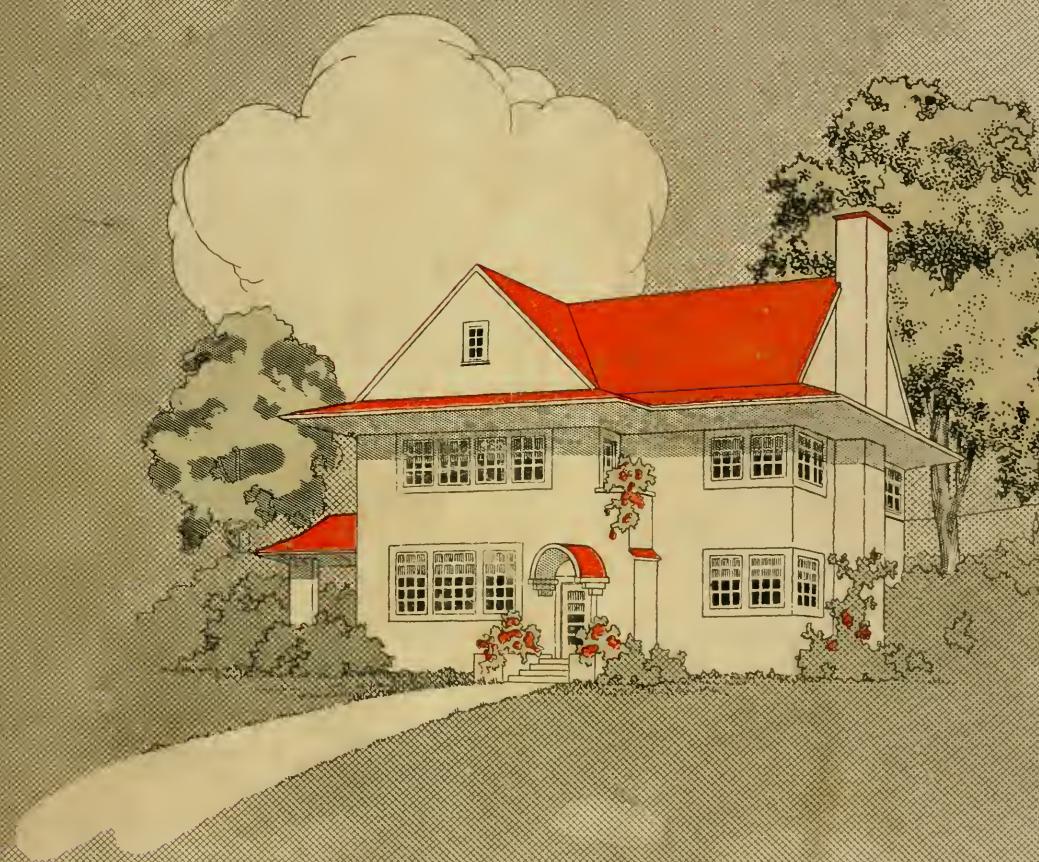


# *The* NEW HOME COMPENDIUM



1915



Class TX145

Book N5

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# INTRODUCTORY

The NEW HOME COMPENDIUM of useful knowledge— also a shopping guide. Designed, compiled and distributed complimentary to the NEWLY MARRIED, with best wishes for their HAPPINESS, PROSPERITY and LONG LIFE.

## IN ADDITION

We present each Bride and Groom with an identification card entitling them to

## WEDDING PRESENTS

A copy of this card is printed opposite, both sides of which fully explain its use and benefits.



(front side)

Copy of WEDDING PRESENT IDENTIFICATION CARD.

The holder of this card, when properly identified on the other side, is entitled to the WEDDING PRESENT offered by each business firm whose advertisement appears in the NEW HOME COMPENDIUM.

Present this card when you make your purchases, receive proper credit, and keep this card to be presented again. Remember, every advertiser in the NEW HOME COMPENDIUM is a leading and reliable concern, and has agreed to give you a WEDDING PRESENT as per special agreement printed at the heading of each advertisement.

For easy reference in buying, consult Index to advertisers in NEW HOME COMPENDIUM; also read their advertising offers.

HOME OFFICES  
PHELAN BUILDING.

NEW HOME SELLING SERVICE  
SAN FRANCISCO

PUBLISHERS  
NEW HOME COMPENDIUM  
NEW HOME MAGAZINE

WE URGE all recipients to take advantage of this part of our service, for it means a handsome saving, the aggregate of which, if put in a special "SAVINGS FUND" will form a substantial nucleus for a fortune.

(reverse side)

We also are requested to offer each Bride and Groom a FREE subscription to our NEW HOME MAGAZINE for 12 months.

This magazine is published every month at our home office in San Francisco.

No ..... DATE .....

Mr. and Mrs. ....

This is to certify that the advertisers in NEW HOME COMPENDIUM have PAID us for one year's subscription to our monthly publication, the NEW HOME MAGAZINE, to be sent to your address POSITIVELY FREE from any expense to you.

NEW HOME SELLING SERVICE.

SUBSCRIPTION PRICE \$1.00

This subscription is complimentary from the ADVERTISERS in the NEW HOME COMPENDIUM.

Copy of receipt for this subscription is printed to the left.

Copy of PAID FOR subscription.

We respectfully contribute all the benefits of our service, and any cause for complaint will be cheerfully remedied.

NEW HOME SELLING SERVICE

Home office: Phelan Building

SAN FRANCISCO

## INDEX TO ADVERTISERS

The lines of merchandise represented in the NEW HOME COMPENDIUM and the monthly publication of NEW HOME MAGAZINE.  
These business concerns are selected for their responsibility and facilities for giving their patrons entire satisfaction. We urge you to take advantage of their liberal offers to you by making use of our WEDDING PRESENT IDENTIFICATION CARD. NEW HOME SELLING SERVICE.

150  
NOV 23 1914

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## INDEX TO SUBJECTS

The NEW HOME COMPENDIUM of useful knowledge pertaining to household matters especially appeals to the newly married. It is compiled from the latest approved authorities on the subjects treated. Commended by NEW HOME SELLING SERVICE.

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## OUR WEDDING-PRESENT OFFER

To any newly married couple presenting the WEDDING-PRESENT-IDENTIFICATION CARD of the NEW HOME SELLING SERVICE within six months from date of their marriage, we will present complimentary, a suitable souvenir, and also allow a special rebate of 10% on any amount of our work up to \$1000.

THE HICKS-JUDD COMPANY.

# THE HICKS-JUDD COMPANY

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A. R. HUNT  
Advertising Artist

525 Market St.,  
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AS A WEDDING PRESENT

We offer to any newly married couple presenting the WEDDING PRESENT IDENTIFICATION CARD an engraved name plate that may be used for cards or stationery on receipt of an order for not less than \$100.

The Plates for the New Home Selling Service publications are being executed by the Commercial Art Co.

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## OUR WEDDING-PRESENT OFFER

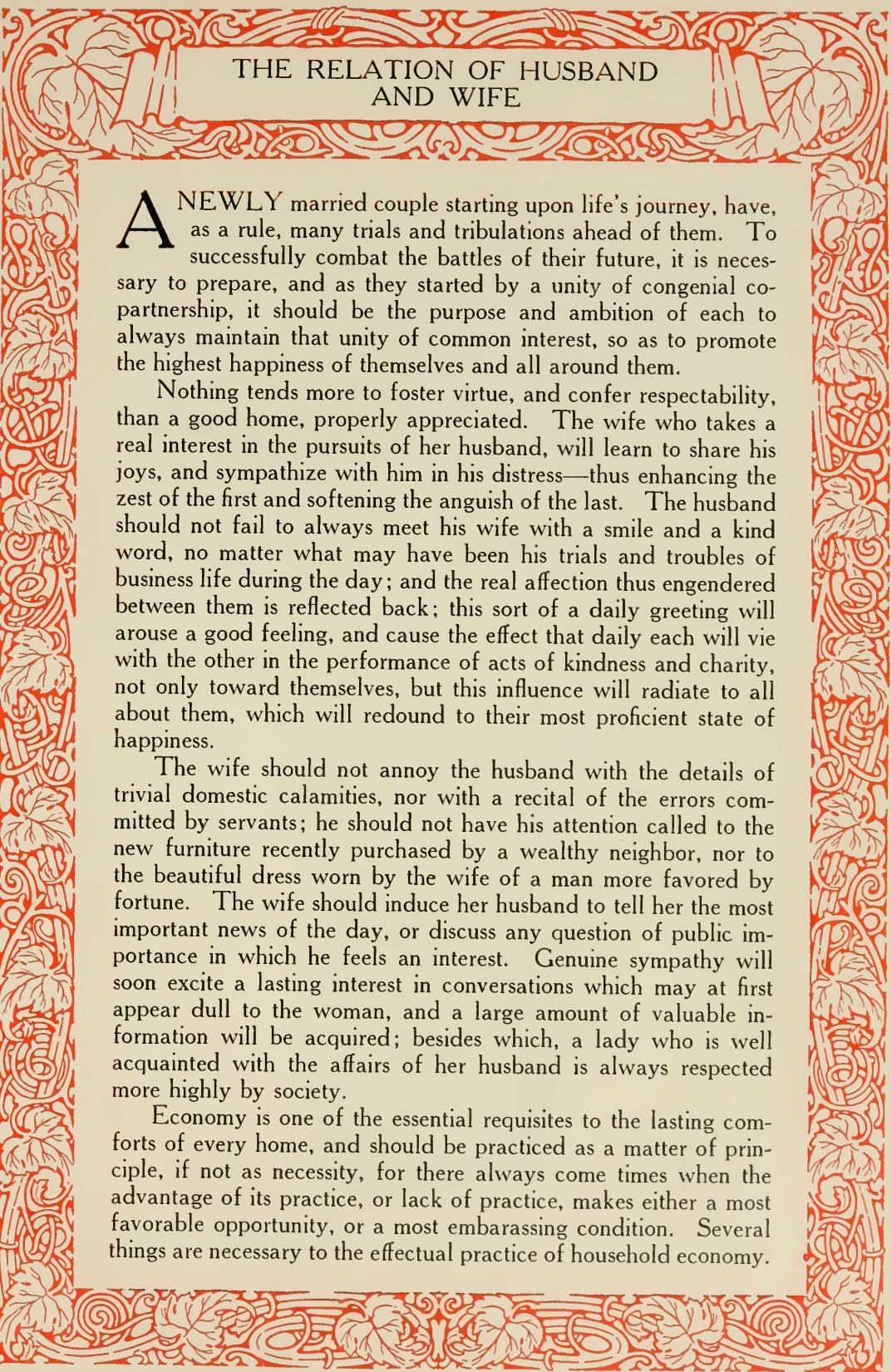
As a WEDDING PRESENT we agree to give a rebate of 10% on  
\$100's worth of purchases made in our store by each newly married couple,  
upon presenting Wedding Identification Card of NEW HOME SELLING  
SERVICE within six months from date of marriage.

(Signature)

OUR WEDDING-PRESENT OFFER

As a WEDDING PRESENT we agree to give a rebate of 10% on \$100's worth of purchases made in our store by each newly married couple, upon presenting Wedding Identification Card of NEW HOME SELLING SERVICE within six months from date of marriage.

(Signature)



## THE RELATION OF HUSBAND AND WIFE

A NEWLY married couple starting upon life's journey, have, as a rule, many trials and tribulations ahead of them. To successfully combat the battles of their future, it is necessary to prepare, and as they started by a unity of congenial co-partnership, it should be the purpose and ambition of each to always maintain that unity of common interest, so as to promote the highest happiness of themselves and all around them.

Nothing tends more to foster virtue, and confer respectability, than a good home, properly appreciated. The wife who takes a real interest in the pursuits of her husband, will learn to share his joys, and sympathize with him in his distress—thus enhancing the zest of the first and softening the anguish of the last. The husband should not fail to always meet his wife with a smile and a kind word, no matter what may have been his trials and troubles of business life during the day; and the real affection thus engendered between them is reflected back; this sort of a daily greeting will arouse a good feeling, and cause the effect that daily each will vie with the other in the performance of acts of kindness and charity, not only toward themselves, but this influence will radiate to all about them, which will redound to their most proficient state of happiness.

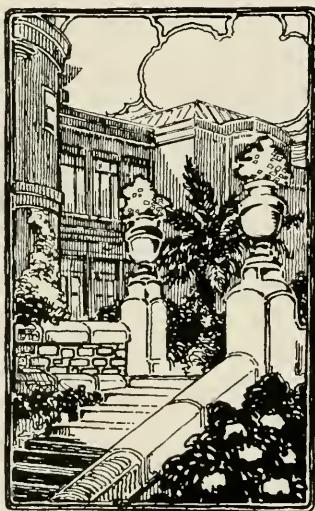
The wife should not annoy the husband with the details of trivial domestic calamities, nor with a recital of the errors committed by servants; he should not have his attention called to the new furniture recently purchased by a wealthy neighbor, nor to the beautiful dress worn by the wife of a man more favored by fortune. The wife should induce her husband to tell her the most important news of the day, or discuss any question of public importance in which he feels an interest. Genuine sympathy will soon excite a lasting interest in conversations which may at first appear dull to the woman, and a large amount of valuable information will be acquired; besides which, a lady who is well acquainted with the affairs of her husband is always respected more highly by society.

Economy is one of the essential requisites to the lasting comforts of every home, and should be practiced as a matter of principle, if not as necessity, for there always come times when the advantage of its practice, or lack of practice, makes either a most favorable opportunity, or a most embarrassing condition. Several things are necessary to the effectual practice of household economy.

## THE RELATION OF HUSBAND AND WIFE

FIRST: A limit should be placed upon the yearly expenses.  
SECOND: The sum agreed upon should be furnished to the managing head of the house in regular weekly instalments.  
THIRD: A careful account should be kept of every item of expenditure during the current year.  
FOURTH: Each partner should be made acquainted with the purposed expenditure of the other, and for what articles. This should be done, not so much with a view of saving, as to please one another, and on account of the principle involved. Mere savings will not render a home comfortable; but it may be made so by keeping as good a table as the means at hand will afford.

The foregoing synopsis of the relation of husband and wife, should be a basis for the newly married to elaborate upon, as their observation and imagination may inspire, to make more perfect the bond of harmony. Bear in mind that friendliness of manner and kindness of heart, when manifested, will work magic toward preventing the disintegration of the holy bond of unity which you have entered into.



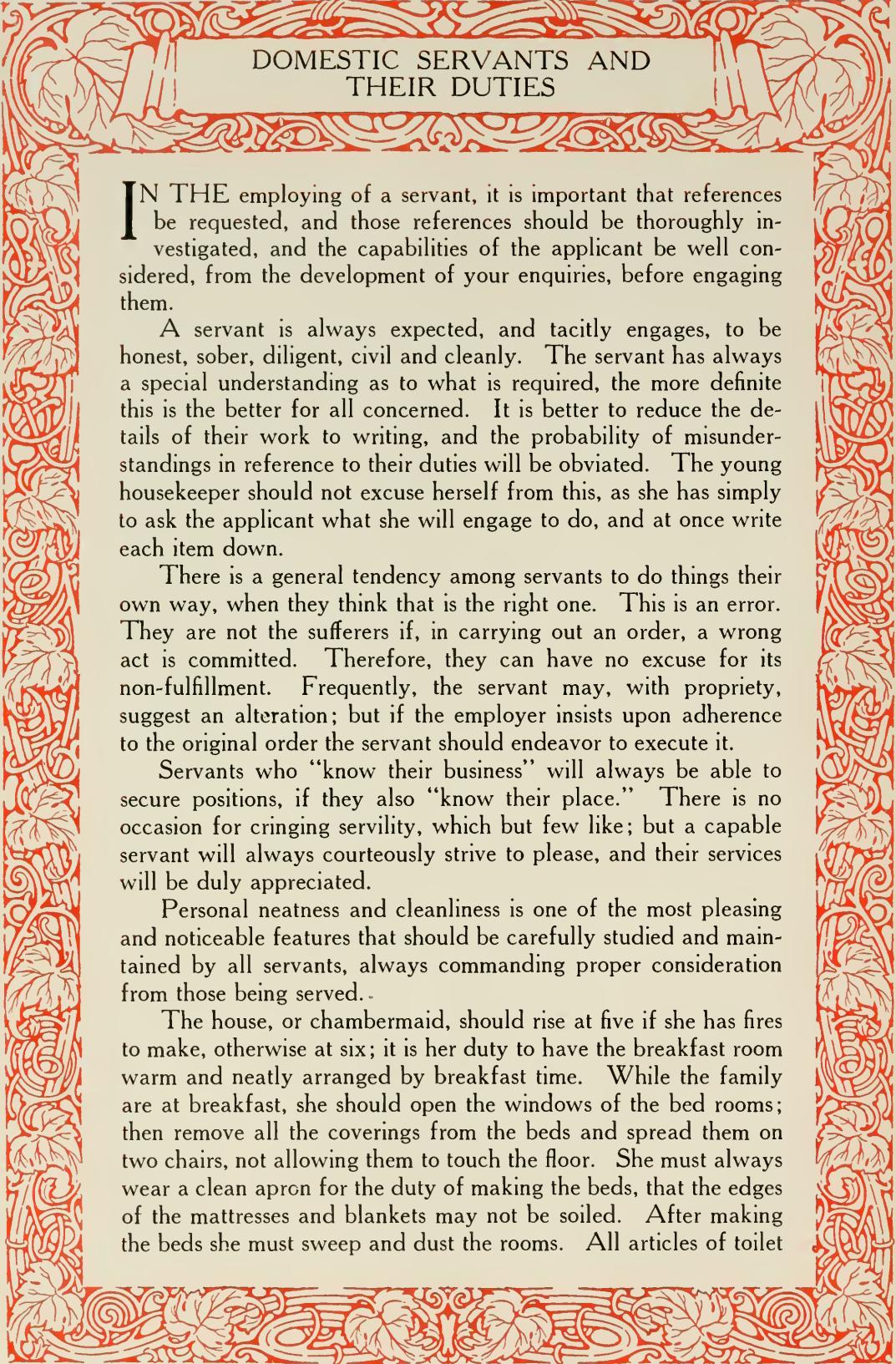
## THE NEW HOUSEWIFE AND HER DUTIES

IT IS not now expected that ladies should, like matrons of the previous century, confine their attention exclusively to household duties, but, at the same time, a thorough knowledge of the details of domestic life will not interfere with mental cultivation, nor with the practical accomplishments which lend additional charms to the fair sex, and increase the attractions of the home circle. In fact, the very possession of this knowledge incites within the female breast a desire to perfect themselves in such studies and pursuits as will invest their homes with a halo of contentment and happiness.

It is a matter of primary importance to gain the confidence of servants, and to make them feel that they have some certain and sure guide by which to shape their course. Consistency is the great principle of management; and even extreme severity, if fixed and unerring, is better than alternate fits of over-indulgence and the reverse. A servant will often commit a fault which requires rebuke, but, if this is sometimes entirely omitted, and at other times administered, and with undue severity, a bitter feeling of injustice and oppression is certain to be engendered, which leads to a destruction of all those fine and generous feelings of mutual dependence which every person would like to encourage in others.

It is essential that all lectures given to servants should be given in private, for to rebuke a servant in the presence of guests, or even members of the family, will provoke that spirit of pride resentment, and arouse animosity which, if repeated a few times, will destroy their useful loyalty so necessary in the home.





## DOMESTIC SERVANTS AND THEIR DUTIES

**I**N THE employing of a servant, it is important that references be requested, and those references should be thoroughly investigated, and the capabilities of the applicant be well considered, from the development of your enquiries, before engaging them.

