop the chocolate frosting from a tablespoon into the white frosting, irregularly, to represent marble.

LEMON ICING.

Juice of a good-sized lemon, one tablespoonful cold water, and enough confectioner’s sugar to make a stiff frosting that can be spread on cake easily, without being too thin.

—Mrs. I. Phillips.

GOLDEN ICING.

Beat yolk of one egg with eight tablespoonfuls of confectioner’s sugar. Add one tablespoonful of boiling water, and a teaspoonful of vanilla extract. Spread over cake, and let harden before cutting. Pretty icing for a silver cake.
MARSHMALLOW ICING.

Whites of two eggs, beaten to a stiff froth; flavor and sweeten to taste. Grate one large tart apple after peeling, and add to the beaten whites and stir for one-half an hour or more, until the icing is very thick and white, and again as much as it was originally.—Mrs. I. Phillips.

CHOCOLATE CARAMEL FROSTING.

Put one pint of brown sugar on to boil with one-half cupful of milk, one-half pound of sweet chocolate grated, and a small lump of butter. Boil until thick, stirring frequently. Flavor with vanilla, and spread over cake while warm.

FIG FROSTING.

Make a syrup of three cupfuls of granulated sugar and one cupful of cold water. Boil until it threads, and pour slowly onto the stiffly beaten whites of two eggs, and when well mixed add six figs chopped in very fine pieces and stir well together and spread between two layers and on top of upper layer of cake. Chopped dates or nuts may be substituted for the figs.

—Mrs. I. Phillips.
COOKIES AND SMALL CAKES.

CHOCOLATE COOKIES.

One-half cup butter, one cup sugar, two eggs, two bars sweet chocolate, one-half teaspoon vanilla, one-half cup chopped English walnuts, a generous half cup of flour. Spread on flat tin, cut in squares; put half a walnut on top of each square. Bake in a moderate oven, about ten minutes.

Mrs. A. S. Lauferty.

LEBKUCHEN.

Five whole eggs, two cups brown sugar, beaten well together; three teaspoonfuls of cinnamon, one teaspoonful of cloves, one teaspoonful of allspice, rind of a lemon and little orange peel, one teaspoonful vanilla, one-fourth pound chopped almonds, one square of Baker's chocolate (grated). Beat this all well, and then add two cups of sifted flour, with two teaspoonfuls of baking powder. Spread in buttered pans, having the ingredients about half an inch thick. Bake in a moderate oven about fifteen minutes. Before taking out of pan spread icing on top and cut in squares.—Mrs. Jacob Nathan.

ENGLISH COOKIES.

Three-fourths pound of butter, one cup sugar, two and one-half cupfuls flour, one egg, one teaspoonful baking powder. Mix together; roll out thin, cut into shapes with cookie forms; spread chopped almonds on top. Bake until brown.—M. F.
OAT MEAL COOKIES.

One-half cup melted butter, one cup sugar, two eggs (well beaten), two cups oatmeal, rind of one and juice of one-half lemon, pinch of salt.—M. H.

INDIVIDUAL PEACH TARTS.

Line individual biscuit tins with rich pie crust. Fill with peaches and put a dot of butter on each, then bake. Add one cup of sugar to juice of peaches; boil until a syrup. Put a tablespoonful over each tart when cold.—J. F.

PEANUT YUM YUMS.

Whites of two eggs, one cup powdered sugar, one cup ground peanuts, one tablespoonful flour, pinch of salt. Drop on well-buttered and floured pan from teaspoon, about size of half dollar. Bake in moderate oven until light brown.

—(Mrs. O. S.), Tillie M. Judah.

PEANUT WAFERS.

One-half cup flour, one teaspoonful baking powder, one-fourth teaspoonful salt, one-half cup chopped peanuts, two tablespoonfuls butter, one-fourth cup of sugar, one egg (beaten), two tablespoonfuls milk. Mix and sift dry ingredients; stir in the chopped peanuts. Cream the butter and sugar; mix thoroughly. Add the well beaten egg and the milk. Drop from the tip of a teaspoon on a buttered pan, one inch apart. Put half of a peanut on the top of each. Bake in a moderate oven ten minutes or until light brown.—Esther Z. Small.
FRENCH BUTTER COOKIES.

All ingredients must be accurately measured. One pound flour, one-half pound butter, one-half pound dark brown sugar (not the darkest grade), one teaspoonful ground cinnamon, one-half teaspoonful ground cloves. Mix all thoroughly in a bowl. Do not beat. Roll out not too thin, and cut out either with a cutter or the top of a glass. Bake in a moderate oven until a rich brown. Sometimes a little more sugar is needed as the degree of sweetness varies.—(Mrs. O. S.), Tillie M. Judah.

CHOCOLATE BROWNIES.

One cup sugar, one-half cup melted butter, two squares of chocolate (grated), one-half cup chopped walnuts, one-half cup flour, two eggs beaten lightly. Spread in tins, bake, cut in squares while hot.—Charlotte L. Nurenberg.

ENGLISH BUTTER COOKIES.

One pound butter, one pound dark brown sugar, three eggs, one tablespoonful of cinnamon. Add flour enough to roll. Roll thin.—Charlotte L. Nurenberg.

PRESSBURGER STANGELU, OR ALMOND STICKS.

Mix rapidly one-fourth pound of butter, one-fourth pound of flour, one-fourth pound of sugar, one-fourth pound of ground almonds, one-half teaspoon vanilla, yolks of two eggs. Work like pie crust, set on ice for couple of hours. Roll out thin and cut in strips two inches long, one inch wide. Put on well-buttered pan. Bake in moderate oven.—Aimeé Sturm. (Chicago.)
ALMOND COOKIES.

One-half pound of butter, one-half pound of almonds (grated), yolks of four eggs, one and one-half cups of sugar, juice of one lemon. Add flour enough to roll.—Charlotte L. Nurenberg.

DUTCH BUTTER CAKES.

One-half pound butter, two eggs, one and one-half cups sugar, one tablespoon sherry wine, a teaspoonful of baking powder for each cup of flour; use enough to roll. Roll thin, cut and bake in a hot oven. Rub over with yolk of an egg, before baking.—Beckie Rintals.

WALNUT TAFFY STICKS.

One cupful brown sugar, one cupful chopped walnuts, two eggs beaten together, one-third cupful flour. Spread in a hot buttered pan. Bake, and cut into strips while hot. A large roasting pan is the best.—R. B.

ROCKS.

One cupful butter, one cupful broken walnut meats, one and one-half cupfuls brown sugar, one cupful raisins, one-fourth cupful molasses, three eggs (beaten), two and one-half cupfuls flour, one teaspoonful saleratus, pinch of salt. Drop from spoon, and bake in moderate oven.—M. G. M.

AUNT SUSAN'S GINGER COOKIES.

One pint molasses, two teaspoonfuls soda, one-half cup butter, three teaspoonfuls ginger, flour enough to roll out hard. Let molasses heat. Put in butter and soda, and let it cool, then add ginger and flour.—Aunt Susan's Niece.
KISSES.

One pound of dates cut in strips, one-fourth pound of almonds cut in strips. Beat the whites of three eggs very stiff, with nine tablespoonfuls of granulated sugar, one teaspoonful of vanilla. Mix in almonds and dates and drop on brown paper. Bake in very slow oven till light brown.—Mrs. Milton M. Jacobs.

DATE MACAROONS.

One-half pound dates, one-half pound almonds chopped fine. Beat whites of four eggs, stir into it two cups granulated sugar, teaspoonful vanilla. Butter and flour the pan, drop in teaspoonful of batter far enough apart to allow spreading. Bake in slow oven.—Aimeé G. Sturm. (Chicago.)

TEGLACH.

A Delicious Dainty.

Two pounds honey (strained), one pound sugar, six eggs, one tablespoonful olive oil, pinch of ginger and pinch of salt. Flour enough for a thick batter or dough. Sift pastry flour into cake bowl, adding ginger and salt; break eggs into flour, add oil. Mix ingredients by lightly folding and cutting. Knead and form into long round strips and cut into inch lengths. Insert raisins and the meat of walnuts into bits of the dough, forming into small balls between the palms. When the honey and sugar is boiling, plunge all the nuts into it and cover. Keep the honey briskly boiling about forty minutes. Watch carefully, stir occasionally to prevent scorching. They should be a dark golden brown and crisp. The honey may be kept indefinitely by adding a cup of cold water when taken from the fire.

—Hinda Schwartz Cohen.
WINE COOKIES.

One-fourth pound sweet almonds, one-fourth pound citron, one-fourth pound Baker's chocolate, one teaspoonful cinnamon, one teaspoonful cloves, one teaspoonful allspice, one and three-fourth cups sugar, six eggs, two even cups of flour, two even spoonfuls baking powder. Grind the almonds, citron and chocolate in meat grinder; then add the spices. Separate eggs and beat well; add sugar, flour and baking powder and then fruit. Form by dropping half a teaspoonful of the mixture in a plate of sugar; roll into a little ball in the palm of the hand. Bake in buttered pans, an inch apart.—Mrs. N. E. Pelonsky.

PUFF BALLS.
WITH MAPLE SYRUP.

Two eggs (separated), one cupful milk, one tablespoonful of sugar, one-half cupful flour, one teaspoonful baking powder. Beat yolks and milk, add sugar, flour and baking powder. Beat whites to a stiff froth and blend into batter. Have fat hot; put in the wire drainer. Drop a teaspoonful of batter at a time (just stiff enough to form soft ball). Should be a delicate brown. Serve with hot maple syrup.—Mrs. Harry Salt, (Chicago).