A servant is always expected, and tacitly engages, to be honest, sober, diligent, civil and cleanly. The servant has always a special understanding as to what is required, the more definite this is the better for all concerned. It is better to reduce the details of their work to writing, and the probability of misunderstandings in reference to their duties will be obviated. The young housekeeper should not excuse herself from this, as she has simply to ask the applicant what she will engage to do, and at once write each item down.

There is a general tendency among servants to do things their own way, when they think that is the right one. This is an error. They are not the sufferers if, in carrying out an order, a wrong act is committed. Therefore, they can have no excuse for its non-fulfillment. Frequently, the servant may, with propriety, suggest an alteration; but if the employer insists upon adherence to the original order the servant should endeavor to execute it.

Servants who "know their business" will always be able to secure positions, if they also "know their place." There is no occasion for cringing servility, which but few like; but a capable servant will always courteously strive to please, and their services will be duly appreciated.

Personal neatness and cleanliness is one of the most pleasing and noticeable features that should be carefully studied and maintained by all servants, always commanding proper consideration from those being served.

The house, or chambermaid, should rise at five if she has fires to make, otherwise at six; it is her duty to have the breakfast room warm and neatly arranged by breakfast time. While the family are at breakfast, she should open the windows of the bed rooms; then remove all the coverings from the beds and spread them on two chairs, not allowing them to touch the floor. She must always wear a clean apron for the duty of making the beds, that the edges of the mattresses and blankets may not be soiled. After making the beds she must sweep and dust the rooms. All articles of toilet

## DOMESTIC SERVANTS AND THEIR DUTIES

and clothing should be arranged in order, in such a manner as to please the occupant.

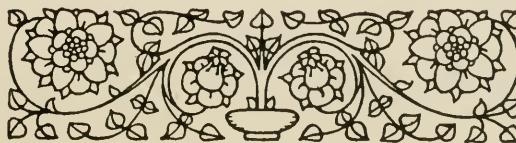
The house maid should be provided with brushes, pails, rubbers, sponges; also, a pair of thick gloves, and a large, coarse apron to use to protect her clothes while doing her roughest work.

The house maid of a small, quiet family has usually time to do a considerable part of the family needlework, making and mending the household linen, curtains, etc.

It is a customary and wholesome practice to make one day a week general cleaning day of all rooms in the house. This custom should be maintained, and the mistress should instruct her servants how to arrange the system of cleaning so as to prevent the discomforts of the family, and cause the least confusion.

It is absolutely necessary that the cook should be healthy and strong; she should be clean in appearance, as well as in habits, honest and sober. Of the value of cleanliness a good cook will be perfectly aware, for the least particle of dust, soot, or extraneous matter will ruin a carefully prepared dish. Being the mistress of the kitchen, the cook should arrange the meals, clean all her kitchen utensils, wash up for breakfast, lunch and dinner services, and warm all the plates ready for use. The first duty of the cook is attention to her fire, after which she prepares the family breakfast. She then receives her orders from her mistress, and if required, goes to market. The cook should be told in a few and quiet words what is wanted for each meal, and on particular occasions the instructions should be written, so as to avoid mistakes and misunderstandings.

The cook should be encouraged to be careful about every sort of waste, especially of fuel, which is now so expensive. Cinders, slightly wet, give a great degree of heat and are better than fresh coal for an oven.



## THE NEW HOME EQUIPMENT

**E**STABLISHING a home, especially the NEW HOME, is the first step toward real citizenship. It should be planned with care, entered with enthusiasm and run like a factory for the production of happiness. Every thing that should be done in a home is done to promote comfort and happiness. We would be unhappy if we were constantly hungry—so we prepare food; we would not be comfortable if we lacked clean clothing—so we wash and iron; we would be ill at ease if the floors were deep with dust—so we remove the dust; and at night we turn on the lights because we would be less happy, if we were to sit in the dark.

Home may be where the heart is, but the home shelter is where the kitchen stove is. Home may be the antechamber to heaven, and may also be the antechamber to the other place—many homes are. They fail because they are not properly equipped.

The only way to equip a home to make it satisfactory is to put in a satisfactory equipment or appurtenances for making the housework pleasant, efficient and easy.

A man will equip his factory with labor-saving machinery to produce certain results, and it should be equally important to equip the home with all necessary labor-saving devices in order to produce the same sort of result. Too many a timid housewife wears her life away with the hand drudgery work in order to scimp and save and, when her life has been worked out prematurely, her husband returns from the grave and marries a wiser girl. Household machinery is not beyond the means of anybody who is not already living in poverty. It can be put in piece by piece at a time. The total cost is not prohibitive, and the actual cash savings effected by machinery will oftentimes offset its cost.

The first and important item to consider is power. Women who live in the country often feel that household machinery is not for them because no power is at hand with which to drive it.

Fifty dollars will buy a two-horsepower gasoline engine. This engine, without using all its power, will drive a ninety-dollar dynamo that will create one-horsepower of electric current. The engine and dynamo may both be placed in an eight-by-ten brick building in the back of the yard. This will keep away the noise and the danger. A gasoline engine is no more dangerous than a gasoline automobile.

## THE NEW HOME EQUIPMENT

Neither the engine nor the dynamo requires any attention; a wire brings the current into the house. This equipment will create enough current to make twenty sixteen-candlepower lights; or it will run a washing-machine, an ironing-machine, a dish-washing-machine, and a vacuum cleaner all at once. The cost of manufacturing the current to run the machinery would not be more than one dollar a month.

The cost of running machinery by electricity is not much. Lack of power is therefore no excuse for not putting machinery into even a farmhouse. If further inducements be needed, the farmer may be reminded that the two-horsepower gasoline engine can also work for him; it can pump water, cut corn-stalks, or turn a grindstone, while a wire will carry the current to the barn as well as to the house.

Perhaps the most interesting thing that electricity can do in the house is cook food. From a practical point of view, this is something new, for although it has long been possible to cook with electricity, the cost has been prohibitive. But recently, inventions in electric stoves and ovens, have solved this problem.

However, an electric stove will not do all kinds of cooking. Like most highly efficient workers of today, it's a specialist, and its specialties are boiling, stewing, and steaming, long baking—of fruit cakes, brown bread, and such things, which used to be the most expensive of all dishes from the standpoint of fuel. Invaluable as it is, therefore, even with it, gas cannot be wholly eliminated. Very likely, indeed, the time will never come when all cooking is done with electricity. So the gas companies need not despair.

Gas is more satisfactory to cook with than either wood or coal; and women whose homes are located where commercial gas is not available may nevertheless cook with gas. Four hundred dollars will buy and install a gas-plant in anybody's back yard. With this plant, which requires next to no attention, anybody can make, for sixty cents per thousand cubic feet, gas that is fully equal to the gas for which city people pay eighty cents. The gas is made by forcing air through gasoline and mixing the fumes with other air. The gasoline is placed in a steel globe, a hundred feet from the house and seven feet in the earth. The globe holds three barrels—a year's supply, perhaps. The entire manufacturing process is carried on underground, outside the house. By the

## THE NEW HOME EQUIPMENT

time the gas reaches the house, it is no more explosive than ordinary illuminating gas, while in illuminating power it is fully the equal of gas made from coal. It can be used with gas-mantles of any kind. It can be used in kitchen ranges. The machine itself will last a lifetimes; there is nothing about it to get out of order. And from the day it is put in, it supplies gas to its owner for at least twenty cents less per thousand feet than most city people pay. In other words, \$400 will enable any farmer or village dweller to light his house and cook his food with gas at least twenty-five per cent cheaper than the usual cost of gas.

We now come to what may perhaps more properly be called household machinery. Electric machines to wash and iron are the most important. Washing-machine both washes and wrings by electricity, and costs \$75. The ironing-machine is driven by electricity, but is heated with gas. The price varies with the size, but is recommended a forty-eight-inch machine that will iron a table-cloth once folded. The price of such a machine is \$115. For any family that now employs a servant and hires a laundress two days a week, these machines will save more than their cost in two years. The machines themselves will last indefinitely.

Next in importance to laundry machinery come machines for cleaning floors. That means vacuum cleaners. People who own their homes would do well to install the stationary kind. They are more powerful and easier to operate, while with them nothing need be hauled from room to room except the light steel hose and the tools with which the cleaning is done. All the noise—though there is not much—is in the cellar, and there is no vibration. The operator simply turns a switch, as she would turn on an electric light, and starts the electric motor on the machine. The cost of this machine really should be no more than \$175.

Whether one owns his home or not, he should have some kind of electric vacuum cleaner. The portable type does good work. The only drawback is the necessity of hauling the machine around, and that is a drawback only as compared with the stationary machine. Even a portable cleaner outranks the carpet-sweeper as a locomotive outranks a push-cart. The price varies with the size and quality. A good machine costs from \$50 to \$125.

An electric dish-washing-machine ranks next in importance, perhaps, run with the washing-machine motor, which keeps the

## THE NEW HOME EQUIPMENT

motor at work seven days a week instead of one. The dish-washing-machine itself is of the simplest construction. It consists of nothing but a galvanized iron box filled with racks, a hydraulic pump, and a flexible steel tube with a flattened nozzle. The dishes are set on edge in the racks, hot water is let into the machine by the turning of a valve. When the reservoir at the bottom is filled with scalding water, powdered soap is put in, and the motor started; the motor drives the hydraulic pump; the pump forces the scalding water through the steel pipe and nozzle. The flexibility of the pipe permits it to be drawn back and forth by a handle that projects through a hole in the front door. The hot, soapy water, under high pressure, is thus forced, again and again, upon each part of the surface of each dish.

The dish-washing-machine and the machine for washing clothes could be operated, of course, in a house in which there was no running water. They should be a great help, even in such a house, but there is no necessity for the existence of such a house. The two-horsepower gasoline engine that runs the dynamo can also, by working a little at odd moments, provide water not only for the house, but for the barn, if there is one. The best way is to sink a steel tank in the ground below the frost-line. Let the engine pump water into the tank until it is half full. Then let the engine be switched to an air-pump, and pump air into the space in the tank above the water. An air-pressure of a few pounds to the square inch will force water all over the house and to the barn. A hundred dollars will buy the tank and the two pumps.

Sewing-machines also may be run by electricity. An excellent motor that can be attached to any machine can be bought for \$25.

In considering any labor-saving device, in point of its relation to the worker, she asks herself, "Does this tool save me time? Does it save me steps? Does it save me labor? Does it save fuel?" All household devices and tools can therefore be grouped under these four heads:

1. Fuel-savers.
2. Step-savers.
3. Labor-savers.
4. Time-savers.

## THE NEW HOME EQUIPMENT

Of course it may be true that any particular device covers two or three points, saving both time and steps, but this is a convenient classification.

- Triplicate or double pots (for one burner).
- Teakettle with cereal inset.
- Thermos bottles and jugs.
- Radiating "hot plates" for gas and oil-stoves.
- Covered hoods for irons.
- Hooded "hot-plate" ovens (gas or oil).

Let us see what are the time-savers:

### "TIME-SAVERS"

Take the food-chopper as found in many kitchens. It takes seven minutes to chop a pound of meat using a wooden bowl and knife. A chopper of family size will chop three pounds of meat in one minute. The person using a chopping knife lowers and raises his knife as he chops, and half the time he is not chopping meat, but air. But a meat-chopper is grinding meat all of the time, and air none of the time. The food-chopper can be classed as a time-saver. Following is a list of devices which are chiefly time-savers, and which are more or less familiar to the modern housekeepers:

- Food choppers.
- Bread mixers.
- Fireless cookers.
- Glass door ovens.
- Round or square steamers.
- Double roasting pans.
- Electric irons.
- Electric washing machines.
- Electric sewing machines.
- Electric buffer, and motors.
- Electric vacuum cleaners.
- Toasters.
- Grills.
- Percolators.
- Electric fireless.
- Electric hot plate and stoves.
- Fans, ventilators.
- Laundry mangles.

## THE NEW HOME EQUIPMENT

Vacuum cleaners.  
Loose bottom cake tins.  
Stationary bowls and mixers.  
Long-handle dustpans.  
Dustless mops, dusters.  
Glass ice-cream freezers.  
Improved mop-wringers.  
Clothes sprinklers.  
Great-grip nut crackers.  
Attached colanders.  
Potato ricers.  
Slaw and vegetable cutters.  
Washboilers with spigot outlets.  
Percolating washing devices.  
Wringers.

Fourth comes the group of step-savers, which includes many excellent devices:

### "STEP-SAVERS"

Kitchen cabinets.  
Wheel trays.  
Self-heating irons (electric—gas—alcohol).

Any farmer who can afford to buy himself a second-hand automobile can afford to buy his wife the outfit described in the above list. Many can afford to do better. Any man who will not buy his wife all the household machinery he can afford should be compelled to do housework in the old way for thirty days, under pain of arrest. That would settle the worst of them. No man would do his own work in the back-breaking, out-of-date fashion that is imposed upon women. Women do so only because they do not think. They are somewhat overdue, in fact, in this matter of thinking. The world of machinery is moving on and leaving them. The men, who have looked after themselves so well in the matter of machinery, should look after women; but they don't. So women must look after themselves. And the best way a woman can look after herself is to begin today to clamor for all the household machinery that her husband can afford to buy her. He may believe that he will have reached his limit when he has bought her an egg-beater, but she should have an argument with him about that.

## BUYING AND SUPPLIES FOR THE PANTRY

WHEN the managing head of the house has ascertained the minimum sum for which she can furnish the weekly supplies, it will be advisable to lay in large quantities, as time, trouble, and money can be saved by so doing. Among those articles thus procurable in large quantities may be classed flour, tea, coffee, salt, spices of all kinds, and fuel. It is prudent for the lady of moderate means to make her own purchases in the public markets, and not trust the duty to servants, who may be careless. She should first make herself acquainted with the market value of every article she requires, and then endeavor to get good articles for the money. It is useless to expect to purchase superior articles at inferior prices.

**MEAT.** The quality of meat sold in markets varies greatly as does also its price, consequently, the young housekeeper must be careful in making her purchases, to see that, while saving a cent a pound on this article, she does not lose more than that amount by its inferior quality. Meat with good solid fat, and with lean containing plenty of fibrine, is what the small house-keeper should look for, and purchase if possible.

**BEEF.** To judge good beef calls into use both the eye and the hand; for it must have a fine color, good appearance, beside being tender to the touch. Old beef feels elastic when pressed by the finger, while the young and tender meat retains the impression of the finger after it has been removed. When first cut through, beef should present a bluish red color, which will change rapidly to almost a crimson, on exposure to the air. The grain should be smooth, fine, with an intermixture of fat in the rump, sirloin, and ribs. The fat should be firm and white; the deeper yellow the fat is, the stronger the flavor. The most highly-prized roasting joints, for flavor, are the sirloin and ribs; for boiling, the round and middle part of the brisket; for steaks, the sirloin and rump. The heart is a very solid lump of meat, and very economical.

**MUTTON.** In season throughout the year, but in the Fall is not so good as at the other seasons. The age may be guessed at by the hardness and whiteness of the outer layer of bone when cut across. Young ill-fed mutton gapes on cutting it, is tasteless and spongy. Ewe mutton is preferable to Ram, and is readily distinguished by the udder, left as a glandular lump on

## BUYING AND SUPPLIES FOR THE PANTRY

the inside of the leg. The leg and loin are the best and highest priced. The neck, breast and shoulder the lowest. For chops the loin is most highly prized. The fat taken off before dressing is superior to suet for puddings.

**VEAL.** In point of economy there is nothing like the leg of veal, notwithstanding the weight of bone it contains, for the meat is all solid. The part called the fillet sometimes has the bone taken out, but then is sold at a higher price. The shoulder may be bought at less price, but it contains a heavy knuckle, together with a large bone, having a thick edge gristle. No part but the leg will serve for cutlets. The breast stews or boils well, with which many dishes can be made. The heart, liver, kidneys, and sweetbreads are all eaten and very good. In choosing veal, select that which the kidney is well covered with thick, solid and white fat. The flesh should be dry, and not flabby, and the kidney fat should be free from smell.

**PORK.** In choosing pork, take a thin piece of the lean between the finger and thumb, and, if of good quality, it will readily yield to a smart squeeze. The color ought to be rather pale than red, and the rind should be thin and delicate. Freshness is indicated by transparency, and by its freedom from smell. The most economical joint in pork is the leg. Pork goes much farther than other meat, because the fat does not cook away to the same extent as other meats. As a regular article of diet, pork is not wholesome, should only be used as a change.

**POULTRY.** The use of poultry as a food is much more extravagant than other meats, but there are times during the year when the supply is more plentiful, and therefore cheaper in prices than other seasons. The digestibility of fowls and turkeys is very great, therefore, the use of poultry should be encouraged as far as finances will permit. The age and tenderness of fowls may be determined by the size and hardness of the spur on the roosters, and by the hardness of the breast bone in them as well as in pullets, the softer the breast bone, the younger, or more tender the meat. In poultry that has been drawn, the smell should be free from odor, to be fresh.

**EGGS.** In every household, eggs are more constantly used than any other commodity, and it is very important to be able to get them fresh; this can be easily done if one will carefully observe

## BUYING AND SUPPLIES FOR THE PANTRY

the appearance of the shell, for newly-laid eggs have a bloom on the shell which is apparent to the practiced eye. When immersed in water, a bad egg will immediately rise to the top. One can always test the freshness of eggs by putting the large end to the tongue; should it feel warmer than the other end, the egg is considered fresh. As long as the vitality of the egg remains, so long will this difference in warmth be apparent. Another method is to hold the egg up to the light of the sun, or any bright light, surrounding it with the finger and thumb. If the whole looks transparent pinkish yellow, without noticeable small particles, it is fresh. If not fresh, it is opaque, and the shell appears mottled more or less.

**FRESH FISH.** These are important articles of diet, though not nearly as strong as meat, or even poultry. But many kinds are sufficiently nourishing to preserve health, in conjunction with potatoes and bread; and when used alternately with meat, fish may agree remarkably well with most constitutions. During the hot summer months, fish is well suited to the wants of the system, because, containing less stimulating properties than meat, a larger quantity is required to satisfy a hearty appetite, and, being rapidly digested, the stomach speedily craves more food.

**OYSTERS.** A very light and nourishing food. Whenever the shells are closed, the oyster is alive, but death relaxes the powerful muscle which keeps the shell closed. Oysters should only be eaten between the months of September and May. Lobsters supply the place of oysters in summer, their quality may be judged by the weight. If a lobster be stale, the tail hangs limp; but when fresh, it is retained close to the belly, and if drawn down it will spring back with some force when liberated.

**GROCERIES.** In putting in a supply of groceries, it is well to make out a list. The following will be a good guide for staples: Flour, meal, baking powder, coffee, tea, cocoa, chocolate, sugar, rice, arrowroot, sago, tapioca, macaroni, farina, vermicelli, gelatine, salt, soda, black and red pepper, mustard, ginger, nutmegs, mace, allspice, cloves, cinnamon, almonds, raisins, figs, prunes, dried apples and peaches, lemons, oranges, citrons, currants, vinegar, olive oil, and such canned goods and fresh vegetables as the fancy may prompt from the displays on the grocery shelves.

## BUYING AND SUPPLIES FOR THE PANTRY

It is desirable that the young housekeeper should make out a tabulated list of all necessary articles for the pantry, many grocers furnish such printed lists, and, once a week go over this list carefully, thereby keeping the pantry well stocked with a complete assortment, this system will save many a hurried trip to the grocery. By selecting a day each week to make the gross purchases, the account will be more important, and the grocer serving you will be more apt to agree to concessions in prices, as your lump purchases, or total amount of bill runs up to a nice individual sale.