MYSTERIES.

One cupful of Quaker Oats, not cooked, one cupful of sugar, one egg, one teaspoonful baking powder mixed with oats, one-half cupful melted butter, and one tablespoonful vanilla. Beat the egg light, and add the other ingredients in the following order:—sugar, oats, and baking powder, vanilla and melted butter. Drop from a teaspoon onto cookie tins, which should be buttered, and sprinkled with flour. When they are baked, let cool a minute before removing.—Mrs. Louis Hyneman.
Was Hood’s Milk on your table this morning?

Hood’s Milk, Cream and Butter are supplied fresh every morning in more than 100,000 homes, hotels and restaurants of Greater Boston. During sixty-three years of continuous service, not a single case of disease has been traced to Hood’s Milk.

GENERAL OFFICES AND CHEMICAL AND BACTERIOLOGICAL LABORATORY
494 Rutherford Avenue, Charlestown, Mass.
'Phone, Charlestown 600

DAIRY LABORATORY
70 Huntington Ave., Boston, Mass.
'Phone, Back Bay 4430

FOREST HILLS BRANCH OFFICE
24 Anson St., Forest Hills, Mass.
'Phone, Jamaica 1010

HOOD’S MODEL CREAMERY
7 Beacon and 55 Tremont Sts., Boston, Mass.
'Phone, Haymarket 2580

NORUMBEGA BRANCH OFFICE
289 Pleasant St., Watertown, Mass.
'Phone, Newton North 1340

Hot Coffee
FOR
All Occasions

ORIENTAL TEA CO.
(Sign of Big Tea Kettle)
87 Court St., Scollay Square
BOSTON

ESTABLISHED 1865

J. A. PURINGTON
WHOLESALE AND RETAIL DEALER IN
PROVISIONS
1356 Beacon St., Brookline, Mass.

Sam. A. Beckhard & Co.
ESTABLISHED 1874
TWO STORES
70-72 TREMONT STREET
PARKER HOUSE, BOSTON
BECKHARD’S BRANCH
123 SUMMER ST. BOSTON

COMPLIMENTS OF

Mrs. Henry Penn
ICE CREAM AND SHERBETS.

He bought ice cream for his darling
   And she ate, and ate, and ate,
'Till at last her heart she gave him
   To make room for another plate.

TORTONI ICE CREAM.

Boil three-fourths of a cupful of water with the same amount of sugar, until it threads. Beat the yolks of three eggs thoroughly, the whites to a stiff froth, then mix together. Pour hot syrup on eggs gradually stirring until cool, thick and creamy; flavor with one teaspoonful vanilla. Whip one pint of cream and add to mixture. Grate one dozen stale macaroons, put half the crumbs in mold, turn in the tortoni, then the rest of the crumbs. Pack mold in ice and salt and let stand four hours.—Sophia L. Strauss.

VANILLA ICE CREAM.

One pint sweet cream, one pint milk, pinch of salt, three eggs, one-half cup granulated sugar, one-half cup powdered sugar, three teaspoonfuls of vanilla flavoring. Scald the milk, add the eggs beaten light, without separating, to which one-half cupful of granulated sugar has been added. Turn scalded milk into eggs very slowly; after ingredients are well mixed put into double boiler anl cook until quite thick, stirring constantly to avoid lumps or curdling. Turn into bowl and set away until cold. Then add the vanilla or other flavoring. Whip cream until stiff, add one-half cupful of powdered sugar and stir into custard, mix well and freeze. Better when custard is made day before.—Mrs. I. Phillips.
CLARET SHERBET.

One quart claret, one pint granulated sugar, whites of three eggs, one-half pint water. Dissolve sugar in claret, add water and freeze. When partly frozen add whites of eggs beaten to a stiff froth.—Mrs. I. Phillips.

LEMON SHERBET.

One quart of milk, juice of two lemons, one and one-half cupfuls of sugar beaten well. Freeze at once.—Mrs. Ida Cohen.

Note:—Nice served from cups made of oranges by cutting in halves and removing pulp.

HAPPY SHERBET.

Press one pint unseasoned cooked apple pulp through a sieve, with one pint of cranberry juice; add the juice of one lemon, one teaspoonful vanilla and one pint of sugar. Cook ten minutes; cool and freeze as for ices. Serve in crystal glasses.—Mabel D.

SULTANA ROLL.

“All that’s sweet was made but to be lost when sweetest.”—Moore.

Mix one cup of sugar, one-fourth teaspoonful salt, one tablespoonful flour and one egg; add one pint of milk. Cook twenty minutes, cool and add one quart of cream, one teaspoonful of almond and one teaspoonful of vanilla extracts. Color light green and freeze. When done line melon mold with it. Fill the middle with one pint of whipped cream, sweetened with one-third cup of powdered sugar and one-fourth cup of cherries soaked in brandy and one-fourth cup of Sultana raisins. Pack in ice two hours. Serve with claret sauce.—Mrs. G. E. Beekman.
STRAWBERRY SHERBET.

Add two cupfuls of sugar to one quart of water. Boil twenty minutes without stirring. When cool, add the juice of two lemons, and one quart of crushed strawberries. Freeze like ice cream, and when nearly frozen add the whites of two eggs beaten to a stiff froth. Freeze again until the mixture is very stiff, and allow it to stand in freezer an hour or two to ripen before serving.—Mrs. A. G. Daniels.

CHERRY BISQUE.

Mix two heaping tablespoonfuls of flour with two cupfuls of sugar. Break four whole eggs into the above mixture, and stir to a cream with a pinch of salt. Put one pint of milk in a double boiler. Mix flour, sugar and eggs with a little milk, and add to the milk in the double boiler, and cook until thick, and then strain, and cool. Flavor with one cupful of rum; cut up some maraschino cherries, and add to it, and a little of the juice and one quart of cream, and freeze.—Mrs. G. E. Beekman.
FROZEN DESSERTS.

"In the hedge the frosted berries grow."—Sarah Whitman.

FROZEN STRAWBERRIES.

Take nice ripe strawberries, put into a bowl and mash; make sweeter than for the table. Let them stand until the juice is drawn out, then freeze. Serve with either whipped or ice cream. —Mrs. J. S. Heiderman.

MAPLE CREAM.

Yolks of three eggs, one-half cupful of sugar, one cupful of maple syrup, one-half pint of whipped cream, one tablespoonful of gelatine dissolved. Add the dissolved gelatine to the well-beaten yolks and sugar. Stir in maple syrup. Add whipped cream and whites beaten to stiff froth. Put in mold on ice. Serve cold with whipped cream.—Mrs. B. Birnbaum.

NESSELRODE PUDDING.

One-half cup milk, one-half cup sugar, yolks of two eggs. Cream in a double boiler until it is like a custard but not quite so thick. Let it boil briskly but stir constantly. Make this the day before so as to have it very cold. Add whites of two eggs beaten stiff, one-half cup cream beaten stiff, two ounces macaroons (chopped), two ounces candied cherries (chopped). Pack as moussé is packed. Freeze four hours.—Louie J. Kempner, (Buffalo).
CAFE PARFAIT.

One-half pint cream, one-half pint of milk. Beat thoroughly, add beaten whites of two eggs, two tablespoonfuls Mocha extract, small cup of powdered sugar. Freeze four hours.—Mrs. Felix Kornfeld.

STRAWBERRY PARFAIT.

One quart of cream (whipped stiff), one-half cupful powdered sugar, added to three-fourths of a box of strawberries mashed through a colander, then mixed well into the whipped cream. Pack in ice and salt. Freeze for four or five hours.—Mrs. I. Phillips.

MOUSSE.

Three eggs, one-half cup sugar, one pint cream (heavy). Flavoring vanilla and a few chopped nuts. Mix the yolks and sugar as for cake. Add the whites beaten very stiff; beat cream stiff and add to the above mixture. Put in flavoring and nuts. This requires no churning. It should be put in a tin pail and this be packed into another large pail, with a solid packing of ice and rock salt. Let it freeze four hours.—J. T. Kempner.

MOCHA MOUSSE.

Beat yolks of three eggs with half a cupful of granulated sugar, and one and one-half tablespoonfuls of Mocha essence. Then whites of eggs beaten very stiff with pinch of salt, last one pint well-beaten cream. Put mixture in ice cream mold, then pack in ice and salt; freeze five hours. Any sweetened fruit can be used instead of Mocha.—Sophia L. Strauss.
ORANGE MOUSSE.

Juice of five oranges, juice of one lemon, one tablespoonful of gelatine dissolved in hot water, one cup granulated sugar; mix together and put in mould; pour over it one-half pint rich cream beaten stiff with a little granulated sugar and one teaspoonful vanilla. Pack in ice and salt for four hours.—R. B.
FRUIT DESSERTS.

LOVE'S DELIGHT.

One pint whipped cream, one-half pound marshmallows (melted), one teacupful walnuts. Beat thoroughly together and serve in sherbet glasses with candied cherry on top of each.—Clara v Marx, (Chicago).

HEAVENLY HASH.—NO. 1.

One pound red raspberries (two quarts), one pound red currants (one large box), one pound strawberries (two quarts), one pound cherries (two quarts), one pound raisins, three oranges grated, use pulp also, rind and juice of two lemons. Cook fruit 15 minutes, then add five pounds of sugar, and boil from half to three-quarters of an hour. Pour into a cool receptacle, let stand until cold and fill sherbet glasses.—Aimeé Goulston Sturm, (Chicago).