### SUPPLIES LASTING A FAMILY OF FOUR

ARTICLE	QUANTITY	TIME
Coffee . . . . .	1/2 Pound	1 Week
Tea . . . . .	1/4 Pound	1 Week
Sugar . . . . .	4 Pounds	1 Week
Flour . . . . .	3 1/2 Pounds	1 Week
Cornstarch . . . . .	1 Package	2 Weeks
Cereal . . . . .	3 Packages	1 Week
Rice . . . . .	1 Pound	1 Week
Spaghetti . . . . .	1/2 Pound	Each Meal
Cocoa . . . . .	1/2 Pound Box	3 Weeks
Canned Fruit . . . . .	2 Cans	1 Week
Canned Vegetables . . . . .	2 Cans	1 Week
Tapioca . . . . .	1 Package	1 Week
Butter . . . . .	2 1/2 or 3 pounds	1 Week
Lard . . . . .	1 Pound	2 Weeks
Potatoes (in winter) . . . . .	1 Bushel	1 Month
Soap, Laundry . . . . .	2 Cakes	1 Week
Soap, Toilet . . . . .	2 Cakes	1 Month
Salmon . . . . .	2 Cans	1 Month
Sardines . . . . .	2 Cans	1 Month
Codfish Flakes or Crab Meat	2 Cans	1 Month

### AN AID IN PREPARING A MENU

Beverages	Cakes and Icings
Bread, Rolls, Muffins, Biscuits	Candies
Cocktails	Desserts
Beans, Peas, Lentils	Eggs, Omelets, Rabbits

## BUYING AND SUPPLIES FOR THE PANTRY

Fruits	Macaroni, Rice, Curries
Fritters	Oysters, Clams
Fish, Lobster	Pastry
Game, Poultry	Pickles and Catsups
Ices and Creams	Puddings
Jelly, Preserves	Potatoes
Meats	Salads
a. Beef	Sauces
b. Brains, Sweetbreads, etc.	Sherbets and Punches
c. Mutton, Lamb	Soups
d. Pork	Special
e. Veal	Vegetables
	Waffles



# COOKING TIME TABLE FOR HOUSEKEEPER

	MODE OF PREPARATION	TIME OF COOKING	TIME OF DIGESTION
		H. M.	H. M.
Apples, sour, hard . . . . .	Raw	. . . . .	2 50
Apples, sweet and mellow . . . . .	Raw	. . . . .	1 50
Asparagus . . . . .	Boiled	15 to 30	2 30
Beans (pod) . . . . .	Boiled	1 00	2 30
Beans with green Corn . . . . .	Boiled	45	3 45
Beef . . . . .	Roasted	* 25	3 00
Beefsteak . . . . .	Broiled	15	3 00
Beefsteak . . . . .	Fried	15	4 00
Beets, young . . . . .	Boiled	2 00	3 45
Beets, old . . . . .	Boiled	4 30	4 00
Bread, Corn . . . . .	Baked	45	3 15
Bread, Wheat . . . . .	Baked	1 00	3 30
Butter . . . . .	Melted	. . . . .	3 30
Cabbage . . . . .	Boiled	1 00	4 30
Cauliflower . . . . .	Boiled	1-2 00	2 30
Cake, Sponge . . . . .	Baked	45	2 30
Carrot, Orange . . . . .	Boiled	1 00	3 15
Cheese, old . . . . .	Raw	. . . . .	3 30
Chicken . . . . .	Fricasseed	1 00	3 45
Codfish, dry and whole . . . . .	Boiled	* 15	2 00
Custard (one quart) . . . . .	Baked	30	2 45
Duck, tame . . . . .	Roasted	1 30	4 00
Duck, wild . . . . .	Roasted	1 00	4 50
Dumpling, Apple . . . . .	Boiled	1 00	3 00
Eggs, hard . . . . .	Boiled	10	3 30
Eggs, soft . . . . .	Boiled	3	3 00
Eggs . . . . .	Fried	5	3 30
Fowls, domestic, roasted or . . . . .	Boiled	1 00	4 00
Lamb . . . . .	Boiled	* 20	2 30
Meat and Vegetables . . . . .	Hashed	30	2 30
Milk . . . . .	Boiled	. . . . .	2 00
Mutton . . . . .	Roast	* 25	3 15
Mutton . . . . .	Broiled	20	3 00
Onions . . . . .	Boiled	1-2 00	3 00
Oysters . . . . .	Stewed	5	3 30
Parsnips . . . . .	Boiled	1 00	3 00
Pigs' Feet . . . . .	Soused	. . . . .	1 00
Pork . . . . .	Roast	* 30	5 15
Pork . . . . .	Boiled	* 25	4 30
Pork, raw or . . . . .	Fried	. . . . .	4 15
Pork . . . . .	Broiled	20	3 15
Potatoes . . . . .	Boiled	30	3 30
Potatoes . . . . .	Baked	45	3 30
Potatoes . . . . .	Roasted	45	2 30
Rice . . . . .	Boiled	20	1 00
Sausage . . . . .	Fried	25	4 00
Soup, Vegetable . . . . .	Boiled	1 00	4 00
Soup, Chicken . . . . .	Boiled	2 00	3 00
Soup, Oyster or Mutton . . . . .	Boiled	† 3 30	3 30
Spinach . . . . .	Boiled	1-2 00	2 30
Tapioca . . . . .	Boiled	1 30	2 00
Tomatoes . . . . .	Fresh	1 00	2 30
Tomatoes . . . . .	Canned	30	2 30
Trout, Salmon, fresh, boiled or . . . . .	Fried	30	1 30
Turkey, boiled or . . . . .	Roasted	* 20	2 30
Turnips . . . . .	Boiled	45	3 30
Veal . . . . .	Broiled	20	4 00

\* Minutes to the pound.

† Mutton Soup.

The time given is the general average; the time will vary slightly with the quality of the article.

## WEIGHTS—MEASURES

### KITCHEN MEASURES

2	Cups Butter packed solidly .....	1 lb.
4	Cups Flour for pastry .....	1 lb.
2	Cups granulated sugar .....	1 lb.
2½	Cups powdered sugar .....	1 lb.
2¾	Cups brown sugar .....	1 lb.
2¾	Cups corn meal .....	1 lb.
2	Cups rice (scant) .....	1 lb.
4	Cups coffee ground .....	1 lb.
2	Cups finely chopped meat .....	1 lb.
1	Square Baker's Chocolate .....	1 ounce
3	Teaspoonfuls (level) .....	1 tablespoon
16	Tablespoons .....	1 cup

The following is a table of U. S. standard weights per bushel, regulating the sale of produce.

Corn in ear .....	70 lbs.	Wheat .....	60 lbs.
Corn shelled .....	56 lbs.	Rye .....	56 lbs.
Buckwheat .....	48 lbs.	Barley .....	48 lbs.
Oats .....	32 lbs.	Peas .....	60 lbs.
White Beans .....	60 lbs.	Castor Beans .....	46 lbs.
White Potatoes .....	60 lbs.	Onions .....	57 lbs.
Sweet Potatoes .....	55 lbs.	Turnips .....	55 lbs.
Dried Peaches .....	33 lbs.	Clover Seed .....	60 lbs.
Dried Apples .....	26 lbs.	Flax Seed .....	56 lbs.
Millet Seed .....	50 lbs.	Timothy Seed .....	45 lbs.
Blue Grass .....	44 lbs.	Hemp .....	44 lbs.
Corn Meal .....	48 lbs.	Ground Peas .....	24 lbs.
Malt .....	34 lbs.	Bran .....	20 lbs.

Salt, 50 to 80 lbs. Each state has its own adopted weight for salt, and varies as above.

### LIQUID MEASURE

4 Gills equal 1 Pint, equal 1.25 Lbs. Water, equal 34.66 cu. in.	
2 Pints " 1 Quart, " 2.5 " " " 69.32 "	
4 Quarts " 1 Gallon, " 10. " " " 277.25 "	

### DRY MEASURE

2 Gallons equal 1 Peck, equal 20 Lbs. Water, equal 554.56 cu. in.	
4 Pecks " 1 Bushel, " 80 " " " 2218.19 "	

## WEIGHTS—MEASURES

### AVOIRDUPOIS

32	Grains make . . . . .	1	Dram
16	Drams make . . . . .	1	Ounce
16	Ounces make . . . . .	1	Pound
100	Pounds make . . . . .	1	Cwt.
20	Cwt make . . . . .	1	Ton

### APOTHECARIES

20	Grains make . . . . .	1	Scraple
3	Scraples make . . . . .	1	Dram
8	Drams make . . . . .	1	Ounce
12	Ounces make . . . . .	1	Pound

### TROY WEIGHT

24	Grains make . . . . .	1	Pennyweight
20	Pennyweights make . . . . .	1	Ounce
12	Ounces make . . . . .	1	Pound

### LONG MEASURE

12	Inches make . . . . .	1	Foot
3	Feet make . . . . .	1	Yard
5½	Yards make . . . . .	1	Rod
40	Rods make . . . . .	1	Furlong
8	Furlongs make (1,760 yards. or 5,280 ft.) . . . . .	1	Mile
3	Miles make . . . . .	1	League

### SQUARE MEASURE

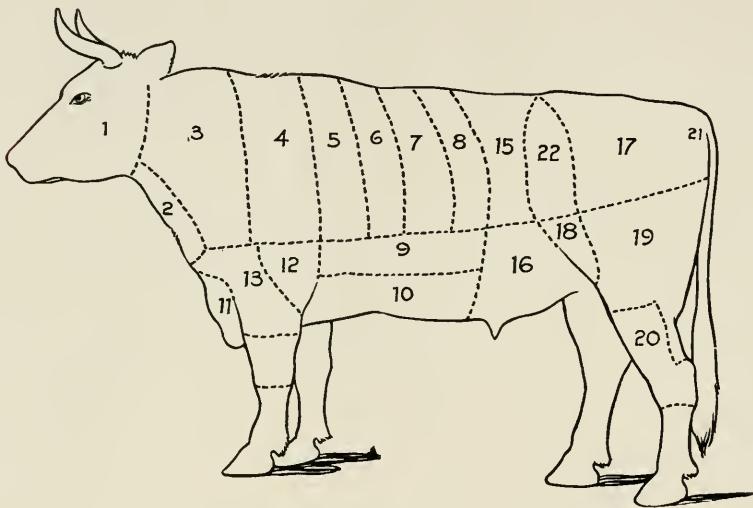
144	Sq. Inches make . . . . .	1	Sq. Foot
9	Sq. Feet make . . . . .	1	Sq. Yard
30¼	Sq. Yards make . . . . .	1	Sq. Rod
40	Sq. Rods make . . . . .	1	Rood
4	Roods make . . . . .	1	Acre
640	Acres make . . . . .	1	Square mile

### PAPER MEASURE

24	Sheets make . . . . .	1	Quire
20	Quires make (480 sheets) . . . . .	1	Ream
2	Reams make . . . . .	1	Bundle
5	Bundles make . . . . .	1	Bale

## CUTS OF MEAT AND THEIR USES

EVERY housekeeper, in fact, every one who has marketing to do, should know something of the cuts of all common meats, and the most desirable way each can be prepared for the table. In the illustrations below are shone the location of these cuts. The names may vary somewhat in different sections, but on the whole, any butcher will understand what is wanted, by the use of the names listed below for the various cuts and parts.

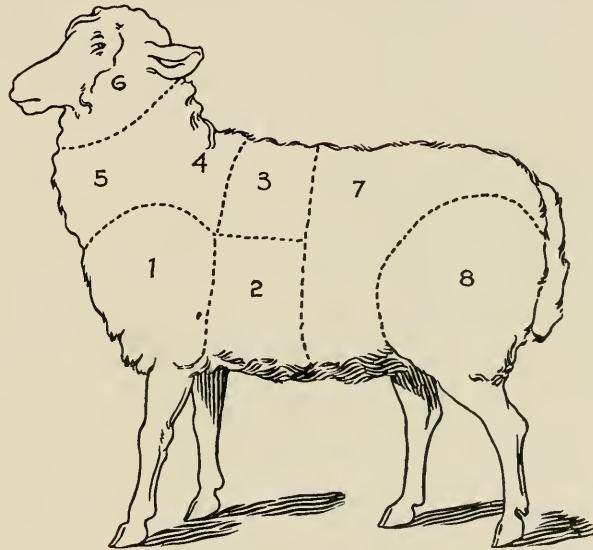


BEEF

1. *Head.* Not used for food.
2. *Sticking Piece.* For soups, beef tea, stews, for making corned beef.
3. *Neck.* For soups, stews, beef tea, boiling, and corned beef.
4. *Second and Third Chuck.* Brown stews, braising, steaks, poorer roasts.
5. *First Chuck.* For roasts.
6. *First Cut of Ribs.* For roasts.
7. *Middle Cut of Ribs.* For roasts.
8. *Back Ribs.* For roasts.
9. *Plate.* (no bones) Stews, soups, corned beef.
10. *Brisket.* Stews, brown stews, soups, corning.
11. *Butt End Brisket.* Soups, stews, corning.
12. *Bolar.* (no bones). Corning, cheap roasts.
13. *Boney End of Shoulder.* For soups.
14. *Shin.* For soups.

## CUTS OF MEAT AND THEIR USES

- 15. *Loin.* (Including tenderloin and sirloin). For roasts and steaks. (A choice selection).
- 16. *Flank or Skirt.* Rolled steaks, braising, boiling, for corned beef.
- 17. *Rump.* Roasts and steaks, (this meat should be cut across the grain).
- 18. *Veiny Piece.* For stews and soups.
- 19. *Round.* Stews, beef tea, poorer steaks.
- 20. *Leg.* For soups and stews.
- 21. *Tail.* For soups.
- 22. *Pin Bone.* For roasts. The bones, gristles, tendons and other gelatinous portions, are good soup stock.



### MUTTON

- 1. *Shoulder.* For boiling.
- 2. *Breast.* Roast, stews, and chops.
- 3. *Loin.* Best end for roasts, chops.
- 4. *Neck.* Best end for cutlets, stews, pies.
- 5. *Neck.* For stewing pieces.
- 6. *Head.* Not used.
- 7. *Loin.* For roasts, chops.
- 8. *Leg.* For roasts, boiling.

## RULES FOR CARVING

THE general rules for carving are very plain, and with the aid of some practice in hitting the joints, but little difficulty will be experienced. The knife and fork should be made to assist each other, the fork steadyng the joint for the knife, each are equally important, in order that one should become proficient and graceful.

SIRLOIN OF BEEF is usually carved by cutting the upper side in slices parallel with the bone, and commencing at the edge, the brown of which forms the first slice. On the under side the knife is generally made to cross the grain, cutting through the middle down to the bone, and removing slices on each side. This part tastes much better, if cut on the same plan as the upper side; but the slices are small and do not have as nice an appearance.

ROUND OF BEEF requires to be cut in successive horizontal slices with a very sharp knife, serving with each a small portion of the fat.

HAM may be carved in three ways: 1. By commencing at the knuckle, and gradually working up to the end; 2. By cutting through the center, and taking a slice alternately from each side of the incision, by sweeping the knife down to the bone at each cut; 3. By scooping a hole in the center, and removing from its edge thin, circular slices. In every case the slices should be thin and regular.

LEG OF MUTTON may be carved in two ways: 1. By cutting through the center of the thick part, as in a ham, and taking slices from each side; and, 2. By cutting longitudinal slices from the knuckle to the thick end, by which a large number of handsome slices may be obtained.

A LOIN OF MUTTON OR VEAL is usually divided in two parts, the chump end and the kidney end. The latter merely requires to be divided into two portions, at right angles with its length, every other one of which contains a bone, and the intermediate one is of meat only. When the chump end is used, this must be taken off horizontally, after which successive slices of meat are served without any bone.

A TURKEY may be so carved as to serve a great number of people, or to be used so extravagantly as to be expended before half of the guests have been supplied. Fix the fork firmly in

## RULES FOR CARVING

the breast bone, pass a sharp knife down to the bone, close to the wing, and take out a thin slice; which continue to do until both sides are exhausted, serving with each helping a portion of the filling. When both sides of the breast are exhausted, and the wings served, the legs must be taken off by carrying the knife backward close to the body, and separating them at the joints. In dividing the leg proper from the thigh, the knife should be used against the inside of the joint, where it enters with much less difficulty than on the outside. After this, in a large bird, the meat is cut off in sections for serving, and the carcass separated by taking off the neck bones, passing the knife through the ribs longitudinally, and cutting through the back bone. Chickens, geese and ducks are carved in about the same manner as turkeys.



## CORRECT COMBINATIONS OF FOOD

**A**T AN ordinary family dinner, the nutritious part of the meal is composed of a meat or a substitute, a starchy vegetable, and one green vegetable. Both starchy and green vegetables should harmonize with the meat. Never serve two green vegetables at one meal, unless one is cooked and the other raw as a salad.

**BEEF.** With roast beef in spring and summer, serve either cauliflower, string beans, new beets, young lima beans, green corn, lettuce, cabbage or asparagus, and new potatoes. With a large joint of sirloin roast, serve either young lima beans, green corn, plain baked tomatoes, spinach, young carrots, or asparagus, and potatoes, sweet or white. With a baked fillet of beef, serve mushroom sauce, peas or asparagus, and potato croquettes. With boiled fillet, serve cold asparagus with French Dressing, and French fried potatoes. With broiled sirloin steak, at dinner, serve peas, asparagus, or tomatoes, and hash brown potatoes. With rolled or stewed steak, serve turnips or carrots, and baked potatoes. With a boiled dinner, boiled corned beef, or plain boiled beef, serve turnips, squash or cabbage, and potatoes or pumpkin. In the spring, dandelion or turnip top greens are the proper accompaniment to either boiled, plain, or corned beef. With stews, serve tomatoes, peas, or mushrooms, and dumplings. With roast beef heart, serve carrots, or, in winter, carefully cooked parsnips and hominy, or browned sweet potatoes.

**VEAL OR MUTTON.** With veal serve either tomatoes, spinach, cauliflower, or Brussels sprouts, and boiled rice. With calves' or lambs' hearts, serve turnip-cups filled with peas, and boiled rice. With braised calves' liver serve a macedoine of vegetables and German potatoes. With sweetbreads, no matter how cooked, serve peas and asparagus tips. This combination, with boiled rice or new potatoes, is also agreeable with spring lamb. With mutton, serve either turnips, Brussels sprouts, or parsnip fritters, and rice or potatoes.

**POULTRY.** With poultry, pass a tart jelly or apple sauce, and creamed onions and plain boiled rice. With broiled or roasted chicken, serve either stewed celery, cauliflower, Brussels sprouts, plain baked tomatoes, peas or asparagus, and potatoes or rice. With browned panned chicken, serve, in summer, squares of corn pudding, in the fall, plain baked tomatoes, and in winter,

## CORRECT COMBINATIONS OF FOOD

escalloped tomatoes. With boiled chicken, serve egg sauce, boiled rice, and peas. With turkey, serve creamed onions or stewed celery and browned sweet potatoes.

**GAME.** With guinea-fowl, serve baked onions or stewed celery, and grilled sweet potatoes.

Stuff tame ducks with a mixture of potato, chopped celery, and black walnuts. Serve as a side dish, salsify fritters or parsnips. Pass black or red current jelly, or sour-grape jelly, or apple sauce. With goose, serve spinach, cabbage, or turnips, and apple sauce or barberry jelly, and browned mashed potatoes or sugar-baked sweet potatoes.

With rabbit or Belgian hare, serve Brussels sprouts or stewed celery, and potato or rice croquettes. Pass also quince or crab-apple jelly. With pan-roasted rabbit serve chopped celery with French Dressing, and grilled sweet potatoes or fried hominy. With jugged rabbit, serve baked squash, currant jelly, and hominy. With venison steak, serve celery, lettuce, cress, or chicory, with French Dressing, and rolls. With roasted haunch of venison, serve stewed celery and currant jelly and sweet potatoes, baked or browned. Lettuce or some uncooked green vegetable, with French Dressing, may be served with all forms of game. With broiled partridges, serve toast and lettuce or celery with French Dressing. With broiled or roasted squab, serve peas or asparagus tips and rice balls.