HEAVENLY HASH.—NO. 2.

Cut three or four different kinds of fruit that may be in season and candied cherries into small pieces and mix well together, and add chopped nuts, sugar and a little sherry wine. Chill these ingredients, and serve either in tall glasses with a spoonful of whipped cream on top, and a cherry on top of that, or in the halves of oranges, after removing the pulp and juice.—Mrs. M. Lowenberg.
PRUNE WHIP.

Whites of six eggs, one cupful of sugar, fifteen prunes (chopped), one-half teaspoonful vanilla. Beat whites very stiff, add sugar gradually; then stir in chopped prunes and vanilla. Bake in a buttered dish in a hot oven for fifteen minutes; serving directly from the oven to the table with whipped cream.

—Lottie B. Feibleman.

COMPOTE DELICEUSE, OR "HELDELIGHT."

Four pounds rhubarb, one pound raisins, one-quarter pound shelled walnuts (cut small), two lemons sliced (leaving peel on), rind and juice of one lemon; clean and strip rhubarb, cut into very small pieces; wash and dry thoroughly, then add other ingredients and boil for one hour.—

Aimeé Goulston Sturm, (Chicago).
PRESERVES AND MARMALADES.

"Swooning in sweetness."—Thomas Read.

PRESERVED PINEAPPLE

Pare and wash pineapple, then put through grinder; to each pineapple add two cups granulated sugar, put in kettle and boil until clear.—Mrs. Rosie Rosenberg, Chicago.

PRESERVED WHOLE CURRANTS.

Take red, ripe, dry currants from the stem, one pound of sugar to one box of currants. Put currants on to cook; as soon as they get warm put in the sugar. Have the sugar heated. Boil together one-half hour; try and keep the currants whole. Put in glass jar cover tight.—S. A. W.

GRAPE FRUIT MARMALADE.

One grape fruit, one orange, one lemon, five pounds sugar; cut fruit (pulp and skin) into small pieces and measure; soak in two and a half times as much cold water as you have fruit, for twenty-four hours. Then let this mixture get warmed through; soak for another twenty-four hours, then warm again. When thoroughly warm add sugar. Let this boil briskly until it has boiled down one-third. It should be a golden yellow. Put in marmalade glasses; these do not need to be warm.—J. T. Kempner.
PEAR CHIPS.—NO. 1.

Eight pounds green Bartlett pears sliced in eighths, five pounds of granulated sugar, six lemons sliced, leaving peel on three, one-quarter pound preserved ginger (dry); cut in small pieces, peel the pears. Let all stand over night. In the morning, boil until pears are transparent and rich reddish color—from six to eight hours boiling slowly. Delicious.—Mrs. I. Weil.

PEAR CHIPS.—NO. 2.

Four pounds of pears chopped fine, four pounds of sugar five cents worth ginger root, two lemons (the juice of), peel cut fine, one tumbler of water. Cook slowly until transparent.
—Mrs. George Brown, (Bradford, Vt.)

ORANGE MARMALADE.

Nine oranges and four lemons; peeling and all, except seeds, sliced in narrow strips. Add three quarts and one pint of water and let it stand over night; let it come to a good boil in the morning and then add three and one-half pounds of granulated sugar. Boil one hour.—Mrs. I. Phillips.

WATERMELON PRESERVE.

Cut out red and boil until soft, then squeeze through colander; take four cups of sugar to eight cups of juice, boil thirty minutes. Add the melon rind, sliced, using half quantity of sugar and boil all for two hours. Then slice in a lemon and put spices in a bag and boil for another hour. Excellent.—Florence Levy.
JELLIES.

CONCORD GRAPE AND APPLE JELLY.

One basket Concord grapes, not too ripe. Wash (do not stem), put in a preserving kettle and mash grapes and stems with potato masher. Put on fire and let simmer till soft, then squeeze through cheese cloth. Six or eight tart apples, peel and quarter, put on with a little water and boil until tender but not mashed; drain off the liquor and add it to the strained grape juice. Measure cup of juice to cup of sugar. After it comes to a boil skim and let boil twenty minutes. Fill jelly glasses, cover with paraffin. The apples may then be used for sauce by mashing, adding sugar and beaten white of egg. Flavor with little vanilla.—Florence Levy.

CURRANT JELLY.

Wash the currants clean. Put them in a preserving kettle and mash them. Boil thirty minutes or more, or until they are thoroughly cooked. Dip them, a quart at a time, into a cheese cloth, straining bag and squeeze out all the juice. Measure this and for each pint allow one pound of granulated sugar. Put the juice over the fire, let boil rapidly for fifteen minutes, then add the sugar and let it boil rapidly five minutes longer. Skim clear, put in jelly tumblers, covering with melted paraffin and white paper tied over each glass, and marking same.—Mrs. I. Phillips.

CURRANT AND RASPBERRY JELLY.

Follow directions for making currant jelly, using one-third as many raspberries.—Mrs. I. Phillips.
ASPIC JELLY.

For Fancy Dish.

To be used as a garnish for salads or cold meats. One fowl, one shin of beef, one knuckle of veal, four cloves, one bay leaf, two onions, one carrot, one stalk of tender celery, one turnip, one-half a box of Cox's gelatine and one cupful of sherry wine. Put the chicken, beef and veal in a pot, and cover with cold water, and boil for five hours. Add the carrot, cloves, turnip and bay leaf one hour before removing from the stove. Fry the onions and celery cut in small pieces, in butter, and add to the other ingredients; remove from the stove and strain, and then add the gelatine and the sherry, then strain again. Let stand over night, and then take off all fat; mix the whites of two eggs, beaten to a stiff froth, with the cold jelly, and heat, and boil up once more; then strain through a cloth, and put in fancy jelly border.—Mrs. Henry Ehrlich.
CONFECTIONERY.

"A wilderness of sweets."—"Paradise Lost."

PEPPERMINTS.

"Oh the world hath not a sweeter creature!"—Shakespeare.

Four drops of essence of peppermint, one cup sugar, one-quarter cup water, one pinch of cream of tartar. Boil until it strings; add essence; beat it until it begins to thicken. Drop on marble slab.—R. H. L.

MAPLE FUDGE.

One-half cup walnuts, two cupfuls of brown sugar, one cup of milk, one piece of butter size of an egg, two tablespoonfuls of maple syrup. Cook until it hardens when dropped in water; take from fire, add walnuts and beat until thick.—B. B.

CRYSTAL NUTS.

One cup of nut meats (hickory-nuts preferred), one-half cup of sugar, two tablespoonfuls of water. Cook sugar and water till it strings; take from fire, add nuts and beat it well.—B. B.

BUTTER SCOTCH.

One cupful sugar, one-quarter cupful molasses, one-half cupful butter, one tablespoonful vinegar, two tablespoonfuls boiling water. Put in a saucepan and boil until it will become brittle in cold water.—Edwin L. Feibelman.
TEXAS PECAN CANDY.

Two cupfuls of granulated sugar, one cupful of milk, one
tea­spoonful­ful of butter, vanilla to taste. Put these ingredients on
to boil, and when same is nearly done remove from the stove.
Melt a cupful of granulated sugar in a frying-pan, and when
dissolved add it to the other ingredients, but do not scrape the
frying-pan, and stir all well and let it boil up once briskly;
then add one cupful pecan meats, and beat until very thick; pour
out so as to form round cakes with spoon. Lay on paraffine
paper until cold. Do not let the mixture get too hard before
making into nut-cakes.—Miss Nita Wolff, (Texas).

BUTTER SCOTCH.

One cupful of granulated sugar, one cupful of vinegar, di-
luted with a little water, and butter the size of a walnut. Cook
all the ingredients together, and boil until a small quantity forms
a soft ball when dropped into cold water. Then add a teaspoonful
of vanilla, and pour into buttered pan, and cut into squares.
This candy must be stirred constantly.—Miss Lil­ian Lauferty.

MAPLE CANDY.

Piece of butter size of a walnut, put in a pan and melt,
then add two large cups maple sugar, two small cups white
sugar, one small cup water, a pinch of salt. Boil until a little
dropped in cold water will form a soft ball; set in a cool place
ten minutes; have ready two spoonfuls whipped cream, and a
cup of nuts broken small, stir quickly into the hot sugar and
pour into pan to cool; when partly cool cut in squares. Very
nice.—Mrs. J. J. Guild.
FUDGE.

Two cupfuls of granulated sugar, three-quarters cupful of milk, one even tablespoonful of butter, two and a half squares of Baker’s chocolate; take off fire. After cooking the above until it forms a soft ball when dropped into cold water, add one teaspoonful of vanilla and beat until creamy. Pour into a well-buttered shallow pan; mark, and when cold cut in squares.—Maisie C. Goulston.

MISS LILIAN LAUFERTY’S FAMOUS CHOCOLATE FUDGE.

Two cupfuls of milk, one cupful of granulated sugar, and butter the size of a hickory-nut. Cook the milk and sugar together until the mixture comes to a boil; then add one oblong piece of Baker’s sweet vanilla chocolate, grated or broken into small pieces. When the chocolate is melted, add the butter, and boil all the ingredients from eighteen to twenty minutes or perhaps somewhat longer. Test fudge by dropping a small quantity in cold water; if it forms a soft ball it is done. Then pour into a large platter, and smooth with a spoon until hard enough to take into your hands. Then knead it, like you would bread, until creamy. If it is too hard, add sweet cream as needed. Roll into sticks, cut into pieces and eat. Walnut-meats may be added if desired.

STUFFED MONKEYS.