**COLD MEATS AND POULTRY.** With cold meats, serve uncooked green vegetables, such as lettuce, chicory, celery, endive, or celery and apple mixed, with French Dressing.

Also, carefully cooked string beans and asparagus may be served cold, with French Dressing, with cold broiled or roasted chicken or turkey, while tomato salad or pickled walnuts go well with cold mutton or lamb.

**FISH AND SHELL FISH.** With Boiled fish, serve sauce Hollandaise, potatoes, and cucumber salad or plain boiled cucumbers. With fried fish, serve sauce tartare, potato balls, and cucumber jelly salad. With planked or broiled fish, serve potatoes and hearts of lettuce with French Dressing. With fish pudding, serve creamed potatoes and cucumbers on lettuce with French Dressing. Serve parsnips with salt-boiled codfish, and corn bread or fried corn-meal mush with broiled salt mackerel.

## CORRECT COMBINATIONS OF FOOD

With fried oysters, serve cabbage salad or pepper sauce; with oyster stew, crisp crackers; and with raw oysters, a tabasco, horseradish, lemon, and crisp long crackers, or thin brown bread and butter.

**DESSERTS AND FANCY DISHES.** Serve tea with toasted English muffins and marmalade. With ice-cream, serve small fancy cakes—macaroons, ladies'-fingers, or jumbles.

Layer cake should be used alone as a dessert, while spice cake, hermits, cinnamon buns, or pin-wheels go well with cocoa or chocolate. At afternoon or evening affairs, serve sandwiches with salads, and hot buttered rolls or biscuits with creamed dishes. With sugared fruits, serve unsweetened crackers or very plain cake.

With Vanilla ice-cream, serve chocolate, nut, or marshmallow sauce; with chocolate ice-cream, vanilla sauce; with peach ice-cream, almond sauce; with brown-bread ice, maple sauce.



## KITCHEN HINTS

**M**UTTON. Food experts agree that year old mutton is more nutritious than young lamb. It is much cheaper to buy it in quantities. A hind quarter will furnish chops which can be breaded or served plain, or with tomato sauce. The leg can be roasted or boiled, served with mint or caper sauce. The bones make a good cream soup of Scotch barley broth. The scraps of cold roast mutton make an excellent salad combined with chopped celery, onions and peppers. Mix with Mayonnaise and serve on a lettuce leaf. The chopped cold mutton is fine seasoned and baked in mango peppers from which the seeds have been removed, or chop the scraps of roast mutton, heat in a cream sauce and serve on toast or in pattie cases.

The forequarter of the mutton makes stews, plain or with currie powder, meat pies and encasserole with vegetables or rice. Roast the shoulder, stuffed or plain, and use the loin for chops. In order that one may not get tired of mutton, do not serve it all the time, but alternate with other dishes.

Cook stews and soups and can them. Keep in cool place. The chops can be heated and covered with melted lard. A roast can be kept indefinitely, the same way. This is a specially good idea for those at a distance from a meat market.

**IN BLACKING YOUR STOVE,** first grease your hands well with vaseline, and the blacking will not stick to your hands.

**BOIL YOUR OWN HAM.** We all like rolled boiled ham, and pay from 30 to 40 cents a pound for it, according to where we buy it. Learn to make your own.

Good sugar cured hams can be bought. With a sharp knife remove the skin, then the bone by cutting carefully around it. If you wish it specially nice, lay it cut side down, in warm skim milk for two or three hours. Wipe dry and roll tightly and tie with a strong string. It requires two persons to do this successfully, but, after one or two efforts you can make it look as well as the bought ones. Boil slowly till tender, let cool in water. Next morning, remove and drain, cut away the string, sprinkle with rolled bread crumbs mixed with egg, and brown in the oven. Served surrounded with parsley and spiced beets, this is both attractive and good.

**BOILING CRACKED EGGS.** Eggs with shells cracked can be boiled in the ordinary manner without danger of the white

## KITCHEN HINTS

boiling out, if they are first wrapped in tissue paper. As soon as the paper becomes wet it will cling so tightly to the shell that the cracks are effectively closed.

**HOW TO MAKE COFFEE.** Fill a kettle with fresh cold water and put it on to boil. Place over an open china tea pot, kept just for coffee (as metal is deleterious), a clean, wet, old linen napkin, or a new square of unbleached muslin, letting it sag toward the center. Put into the depression four heaping tablespoons (for four cups of coffee) of finely pulverized coffee. This fine pulverization is very important. Ordinary ground coffee will not do at all, and gives weak infusions.

When the water in the kettle is boiling fiercely, pour it through the coffee slowly until four cupfuls have gone through, or a trifle more, for four cupfuls of coffee.

Cover and take at once to table.

Wash the cloth immediately after breakfast and keep it in a jar of cold water, never permitting it to get dry, and freshening the water every day. Keeping the cloth sweet is absolutely essential. Every effort should be made to this end. The least souring ruins the coffee.

Follow these directions very strictly, paying special attention to having the coffee very fine, like flour, and the water boiling, and you will have excellent coffee even though you buy cheap blends.

**TO PREVENT BAKING OVENS FROM SCORCHING.** A good method to prevent baking ovens from scorching or burning pastry is to sprinkle a mixture of sand and salt on the bottom where the pans are placed. This affords a way of radiating the heat evenly. The mixture also absorbs fruit juices, which may be spilled in the course of cooking. The covering is easily changed, which keeps the oven clean. The best proportion is half salt and half sand.

**TO PREVENT A BOWL FROM SLIPPING.** To prevent a bowl or vessel from slipping during the slow process of making Mayonnaise dressing, cake batter, etc., wring a cloth out of cold water, double, and place it on the table, then set the vessel on top of it. You will find it works like a charm.

**KITCHEN HINTS.** When I asked the best and happiest housekeeper that I know to tell me the secret of her speed in house-work she replied: "I never iron with a cold iron, cut with a dull

## KITCHEN HINTS

knife, or go to my kitchen to prepare a meal without a clean small hand-towel pinned to my apron belt on one side, and a similar tea-towel pinned on the other. Try it, and you will be surprised to see how much time and how many extra steps you will save."

TO PREVENT CORN FROM TURNING YELLOW when boiled on the cob, as it so frequently does, put a teaspoonful of vinegar in the water when put on to cook; in addition to bleaching the corn white, the vinegar will make the corn more tender.

CLOVES should have the round heads removed, and only the stems used. The fruits or vegetables seasoned with them will not turn black as is usually the case, but just a nice light brown.

KEEPING OF MILK AND CREAM IN HOT WEATHER. Cream already skimmed may be kept twenty-four hours if scalded, while if it is made tolerably sweet, it may last in a cool place as long as two days. To prevent fresh milk from becoming sour, scald it gently, without letting it boil, and set aside in the pan in which it has been heated.

SCOURING SOAP ECONOMY. Great saving with scouring soaps will result if you cut each cake into quarters before using. Lay a case-knife across the middle of the cake and hit it a sharp blow with a hammer; the soap will break evenly. Then treat each half in the same way. Besides being more economical, these small pieces are more convenient than a bulky full-sized cake.

WHAT TO DO WITH SOUR MILK. In many common recipes sour milk may be substituted for sweet milk, using instead of the baking powder called for in the recipe, one-half the quantity of bicarbonate of soda. One pint of thick sour milk will require a level teaspoonful of bicarbonate of soda to neutralize it. If more is added, a portion of the soda will be left in the food, which, after baking, gives an unpleasant taste and odor and a greenish color. If milk is sour, but not thick, the best results are obtained by adding half the quantity of bicarbonate of soda, and then adding to the mixture, just before it is baked, a level teaspoonful of baking powder. Sour cream will take the place of both butter and milk. Buttermilk may be substituted for sour milk, provided it is sour.

## KITCHEN HINTS

COTTAGE CHEESE. Pour two quarts of hot but not boiling water into two quarts of thick, sour milk—a proportionately less amount of water to a less amount of milk. Let it stand five minutes, turn it into a bag, and hang it overnight to drain. At serving time mash the curd, add a little sweet or sour milk or cream, beat until light, add salt and pepper.

CHEESE BALLS. Add two tablespoonfuls of melted butter to a half-pint of dry cottage cheese; rub until smooth, add a half-teaspoonful of salt, a saltspoonful of paprika, and a dash of black pepper. Form into balls the size of English walnuts, roll in finely chopped nuts, and put aside to cool. Serve as a cheese course with lettuce and crackers.

BREAKFAST MUFFINS. Dissolve half a teaspoonful of bicarbonate of soda in a tablespoonful of warm water and add it to a half-pint of thick, sour milk. Separate two eggs, beat the yolks, add the sour milk and stir in quickly one and one-half cupfuls of flour and a half-teaspoonful of salt; beat thoroughly, and fold in the well-beaten whites of the eggs. Bake in greased muffin-pans, in a quick oven, twenty minutes.

CORN BREAD. Dissolve a half-teaspoonful of bicarbonate of soda in two tablespoonfuls of warm water, and add it to a half-pint of thick, sour milk; stir until foaming. Separate two eggs, beat the yolks, add the sour milk, then one cupful of corn meal, a half-cupful of flour, and a half-teaspoonful of salt; beat thoroughly, and fold in the well-beaten whites of the eggs. Bake in gem pans, in a moderately quick oven, thirty minutes.

GERMAN CRULLERS. Beat two eggs, without separating, until light; add gradually a half-cupful of sugar. Dissolve a half-teaspoonful of bicarbonate of soda in a tablespoonful of warm water, add it to a half-pint of thick, sour cream; add this to the egg mixture, add a teaspoonful of vanilla and half a nutmeg, grated; mix, stirring in slowly three cupfuls of flour. The dough should be quite soft, but free from stickiness. Roll it out, cut it into crullers, and fry in deep hot fat. To keep them uniform and round, and alike on both sides, turn them several times while cooking.

DROP CAKES. Separate two eggs; add gradually to the yolks one cupful of sugar, beating all the while. Dissolve a half-

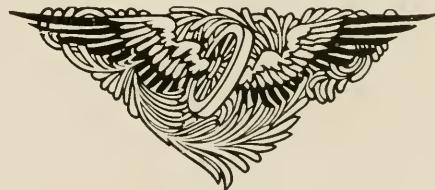
## KITCHEN HINTS

teaspoonful of bicarbonate of soda, add it to one cupful of thick, sour milk, add a tablespoonful of butter or olive oil and stir it into the eggs or sugar. Beat in two-and-a-half cupfuls of sifted pastry flour and fold in the well-beaten whites. Bake in gem-pans, or drop by spoonfuls in shallow, greased baking-pans.

**THE BEST OF ALL CAKES.** Dissolve a level teaspoonful of bicarbonate of soda in a tablespoonful of warm water in a mixing bowl, add a cupful of thick, sour cream, a half-cupful of New Orleans molasses, and one cupful of soft brown sugar. Stir until the sugar is dissolved, and add three cupfuls of flour, a teaspoonful of ground cinnamon, half a nutmeg, grated, and a saltspoonful of ginger, beat until smooth, and stir in one pound of raisins that have been floured with two tablespoonsfuls of flour. Turn into a square bread pan and bake in a slow oven one hour. This cake should be kept in a tin box for three or four days before cutting.

This is quite equal to most fruit cakes, and does not contain either eggs or butter.

**SOUR CREAM SALAD-DRESSING.** Beat the yolks of two eggs until light, stir in gradually a half-cupful of thick, sour cream, add a half-teaspoonful of salt, a dash of pepper, two tablespoonsfuls of tarragon vinegar, and the well-beaten whites of the eggs.



## HOSPITALITY

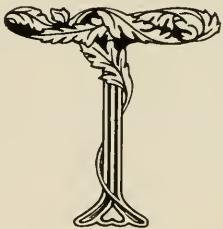
IT IS absurd and imprudent for persons with a moderate income to give large dinner parties, or evening entertainments, but simple hospitality costs nothing. The mistress of a well ordered home should never feel the least bit worried or put out, if either a stranger or a friend discovers her at a dinner of cold meat and turnips, or at any simple meal of bread and tea, provided her table be spread with neatness, as it should always be; false pride is the cause of embarrassed situations along these lines. The young housewife should school herself from the beginning to welcome her friends, and especially those whom her husband may bring home with him, without any feeling of embarrassment at her scanty preparations for the meal at hand. The table should be set every day with the same care as if company were expected; and the snowy cloth, neat dinner or tea service, highly polished knives, forks and spoons, and bright goblets, will give a table such a tempting, as well as comfortable appearance, that the meal cannot fail to please, be it ever so frugal. Never make any apologies for the fare, but receive unexpected guests with a cheerful and pleasant countenance.

DINNER PARTIES. The dinner party of a family of moderate income should be such as will neither harass the mistress, distress or confuse the servants, nor cost more money than is prudent. A joint of meat, a couple of fowls, and a little pastry, with a side dish which the lady can prepare herself, will form an excellent dinner for six or eight persons. To have your dinners suitable to the means of the host is to be safe from the ridicule of the guests. If some such plain dinner be well cooked, served with taste and neatness, accompanied by a sincere welcome, the guests will eat their meal and drink a glass of wine, mug of beer, or cup of coffee with much more real enjoyment than if set down amidst confusion to turtle, lobster salad, boned turkey, and champagne, while the host, not caring to seem great, is cheerful and happy, and thus promotes the enjoyment of his friends. An evening meal for a party may be provided without much cost, and answer every purpose, if the following bill of fare is used. A turkey, or pair of ducks, oysters (stewed or fried), chicken salad, beets, celery, pickles, etc.; bread, coffee, tea, port and sherry, with a few ices, a pound cake, jam-puffs, etc. This meal set out in the dining room, with taste and neatness, will cause but little trouble in the prepara-

## HOSPITALITY

tion, and require no additional help. Music lends an additional charm to these social reunions and should be cultivated, as much for the naturalness of feeling and manner which it originates, as for the sake of the soothing and elevating effects which it produces upon the minds of the guests.

SEVEN SPECIAL MENUS for the leading American events of the year, are given on the following pages. With illustrations showing a very tasty arrangement of the table for each occasion.



NEW YEAR'S AFTERNOON TEA



NEW YEAR'S AFTERNOON TEA TABLE

MENU

LOBSTER PATTIES

TEA ROLLS

PINEAPPLE MOUSSE      SILVER SPONGE CAKE

HUNTINGTON CHICKEN

ORANGE HONEY SANDWICHES

MACAROONS

ORIENTAL PUNCH

Recipes for making the above Menu, follow on the next page.

## NEW YEAR'S AFTERNOON TEA

### LOBSTER PATTIES

**F**ILL patty shells with lobster filling, arrange on a serving dish, and garnish with parsley.

### PATTY SHELLS

Roll puff paste one-quarter inch thick, shape with a patty cutter, first dipped in flour; remove centers from one-half the rounds with smaller cutter. Brush over with cold water the larger pieces near the edge, and fit on rings, pressing lightly. Place in towel between pans of crushed ice, and chill until paste is stiff; if cold weather, chill out of doors. Place on iron or tin sheet covered with brown paper, and bake twenty-five minutes in hot oven. The shells should rise their full height and begin to brown in twelve to fifteen minutes; continue browning, and finish baking in twenty-five minutes. Pieces cut from centre of rings of patties may be baked and used for patty covers, or put together, rolled, and cut for unders.

### LOBSTER FILLING

$\frac{1}{2}$ green pepper, finely chopped	2 tablespoons sauterne
2 shallots, finely chopped	$\frac{1}{2}$ teaspoon paprika
4 tablespoons butter	$\frac{3}{4}$ teaspoon salt
2 cups lobster meat	Few grains pepper
6 tablespoons flour	1-3 cup cream
$1\frac{1}{2}$ cups chicken stock	Yolks 2 eggs
2 tablespoons sherry	

Cook pepper and shallot with butter until butter is slightly browned; then add lobster meat and cook five minutes. Add flour and stir until well blended, then pour on gradually while stirring constantly chicken stock. Bring to the boiling-point, add seasonings, and just before serving, cream and yolks of eggs.

### HUNTINGTON CHICKEN

1 tablespoon granulated gelatin	$1\frac{1}{2}$ cups cold cooked chicken, cut in dice
$\frac{3}{4}$ cup hot chicken stock	$\frac{1}{2}$ tablespoon granulated gelatin
$\frac{3}{4}$ cup heavy cream	

## NEW YEAR'S AFTERNOON TEA

2 tablespoons cold water  
Yolks 2 eggs  
1 teaspoon salt  
 $1\frac{1}{2}$  teaspoons sugar  
1 teaspoon mustard  
 $\frac{1}{4}$  teaspoon pepper  
2 tablespoons lemon juice

1 tablespoon vinegar  
 $\frac{1}{2}$  cup hot cream  
 $1\frac{1}{2}$  tablespoons butter  
Whites 2 eggs  
 $\frac{1}{2}$  cup heavy cream  
2 cups finely chopped celery

Dissolve one tablespoon gelatine in chicken stock and strain. When mixture begins to thicken, beat until frothy, and add three-fourths cup heavy cream, beaten until stiff, and chicken dice. Season with salt and pepper, turn into individual molds, and chill. Soak remaining gelatine in cold water, dissolve by standing over hot water, then strain. Beat yolks of eggs slightly and add salt, sugar, mustard, lemon juice, vinegar, and hot cream. Cook over hot water until mixture thickens, add butter and strained gelatine. Add mixture gradually to whites of eggs beaten stiff, and when cold, fold in heavy cream beaten until stiff, add celery. Remove chicken from mold, surround the sauce, and garnish with celery tips.

### TEA ROLLS

1 cup scalded milk  
 $1\frac{1}{2}$  tablespoons sugar  
1 teaspoon salt  
2 tablespoons butter  
 $3\frac{1}{2}$  cups flour

2 tablespoons lard  
1 yeast cake  
 $\frac{1}{4}$  cup lukewarm water  
White of 1 egg

Add sugar, salt, butter, and lard to scalded milk, and when lukewarm add yeast cake, dissolved in lukewarm water, white of one egg well beaten, and flour. Cover, let rise, toss on a floured board, roll in a long strip one-fourth inch in thickness, spread with melted butter, roll up like a jelly roll, and cut in one inch pieces. Place pieces in pan close together, flat side down, cover, let rise, and bake in a hot oven.

### ORANGE HONEY SANDWICHES

Cut white bread in thin slices, spread sparingly with creamed butter and orange honey. Put together in pairs, remove crusts, and cut in finger-shaped pieces. Pile log-cabin fashion on a plate covered with a doiley.

## NEW YEAR'S AFTERNOON TEA

### ORANGE HONEY

1 cup sugar	$\frac{1}{4}$ cup orange juice
$\frac{1}{4}$ cup water	$\frac{1}{2}$ cup orange peel, finely
$\frac{1}{2}$ teaspoon vanilla	chopped

Bring sugar, water, and orange juice to the boiling-point let boil until syrup will thread when dropped from tip of spoon. Add orange peel and vanilla, again bring to the boiling-point, and cool.

### PINEAPPLE MOUSSE

1 tablespoon granulated gelatine	1 cup sugar
	1 quart cream
$\frac{1}{4}$ cup cold water	1 cup pineapple syrup

2 tablespoons lemon juice

Heat one can shredded pineapple to the boiling-point and drain. To one cup of the syrup add gelatine soaked in cold water, lemon juice, and sugar. Strain and cool. As mixture thickens, fold in the whip from cream. Mold, pack in salt and ice, using equal parts, and let stand four hours.

### SILVER SPONGE CAKES

Whites 5 eggs	$\frac{1}{2}$ cup flour
$\frac{3}{4}$ cup sugar	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon cream of tartar	

Beat whites of eggs until stiff and dry and add gradually, while beating constantly, sugar mixed and sifted with baking powder. Sift flour into the mixture, add flavoring, and cut and fold until well blended. Fill buttered gem pans two-thirds full, sprinkle with powdered sugar, and bake in a moderate oven.

### MACAROONS

$\frac{1}{2}$ lb. almond paste	$\frac{3}{4}$ lb. powdered sugar
Whites 3 eggs	

Work together almond paste and sugar on a smooth board or marble slab. Then add whites of eggs gradually, and work until the mixture is perfectly smooth. Confectioners at first use

## NEW YEAR'S AFTERNOON TEA

the hand, afterward a palette knife, which is not only of use for mixing but for keeping the board clean. Shape, using a pastry bag and tube, on a thin sheet covered with buttered paper, one-half inch apart; or drop mixture from tip of spoon in small piles. Macaroon mixture is stiff enough to hold its shape, but in baking spreads. Bake fifteen to twenty minutes in a slow oven. If liked soft they should be slightly baked. After removing from oven, invert paper, and wet with a cloth wrung out of cold water, when macaroons will easily slip off. Almond paste may be bought in one-pound tins of any first class city grocer.

### ORIENTAL PUNCH

1 cup sugar	Juice 3 oranges
1 cup water	1 drop oil of peppermint
6 cloves	Green coloring
1 inch stick cinnamon	Fresh mint leaves
Preserved ginger	Cake of ice
Juice 2 lemons	

Make a syrup by boiling sugar, water cloves, stick cinnamon, and preserved ginger, the size of an English walnut, five minutes. Cool, add fruit juices, strain, add oil of peppermint and coloring. Cover and let stand one hour. Pour over a large cake of ice in punch bowl and garnish with mint leaves.



A ST. VALENTINE'S SPREAD



TABLE LAID FOR ST. VALENTINE'S SPREAD

MENU

SCALLOPED SCALLOPS  
CHICKEN JELLY SALAD  
CADILLAC CHEESE SANDWICHES  
PINEAPPLE SPONGE  
CINKITES                    LADY FINGERS  
                              COFFEE

Recipes for making the above Menu, follow on next page.

## A ST. VALENTINE'S SPREAD

### SCALLOPED SCALLOPS

1 pint scallops	Pepper
1/2 cup melted butter	2-3 cup cream
1 cup cracker crumbs	1/2 cup soft bread crumbs
Salt	

Wash and pick over scallops. Mix cracker and bread crumbs and add butter. Cover the bottom of a buttered dish with crumbs, add one-half the scallops. Sprinkle with salt and pepper and pour over one-half the cream; repeat, cover with remaining crumbs, and bake in a hot oven twenty-five minutes.

### CHICKEN JELLY SALAD

Disjoint a six-pound fowl, put in a kettle, add two quarts boiling water, cover, and let simmer until meat is tender. Remove fowl, and add to stock two stalks celery, bit of bay leaf, one small sliced onion, and salt and pepper to taste. Simmer two hours, when stock should be reduced to three pints. Strain, cool, and clear, using the whites and shells of two eggs; then add four tablespoons granulated gelatine.

Put a layer in bottom of mold, set in pan of ice water and, when firm, garnish with yolks of hard-boiled eggs, sliced and cut in fancy shapes, whites of hard-boiled eggs, cut in fancy shapes, and truffles, sliced and cut in fancy shapes.

Add more stock and, when firm, a layer of chicken meat, then more stock. Spread with a layer of pate-de-fois-gras, and repeat until mold is full. When firm, remove from mold to serving dish, surround with Mayonnaise dressing, and garnish with curled celery.

The pate-de-fois-gras may be omitted.

### CADILLAC CHEESE SANDWICHES

Cream one-half cup butter, add one-fourth pound Roquefort cheese, and stir until mixture is smooth; then add one-half teaspoon paprika, one teaspoon finely cut chives, and salt to taste. Moisten with two tablespoons sherry wine, spread between thin slices of bread (preferably Graham or rye), and cut into heart-shaped pieces. Arrange on a plate covered with a doiley.

## A ST. VALENTINE'S SPREAD

### PINEAPPLE SPONGE

Yolks 3 eggs	1½ tablespoons granulated
Grated rind and juice 1 lemon	gelatine
½ cup sugar	1-3 cup cold water
Few grains salt	½ cup heavy cream
2-3 cup grated pineapple	Whites 3 eggs

Beat egg yolks slightly and add grated rind, fruit juice, sugar, and salt. Cook, stirring constantly until mixture thickens. Remove from fire, add pineapple and gelatine soaked five minutes in water. When mixture begins to thicken, add cream beaten until stiff and egg whites beaten until stiff. Turn into a mold first dipped in cold water and chill.

### CINKITES

Whites 3 eggs	½ lb. unblanched almonds
½ lb. powdered sugar	Rind ½ lemon
1½ teaspoons cinnamon	

Beat egg whites until stiff and add sugar, lemon rind, cinnamon, and almonds finely chopped. Toss on a board sprinkled with flour, then with powdered sugar, and knead. Pat and roll to one-fourth inch in thickness. Shape with a heart or any small fancy cutter, place on a buttered sheet, and bake in a moderate oven. Glaze with

### CONFECTIONERS' FROSTING

To two tablespoons hot water add confectioners' (not powdered) sugar until of the right consistency to spread. Flavor with one-half teaspoon vanilla. Apply with a butter brush.

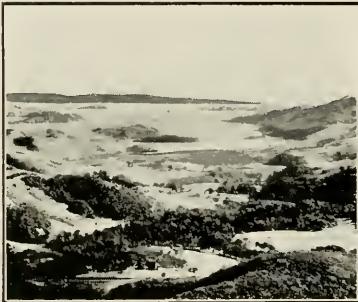
### LADY FINGERS

Whites 3 eggs	1-3 cup flour
1-3 cup powdered sugar	¼ teaspoon salt
Yolks 2 eggs	¼ teaspoon vanilla

Beat the whites of eggs until stiff and dry, add sugar gradually, and continue beating. Then add yolks of eggs beaten until thick and lemon-colored, and flavoring. Cut and fold in

## A ST. VALENTINE'S SPREAD

flour mixed and sifted with salt. Shape four and one-half inches long and one inch wide on a tin sheet covered with unbuttered paper, using a pastry bag and tube. Sprinkle with powdered sugar and bake eight minutes in a moderate oven. Remove from paper with a knife.



A ST. PATRICK'S DAY LUNCHEON



A ST. PATRICK'S DAY LUNCHEON

MENU

SHAMROCK CANAPES	
SPINACH SOUP	IMPERIAL STICKS
FILLETS OF HALIBUT, LOOMIS	
COLD SLAW	
KERNELS OF PORK	
SAVORY POTATOES	STUFFED ONIONS
MALAGA SALAD	
PISTACHIO ICE CREAM, PEACH SAUCE	
CONDES	

Recipes for making the above menu, follow on next page.

## A ST. PATRICK'S DAY LUNCHEON

### SHAMROCK CANAPES

FORCE cream cake mixture through a pastry bag and tube in small groups of threes, which when baked make shamrock forms. Split and fill with the following mixture: Pound six sardines, freed from skin and bones, and add one and one-half tablespoons butter worked until creamy, and two tablespoons Anchovy paste. Season with salt, cayenne, and lemon juice.

Arrange for service on small individual plates covered with lace paper doilies and garnish with watercress.

### SPINACH SOUP

4 cups chicken stock	1-3 cup flour
2 quarts spinach	Salt
3 cups boiling water	Pepper
2 cups milk	Paprika
1/4 cup butter	

Wash, pick over, and cook spinach thirty minutes in boiling water to which have been added one-fourth teaspoon powdered sugar and one-eighth teaspoon of soda; drain, chop, and rub through sieve; add stock, heat to boiling point, bind with butter and flour cooked together, add milk, and season with salt, pepper, and paprika.

### IMPERIAL STICKS

Cut stale bread in one-third-inch slices, remove crusts, butter sparingly, and cut in one-third-inch strips. Place in pan and bake in a moderate oven until delicately browned.

Cut stale bread in slices, shape with circular cutters, making rings. Spread rings sparingly with butter and brown in oven. Slip three imperial sticks through each ring.

### FILLETS OF HALIBUT, LOOMIS

2 3/4-lb. slices halibut	2 cloves
1 onion, sliced	1/2 cup white wine
8 slices carrot	Cold water
2 sprigs parsley	Salt
1 sprig thyme	Pepper
Bit bay leaf	Vinegar

## A ST. PATRICK'S DAY LUNCHEON

Wipe fish, cut into eight fillets, arrange in pan. Lay vegetables over fish, pour over wine, and add water to cover fish; then sprinkle with salt and pepper and add vinegar. Cover and let stand two hours. Put on range, bring to boiling-point, and let boil until fish is soft. Remove to hot platter, pour over Loomis Sauce, sprinkle with two tablespoons grated Parmesan cheese, dot over with one tablespoon butter, and bake until delicately browned.

### LOOMIS SAUCE

2 tablespoons butter	$\frac{1}{2}$ cup fish liquor
3 tablespoons flour	2 tablespoons grated mild
$\frac{1}{2}$ cup milk	cheese
Yolk 1 egg	Salt and cayenne

Melt butter, add flour and stir until well blended; then pour on gradually while stirring constantly milk and fish stock. Bring to the boiling-point, add cheese and egg yolk slightly beaten, and season with salt and cayenne. To obtain fish liquor, cover bones, skin, and trimmings of fish with cold water. Cover and let stand one-half hour. Bring to boiling-point and let simmer until liquor is reduced to one-third cup.

### COLD SLAW

Select a small head of cabbage, take off outside leaves, and cut in quarters; with a sharp knife slice very thinly. Soak in cold water until crisp, drain, dry between towels, and mix with Cream Dressing.

### CREAM DRESSING

$\frac{1}{2}$ tablespoon salt	1 egg slightly beaten
$\frac{1}{2}$ tablespoon mustard	$2\frac{1}{2}$ tablespoons melted butter
$\frac{3}{4}$ tablespoon sugar	$\frac{3}{4}$ cup cream
$\frac{1}{4}$ cup vinegar	

Mix ingredients in order given, adding vinegar very slowly. Cook over boiling water, stirring constantly until mixture thickens, strain and cool.

### KERNELS OF PORK

Cut lean meat from a spare rib of pork; then cut in three-fourth-inch slices and cook in a hissing hot iron frying pan which

## A ST. PATRICK'S DAY LUNCHEON

has been rubbed over with fat pork. Arrange in a row lengthwise of a hot platter, and on sides of platter pile savory potatoes and garnish with parsley.

### SAVORY POTATOES

To two cups of hot riced potatoes add three tablespoons butter, one teaspoon salt, and hot cream or rich milk to moisten. Beat until very creamy, reheat, and add one tablespoon chopped watercress and one and one-half teaspoons chopped fresh mint.

### STUFFED ONIONS

Peel six large Bermuda onions and remove a part of inside. Cover with boiling water and cook five minutes; drain and stuff. Place in a baking dish on six thin slices fat pork, pour over one cup brown stock and bake in a moderate oven until onions are soft. Remove to hot plates on circular pieces of sauted bread. Strain liquor remaining in pan, remove fat, and add one teaspoon beef extract and one-half tablespoon butter. Season with salt and pepper and pour over onions.

For the stuffing, cook one tablespoon butter with one tablespoon finely chopped onion three minutes. Add one-half cup soft bread crumbs, one-half cup finely chopped raw veal, and two tablespoons finely chopped salt pork. Season with one-half teaspoon salt and a few grains pepper; then add one egg slightly beaten.

### MALAGA SALAD

Mix one-half cup shredded pineapple, one-half cup celery cut in small pieces, and one-half cup Brazil nuts (from which skins have been removed) cut in small pieces.

Mix with Mayonnaise dressing, arrange in nests of lettuce leaves for individual service, and on top of each put five Malaga grapes, skinned, seeded, and marinated with a French dressing.

### PISTACHIO ICE CREAM, PEACH SAUCE

4 cups lukewarm milk  
1 cup heavy cream  
 $1\frac{1}{4}$  cups sugar  
 $\frac{1}{8}$  teaspoon salt.  
 $1\frac{1}{2}$  Junket tablets

1 tablespoon cold water  
1 tablespoon vanilla  
1 teaspoon almond extract  
Green coloring  
1 can peaches

## A ST. PATRICK'S DAY LUNCHEON

Mix first four ingredients and add junket tablets dissolved in cold water. Turn into a pudding dish and let stand until set. Add flavoring and coloring. Freeze and mold. Remove from mold and serve with peach sauce.

Turn peaches into a saucepan, add one-third cup sugar, and cook slowly until syrup is thick. Cool and cut fruit in small pieces.

### CONDES

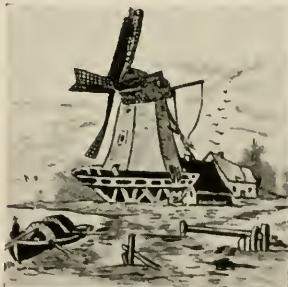
Whites 2 eggs

$\frac{3}{4}$  cup powdered sugar

2 oz. almonds, blanched

and finely chopped

Beat whites of eggs until stiff and add sugar gradually, while beating constantly, then add almonds. Roll paste, and cut in strips three and one-half inches long by one and one-half inches wide. Spread with mixture; avoid having it come close to edge. Dust with powdered sugar and bake fifteen minutes in moderate oven.



## AN EASTER DINNER



AN EASTER DINNER TABLE

### MENU

#### RECTOR CANAPES

PIMENTO BISQUE	SOUFFLED CRACKERS
HALIBUT AU LIT	CUCUMBER RIBBONS
CROWN OF LAMB	CURRENT MINT SAUCE
POTATOES RISSOLES	
GLAZED CARROTS WITH PEAS	
SWEETBREADS a la HUNTINGTON	
MALAGA SALAD	
ENTIRE WHEAT BREAD SANDWICHES	
WORDSWORTH PUDDING	
MOCK MACAROONS	MINT PASTE
CRACKERS	CHEESE
CAFE NOIR	

Recipes for making the above menu, follow on next page.

## AN EASTER DINNER

### RECTOR CANAPES

CUT stale bread in one-fourth-inch slices, then in strips three and one-half inches long by one and one-half inches wide. Toast slightly on one side and spread untoasted side with caviare. Decorate each with two fillets of anchovies, placed from opposite corners diagonally on strips. Between anchovies sprinkle finely chopped pickles and in each corner finely chopped olives.

### PIMIENTO BISQUE

3 pints chicken stock	1 teaspoon salt
1/2 cup rice	1/2 cup cream
4 canned pimientos	Yolks 2 eggs

Cook rice in double boiler with stock until tender. Rub through a sieve and add pimientos, also rubbed through a sieve. Bring to the boiling-point, add salt, and cream mixed with the yolks of eggs, slightly beaten.

### SOUFFLÉD CRACKERS

Split common crackers and soak in ice-water, to cover, eight minutes. Drain, arrange in baking pan, and drop one-third teaspoon butter in center of each. Bake in a hot oven until puffed and browned, the time required being about forty minutes.

### HALIBUT AU LIT

Wipe a slice chicken halibut and cut in eight fillets. Sprinkle with salt and lemon juice, roll and fasten with small wooden skewers. Cook over boiling water until tender. Arrange a steamed fillet in the center of each fish plate, and place on top of each a cooked mushroom cap. Serve with mushroom sauce and garnish each with watercress and radish cut in fancy shape.

### MUSHROOM SAUCE

Melt three tablespoons butter, add three tablespoons flour, and pour on gradually, while stirring constantly, one cup fish stock. When boiling-point is reached add one-half cup cream, three mushroom caps sliced, and one tablespoon sauterne. Season with salt and pepper. The fish stock should be made from skin

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and bones of halibut. The mushroom caps on fillets should be cooked in sauce till soft.

### CUCUMBER RIBBONS

Cut a thick slice from both ends of cucumbers and pare; then cut in one-fourth-inch slices. Cut slices round and round to form ribbons, using a small sharp knife. Plunge into cold water and let stand one-half hour. Drain, sprinkle with salt, and pour over vinegar.

### ROAST CROWN OF LAMB

Select parts from two loins containing ribs, scrape flesh from bones between the ribs, as far as lean meat, and trim off backbone. Shape each piece in a semicircle, having ribs outside, and sew pieces together to form a crown. This work may be done at any first class market. Trim ends of bones evenly, care being taken that they are not left too long, and wrap each bone in a thin strip of fat salt pork or insert ends in cubes of fat salt pork to prevent bone from burning; then cover with buttered paper. Roast one and one-fourth hours, basting frequently. Remove to hot platter, take off fork, and fill center with glazed carrots and peas. Garnish with parsley. Accompany with

### CURRENT MINT SAUCE

Separate two-thirds tumbler of currant jelly in pieces, but do not beat it. Add one and one-half tablespoons finely chopped mint leaves and shavings from the rind of one-fourth orange.

### GLAZED CARROTS WITH PEAS

Wash and scrape carrots; then cut the strips; there should be four cups. Cook in boiling salted water to cover fifteen minutes, drain and return to saucepan with one-half cup butter and one-half tablespoon sugar. Cover and cook very slowly until tender. Add one can French peas, drained, cooked in boiling water ten minutes, then seasoned with salt, and pepper.

### POTATOES RISSOLES

Wash, pare, and trim new potatoes in egg shapes. Let stand in water fifteen minutes, dry thoroughly, and fry in deep fat until

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delicately browned. Drain and bake from twenty to twenty-five minutes, or until potatoes are soft. Serve with

### CREAM SAUCE

Melt two tablespoons of butter, add two tablespoons flour and stir until well blended; then pour on gradually, while beating constantly, one cup cream. Bring to the boiling point and season with salt and pepper.

### SWEETBREADS A LA HUNTINGTON

Parboil a large sweetbread and cut in eight pieces. Cook in hot frying pan with a small quantity of butter, adding enough beef extract to give sweetbread a glazed appearance. Cut bread in slices, shape with a circular cutter three and one-half inches in diameter, and toast. Spread each piece with two tablespoons grated Parmesan cheese seasoned with salt and paprika. Put in a buttered shallow pan and pour over cream, allowing three tablespoons to each piece of bread. Arrange one piece of sweetbread on each piece of toast. Cover each sweetbread with three sautéed mushroom caps and bake in a moderate oven five minutes, covering pan with a piece of glass.

### MALAGA SALAD

Seed and peel white grapes and stuff with canned pimientos. Separate tangerines into sections and free from skin and seed. Mash a small cream cheese, moisten with French dressing, add one-fourth cup chopped pecan nut meats, and make into balls size of grapes. Arrange all on nests of lettuce leaves for individual service and serve with French dressing.

### ENTIRE WHEAT BREAD

2 cups scalded milk  
1/4 cup sugar  
1-3 cup molasses  
1 teaspoon salt

1 yeast cake dissolved in 1/4  
cup lukewarm water  
4 2-3 cups coarse entire wheat  
flour

Add sweetening and salt to milk, cool, and when lukewarm add dissolved yeast cake and flour, beat well, cover, and let rise to double its bulk; again beat, and turn into greased bread pans, having pans one-half full; let rise and bake.

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### ENTIRE WHEAT BREAD SANDWICHES

Spread thin slices of entire wheat bread with creamed butter, put together in pairs, remove crusts, cut in any desired shapes, and pile on a plate covered with a doiley.

### WADSWORTH PUDDING

2 cups thin cream	Whites 4 eggs
1½ tablespoons granulated gelatine	3 tablespoons sherry
2 tablespoons cold water	1½ tablespoons sauterne
	¾ cup sugar

Scald cream, add gelatine soaked in cold water, then add whites of eggs beaten until stiff; add sugar. Remove from range, set in pan of ice water, and stir occasionally until mixture thickens, then add flavoring and turn into mold. Chill thoroughly, remove from mold, and surround with cubes of orange jelly.