“Linked sweetness long drawn out.”—Milton.

One pound fresh dates, washed and stoned; one-half pound dried figs, washed, one-half cupful walnut meats. Run through fine grinder which forms a paste; mix thoroughly, form in small balls size of walnut; roll in granulated sugar and stick a toothpick in each. Serve as candy.—Etta B. van Ulm.
COCOANUT PINOCHE.

Three cupfuls light brown sugar, one cupful milk, butter size of an egg, one-half pint of walnut meats (cut in fine pieces), and cocoanut mixed (or Christians Protoid nuts may be substituted for walnuts), one teaspoonful vanilla. Boil sugar, milk and butter about three-quarters of an hour or until a small quantity forms a soft ball when dropped into ice water. Take off stove and beat with an egg-beater until very thick and creamy. Care must be taken not to get it too thick so that one can mix nuts and vanilla into mixture easily. Add nuts and cocoanut, using a large spoon. Put in well-buttered pans. Cut with a sharp knife into squares when sufficiently hard. Delicious. Will keep indefinitely if kept in tin boxes.

—Mrs. I. Phillips.

FRENCH CREAMED DATES.

“Sweet as the dew shut in a lily’s golden core.”—Margaret Preston.

One scant cupful of confectioner’s sugar, one-half cupful of water, white of one egg, mixed with water; add flavoring. Boil all together, allow to cool, then work between the hands and cut in pieces large enough to fill the date from which you have removed the stone. Roll dates in granulated sugar.—Lizette Hambro.

PINOCHE.

Four cupfuls dark brown sugar, one-half pint thick cream; let it come to a boil, stirring slowly; then add one-half cupful maple syrup. Boil until it forms a soft ball in cold water. Remove from fire, add one teaspoonful of vanilla and one cupful walnut meats broken into small pieces. Beat until the mixture is thick enough to pour on greased plate. Mark and cut when cold.
CANDIED GRAPE FRUIT PEEL.

The skins of three grape fruit and the juice and pulp of one, three cupfuls of granulated sugar, and one cupful cold water. Take grape fruit skins and remove all the pith, leaving a little on the skins; scrub them with a small brush and wash thoroughly and cut in small strips, soak in cold water for two hours; drain, add fresh cold water and bring to a boil; repeat this process three times; the third time boil about five minutes; drain, wash thoroughly and stand it aside. Make a syrup of three cupfuls of granulated sugar and one cupful of water; when sugar is dissolved drop in strips of grape fruit peel and boil very slowly until the syrup is all absorbed and peel is transparent. Roll each piece separately in granulated sugar and place on paraffin paper for a few days, then pack in tin box with paraffin paper between.
PICKLES, RELISHES, ETC

PICCALILLI.

One-half peck green tomatoes and three large onions chopped fine, one-half cupful of salt, one pint of vinegar, one quart of water. Boil twenty minutes, strain and add one pound of sugar, one quart of vinegar, two teaspoonfuls mustard-seed. Mixed spices tied in a bag; boil five minutes when it is ready for bottling.—Lottie B. Feibleman.

—

CHOW CHOW.

Take three heads of cauliflower, one quart string beans, two quarts green tomatoes, two quarts silver onions, one hundred and fifty small gherkins, three red and three green peppers. Throw seeds of peppers away. Use seven quarts of vinegar, eleven cupfuls brown sugar, three scant tablespoonfuls white mustard-seed, two cupfuls flour, three jars German mustard. Mix flour and mustard with cold vinegar to a smooth paste and strain. Cut cauliflower into small sections, cut string beans into medium sized pieces, and the tomatoes are to be sliced, each slice quartered; peppers cut into tiny pieces. Make brine with sufficient water (to cover pickles, beans, etc.), and two cupfuls of salt and pour over the gherkins, beans, etc., and allow all to stand over night in a large agate bread pan. In the morning measure the brine, then let it come to a boil with a small piece of alum (the size of a nutmeg). Pour the hot brine over the vegetables; throw the brine away when quite cool and for each quart of
vinegar used take one scant cupful of brown sugar and put on
to boil, and after it boils, mix in three and a half cupfuls of
flour and a scant half pound of dry mustard and boil until it
thickens; it must be smooth and pasty. Then take it off
the stove and mix with three fifteen-cent jars of German mus-
tard and pour over the pickles, etc.; allow to stand until perfectly
cold. Put small piece of horseradish root in each bottle.—
Mrs. G. E. Beekman.

MUSTARD PICKLES.

Take very large cucumbers, peel and quarter them; remove
all the seeds and green part. Salt them over night, one layer
of cucumber and one of salt. Next day, dry them with a cloth,
each piece separately. One gallon vinegar, one-half pound
sugar, one-quarter pound whole mustard-seeds and a few bay
leaves. Let them boil up, then add cucumbers a few at a time.
When glazed take out; put in stone crock or glass jars, cover with
liquid.—S. A. White.

SWEET PICKLES.

Twelve cucumber pickles, one quart white wine vinegar, one
pound brown sugar and cayenne pepper and allspice to taste.
Pare cucumbers and cut in eight pieces; salt well over night.
Next morning wipe each dry, free from salt. Boil vinegar, sugar,
cayenne and allspice. Pour over pickles in a crock. Allow to
stand a few days, when they may be eaten.—Mrs. I. Phillips.

PRUNES IN SHERRY.

To be Served with Meats.

Soak large prunes in sherry over night. Take out the pit
before serving and put a blanched almond on top.

—Mrs. S. Gutman.
PICKLED CUCUMBERS.

Peel and slice, a little salt on each layer over night in stone jar; next morning squeeze them out thoroughly; place on a platter. Boil enough vinegar (to cover) with mustard-seeds, whole black peppers and cloves. When vinegar comes to a boil throw in cucumbers and let them bubble up once and remove immediately, adding a small quantity of sugar. Place in jars, putting one small red pepper in each; seal while hot.—

Florence Levy.

GREEN TOMATO PICKLE.

Select firm, light green tomatoes, cut into slices without peeling, cover with a weak brine (one cup of salt to one gallon of water); stand over night. Take out of brine, rinse in cold water. For two gallons of sliced tomatoes use one quart of vinegar, two pounds of sugar and a little ginger root. Cook until tender, but not broken. Remove from fire and add one ounce cassia buds, one ounce stick cinnamon, one ounce whole cloves and half ounce whole mace. Seal in quart jars. A prize winner.—Mrs. C. W. Greene, (Forest Glen, Ill.)

PICKLED SILVER ONIONS.

Peel and throw into cold water, then make a brine of salt and water so strong that an egg will float on top. Let the brine come to a boil, throw onions in, in small quantities, let them remain in the boiling brine five minutes, then skim and put on a platter where you have previously placed a towel to dry them. When cool put in a glass jar with red pepper (cut up), white whole pepper, and horseradish. Pour cold vinegar over them, and seal.—Florence Levy.
PICKLED PEACHES.

To four dozen peaches, take three pints of granulated sugar, and half gallon white wine vinegar, and cloves and cinnamon to taste. Put the spices in a little bag of thin material, and fasten to the top edge of the preserve kettle; this gives the fruit the spice flavor, but prevents the dark spices from being in the clear juice. Boil sugar and vinegar well together and drop the peaches in. Do not peel the peaches, but brush off the fuzz with a stiff brush. Let them remain in the syrup until you can pierce them easily with a silver fork. Put peaches in jars and pour hot juice over them, until they overflow. Seal while hot. Use White-Heath peaches.—Florence Levy.

CORN RELISH.

Ten cups corn cut from cob, ten cups cabbage cut fine, six large red peppers cut fine, six large green peppers cut fine. Enough vinegar to cover the above, mixed with one-quarter pound ground mustard, two tablespoonfuls salt, three cups sugar. Let stand on stove and cook slowly until cabbage is done. Can. This quantity will fill five quart jars.—Mrs. G. E. Beekman.
BEVERAGES.

"With beaded bubbles winking at the brim,
And purple-stained mouth."—Keats.

TEA.

One teaspoonful of tea for two cups of boiling water. Have the teapot warm, put in desired quantity of tea with just enough water to moisten it, allow to stand two or three minutes; add fresh boiling water, cover with a tea cozy for five minutes, then pour off the tea from the leaves into the pot from which you intend to serve the tea. This prevents tannic acid predominating, which occurs when tea is allowed to steep over five minutes.—F. J. L.

TEA A LA RUSSE.

Lay a slice of lemon in the bottom of each cup, sprinkle with sugar and pour hot tea over it. No cream or milk is used.

COFFEE.

Tastes differ so in regard to the best way to make this beverage, that only a few hints are recorded here. Freshly roasted coffee, ground when about to be used, is not only the most satisfactory, but most economical.

If milk is used in coffee it should be hot; cream warm.

A perfectly clean pot is necessary to ensure good coffee.

Before putting coffee away if it is spread out in a large roasting pan, and put in the oven a few moments, after tossing it about in a bowl with the white of an egg, it will be quite clear when made.
CHOCOLATE.

"Lord Henry has discussed his chocolate."—Byron.

One square of Baker's unsweetened chocolate to one cup of boiling water. Cut up or grate chocolate, put it in the boiling water and boil three or four minutes. Serve with whipped cream. Each person is to sweeten same to taste. Add marshmallow as a new wrinkle.—R. H. L.

BLACKBERRY BRANDY.

Allow two quarts of blackberries and a pound of cut loaf sugar to one gallon of brandy. Put all in a large jug, cork and set it in the sun for two weeks at least. You may add whole spices, such as cloves and stick cinnamon, if desired.—Fannie Frank Phillips.

MINT JULIP

Into a tumbler pour one and a half sherry glassfuls of rye whiskey, two dashes of Jamaica rum. Crush slightly with the fingers, one bunch of fresh mint; let it stand in the mixture a few moments, then remove it. Fill the tumbler with shaved ice (it should be like snow), add the whiskey and Jamaica rum; keep the outside of the glass perfectly dry, stir with a small wooden paddle until the frost begins to form on the outside; let it stand until the frost thickens, then pour in half teaspoonful of orange curacoa. Lastly, fill tumbler with a small bunch of mint, dipped in pulverized sugar, which gives the appearance of frost. Requires about ten minutes to make. Sweet peas added make a beautiful decoration. Delicious on a warm day. —F. J. L.
PUNCH.

Enough for Twenty-five Persons.

Two dozen lemons, one dozen oranges (the juice of eleven, one cut in small shapes), two bananas, (sliced thin), half fresh pineapple (or one cup of preserved), one quart St. Julien claret, one gill Jamaica rum, four quarts of iced water. Strawberries may be added if desired.

LEMONADE.

Pour boiling water over the lemons used, being extremely careful to extract all the seeds. Bottle it and set on ice. Sweeten only what is to be used, and cork up the bottle again, and return it to the ice-chest. This is both good and economical.

CLARET CUP.

Use one bottle of club soda or apolinaris. Put a sufficient quantity of cut loaf sugar in a glass pitcher, and a small liquor glassful of any liquor you have; curacoa is preferred to any other. Add to the above two slices of cucumber-rind, cut lengthwise, a good-sized piece of ice, three or four slices of pineapple, a slice or two of orange, a few fresh strawberries (when in season), or maraschino cherries. Now pour the soda or apolinaris onto the other ingredients, and then the bottle of claret. Fill the mouth of the pitcher with a bunch of fresh mint—too decided a mint flavor is given when it is mixed with the other ingredients.—*Mrs. Hugo Goodman, (Chicago).*

GRAPE JUICE.

Ten pounds of grapes, two pounds of granulated sugar. Boil grapes until they are soft, then strain. Bring the juice to the boiling point, then add the sugar. Bottle hot.—*Mrs. N. E. R.*
PASSOVER DISHES.

THE SETTING OF THE TABLE FOR THE SEDER SERVICE.

1. Place three matzoth, called mitzvoth, on a large plate, and cover each separately with a napkin. On a tray place the following:

2. An egg, and

3. The shankbone of a lamb, both roasted upon the coals or open fire.

4. A dish of Haroseth. This is made of apple, almonds, and raisins, chopped fine, and cinnamon and a little wine added.

5. Bitter herbs (the green top of horseradish, or celery). Also some of the horseradish root or lettuce.

6. A dish of vinegar or salt-water.

7. Parsley or cress—to be dipped therein.

It is considered obligatory that four cups of wine be drunk during the services, at the places indicated therein. An extra cup of wine is usually set upon the table. This is called "the cup of Elijah." The table linen, and everything connected with the services must be immaculate.

POTATO SPONGE CAKE.

Six eggs, quarter pound potato flour, one cup sugar. Beat the yolks with the sugar; beat the whites to a snow. Put the flour with the yolks and sugar; add the whites. Be sure and have the oven moderately hot as the success of this cake depends upon the oven.—Mrs. L. Moses.
MATZOS DIPPED IN EGGS AND MILK.

Beat twelve eggs and one quart of milk very light, and add a little salt. Soak twelve matzos in the beaten eggs and milk. Heat a quantity of goose oil in a spider. Put in soaked matzos, one or two at a time, and fry a golden brown on both sides. When brown place on a large platter, and sprinkle with a mixture of cinnamon and sugar, and a little grated lemon peel.—Mrs. I. Phillips.

CHRIMSEL.

Soak about three matzos. Take a handful of raisins (seeded) and pound as many almonds as you have raisins. Press every drop of water out of the matzos. Put them in a bowl, and stir them to a cream, and add a pinch of salt, the peel of a lemon, yolks of six eggs and one cupful of sugar, the raisins and almonds, and a little cinnamon. Heat a little goose oil in a spider, using enough of it, as the more oil used, the better the chrimsel will be. Add, last of all, the stiffly beaten whites to the batter. Then fry a light brown, on both sides, using about one tablespoonful of the batter for each chrimsel. Serve hot with stewed prunes poured over the chrimsel.

RAISIN WINE.

To every pound of large raisins used, allow one quart of water; chop the raisins and put in a stone jar. Set in a warm place (and cover) for four or five days; then press through a coarse cloth, pressing the raisins thoroughly. Strain again through a cloth or bag as you would jelly. Fill wine bottles, and put a piece of lemon peel in each bottle. Cork and put in a dry, cool place.
GINGER STICKS, OR INGVERLACH.

Boil strained honey and granulated sugar together, in the proportion of two cupfuls of honey to one of sugar, and the peel of half a lemon added, for ten minutes. Add ground ginger to taste, probably a good tablespoonful, if not more. Add enough matzo meal so as to make the mixture so thick that it is difficult to stir it, and while hot form between palms of the hands into round sticks, of the thickness of the little finger, and cut in three-inch lengths. Set aside to cool and serve as candy. As the sticks are apt to be sticky, put away on paraffin paper.—Mrs. James Cohen.

MATZOTH DUMPLINGS.

(See Sauce for Dumplings).

Soak six matzoths in cold water to cover for one hour; then drain until perfectly dry. Chop very fine and brown one medium sized onion in two spoonfuls (large) of chicken fat. Add this to the matzoths, and also two eggs beaten until very light, and add enough matzoth meal to make a stiff batter. Season with salt, pepper, nutmeg (grated), and chopped parsley to taste. Form into small balls and boil in sauce or salted water for ten minutes.—Mrs. Julius Falkenberg.

RUSSIAN BEET PRESERVE.

Take eight medium-sized fresh-boiled beets, and cut them into narrow strips, and plunge into strained honey and sugar; while it is boiling briskly, using the honey and sugar in the proportion of two cupfuls of honey to one of sugar, and add ginger root or ground ginger, and orange-peel to taste, and the juice of half a lemon. Use just enough honey to cover beets and
watch it carefully while it is boiling, as it scorches easily. Let all the ingredients simmer gently for about two hours, or until the beets are very rich and transparent. When about to remove from the stove, add half a cupful of chopped walnuts. If fomented beets are used, omit the juice of the lemon, and do not boil them.—Mrs. James Cohen.

NEW YORK PASSOVER CAKE.

Six eggs, yolks and whites, beaten separately, one cupful of granulated sugar, three tablespoonfuls of matzo meal, and three tablespoonfuls of potato flour, and grated rind and juice of a lemon to taste. Beat yolks and sugar together until very light, add flavoring, then the matzo meal and potato flour alternately, mixing well after each spoonful of meal and flour. Add the whites beaten to a stiff froth last of all, folding in gently. Grease spring form or other cake pan with either olive oil or butter. Moderate oven.—Miss Pauline Phillips.
TABLE DECORATION.

"And all went merry as a marriage-bell."—Byron, (Childe Harold).

TABLE DECORATION FOR WEDDING DINNER.

Four strings of the fine asparagus vine, each about four feet in length, to be attached to the under portion of the chandelier over the table in the dining-room, with a large white satin bow, artistically arranged with a shower of artificial orange-blossoms hanging from same. Attach a large wedding-bell to bow, composed either of white crepe paper, or fresh bride roses, the tongue of bell to be composed of orange-blossoms. The table-cloth should be of fine damask, the pattern representing cupids and orange-blossoms. Use in centre of same a handsome centre-piece embroidered in white, the pattern to be orange-blossoms, and the edge to be embroidered with heart-shaped scollops. Place a rich fruit-cake, baked in a spring form, and frosted white, on a cut-glass cake stand with a lace paper under cake, and place dish in centre of table under wedding-bell. Place dolls, representing bride and groom, upright, side by side in centre of cake, appropriately attired, and attach streamers of white baby-ribbon to their hands, the other ends to be placed, attached to white candy hearts, at the places of the happy couple. Artificial orange-blossoms should be suspended here and there from the asparagus vines, and placed in ribbon bows at the ends of the table. White cupids should decorate the edge of the cake. Two cut glass flower vases, filled with bride roses, should be placed at opposite corners of the table.—Mrs. Isidor Phillips.
FOOD FOR THE CONVALESCENT.

"’Tis a little thing
To give a cup of water; yet its draught
Of cool refreshment, drained by fevered lips,
May give a shock of pleasure to the frame,
More exquisite than when nectarean juice
Renews the life of joy in happiest hours."—Coleridge.

BEEF JUICE.

Heat a thick slice of beefsteak just enough to start the juice (do not cook it); squeeze out all the juice with a lemon squeezer; add salt to taste.

BEEF TEA.

One pound of lean beef cut in small pieces, put in a jar without water, cover tight and set in a dish of cold water. Heat to boiling-point gradually and simmer three of four hours until the meat looks white, and the juice is all drawn out. Season with salt to taste. Skim when cold. Serve very hot with thin wafers.

BAKED MILK.

Baked milk is a drink often recommended for invalids. Put the milk in a stone jar; cover it well, and let it bake very slowly several hours, when it should be thick, and of a creamy consistency. The flavor is unique, and reminds one somewhat of Devonshire cream. It may be served with fruit, or merely alone as a custard dessert.
Lamson & Hubbard
HATTERS and FURRIERS
FOR
MEN AND WOMEN
90 TO 94 BEDFORD STREET
COR. KINGSTON
173 WASHINGTON ST.
BOSTON, MASS.