### ORANGE JELLY

½ box gelatine or	1½ cups boiling water
2 tablespoons granulated gelatine	1 cup sugar
½ cup cold water	1½ cups orange juice
	3 tablespoons lemon juice

Soak gelatine in cold water, dissolve in boiling water, strain, and add to sugar and fruit juices. Turn into a shallow pan, chill thoroughly, and cut into cubes.

### MOCK MACAROONS

White 1 egg	1 cup pecan nut meat
1 cup brown sugar	¼ teaspoon salt

Beat white of egg until light, using an egg beater, and add gradually, while beating constantly, sugar. Cut and fold in the nuts finely chopped and sprinkled with salt. Drop from tip of spoon, one inch apart, on a buttered sheet, and bake eight minutes in a moderate oven. This recipe makes twenty-four little cakes.

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### MINT PASTE

Soak three tablespoons granulated gelatine in one-half cup of cold water thirty minutes. To two cups sugar add one-half cup cold water, and bring to the boiling-point; then add the gelatine and let boil twenty minutes. Remove from the fire and add two tablespoons lemon juice, four tablespoons creme de menthe, and a few grains of salt. Pour into a pan and let stand until stiff, then remove from pan, cut in cubes, and roll in confectioners' sugar.



## FOURTH OF JULY SPREAD



FOURTH OF JULY RECEPTION TABLE

### MENU

LUCULLUS LOBSTER

JELLIED VEAL, HORSERADISH SAUCE

FINGER ROLLS                    SEMBRICH SANDWICHES

ORANGE ICE CREAM WITH CRUSHED  
STRAWBERRIES

NUT WAFERS                    LEMON QUEENS

CLARET PUNCH

Recipes for making the above menu, follow on next page.

## FOURTH OF JULY SPREAD

### LUCULLUS LOBSTER

**S**PLIT a two-pound live lobster, remove claws, and crack. Cook one-half tablespoon finely chopped shallot and one and one-half tablespoons finely chopped carrot in one tablespoon butter five minutes. Add one sprig thyme, bit of bay leaf, one-half teaspoon salt, three-fourths cup brown stock, and one-half cup canned tomatoes. Add lobster, cover, and cook twenty minutes. Remove meat from lobster and cut in small pieces. Strain liquor in pan; there should be one cup. Thicken liquor with two tablespoons butter and three tablespoons flour, cooked together. Add lobster meat to sauce with one and one-half tablespoons sherry wine. Fill buttered ramequin dishes with mixture, cover with buttered crumbs, and bake until crumbs are browned.

### JELLIED VEAL

Soak one tablespoon granulated gelatine in one-fourth cup cold water, and dissolve in one cup boiling water; then add one-fourth cup each sugar and vinegar, two tablespoons lemon juice, and one teaspoon salt. Strain, cool, and when beginning to stiffen add one and one-half cups cold cooked veal cut in small cubes and one and one-half canned pimientos cut in small pieces. Turn into a mold and chill. Remove from mold, cut in thin slices, and serve with

### HORSERADISH SAUCE

Mix one tablespoon tarragon vinegar, two tablespoons grated horseradish root, one teaspoon English mustard, one-half teaspoon salt, and a few grains cayenne; then add one-half cup heavy cream, beaten until stiff, and three tablespoons mayonnaise dressing. Evaporated horseradish may be used.

### FINGER ROLLS

$\frac{1}{2}$  cup heavy cream

1 tablespoon sugar

$\frac{1}{4}$  tablespoon salt

1 yeast cake

$\frac{1}{4}$  cup lukewarm water

$1\frac{1}{2}$  cups flour

Scald cream and add sugar and salt. When mixture is lukewarm, add yeast cake dissolved in lukewarm water and flour.

## FOURTH OF JULY SPREAD

Toss on a slightly floured board and knead. Cover and let rise, cut down, toss on a floured board, and pat and roll to one-fourth inch in thickness. Shape with a lady-finger cutter, first dipped in flour, place in a buttered pan, again let rise, and bake in a moderate oven. Brush over with melted butter and return to oven to glaze.

### SEMBRICH SANDWICHES

Cut white bread in one-fourth-inch slices, and spread four slices on both sides sparingly with butter, which has been worked until creamy; remaining two slices on but one side. Put between slices finely chopped cold boiled ham moistened with cream and seasoned with mustard and cayenne, and chopped nut meats moistened with manonnaise dressing; there should be three layers of each, alternating mixtures. Repeat until sufficient quantity is prepared. Fold in cheese cloth, press under a weight, and keep in a cool place until serving time. Cut in one-fourth-inch slices for serving.

### ORANGE ICE CREAM WITH CRUSHED STRAWBERRIES

1 cup heavy cream	2 cups orange juice
1 cup thin cream	Sugar

Add cream slowly to orange juice, sweeten to taste, freeze and mold. Remove from mold to a chilled serving dish and surround with fresh strawberries, mashed and sweetened. Garnish with selected berries.

### NUT WAFERS

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ tablespoon cloves
1 egg	$\frac{1}{4}$ tablespoon nutmeg
$\frac{1}{4}$ cup pecan nut meats	Grated rind $\frac{1}{2}$ lemon
$\frac{1}{2}$ cup sugar	2 tablespoons brandy
$\frac{1}{2}$ tablespoon cinnamon	2 cups flour

Cream the butter, and add egg well beaten and nuts finely chopped; then add sugar gradually, while beating constantly. Add brandy, lemon rind, and flour mixed and sifted with spices. Toss on a floured board, roll to one-fourth inch in thickness, shape

## FOURTH OF JULY SPREAD

with a small cutter first dipped in flour, and bake on a buttered sheet in a slow oven until delicately browned.

### LEMON QUEENS

$\frac{1}{4}$ lb. butter	5 oz. flour
$\frac{1}{2}$ lb. sugar	$\frac{1}{4}$ teaspoon salt
Grated rind 1 lemon	$\frac{1}{4}$ teaspoon soda (scant)
$\frac{3}{4}$ tablespoon lemon juice	Whites 4 eggs
Yolks 4 eggs	

Cream the butter, add sugar gradually, and continue beating. Then add grated rind, lemon juice, and yolks of eggs beaten until thick and lemon colored. Mix and sift soda, salt, and flour, add to first mixture, and beat thoroughly. Add whites of eggs beaten stiff. Bake from twenty to twenty-five minutes in small tins.

### CLARET PUNCH

1 quart cold water	$1\frac{1}{2}$ cups orange juice
$\frac{1}{2}$ cup raisins	$\frac{1}{2}$ cup lemon juice
2 cups sugar	1 pint claret wine
Few shavings lemon rind	

Put raisins in cold water, bring slowly to boiling-point, and boil twenty minutes; strain, add sugar and lemon rind, and boil five minutes. Add fruit juice, cool, strain, pour in claret, and dilute with ice water.



A THANKSGIVING DINNER



A THANKSGIVING DINNER TABLE

MENU

CELERY WITH CAVIARE  
OYSTER SOUP

OLIVES	OYSTER CRACKERS
ROAST TURKEY	GIBLET STUFFING
POTATO AND SPINACH CROQUETTES	
GLAZED SILVER SKINS	SQUASH SOUFFLE
FROZEN CRANBERRIES	CUCUMBER CUPS
BROWN BREAD SANDWICHES	
NEW ENGLAND THANKSGIVING PUDDING	
MOUSSELAINNE SAUCE	
VANILLA ICE CREAM, DEWEY SAUCE	
PASTRY JELLY ROLLS	
ASSORTED NUTS	BON BONS
TOasted CRACKERS	STUFFED DATES
	CAFE NOIR

Recipes for making the above menu, follow on the next page.

## A THANKSGIVING DINNER

### CELERY WITH CAVIARE

CUT celery in two-inch pieces and curl. Spread uncurled portions with caviare. Arrange for individual service on a small crisp lettuce leaf on a fancy plate and garnish with a radish cut to represent a tulip.

*To Curl Celery.*—Cut thick stalks of celery in two-inch pieces. With a sharp knife, beginning at outside of stalks, make five cuts parallel with each other, extending one-third the length of pieces. Make six cuts at right angles to cuts already made. Cut other end in same fashion. Put pieces in cold or ice water and let stand several hours, when they will curl back, and celery will be found very crisp.

### OYSTER SOUP

1 quart oysters	1 teaspoon Worcestershire Sauce
1 quart chicken stock	
1-3 cup butter	$\frac{1}{2}$ teaspoon salt
1-3 cup flour	Few grains cayenne
1 cup cream	1 teaspoon finely chopped parsley

Pick over oysters and parboil in their own liquor five minutes. Strain liquor, add stock, and bring to boiling-point. Melt butter, add flour, and stir until well blended, then pour on gradually, while stirring constantly, the hot stock. Bring to the boiling-point and let simmer five minutes. Just before serving add cream and parboiled oysters.

### ROAST TURKEY

Dress, clean, stuff, truss, and roast a ten-pound turkey. Remove to hot platter and garnish with celery tips.

### GIBLET STUFFING

Finely chop cooked giblets. Split sixteen common crackers and spread with butter, allowing one-fourth tablespoon to each half. Pour over two and three-fourths cups stock in which giblets were cooked. When crackers have taken up stock, add chopped giblets, and season with salt and pepper.

## A THANKSGIVING DINNER

### CHESTNUT GRAVY

Pour off liquid in pan in which turkey has been roasted. From liquid skim off six tablespoons fat; return fat to pan and brown with six tablespoons flour; pour on gradually three cups stock in which giblets, neck, and tips of wings have been cooked, or use liquor left in pan. Cook five minutes, season with salt and pepper. Strain. Add one-half cup French chestnuts blanched, boiled, and cut in pieces.

### POTATO AND SPINACH CROQUETTES

To two cups hot riced potatoes add two tablespoons butter, yolks two eggs slightly beaten, and one-fourth cup finely chopped cooked spinach. Season with salt and pepper. Shape same as potato croquettes, dip in flour, egg and crumbs, fry in deep fat, and drain on brown paper. Pile on a hot serving plate and garnish with parsley.

### GLAZED SILVER SKINS

Peel twelve small onions and cook in boiling salted water until tender. Drain thoroughly and saute in three tablespoons butter, to which is added one tablespoon sugar, until delicately browned.

### SQUASH SOUFFLE

To two cups hot steamed squash, forced through a sieve, add one tablespoon brown sugar, one teaspoon salt, one-eighth teaspoon pepper, and one and one-half cups rich milk, and the yolks of two eggs beaten until thick and lemon colored. Cut and fold in the whites of two eggs, beaten until stiff and dry, turn into a buttered baking dish, and bake until firm.

### FROZEN CRANBERRIES

Pick over and wash four cups of cranberries. Add one and one-half cups boiling water and two and one-fourth cups sugar and let boil twelve minutes, skimming twice during the cooking. Rub through a sieve, cool, and fill to overflowing one-half pound baking powder boxes with mixture. Pack in salt and ice, using equal parts, and let stand for four hours.

## A THANKSGIVING DINNER

### CUCUMBER CUPS

Pare cucumbers, remove thick slice from each end, and with a sharp-pointed knife make eight grooves at equal distance lengthwise of cucumber. Cut crosswise, making three or four cup-shape pieces; then cut in thin slices crosswise, keeping in original shape. Scoop out some of the center of each, arrange on crisp lettuce leaves for individual service, and fill with

### CREAM FRENCH DRESSING

1/2 teaspoon salt	3 tablespoons olive oil
1/4 teaspoon paprika	6 tablespoons cream
2 tablespoons vinegar	

Mix first four ingredients until well blended, then add cream beaten until stiff.

### BROWN BREAD SANDWICHES

Cut brown bread in thin slices, spread with creamed butter, and sprinkle with chopped peanuts, seasoned with salt. Put together in pairs and arrange in a circle overlapping one another on a plate covered with a doily.

### NEW ENGLAND THANKSGIVING PUDDING

4 cups scalded milk	1/2 grated nutmeg
1 1/4 cups rolled crackers	1/2 teaspoon cinnamon
1 cup molasses	1 teaspoon salt
4 eggs	1 1/2 cups raisins
1-3 cup melted butter	

Pour milk over crackers and let stand until cool; add sugar, eggs slightly beaten, nutmeg, cinnamon, salt, and butter; parboil raisins until soft by cooking in boiling water to cover, seed, and add to mixture; turn into buttered bread pan, cover, set in larger pan of hot water, and bake slowly three hours, stirring after first half-hour to prevent raisins from settling.

### MOUSSELAIN SAUCE

Yolks four eggs	1 cup heavy cream
1 cup powdered sugar	1 teaspoon vanilla
2 tablespoons brandy	Few grains salt

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Beat yolks of eggs until light, and add gradually, while beating constantly, sugar and brandy. Place on range and cook five minutes, stirring constantly. Set in pan of iced or very cold water, and beat until mixture is cold; then add cream, beaten until stiff, vanilla, and salt.

### FRENCH VANILLA ICE CREAM, DEWEY SAUCE

2 eggs	2½ cups scalded milk
1 cup sugar	2 cups heavy cream
⅛ teaspoon salt	1 tablespoon vanilla

Beat eggs slightly and add sugar, mixed with salt. Stir constantly while adding gradually hot milk. Cook in double boiler, continuing the stirring until mixture thickens and a slight coating is formed on the spoon. Strain, cool, and add cream and vanilla. Freeze, using three parts finely crushed ice to one part rock salt, to insure a smooth, fine-grained cream. Serve in coupe glasses with Dewey sauce.

### DEWEY SAUCE

1 cup sugar	1 teaspoon Orange Curacao
½ cup water	2 tablespoons Jamaica rum
2 egg yolks	

Boil sugar and water two minutes. Pour syrup slowly, while beating constantly, on to the well-beaten yolks of eggs, return to fire and cook, stirring constantly, until mixture thickens slightly. Cool and add flavoring.

### PASTRY JELLY ROLLS

Roll paste to one-eighth inch in thickness and cut in pieces five inches by three inches. Spread with jelly that has been beaten with a silver fork until of right consistency to spread evenly. Sprinkle with chopped pecan nut meats and roll. Place on un-buttered sheet and bake in a hot oven until delicately browned.

### STUFFED DATES

Make a cut of the entire length of dates and remove stones. Fill cavities with cream cheese, worked until smooth and seasoned highly with salt and paprika, and shape in original form. Pile in rows on a small plate covered with a doiley.

## A CHRISTMAS DINNER



A CHRISTMAS DINNER TABLE

### MENU

GRAPE FRUIT WITH APRICOT BRANDY	
FILIPPINI CONSOMME	
CHERRY WITH ROQUEFORT	
ROAST DUCK	GRAPE JELLY
POTATOES IN CREAM	
ST. DENIS CROQUETTES	BRESLIN PATTIES
	STUFFED TOMATO SALAD
	SOMERSET SANDWICHES
ENGLISH PLUM PUDDING, BRANDY AND	
HOT SAUCE	
COUPE MOQUIN	WATER CRACKERS
CAMEMBERT	BON BONS
	CAFE NOIR

Recipes for the above menu, follow on next page.

## A CHRISTMAS DINNER

### GRAPEFRUIT WITH APRICOT BRANDY

Wipe grapefruit and cut in halves crosswise. With a small, sharp-pointed knife make a cut separating pulp from skin around entire circumference; then make cuts separating pulp from tough portion which divides fruit into sections. Remove tough portion in one piece, which may be accomplished by one cutting with scissors at stem or blossom end close to skin. Sprinkle fruit pulp left in grapefruit skin generously with sugar. Let stand ten minutes, and serve very cold. Place on fruit plate, add one-half tablespoon apricot brandy to each portion and garnish with a candied cherry.

### FILIPPINI CONSOMME

2 cups consomme	3 tablespoons sherry wine
1 cup brown stock	Salt
3 tablespoons pimiento puree	Cayenne

Mix first four ingredients and season with salt and cayenne. Clear, using the white and shell of one egg. To obtain pimiento puree, force canned pimientos through a puree strainer.

### CONSOMME

3 lbs. beef, poorer part of round	2 tablespoons butter
1 lb. marrow bone	1 tablespoon salt
3 lbs. knuckle of veal	1 teaspoon peppercorn
1 quart chicken stock	4 cloves
Carrot } 1-3 cup each, cut in Turnip } dice	3 sprigs thyme
Celery }	1 sprig marjoram
1-3 cup sliced onion	2 sprigs parsley
	1/2 bay leaf
	3 quarts cold water

Cut beef in one and one-half-inch cubes, and brown one-half in some of the marrow from marrow-bone; put remaining half in kettle with cold water, add veal cut in pieces, browned meat, and bones. Let stand one-half hour. Heat slowly to boiling-point and let simmer three hours, removing scum as it forms on top of kettle. Add one quart liquor in which a fowl was cooked and simmer two hours. Cook carrot, turnip, onion, and celery in

## A CHRISTMAS DINNER

butter five minutes; then add to soup, with remaining seasonings. Cook one and one half hours, strain, cool quickly, remove fat, and clear.

To clear soup stock, remove fat and put quantity to be cleared in stewpan, allowing white and shell of one egg to each quart of stock. Beat egg slightly, break shell in small pieces, and add to stock. Place on front of range and stir constantly until boiling-point is reached; boil two minutes. Set back where it may simmer twenty minutes; remove scum and strain through double thickness of cheese-cloth placed over a fine strainer. If stock to be cleared is not sufficiently seasoned, additional seasoning must be added as soon as stock has lost its jelly-like consistency, not after clearing is effected.

### BROWN STOCK SOUP

6 lbs. shin of beef	2 sprigs parsley
3 quarts cold water	Carrot } 1/2 teaspoon peppercorn      Turnip } 1/2 cup each, cut in 6 cloves                      Onion      dice 1/2 bay leaf                  Celery } 3 sprigs thyme                1 tablespoon salt 1 sprig marjoram

Wipe beef, and cut the lean meat in inch cubes. Brown one-third of the meat in hot frying pan in marrow from a marrow bone. Put remaining two-thirds with bone and fat in soup kettle, add water, and let stand for thirty minutes. Place on back of range, add browned meat, and heat gradually to boiling point. As scum rises it should be removed. Cover and cook slowly six hours, keeping below boiling point during cooking. Add vegetables and seasonings, cook one and one-half hours, strain, and cool as quickly as possible.

### CELERY WITH ROQUEFORT

Select short tender stalks of celery, leaving on leaves; wash and chill thoroughly. Work three-fourths tablespoon butter until creamy and add one and one-half tablespoons Roquefort cheese. Season with salt, pepper and paprika, and spread on inside of celery stalks. Serve on crushed ice.

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### ROAST DUCK

Dress and clean duck. Put in body three chopped apples mixed with one chopped onion. This stuffing is not to be served. Truss, place on rack in dripping pan, sprinkle with salt and pepper, and dredge bird and bottom of pan with flour. Roast in hot oven until tender, the time required being about one and one-fourth hours, basting every ten minutes with one-fourth cup of butter melted in one-fourth cup boiling water, and after that is gone with fat in pan. Remove to hot platter and garnish with St. Denis croquettes and parsley.

### POTATOES IN CREAM

Wash potatoes, boil with their jackets on until soft, drain, and let stand several hours. Peel and cut in one-third inch cubes. Measure and put into a saucepan, adding one tablespoon butter to each cup potatoes. Sprinkle with salt and very generously with paprika. Add cream to cover and cook very slowly forty minutes.

### ST. DENIS CROQUETTES

$\frac{1}{4}$ cup hominy	2 tablespoons butter
$\frac{1}{2}$ cup boiling water	3 tablespoons grated horse-
$\frac{1}{2}$ teaspoon salt	radish root
$\frac{3}{4}$ cup scalded milk	

Steam hominy with water until it has absorbed water; then add salt and milk and steam until tender. Add butter and horse-radish, shape, dip in crumbs, egg and crumbs, fry in deep fat, and drain on brown paper.