The Sunshine Laundry
Has made a Study
of Fine Work on
Collars
8 Flora St., Brookline, Mass.

Ideal Neckwear Company
Boston, Mass.

Ida S. Cohen
Insurance
373 Washington St.
Room 31
Telephone, Main 2829 Brookline 981-4

Geo. H. Lloyd & Co.
Opticians
23 Winter St., Boston
G. W. Mansfield

Compliments of

Maurice Rosenfeld
Union Printer
Ball, Book and Political Printing
61 Hanover St.
Boston, Mass.

Telephone, Haymarket 2561-2

The Columbian Insecticide Co.
P. J. Bonner, Manager
SEVERAL WAYS OF PREPARING CHICKENS.

Chicken tea is made by boiling any part of the chicken and using the broth, made very weak, and a very little salt. Chicken broth is made by boiling a chicken, after the skin and fat have been removed; skim very thoroughly, and season with salt; strain through a sieve or coarse towel to separate the broth from the bone and fibre. Thicken with a little flour or sago if desired. Chicken panada is made by pounding some of the meat of boiled chicken in a mortar with a little broth, and a little salt and nutmeg. Then pour in a little broth, and boil all five minutes. Chicken jelly is made by taking the strong chicken broth, and adding a quarter of a box of gelatine soaked well in cold water until soft, to one quart of boiling broth, salted. The juice of a lemon may be added if desired. Strain through muslin and cool in mold.

OATMEAL GRUEL.

Add half a cupful of steamed oatmeal to one quart of boiling water. Boil gently half an hour, stirring frequently. If it boils away too much add a little water. Strain, add salt, and return to the stove, and add as much milk as desired, heating it, but not allowing it to come to a boil.

FLAXSEED LEMONADE.

Steep five tablespoonfuls of whole flaxseed, one quart of boiling water, and the juice of three lemons (extract the seeds), for three hours in a covered porcelain-lined vessel. Sweeten to taste. If the mixture is too thick, add more water, and then strain. Add ice. Excellent remedy for coughs.
DRIED FLOUR FOR TEETHING CHILDREN.

Tie up as much flour as a napkin will hold; set it on to boil in plenty of cold milk, and boil at least four hours, slowly, but steadily, in an earthen milk bowl. Take it out of the napkin, as it will now be a solid ball, and scrape off the thick yellow rind. Grate one tablespoonful, wet it with a little cold water, stir in half a cupful of boiling milk, add a pinch of salt, and boil about five minutes. This may be given to an infant when it is suffering from a very bad attack of summer complaint. It is a positive cure for diarrhoea in children. Keep it in a dry place, and it will keep for some time.
VALUABLE HOUSEHOLD HINTS.

"A well regulated home is a millenium on a small scale."—Talmage.

FOR CLEANING SILVER.

One pint of alcohol, one-half ounce of ammonia, four ounces of Spanish whiting, half a pint of rain water. Apply with a sponge and wipe with a soft cloth.

TO TAKE OUT STAINS.

Use salts of lemon for iron rust. Use sour milk for ink stains. Use boiling water for berry stains. Use starch powdered and rubbed into soft soap and the juice of a lemon for mildew; lay it on both sides with a brush, and put on green grass night and day until the stains are removed.

POLISH FOR FLOORS.

One pound of beeswax, one quart of benzine; melt the beeswax soft and add the benzine, put over the stove (the fire closely covered as benzine is inflammable); stir till well mixed. Clean the floor thoroughly, and rub in the mixture. It shows the grain of the wood, and makes a permanent polish, growing better by use. It is free of dust and clean and is easy to take care of; the floor of the Louvre in Paris has been treated with this preparation, and all who have seen it will readily recall it smooth and clean appearance.
COOKING FOR GOOD BUSINESS

IT has been well said, that "the Fate of Nations depends on how they are fed." It also goes without saying, that the success or failure of a business or enterprise, is often determined by the character and appearance of its advertising and printed matter.

Good Printing is the motive power behind every big business. Poor Printing is waste-basket circulation, and not likely to secure an overdose of business.

During the past thirty years, the best examples of "The Art Preservative" issued by the leading Jewish Societies of Boston, invariably bore the imprint of DANIELS PRINTING CO.

This may not be saying much, but the statement will stand for what it is worth.

We have lost many opportunities where an inconsistent price was the main desideratum; but whenever it was a question of "Quality," or a carte blanche proposition, the work always came to us unsolicited.

As this Manual is not likely to receive much attention from business men, we respectfully ask the ladies of the Council, and others, to bring this fact to the notice of their husbands, with the advice that we have one of the best equipped plants in Boston, for Modern Commercial Printing, Catalogues, Booklets, Illustrated Advertising Matter of every description, in one or more colors, Embossing, etc.

We would be pleased to come in touch with those who can appreciate the value of first-class service at fair prices.

DANIELS PRINTING CO.

79 FRANKLIN STREET, - Cor. Arch Street
HOW TO COOK A HUSBAND.

A good many husbands are wholly spoiled by inexperienced cooks, and so are not tender and good. Some wives keep them too constantly in hot water; others freeze them; others put them in a stew; others roast them, while still others keep them constantly in a pickle. It cannot be supposed that any husband will be good and tender if prepared in any of the above ways, but they are truly delicious if properly treated.

Don't keep him in the kettle by force, as he will stay there of his own accord, if proper care is taken; don't be anxious if he should sputter and fizz, as this is peculiar to some husbands. Add a little sugar in the form of what confectioners call "kisses," but on no account add any vinegar or pepper, as this might prove detrimental to his temper. A little spice improves him, but it must be used with judgment. Do not try him with something sharp to see if he is becoming tender. Stir him gently now and then, lest he lie too long in the kettle, and thus become flat and tasteless. If these directions are followed, he will be found to be very digestible, agreeing with you nicely, and he may be kept, surrounded by love and affection, as long as you care to have him.

USES FOR SALT.

Salt thrown on a coal fire when broiling steak, will prevent blazing from the dripping fat.

Salt will put out a fire in the chimney.

Salt put on ink when freshly spilled on a carpet, or on a fresh claret stain on table linen, will help in removing the spots.

Salt used in sweeping carpets keeps moths away.
TO TAKE RUST OUT OF STEEL.
Cover with sweet oil, well rubbed on and in forty-eight hours use unslacked lime finely powdered, and rub till the rust disappears.

---

TO WHITEN CLOTH.
One-half pound chloride of lime to three pails of soft water.

---

TO CLEAN OIL PAINTINGS.
Wring a piece of soft flannel from warm water and dip in very fine pulverized French chalk, and rub the painted surface gently; then wash with a clean sponge and warm water, and dry with a bit of wash leather. This method will not injure, like using soap does.

---

TO AVOID LARGE HOLES IN BREAD.
If the water or milk with which you mix your bread is too hot, your bread will be full of holes.

---

TO CLEAN CUT GLASS.
Wash in soap-suds and ammonia water. Rinse in ammonia water and drain, then wash in clear alcohol (pour alcohol with small spoon over the pieces), or apply with small brush. Dry well with tissue paper.

---

TO BEAT WHITES OF EGGS QUICKLY.
To beat the whites of eggs quickly, put in a pinch of salt. It cools and freshens them.
MAKING SOAP.

Six pounds of rendered grease, one can of Babbit’s potash, dissolved in one quart of cold water; let stand until cool; one-half pound of powdered borax, dissolved in one pint of lukewarm water, juice of three lemons, or one quart of oatmeal (sifted fine). Pour potash slowly on grease and stir until it thickens, place a cloth in a large pan and pour mixture onto same, and allow it to stand until it commences to harden. Cut in squares, and let stand over night.

SOAP-BARK AND HOW TO USE IT.

Soap bark is an effective cleaner of woolen skirts and men’s clothes, as it is a quick eradicator of grease and dirt. Use about five-cents’ worth of the soap-bark; pour a quart of boiling water over it, steep it gently over the fire for two hours, keeping the heat low, that the water will not boil away. Then strain through a piece of cheese-cloth, and it is ready to use. Any ripping apart of garments that needs to be done should be done before the cleansing process takes place. Brush the garments carefully first, and then apply the liquid with a woolen cloth, going carefully over every spot, paying especial attention to the most soiled spots. After sponging rinse in ammonia water, and before garment is thoroughly dried press it between two dark cloths.

TO MAKE POTATOES WHITE.

Add a little milk to water in which potatoes are boiled and they will, when done, look very white and taste well. After the water is poured off give the pot three or four sharp jerks so as to toss the potatoes; helps to make them floury.
TO STRENGTHEN CLOTHES-PINS.

Put new clothes-pins into a pan of cold water, allow them to boil five minutes; this toughens them and prolongs their usefulness.

POWDERED SUGAR.

If powdered sugar gets lumpy and hard, run it through the meat chopper.

ON WASH DAY.

It is pleasant to put a few small pieces of orris-root in the bottom of the boiler; the delicate odor permeates not only the clothing, but does away with the disagreeable odor of soap-suds throughout the house.

TO WASH CHAMOIS GLOVES SUCCESSFULLY.

Put the gloves on and have a basin of hot water ready. Take white soap and wash hands thoroughly; if finger tips and seams are very much soiled use a small brush. Throw away first water and repeat—using plenty of soap. Rinse in third water, still using soap—leave soap in—this makes them soft and pliable.

TO PREVENT THINGS BOILING OVER.

Butter the top of saucepans on the inside.

TO KEEP CAKE FRESH.

Put a few slices of bread in the cake box.
MARKS ON POLISHED WOOD.
Can be removed by rubbing with paraffin. This will remove the white marks made by hot dishes, and it may then be polished with beeswax and turpentine, or furniture polish.

TO CLEANSE FLAT SILVERWARE QUICKLY.
Place knives, forks and spoons in dish pan, pour over sufficient cold water to cover well. Add to this half a cup of good soap powder made into a paste, moistened with ammonia. Let this boil five minutes. Rinse thoroughly with hot water, wipe dry and polish with chamois or silverette cloth.

FOR BURNS.
For Burns.—Apply a mixture of equal parts of lime water and linseed oil.

TO CLEAN MARBLE.
To Clean Marble.—Two ounces common soda, one ounce of powdered pumice stone, one ounce of finely powdered chalk. Sift and mix with water. Rub over the marble, and wash off with soap and water.

FOR INSECT BITES.
For Insect Bites.—Apply strongest ammonia water at once. Do not scratch as the finger nails poison the flesh. To prevent insects from biting, bathe hands and face with lavender oil, not the essence.
FOR THICKENING.
Use potato flour in preference to any other.

FOR A WOUND.
For a Wound.—Smoke with burning wool or woolen cloth. Twenty minutes in the smoke of wool will take pain out of the worst case of inflammation from any wound.

FOR WHOOPING COUGH.
For Whooping Cough.—Raymond’s Pectoral Plaster; use according to directions, and apply steadily for a few weeks.

TO CLEAN PLASTER CASTS.
To Clean Plaster Casts.—Dip them into thick, cold, liquid starch; when dry the starch is brushed off, and the dirt will come off with it.

HAVE YOU EVER HEARD OF KOSHER SOAP?
By using fat from “Kosher” meat and following receipt on package of Babbits’ Potash, one can make excellent soap to be used for “fleischig” dishes and other purposes.

This has been done with excellent results for many years.—Mrs. Jacob Morse.

Bread and cake mixers, which may be purchased in all stores dealing in kitchen furnishings, are highly recommended.
AMMONIA USES.

Ammonia and warm water cleanses hair brushes and combs. Ammonia in dish water brightens silver and also keeps flannels soft.

Equal parts of ammonia and turpentine will remove paint from clothing even if it is hard and dry. Saturate as often as necessary; then wash out with soap suds.

Yellow stains from sewing machine oil on white goods can be removed by rubbing the spot with ammonia before washing with soap.

TO REMOVE STAINS.

Kingsbery's Iron Rust Eradicator, which may be obtained at the Jordan Marsh Company's store, will positively remove iron rust, coffee, chocolate, tea, fruit, wine, and many kinds of ink stains from cotton and linen goods in fifteen seconds without the slightest injury to the fabric if the directions on the bottle are strictly followed.

PRESERVATION OF FISH.

To preserve fish in very hot weather, cover with a little vinegar. Often improves the flavor of the fish even in cold weather, and makes flesh firm.

KEROSENE USES.

Kerosene will remove rust from bolts and bars.

Kerosene is useful in cleansing many things, as for example the following:—enamelled bath tubs, white paint, painted walls or windows, when added to lukewarm water.
TO KEEP APPLES IN WINTER.

To keep apples through the winter, select sound ones only, and cover with shelled corn. Does not injure the corn.

INSECT EXTERMINATION.

Roaches and ants, etc., may be exterminated from houses by applying for aid to the Columbian Insecticide Company.

ABOUT SOME GREAT PHYSICIANS.

Here are the names of some of the greatest physicians the world has ever known, yet taken so little notice of; I will present them to you, so that all may become well acquainted with them, and follow their advice freely:

Dr. Fresh Air:—Always welcome him to your home.
Dr. Life-food:—Fresh water, fruit and nuts.
Dr. Cleanliness:—Of thought, word and deed.
Dr. Work:—Not drudgery, but with joy at being able to do it.
Dr. Rest:—By lying flat on your back, relaxing all the muscles, and taking deep inhalations of air frequently.
Dr. Exercise:—With cheerfulness, and uplifting thoughts for companions.
Dr. Mind:—Seeing the best of everything in every one.
Dr. Happiness:—In living by the "Golden Rule."
Dr. Hope:—With hope, love and charity toward all.
Dr. Calmness:—For in calmness lie strength and power.
Dr. Love:—"Love your neighbor as yourself."
Dr. Courage:—When the "seeming" misfortunes of life beset you, rise above them.
Cleanliness prevents rust, and a clean machine lasts longest.
Frugality, sobriety and a little wisdom are surely the best elixirs for longevity.

Rise early, retire early, fill your days with honest work and usefulness to bring happiness.

Too much sleep enfeebles, too little makes one irritable, but sufficient sleep repairs the waste, as well as renewing health and strength.

THE ENGLISH OF THEM.

Aspic—A jelly made from stock.
Blanch—To scald vegetables or nuts to remove the skins.
Blanquette—A white meat warmed in a white sauce and thickened with eggs.
Braisé—To cook meat in a covered pan, with heat applied from beneath and above.
Cannelon—Meat highly seasoned and baked in a roll.
Compote—Fruit stewed in syrup.
A la Creole—With tomato and hot flavoring.
Glacé—Covered with icing.
Glazé—Stock boiled down to a paste.
Gratins—Served in a rich sauce.
Macerdoine—A salad of mixed vegetables or a jelly of fruits.
Marinote—Mix with a French dressing.
Potage—A soup.
Purée—A thick liquid pressed through a sieve.
Ragout—A highly seasoned stew.
Rechauffée—Warmed over.
Roux—A thickening made of flour and butter.
Salmi—A stew or hash.
Sauté—To fry brown in a little fat.
Soufflé—A light puffed-up pudding, or omelet.
UNCOOKED FOODS

contain all the natural, vital energy infused by the life-giving sun and air. Cooking is a burning process, which devitalizes foods and makes them inorganic substances, which it is impossible for the human body to digest and assimilate. They thus become irritants, over-working and weakening the vital organs, causing nervous breakdown and congestion of the blood.

Christian’s Natural Foods retain the full amount of life-giving power, are easily digested and deliciously palatable. These foods are prepared from the most nutritious of Nature’s products—the nuts, fruits and cereals—and are as perfect foods for man as it is possible to secure.

They cure digestive troubles and maintain one’s normal health, strength and weight when used properly. These food preparations are on sale in Boston at Gilman’s Specialty Food Shop, 205 Tremont St., and at the Henry Siegel Co., Washington St. Try them.

Write for literature and samples of these foods and for information in regard to my special course of dietetic treatment.

EUGENE CHRISTIAN, Food Scientist,
SUITE 24,
7 EAST 41st STREET, NEW YORK CITY.
SUPPLEMENT OF
UNCOOKED FOODS.

A FEW SELECTED RECEIPTS.

From

“UNCOOKED FOODS AND HOW TO USE THEM.”

By Mr. and Mrs. Eugene Christian.

We may live without poetry, music and art,
We may live without conscience, and live without heart;
We may live without friends, we may live without books,
And civilized man can live without cooks.

Apologies to Owen Meredith.

The receipts given here prove that there is a far wider scope
for variety and display than most people would suppose. They
are the results of long, careful and tedious experimenting. They
are offered as a help to those who desire to take up the new
or natural method of living, and as given here are regarded as
little more than suggestions.

We sincerely hope that those who deem it worth their while
to give any thought to the kind of material out of which they
build their bodies and brain, will take up this great work and
carry it on to higher and higher degrees of development.

Most important in this connection is thorough mastication,
which develops in all uncooked or natural foods, a new and de-
licious taste.
VEGETABLE SOUP.

One white turnip, a little cabbage, one carrot, few pieces of celery, one very small onion, salt, milk. Chop fine or grind all vegetables. Barely cover with warm water, and allow them to stand three or four hours to soften. Add one and one-half pints of rich warm milk, thickened with a little flaked wheat, add butter and serve. This will serve five or six people. To this can be added stiffly beaten whites of two eggs just before serving. Will be an improvement.

VEGETABLES.

Vegetables occupy a very important place in the elementary food menu. They contain elements that cannot be secured elsewhere. No meal is complete without some greens.

CHRISTIAN'S COMBINATION CEREAL.

This is a combination of several cereals, especially prepared and so proportioned as to level or balance all the nutritive elements contained in grain. It may be soaked in either warm milk or water half an hour, and eaten with either cream, olive oil or honey, is a most delicious dish.

CEREALS.

The popular belief is that cereals cannot be eaten without cooking. The common theory that the stomach is unable to digest uncooked cereal starch is altogether wrong, as can be easily demonstrated by anyone who will thoroughly masticate the uncooked cereal.
COLD SLAW.

There is nothing more delicious or necessary than shredded cabbage, usually called cold slaw. It possesses valuable food properties, occupying the same place in human diet that hay does in the horse or cow.

EGGS.

Eggs form a very important article of food. Their heat producing power, and nutritive values are well balanced. An egg should never be cooked. In its natural state it is easily dissolved and readily taken up by all the organs of digestion, but the cooked egg must be brought back to liquid form before it can be digested, which puts extra and unnecessary labor upon these over-worked organs.

ORANGE EGG.

Separate the white and yolk of one egg, whipping the white to a stiff froth, and the yolk until thick and creamy. Add slowly to the yolk the juice of one sweet orange, whipping continuously, then add the beaten white, whipping all to a creamy froth. Serve as an egg-nog.