### BRESLIN PATTIES

Put one pint oysters in strainer, place over bowl, and pour over one-half cup cold water. Pick over oysters to see that no particle of shell adheres to tough muscles, and add to liquor which has been strained through cheese-cloth. Parboil oysters and again strain liquor. Melt three tablespoons butter, add four and one-half tablespoons flour, and pour on gradually the oyster liquor and enough milk or cream to make one and one-half cups liquid.

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Season with salt, pepper, and celery salt. Reheat oysters in sauce and add one-half cup finely cut celery. Fill patty cases made of puff paste with mixture.

### STUFFED TOMATO SALAD

Skin six small tomatoes, cut a slice from stem end of each, and remove soft inside. Sprinkle inside with salt, invert, and let stand at least one-half hour. Mash one-half cream cheese and add six chopped pimolas, one tablespoon tomato pulp, one tablespoon chopped parsley, one-fourth teaspoon dry mustard, and enough French Dressing to moisten. Fill tomatoes with mixture. Arrange in nests of lettuce leaves and serve with Mayonnaise Dressing.

### SOMERSET SANDWICHES

Mash a cream cheese and moisten with French Dressing. Spread thin slices of Graham bread with mixture and sprinkle with chopped pecan nut meats. Cover with bread, remove crusts, cut in finger shaped pieces, and toast on both sides. Serve hot with a dinner salad.

### ENGLISH PLUM PUDDING

1/2 lb. stale bread crumbs	2 oz. finely cut citron
1 cup scalded milk	1/2 lb. suet
1/4 lb. sugar	1/4 cup wine
4 eggs	1/2 grated nutmeg
3/4 lb. raisins, seeded, cut in pieces, and floured	3/4 teaspoon cinnamon
1 1/2 teaspoons salt	1/4 teaspoon cloves
	1/4 teaspoon mace

Soak bread crumbs in milk, let stand until cool, add sugar, beaten yolks of eggs, raisins, currants, and citron; chop suet, and cream by using the hand; combine mixtures, then add wine, nutmeg, cinnamon, cloves, mace, and whites of eggs beaten stiff. Turn into buttered mold, cover, and steam six hours. Serve with brandy and hot sauce.

### BRANDY SAUCE

Cream one-third cup of butter and add gradually, while beating constantly, one cup brown sugar and two tablespoons brandy,

## A CHRISTMAS DINNER

drop by drop. Force through a pastry bag with rose tube, and garnish with green leaves and candied cherries.

### HOT SAUCE

Mix one-half cup sugar, one-half tablespoon cornstarch, and a few grains salt; add gradually, while stirring constantly, one cup boiling water, and boil five minutes. Remove from fire, add one tablespoon lemon juice and two tablespoons brandy; then color with fruit red.

### COUPE MOQUIN

4 cups water  
2 cups sugar  
2 cups orange juice  
 $\frac{1}{4}$  cup lemon juice

Grated rind of two oranges  
2 tablespoons Creme de  
Menthe

Mix first five ingredients and freeze to a mush, then add Creme de Menthe and continue the freezing. When ready to serve, fill champagne or coupe glasses with ice and garnish with Bar-le-duc currants and candied orange peel. If one is not fond of Creme de Menthe, it may be omitted.



## WHEN TO SERVE AND DRINK WINES

WITH canapes, clams, oysters, and relishes of all kinds, serve Vermouth, Sherry, Madeira, or Marsala. With soups and fish serve white wines, such as Rhine wine, Sauterne, or light white Burgundies. With entrees, serve clarets, such as red Bordeaux, red Hungarian wines, red Swiss, or Italian wines. Such wines do not clog the appetite as stronger ones would do, but on the contrary they give you new vigor. Burgundy can be served any time after these courses. With roasts, serve champagne or any kind of sparkling wines. With coffee, serve Kirsch, brandy, or fine champagne; after coffee, serve liqueurs.

Never drink any hard liquors, such as whiskey, gin, or cocktails, or any kind of mixed drinks, with clams or oysters; it is liable to upset you for the rest of the evening.

### NOTE

A very effective punch-bowl can be made from ice. Take a piece of clear ice about fifteen inches square and thick. Fill the inner pan of a double boiler about eight inches in diameter with boiling water, and press into the center of the ice, repeating the process until a cavity about six inches deep is formed. Place the ice on a large, deep tray and ornament with ferns and flowers.

Where a regular punch-bowl is used, place in the bowl one large piece of clear ice.

BOTTLED COCKTAILS. Many people desire to keep cocktails on hand instead of mixing up when necessary. The following recipes, each for a quart, will be found to give as good cocktails as those mixed individually. An old quart Sauterne bottle will hold the quantities easily. The bottle should be kept in a cool place. Shake bottle well and pour over ice before serving.



## MIXED DRINKS

### COCKTAILS

*The following recipes are simply for one person.*

**WHISKEY COCKTAIL.** Take two dashes of orange bitters, one dash of Curacao, and one-half a bar-glass of Rye whiskey. Fill the mixing-glass with ice; stir well and strain into a cocktail-glass.

**OLD-FASHIONED WHISKEY COCKTAIL.** Take two dashes of orange bitters, one dash of Maraschino, and one-half a bar-glass of Rye whiskey. Fill the mixing glass with ice, stir well, and strain into a cocktail glass. Squeeze in the oil from a piece of lemon peel.

**MANHATTAN COCKTAIL.** Take two dashes of orange bitters, one dash of Angostura bitters, one dash of Curacao, one liqueur-glass of Italian Vermouth, and two liqueur-glasses of Rye whiskey. Fill the mixing-glass with ice; stir well and strain into a cocktail-glass.

**SHAMROCK COCKTAIL.** Take two dashes of Curacao, and three liqueur-glasses of Irish whiskey. Put in a star-glass with a lump of ice, and fizz with ginger ale. Twist a small piece of lemon peel on top.

**YELLOW DOG.** Take one-half a cocktail glass of Scotch whiskey, and one-half a cocktail glass of Italian Vermouth. Fill the mixing glass with ice; shake well and strain into a bar glass. Add a small piece of orange peel.

**ORANGE BLOSSOM.** Take one-half a cocktail glass of dry gin, one-half a cocktail glass of Italian Vermouth, and one teaspoonful of orange juice. Fill the mixing glass with ice; stir well and strain into a bar glass, adding a little orange peel.

**HUNGARIAN COCKTAIL.** Take one-half a bar glass of gin, two dashes of orange bitters, and two dashes of apricot brandy. Fill the mixing glass with ice; stir well and strain into a cocktail glass.

**CHAMPAGNE COCKTAIL.** Take a lump of sugar and rub on a lemon so as to get a little of the oil on the sugar; put on the sugar one dash of Angostura bitters, place in a high-ball glass, and fill with half a pint of champagne.

## MIXED DRINKS

**SHERRY COCKTAIL, DRY.** Take two dashes of Maraschino, and one-half a bar glass of dry Spanish sherry. Fill the mixing glass with ice; stir well and strain into a cocktail glass. Serve with a lemon peel.

**VERMOUTH COCKTAIL.** Take two dashes of orange bitters, one dash of Angostura bitters, and one-half a bar glass of Italian Vermouth. Fill the mixing glass with ice; stir well and strain into a cocktail glass.

**DUTCH COCKTAIL.** Take a large beer goblet, fill two-thirds with beer, and add a little paprika pepper. Stick a hot iron in the beer and drink while steaming.

**SHERRY COCKTAIL.** Take two dashes of Curacao and one-half a bar glass of sherry. Fill the mixing glass with ice; stir well, and strain into a cocktail glass and serve with a tangerine peel.

**SCOTCH WHISKEY COCKTAIL.** Take two dashes of orange bitters, one dash of benedictine, and one-half a bar glass of Scotch whiskey. Fill the mixing glass with ice; shake well and strain into a bar glass.

**GIN COCKTAIL.** Take two dashes of orange bitters, one dash of Angostura bitters, one dash of Curacao, and one-half a bar glass of Holland gin. Fill the mixing glass with ice; stir well and strain into a cocktail glass. Twist the oil of a lemon peel on top.

**COFFEE COCKTAIL.** Take one teaspoonful of sugar, one raw egg, one liqueur glass of port wine, one liqueur glass of sherry, one liqueur glass of brandy, and three drops of Creme de Cacao. Fill the mixing glass with ice; shake well and strain into a star glass. Grate nutmeg on top.

**DRY MARTINI COCKTAIL.** Take two dashes of orange bitters, one dash of Curacao, one liqueur glass of French Vermouth, and two liqueur glasses of dry gin. Fill the mixing glass with ice; stir well and strain into a cocktail glass. Squeeze a small piece of lemon peel on top.

**BARNYARD COCKTAIL.** Break three raw eggs in a high-ball glass, add three dashes of vinegar, and one dash of Worcester-shire sauce.

## MIXED DRINKS

**NAVY COCKTAIL.** Take one-half a cocktail glass of dry gin, one-half a cocktail glass of Italian Vermouth, and two dashes of orange bitters. Fill the mixing glass with ice; shake well and strain into a bar glass.

**MANHATTAN COCKTAIL.** Take eight ounces of French Vermouth, four ounces of Italian Vermouth, twelve ounces of Rye whiskey, one liqueur glass of Curacao, half a liqueur glass of orange bitters, and four full dashes of Angostura bitters.

**MARTINI COCKTAIL.** Take six ounces of French Vermouth, four ounces of Italian Vermouth, twelve ounces of old Tom gin, one liqueur glass of Maraschino, half a liqueur glass of orange bitters, and four dashes of Angostura bitters.

**GIN COCKTAIL.** Take twenty ounces of Tom gin, four ounces of water, one liqueur glass of Maraschino, half a liqueur glass of orange bitters, and three dashes of absinthe.

## FIZZES

*Each recipe is for one person*

**WHISKEY FIZZ.** Take four dashes of lemon juice, one-half a bar glass of Bourbon whiskey, and one teaspoonful of sugar. Fill the mixing glass with ice; shake well and strain into a high-ball glass, and fizz with the soda.

**BRANDY FIZZ.** Take one teaspoonful of sugar, the juice of half a lemon, and one-half a bar glass of brandy. Fill the mixing glass with ice; shake well and strain into a high-ball glass, and fizz with Apollinaris.

**SILVER FIZZ.** Take the juice of half a lemon, one teaspoonful of sugar, the white of one egg and a tablespoonful of cream, and half a bar glass of gin. Fill the mixing glass with ice; shake well and strain in a high-ball glass. Fizz with soda.

**GOLDEN FIZZ.** Take the juice of half a lemon, one tablespoonful of sugar, the yolk of one egg, and half a bar glass of gin. Fill the mixing glass with ice; shake well and strain in a high-ball glass. Fizz with soda.

## MIXED DRINKS

### PUNCHES

*Each recipe is for one person unless otherwise mentioned*

**BRANDY PUNCH.** Take one teaspoonful of sugar, the juice of half a lemon, one liqueur glass of Jamaica rum, and three liqueur glasses of brandy. Mix well in a high-ball glass with a lump of ice, and ornament with fruit, and serve with straw.

**WHISKEY PUNCH.** Take the juice of half a lemon, one teaspoonful of sugar, and one-half a bar glass of Rye whiskey. Fill the mixing glass with shaved ice; shake well and strain into a star glass. Ornament with fruit of season.

**HOT APPLE TODDY.** Put a small baked apple in a whiskey glass, and add one-half a bar glass of brandy. Fill glass with hot water. Sweeten to taste, and grate a little nutmeg on top.

**TOM AND JERRY.** Take twelve raw eggs, two liqueur glasses of Creme de Cacao, one bar glassful of Jamaica rum, One bar glassful of sherry, one teaspoonful of ground cinnamon, one-quarter of a teaspoonful of ground cloves and one-quarter of a teaspoonful of ground allspice.

Beat the whites of the eggs to a stiff froth; add the yolk, rum, sherry, Cacao, and spice. Stir up thoroughly and thicken with fine sugar, until the mixture attains the consistency of light batter. Mix in a punch-bowl and keep in a cool place. Sufficient for eighteen to twenty people.

To serve, take one-half a bar glass of brandy or whiskey, and a dessert-spoon of the above mixture. Put in a mug and fill with boiling water or milk, stir slowly, and grate a little nutmeg on top.

**LIPTON PUNCH, HOT.** Take a punch-bowl, put in one-quarter of a pound of loaf sugar, the juice of two lemons, one-half pint of brandy, and one pint of Jamaica rum. Set fire to it. Take an infusion of green tea, one ounce to a quart, and pour the tea gently into the bowl, and add the peel of two lemons. Must be served flaming, and will be found sufficient for twelve persons.

**HOT SCOTCH PUNCH.** Take a punch-bowl and put in the yolks of three eggs; beat them together well with a pint of Old Tom gin. Add a pinch of ground ginger and cinnamon to half a pint of boiling water; stir in well, and add a quart of Scotch ale.

## MIXED DRINKS

Mix this with the eggs; stir well and serve in high-ball glasses, and grate a little nutmeg on top. Sufficient for four people.

**KNOCKOUT PUNCH, OR WOODEN MANTEL.** Fill a punch-bowl one-half full with sliced fruit; add the juice of three lemons, three table-spoonfuls of sugar, and one pint of soda. Then add one quart of Santa Cruz rum, one quart of Bourbon whiskey, one wine-glass of Curacao, and one-half pint of a strong decoction of tea. The tea is put in to kill the taste of the strong liquor, and any connoisseur is liable to be fooled on it. A great plenty for twelve persons, as the punch is very strong.

**POUSSE-CAFE, TWELVE COLORS.** Care must be taken in pouring so that the cordials will not blend, and each will preserve its own individuality of color. Pour the cordials in equal quantities into a pousse-cafe glass in the following order: White Curacao, Creme de Cassis, Maraschino, Creme de Menthe, green, Yellow Chartreuse, Triple Sec, Creme de Menthe, white, Curacao, Kummel, Green Chartreuse, Kirsch, and Cognac. Use as many of above in combination, as is desired.

**FORBIDDEN FRUIT.** Take half a grapefruit. Remove the pulp and turn the skin inside out, so as to form a small bowl. Put in two lumps of sugar and two liqueur glasses of brandy. Set fire to the brandy, and when burnt pour the liquid in a liqueur glass and serve while hot. For each extra person add one liqueur glass of brandy and half a lump of sugar.

**EGG NOG.** Take one teaspoonful of sugar, one raw egg, two dashes of Curacao, one liqueur glass of brandy or whiskey, and one liqueur glass of cream. Shake well, and pour into a star glass. Fill the glass with rich milk.

**BRANDY FLIP.** Take one teaspoonful of sugar, one raw egg, and half a bar glass of brandy. Fill the mixing glass with ice; shake well and pour into a star glass. Float a little cream on top, and grate a little nutmeg over.

**MINT JULEP.** Put four or five leaves of mint in a mixing glass with cracked ice and a little water; shake well and then strain contents into a high ball glass. Add two or three lumps of ice. Put in one-half a bar glass of brandy, a teaspoonful of sugar; shake well; ornament with fruit and mint, and add three dashes of Jamaica rum on top.

## MIXED DRINKS

**BRANDY TODDY.** Take one-half a pony of apricot brandy, and one-half a bar glass of brandy. Fill the mixing glass with ice; shake well and strain into a star glass. Fizz with soda.

**HORSE'S NECK.** Cut the rind of a lemon in a long strip, place in a lemonade glass, holding one end of the peel above a lump of ice, and fill the glass with a bottle of imported ginger ale.

**SILVERETTE.** Take one teaspoonful of sugar, two dashes of lemon juice, the white of one egg, and one-half a bar glass of brandy. Fill the mixing glass with ice; shake well; strain into a star glass; float a little cream on top, and grate on a little nutmeg.



## TOASTS

I wish thee health,  
I wish thee wealth,  
I wish thee gold in store,  
I wish thee heaven upon earth—  
What could I wish thee more?

I'm convinced a woman can  
Love this, or that, or any other man;  
To-day she's melting hot;  
Tomorrow, she knows you not;  
If she, but a new object find,  
Then straight, she's of another mind.

—Suckling.

It's hard for you-uns and we-uns;  
It's hard for we-uns to part;  
It's hard for you-uns and we-uns,  
'Cause you-uns has we-un's heart.

Let's be gay while we may,  
And seize Love with laughter;  
I'll be true as long as you,  
And not a moment after.

Let us drink to the health of the bride,  
Let us drink to the health of the groom,  
Let us drink to the Parson who tied,  
And to every guest in the room.

There swims no goose so gray, but sooner or late  
She finds some honest gander for her mate.

Pleasure has its time; so, too, has wisdom.

Make love in thy youth, and in old age attend to thy salvation.

—Voltaire.

The hand that rocks the cradle  
Is the hand that rules the earth—  
But the hand that holds four aces,  
Bet on it for all you're worth.

## TOASTS

The world is filled with flowers,  
The flowers are filled with dew,  
The dew is filled with love  
For you, and you, and you.

May we trust those we love,  
But never tempt them by neglect.

Would eyes of blue, to me be true,  
When stacks of blue take wings;  
Since stacks of blue are shy of late,  
Blue eyes must wait with other things.

A glass is good, and a lass is good,  
And a pipe to smoke in cold weather;  
The world is good and the people are good,  
And we're all good fellows together,

—O'Keefe.

A health for the future, a sigh for the past,  
We love, we remember, we hope to the last;  
And for all the bare lies that the almanac hold,  
While we've youth in our hearts, we can never grow old.

A wife as tender, and as true withal,  
As the first woman was before her fall;  
Made for the man, of whom she is part,  
Made to attract his eyes and keep his heart.

—Dryden.

Come in the evening, come in the morning,  
Come when you're looked for, or come without warning;  
A thousand welcomes you'll fine here before you;  
And the oftener you come here the more I'll adore you.

—Davis.

Don't worry about the future,  
The present is all thou hast,  
The future will soon be present,  
And the present will soon be past.

## TOASTS

Drink today and drown all sorrow;  
You shall, perhaps, not drink tomorrow;  
Best while you have it, use your breath,  
There is no drinking after death.

—Beaumont and Fletcher.

May you live as long as you like and have all you like as long  
as you live.

WOMAN: The fairest work of the Great Author;  
The edition is large, and no man should be without a copy.

One-half of me is yours—  
The other half yours—  
And so, all yours.

—Shakespeare.

God made the world—and rested,  
God made man—and rested,  
Then God made woman;  
Since then neither God nor man has rested.

God made man frail as a bubble;  
God made love, Love made trouble.  
God made the vine; was it a sin  
That man made wine to drown trouble in?

He told me the old, old story  
Until I believed it was true—  
We were married—  
Then—Any old story would do.

Here's a health to all those that we love,  
And a health to all those that love us,  
And a health to all those that love them that we love,  
And to them that love those that love us.

Here's to Love,—the only fire against which  
There is no insurance.

## TOASTS

Here's hoping that you will live one thousand years;  
Here's hoping I'll live one thousand less one day;  
How could I live on that day  
Knowing that you had passed away?

Here's to God's first thought, man;  
Here's to God's second thought, woman;  
Second thoughts are always best;  
So, here's to woman.

Here's to our absent friends;  
Although out of sight,  
We recognize them with our glasses.

When women love us, they forgive everything,  
Even our crimes;  
When they do not love us,  
They do not credit even our virtues.

Here's to the girl with eyes of blue;  
Whose heart is kind, and Love is true.

Here's to the girl with eyes of brown;  
Whose spirit proud, you cannot down.

Here's to the girl with eyes of gray;  
Whose sunny smile, drives dull care away.

Here's to the gladness of her gladness,  
When she's glad;  
Here's to her sadness of her sadness,  
When she's sad.  
But the gladness of her gladness;  
And the sadness of her sadness,  
Are not in it with her madness,  
When she's mad.