SANDWICH.

LETTUCE AND CHEESE.

Spread Christian's unfired bread thickly with fresh Philadelphia cream cheese and lay on this a crisp lettuce-leaf that has been previously dipped in salad dressing. Place where it will keep cool until it is ready to serve.
SALADS.

In living upon natural foods, vegetable salads become absolutely necessary. The elementary bill of fare cannot be balanced without a certain per cent. of chlorophyll, which is only obtainable in green plants.

All green vegetables are also rich in organic mineral salts, which is one of the most necessary articles in vegetable nutrition.

GRAPE FRUIT SALAD.

Lettuce and Grape Fruit.

Remove the seeds, and the center also of grape fruit with a sharp knife. Cut the edible portion into small bits, and serve on lettuce-leaf with salad dressing. Makes a very dainty dish.

SALAD DRESSING.

The objection to nearly all salad dressings is that they contain either vinegar or chemical acids. These condiments set up immediate fermentation when mixed with cereal starch, which is contained in bread, and other cereal foods eaten at the same time, and hyperpepsia (sour stomach) is the result.

HYGEIA SALAD DRESSING.

Two eggs, one cupful whipped cream, one-half lemon, sugar, two tablespoonfuls olive oil, salt. To the yolks of the eggs, beaten very stiff, add the oil and the juice of the lemon very slowly, beating hard all the time, until it has all been added, and is quite thick. Then add the whites of the eggs, beaten stiff, salt and sugar to taste, and last of all, one cupful of whipped cream; whip all together until very stiff, and set on ice until ready to serve. When this dressing is to be served for vegetables, omit the sugar.
FRUIT AND FRUIT DISHES.

Fruits are the bouquet of all edible things. They are to the table what color is to the landscape. Aside from their nutritive value, they satisfy the vision, and appeal to all who love the beautiful, and seem to invite us to bite them, and thus judge of their merits.

FRUIT MEDLEY.

Cut a hole in the stem end of an orange large enough to admit of a teaspoon; after the inside of the orange has been taken out, fill the orange with small bits of pineapple, banana, orange, apple and raisins. Before serving, add grape or fruit juice of any kind poured over it. This will be an improvement. Sugar may be added if desired.

APPLES.

The acid of apples is among the most healthful of substances taken into the human stomach. They are especially valuable for that class who work with the brain.

NUTS.

Nuts, as measured by their chemical food values, are the natural substitute for meats, not to mention their superiority as regards purity and cleanliness. They may constitute a part of every elementary meal.

The preparation of nuts requires no receipts. They compose, however, a part of many dishes, into which they are put in some form, owing to their delicious flavor when mixed with other foods and their great nutritive value.
DUST IS GERM LADEN

Get after it with a

"B-B" Dustless Dustcloth
AND A

"B-B" Dustless Floor Mop

For Sale by all Department, Hardware, Drug, Dry Goods, Kitchen Furnishing and Stationery Stores

Milton Chemical Co.  
Milton, Mass.

ALVIN E. BERRY

PURE MILK and CREAM
Direct from the Farm

Ellison Road, Waltham, Mass.
'Phone, Waltham 454-1

COMPLIMENTS OF

Mrs. Oscar J. Saxe

Wishing you much Success

A Friend
FOR BLANCHING ALMONDS.

Soak almonds over night, or seven or eight hours, in fresh cold water. The skin can be easily removed, and they will have become very crisp and edible. The old method of blanching almonds has always been to immerse them in boiling water, which cooks and toughens the nut, making it very difficult both of mastication and digestion.

FIG AND NUT CAKE.

NUTS, FIGS, DATES AND COCOANUTS.

Make a layer each of ground figs, grated protoid nuts, dates cut in halves, with stones removed, and grated cocoanut. Continue forming these layers until the cake is of the desired thickness, finishing with the cocoanut; garnish with crystallized cherries and nut meats.

GRAPE FRAPPE.

Jelly powder, three eggs, grape juice, whipped cream. Dissolve one package of lemon jelly powder in one-half pint of hot water, and when it is dissolved, add one-half pint of grape juice, and mix thoroughly. Stand it aside to cool. Beat the whites of the eggs to a stiff froth, and when the jelly begins to thicken add it gradually to the beaten whites, beating continually. When it is stiff enough to hold its shape, put it in a mold and set it on ice again. Serve with whipped cream.

JELLY.

On account of its purity and simplicity in preparation we recommend a jelly powder known as "Bro-man-gel-on."
CLABBER.

Clabber is nothing more than milk which has soured and turned or thickened until it is of the consistency of baked custard. It should then be set on ice or in a cool place, and not sent to the table until ready to serve. Some individuals prefer this as a relish just as it is, but most people use sugar, cream and grated nutmeg. The milk may be put in a glass bowl before it turns. As used as an article of diet, however, better results will be obtained by using the clabber without sweetening or flavoring.

ICE CREAM, MAPLE MOUSSE.

Ice Cream.

If one gallon is to be made use two quarts of pure cream, one quart of unskimmed milk, and one quart crushed fruit of any kind; sweeten and flavor to taste. First pack freezer with ice and salt, then pour the cream, milk and sugar into a gallon receptacle, and stir the mixture until the sugar is dissolved. Pour this into the freezer, adding the crushed fruit last of all, to avoid curdling. To make good pure ice cream, use only rich milk and pure cream in about equal proportions.

MAPLE MOUSSE.

Double or thick cream, maple syrup. After mixing one pint of thick cream with one cupful of maple syrup, beat with a rotary egg-beater until the mixture is thick enough, so that you can turn the bowl (in which it was beaten) over with safety. Then turn it into a chilled mold, filling it to the brim. Cover it with a sheet of paraffine paper, pressing the cover of the mold into place firmly, over the paper. Chill for three or four hours, by packing closely in equal measures of crushed ice and salt.
GRAPE FRUIT.

This fruit possesses great medicinal value, and is gaining in popularity yearly. Better results are gained by eating it without sugar, as it is undoubtedly one of the best liver tonics in the fruit kingdom.

SORBETS.

Sorbets are simply sherbets half frozen, and they are generally served in suitable glasses after the second course of a dinner. They are frozen without beating, and with little stirring, and the result is a rough icy substance. Any kind of fruit juice may be used for these, or several mixed.

This is our store,
We have no more,
We heartily do give it,—
Our book is spun,
Our work is done,
And so we think to leave it.
(With apologies to John Secombe, 1708)

The Compilers.

ERRATA.

The address in the advertisement of Mr. H. L. Gideon, should read 40 Irving Street, Cambridge.
A MEATLESS DINNER.

"I have not partaken of a fellow creature for fifteen years."
—Bernard Shaw.

MENU.

From the following menu given some idea can be formed as to the order in which an elementary meal should be served. The highest object to be attained in the preparation of a single meal, or meals, for an entire day or week is a perfectly balanced bill of fare; that is, to serve such foods as will furnish to the body all the elements of nutrition in the right proportions.

BREAKFAST.

Apples
Protoid nuts
Filberts
Turkish pulled figs with cream

LUNCHEON.

Pecans
Vegetable salad with Hygeia dressing.
Unfired bread
Evaporated peaches and cream
Sweet butter
Milk
Unfired bread
Sweet butter

DINNER.

Oranges
Apples
Pecans
Ripe olives
Protoid nuts
Lettuce
Flaked oats, dates and cream
Egg-nog
Fruit salad
CONTENTS.

Beverages .............. 129
Bread .................. 65
Cake: .................. 84
    Coffee Cake .......... 94
    Torté ............... 96
    Icing for .......... 99
    Cookies and Small Cake 101
Chafing Dish .......... 40
Confectionery .......... 120
Convalescents .......... 137
Decorations for Table 136
Deserts:
    Frozen ............ 111
    Fruit ............ 114
Dressings ............ 61
Dumplings ............ 11
Eggs .................. 42
En Casserole .......... 32
Entrees ................ 36
Fish and Oysters ....... 15
Fruit and Fruit Dishes 157
Hors D’Oeuvre ........... 5

Household Hints ....... 141
Husband,—to cook a .... 143
Ice Cream and Sherbert 108
Jellies ............... 118
Meats .................. 27
Passover Dishes ....... 132
Physicians ............ 150
Pies ..................... 69
Pickled Relishes ....... 125
Poultry ................ 31
Preserves and Marmalades 116
Puddings ............. 74
Salads .................. 54
Sandwiches ............ 63
Sauces .................. 23
Soups .................... 7
Time Table .......... 45-46-85
Toast, Wafers and Muffins 68
Translation of Terms Used 151
Uncooked Foods ........... 153
Vegetables ........... 45
Beware of Imitations

Drink only the purest—Fine Old KY. Taylor

A Perfect Blend

Absolute Purity  Unquestionable Superiority  Highest Quality

Sold everywhere at $1.00 per full honest quart bottle

Wright & Taylor, Distillers, Louisville, Ky.

R. H. Hirshfield, N. E. Agent

Tel., Hay. 114 and 115

1 Washington St., Boston

Get the genuine

M. Rosenfeld

Importer and Jobber

Foreign and Domestic

Cheese and Fancy Groceries

67 Fulton Street

Boston, Mass.

H. H. Smith

Practical Plumber

Gas and Steam Fitter

262 Harvard Street

Coolidge Corner, Brookline, Mass.

F. H. Young Company

346 Congress St.

Boston, Mass.

Manufacturers and Exporters of

Shoe Dressings
The Universal Cook Book

ISSUED BY

Boston Section

Council of Jewish Women