Here's to the health of the happy pair,  
May good luck meet them everywhere;  
And may each day of wedded bliss,  
Be always just as sweet as this.

## TOASTS

The memory of a great love can never die out of the heart.

Here's to the rose that buds and grows—  
Pluck it and call it your own;  
For the rose may fade, and so will the maid,  
If she lives too long alone.

Here's to those who love us,  
And here's to those who don't,  
A smile for those who are willing to,  
And a tear for those who won't.

Straight is the line of duty,  
Curved is the line of beauty;  
Follow the straight line, and thou shalt see,  
The curved line ever follow thee.

Here's to the chaperon, may she learn from Cupid;  
Just enough blindness, to be stupid.

Here's to a kiss:  
Give me a kiss, and to that kiss add a score;  
Then to that twenty, add a hundred more;  
A thousand to that hundred, and so kissing on  
To make that thousand a million;  
Treble that million, and when that is done;  
Let's kiss afresh, as though we'd just begun.

I thank you for your welcome, which is cordial;  
And your cordial, which is welcome.

Here's a toast to the host, who carved the roast;  
And a toast to the hostess—may she never roast us.

Here's to the four hinges of friendship;  
Swearing, Lying, Stealing, Drinking.  
When you swear, swear by your friend;  
When you lie, lie for a pretty woman;  
When you steal, steal away from bad company;  
And when you drink, drink with me.

COOKING RECIPES  
CANAPES

*Each recipe is for four people unless otherwise noted.*

**C**ANAPE MODERNE. Prepare some caviar and spread over toast. Split two anchovies lengthwise and place them crisscross on the toast in such a manner as to leave four spaces. Take a hard-boiled egg, and chop the yolk and white separate. Chop finely a tablespoonful of pecan nuts, also the meat of half a dozen olives. Place each of these four separately in the spaces made by the anchovies, and serve cold.

CANAPE NORWEGIAN. Take three-quarters of a pound of the thick part of finnan-haddock, boil for ten minutes, and let cool in cold water. Strain off the water, and chop fine, adding one-quarter of a pound of fresh butter until a thick paste is formed. Add two teaspoonsfuls of anchovy butter, season to taste, and spread over saltine crackers or fancy trimmed toast. Fillets of anchovies laid on top will improve it.

CANAPE A LA REINE. Take the white meat of chicken, and a couple of sticks of celery. Chop them together fine, and season with salt, pepper and vinegar. Let this stand awhile, then squeeze dry, and add two tablespoonsfuls of mayonnaise dressing, and mix well. Serve on toast. This can also be used to stuff rolls, and with thin slices of ham, makes delicious sandwiches.

BATONS DE SARDINE. Take some puff-paste about an eighth of an inch thick and cut in strips three inches long, and an inch broad. Bake in a medium oven until brown and crisp. When cool, spread on the strips some sardine paste. Clean some sardines, and cut in small strips and lay them over the Canape and serve with a piece of lemon.

CANAPE A L'INDIENNE. Take four hard-boiled eggs and mash them through a sieve, add one-quarter of a pound of fresh butter and a pinch of curry and mix well until a thick paste is formed. After seasoning to taste, spread over toast. Take three tablespoonsfuls of chutney from which the liquid has been drained and chop fine. Put a teaspoonful of this in the centre of the Canape just before serving.

CANAPE A L'ALLEMANDE. Take a box of sardines and three ounces of fresh butter, and strain through a fine wire sieve,

COOKING RECIPES  
CANAPES

mix thoroughly with a whip or spoon, gradually adding four tablespoonfuls of thick cream until a thick paste is formed. Spread the paste over toast, and then take some very thin slices of smoked salmon and lay on top. Serve with pieces of lemon.

**CANAPE NANTAISE.** Take half a lobster and chop very fine with four small sweet pickles. Season with salt, pepper and tarragon vinegar. Let stand for five minutes, then squeeze out the juice, add two tablespoonfuls of mayonnaise dressing, mix well and spread on toast. Take the fillets of a pickled herring and cut in very thin slices, and decorate the Canape with them.

**CANAPE VIRGINIA.** Take the white meat of a chicken and a couple of sticks of celery, chop them together fine and season with salt, pepper and vinegar. Let this stand awhile, then squeeze dry and add two tablespoonfuls of mayonnaise dressing and mix well. Over some buttered toast lay some very thin slices of raw Virginia ham. On top of this spread the chicken, and sprinkle chopped chives over the whole.

**CANAPE BALTIMORE.** Take some slices of bread about one-quarter of an inch thick, trim to a half-moon shape and toast on one side. Take two shallot onions, chop fine, and fry in about one and one-half ounces of butter, add two tablespoonfuls of flour and stir while cooking with a wooden spoon. Take from the fire and add one gill of hot boiling milk. Then let the whole cook slowly for about ten minutes, stirring only once in awhile. Put the contents of a can of crab meat into a saucepan, add two tablespoonfuls of sherry and let simmer until the liquid disappears. Mix this crab meat with the above and when cool spread on the toast to a height of one inch, making a dome-like effect. Take some grated cheese, half Swiss and half Parmesan, and sprinkle on top. Place in a buttered gratin dish and pour a very little melted butter over the whole and bake in a hot oven until golden brown. Serve hot.

COOKING RECIPES  
SOUPS

**V**EGEATBLE SOUP WITH EGG. Prepare vegetables, 2 carrots, 2 onions, 1 or 2 potatoes, some celery, and little rice. Cut vegetables fine, boil until tender, strain and add soup stock. Then take 1 egg, little flour, salt and water, mix into soft dough, add to soup little at a time, stirring same and boil 5 minutes. Season with butter, pepper and salt. Delicious.

**SPLIT PEA SOUP.** Take a good sized piece of beef shank, put in pot, cover with water and cook 4 hours. In meantime cook 2 cups dry peas till done, run through colander, add to stock with 2 potatoes, 1 onion and salt to taste.

**CREAM OF ONION SOUP.** One dozen small white onions, minced and fried pale yellow in best butter, add 3 pints water, season with salt, black pepper and red pepper. Boil slowly  $\frac{1}{2}$  hour, place in tureen the yolks of 3 eggs well beaten, add soup slowly, little at a time, until yolks are well mixed with soup. This soup has no suspicion of onion about it—a clear straw colored liquid of the consistency of thin cream.

**POTATO SOUP.** Pare 1 large potato and grate it; put on enough boiling water to make it look starchy; put in double boiler and cook  $\frac{1}{2}$  hour; season to taste with onion juice, pepper and salt; in meantime have 1 quart of milk boiling with piece of butter in it; stir milk into potato and serve.

**CREAM OF CELERY SOUP.** Boil a 10c knuckle of veal in enough water to cover well; after  $\frac{1}{2}$  hour add  $\frac{1}{2}$  stalk celery about 6 inches long and a few of the leaves, salt and pepper. Boil till meat is tender, then strain. Now let 1 tablespoon butter dissolve and bubble, then add good tablespoonful flour; stir till well mixed, not browned; add slowly  $\frac{1}{2}$  cup cold water, then strained broth. Let boil up, then add  $\frac{1}{2}$  cup milk. Serve with croutons. To make soup richer add yolk of an egg.

**CREAM OF LETTUCE.** Drain and chop 3 heads of lettuce with a small onion, put into saucepan and cook about 8 minutes stirring all the time; add 2 tablespoons rice and 1 quart milk, and boil until rice is tender (about 20 minutes), remove from fire, rub through colander and season. Put into fresh saucepan, add 2 tablespoons butter and 2 tablespoons flour, which have been worked together until smooth. Let come to a boil, add  $\frac{1}{2}$  cup

COOKING RECIPES  
SOUPS

rich cream. Spinach may be used instead of lettuce; cream of lettuce soup may also be made without rice.

**CREAM OF CAULIFLOWER SOUP.** Separate the flowerettes of one small cauliflower, put in stewpan with 3 cups boiling water, 1 small onion,  $\frac{1}{2}$  small celeriac, cut in slices, and a bay leaf, cook 10 minutes, drain and put vegetables into a double boiler, with two tablespoons butter, 1 tablespoon flour, salt and pepper, and steam 10 minutes; bring 2 cups of milk to boil, turn puree into this and let it boil up once and remove from fire. Beat yolks of two eggs and a tablespoon of flour together, add to soup and serve.

**RABBIT SOUP.** Two young rabbits, 2 quarts cold water, 1 onion, 1 blade mace, 1 bay leaf,  $\frac{1}{2}$  cup rice, 1 tablespoon butter; skin and singe rabbits, wash in warm water, cut in pieces, put in soup kettle, add onion, mace, and bay leaf, simmer 2 hours, strain, add rice, pepper and salt; cook  $\frac{1}{2}$  hour.

**"ORIGINAL" SOUP.** Cook slowly 10 cent soup bone (beef) until tender, then add 1 medium sized potato, cut fine, 10 fresh onions, or 2 small dried onions, cut fine, 2 small carrots and 2 small turnips cut in very small pieces. Cut fine  $\frac{1}{2}$  small or medium cabbage head, one teacup of cooked rice, one teacup cooked spaghetti, about one teaspoon butter; salt to taste and little black pepper; cut in small pieces a sprig of parsley, add 2 teaspoons red pepper sauce; also remove from bottle 4 small red peppers and put in soup; cover and cook all slowly with soup bone, in same liquor, until done. Serve at once with crackers.

**DELICIOUS ECONOMY SOUP.** One medium sized potato, 1 medium sized onion, 1 carrot, 3 stalks celery, 2 tablespoons rice,  $\frac{1}{2}$  cup green or canned corn or peas, 1 tablespoon sugar, 1 cup raw or cooked tomato, small pieces green or red chili, if desired. Chop vegetables and put all to cook in plenty of cold water. Boil gently  $\frac{1}{2}$  hour, then add salt, pepper and butter to taste, or vary it by setting aside half the cooked vegetables for second day and add pinch of soda the size of a pea. Season, and just before serving add about a pint of hot milk. This will serve six.

**SCOTCH BROTH.** Wash and crack apart a neck of mutton. Put into soup kettle with 2 quarts cold water, bring slowly to boiling point, then skim; simmer gently 2 hours, then sprinkle in  $\frac{1}{2}$  pint oatmeal, or rolled oats, add tablespoon chopped onion, 1

COOKING RECIPES  
SOUPS

of chopped carrot, 2 whole cloves and a bay leaf. Cover kettle, simmer gently 1 hour longer. Strain and serve hot. A little salt and pepper should be added after mutton has boiled about an hour and water should be added from time to time to keep 2 quarts in the kettle.

**MOCK OYSTER SOUP.** One quart canned tomatoes, 1 quart fresh milk; put the milk on fire in one kettle and tomatoes in another, then let each come to boiling point. To the hot milk add a tablespoon of butter, pinch of salt and pepper and to the hot tomatoes add a pinch of soda. Then stir hot milk into kettle of tomatoes and stir until all is added, this keeps it from curdling. Delicious, served with squares of toasted bread.

**TOMATO SOUP.** Cook slowly 1 can tomatoes (or 8 large ripe ones,) 4 onions, 1 bell pepper,  $\frac{1}{2}$  stalk celery and 1 cup water for 30 minutes. Strain, put on fire and when it reaches boiling point add pinch of soda, dissolved in a little water. Cream  $\frac{1}{4}$  cup butter, 1 tablespoon flour, add  $\frac{1}{2}$  cup of cream, salt and pepper to taste. When this has cooked, smooth, add tomato juice. Serve with cheese crackers.

**CREAM TOMATO SOUP.** For six persons. Place on stove 2 pints milk and 1 pint cream. When boiling hot add 12 ripe tomatoes stewed and strained, or one can, strained, into which has been stirred  $\frac{1}{2}$  teaspoon soda. Just before removing from fire mix into it 1 cup cracker crumbs. Salt to taste.

**CREAM TOMATO SOUP.** Into a granite pan pour contents of one can tomatoes, let come to boil, put in soda, size of pea, cook a little, then slice in one large onion and two slices of bacon with salt and pepper, and cook slowly. When done, strain thoroughly, put clear tomato back on stove and let come to boil, stir in two teaspoons cornstarch wet in milk. Have one pint milk warmed and ready to pour in. As soon as cornstarch is thoroughly cooked pour in milk, and turn off fire at once, stir all well and serve. I have never had the milk curdle, making it this way.

COOKING RECIPES  
SAUCES

*Each recipe is for six people unless otherwise noted.*

**M**AYONNAISE SAUCE. Put the yolks of two eggs in a bowl, add one-half a teaspoonful of English mustard (powdered), a pinch of salt, a little cayenne pepper, and a few dashes of vinegar. Work this together with a wire whisk or wooded spoon for a minute or two, then add gradually one-half a pint of olive oil, pouring it in very slow at the beginning; if the dressing gets too thick add a few more dashes of vinegar to it, but working it all the time vigorously so as to obtain a thick sauce at last, finish with juice of half a lemon. Keep in a cool place.

**TARTAR SAUCE.** Add to one-half pint of mayonnaise dressing one teaspoonful of chopped parsley, one teaspoonful of chopped capers, one tablespoonful of pickles, and one-half teaspoonful of finely chopped onions.

**SAUCE REMOULADE.** To one-half a pint of mayonnaise, add the yolks of two hard-boiled eggs chopped fine, one teaspoonful of chopped parsley, and one half teaspoonful of French mustard.

**SAUCE RAVIGOTTE.** Chop together well a few sprigs of parsley, watercress, chives, chervil, one-half a dozen leaves of cooked spinach, two anchovies, a few capers, a small pickle, and one shallot onion, then rub through a sieve and mix into one-half a pint or less of mayonnaise.

**MUSTARD SAUCE.** Chop three or four shallot onions very fine, moisten with three tablespoonfuls of good vinegar and a little white wine, let the whole boil down to a tablespoonful of liquid. Then add one gill of brown sauce previously prepared, or if not convenient take some brown gravy thickened with a little flour mixed with a small piece of butter; when boiling add a teaspoonful of French mustard, salt and pepper, a piece of butter size of a walnut, stir it up well and serve. This sauce is mostly served with fried or broiled pork chops and tongues.

**SAUCE ITALIENNE.** Chop fine one onion and eight canned mushrooms, fry the onions to a golden color in a piece of butter the size of an egg. Then add the chopped mushrooms and one heaping teaspoonful of flour, fry together for a few minutes more, then moisten with a glass of white wine and one-half a pint of

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gravy, add a teaspoonful of meat-extract and three tablespoonfuls of tomato sauce or ketchup. Boil for ten or fifteen minutes, add the juice of one-half a lemon, season with salt and pepper, then add a teaspoonful of chopped parsley before serving. This sauce can be served with steaks or chops and also fish "au gratin."

**ENGLISH MUSTARD.** Mix English mustard with bouillon or consomme until it gets smooth. White wine or cider vinegar can also be used instead of the bouillon. For all mixed mustards if they get dry put in a little beer or ale. This will bring the mustard back to its natural standard. For mixing, tarragon vinegar is much preferred. It helps to flavor the mustard.

**VINEGAR FOR HOME USE.** Take one gallon white wine vinegar or cider vinegar, one-half gallon cheap red California wine, one bunch of tarragon, and one-half pint of stout or a glass of heavy ale. This should be kept in the kitchen. To make the vinegar settle quicker beat up one dozen eggs and put in the vinegar barrel. Never strain vinegar; let it settle itself and always keep the same barrel. The older the barrel in which the vinegar is, the better your vinegar will be. Any kind of red wine mixed with any kind of vinegar will give a good body and keep for years.

**HOME-MADE FRENCH DRESSING.** To make one quart, take one teaspoonful of salt, one-half a teaspoonful of white pepper, one-quarter of a teaspoonful of paprika, one-quarter of a teaspoonful of English mustard, one-third of a quart of vinegar, shake well and make up the balance of the quart with olive oil. This dressing well corked will keep forever. Always shake bottle well before using. Two tablespoonfuls sufficient for one portion of salad. To find out if olive oil is pure, dip a piece of white bread in the oil to be tested, in which way you can get the true taste of the olive oil and tell whether it is blended with cotton-seed oil or not.

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HOW SALADS ARE MADE

**F**IRST, all materials should be secured fresh, they must be well cleansed, washed without handling, and all water removed as much as possible. The salad should be made immediately before the meal and be kept cool until wanted. Never place a salad in the ice-box where meat is kept.

If no objection, a garlic flavor is healthful and improves all salads very much. A slight rubbing of the salad bowl with a clove of garlic or the crust of a small piece of bread rubbed with garlic and put in the salad bowl will improve the flavor of a moderate-sized salad.

It is worth knowing that the odor of onion or garlic may be almost entirely removed from the mouth and hands by eating celery tops or by rubbing your hands with the tops.

Chopped fresh tarragon, chervils, or chives give a fine taste to all salads.

The yolk of an egg will give a good body and improve all salads. To make a good dressing you must have good oil and vinegar. Olive oil and red wine vinegar are preferred. If you cannot get red wine vinegar you can add a wine-glass of red wine to a quart of dressing, which is made of white wine or cider vinegar. If you run short of oil use melted butter, cream or some gravy of some kind of roast meat, mix with the yolk of an egg. If you run short of vinegar the juice of two lemons to half a wine-glass of red wine will answer the purpose. If your oil gets cloudy or frozen, add a teaspoonful of salt to a quart and it will clear inside of twenty-four hours.

**POTATO SALAD.** Take six cold sliced boiled potatoes, one onion chopped fine, add a teaspoonful of chopped chives and mix well together. Put on a platter and ornament with lettuce and cooked beets cut in cubes.

**SALADE LOUIS.** Take three slices of the white meat of chicken, three slices of cooked beets, three slices of Swiss cheese, two small boiled potatoes, a raw green pepper, and cut in small cubes. Add the heart of a Romaine lettuce sliced. Sprinkle in a teaspoonful of chopped chives, and mix the whole together well. Ornament with a sliced Bermuda onion and a sliced hard-boiled egg. Add three tablespoonfuls of French dressing.

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**NEST EGG SALAD.** Line a soup-plate with watercress and sliced Bermuda onions, fill up with three sliced hard-boiled eggs and sprinkle a little Roquefort cheese on top. Serve with French dressing.

**CHEESE SALAD.** Take one Neuchatel or half a cream cheese, one small piece of butter, salt and paprika pepper to taste, some chopped onions and chives and parsley, one tablespoonful of olive oil and mix well together. No dressing.

**ALSATIAN SALAD.** Take two quarts of sour milk and remove all the water. Add two tablespoonfuls of chopped chives and one teaspoonful of chopped shallot onion. Mix together well and serve cold with hot boiled potatoes. No dressing.

In the summer this salad is very refreshing and will relieve thirst.

**SALADE HOLLANDE.** Wash one herring in lukewarm water, wipe the skin off, cut in fillets and serve on a few leaves of lettuce, ornament with chopped onions, pickles, capers, fine herbs, and when ready to serve put a tablespoonful of French dressing over it.

**ANCHOVY SALAD.** Wash half a dozen anchovies in lukewarm water, removing skin and bones. Place the fillets in a few leaves of lettuce. Ornament with chopped onions, pickles, capers and fine herbs. Sprinkle over this a chopped hard-boiled egg, and serve with French dressing.

**SALADE RUSSE.** Take some fresh cold cooked vegetables, such as beans, carrots, peas, beets, asparagus tips, potatoes and green peppers, sliced in small cubes, and mix well. Place on a shallow dish and ornament with lettuce, sliced Bermuda onions and the boiled white of an egg, and cut in small cubes. On top lay a dozen fillets of anchovies wrapped around the same number of stuffed olives. Serve with French dressing. Sufficient for four people.

**TOURAINE SALAD.** Wash in cold water one pound of Malaga grapes, split grapes and remove seeds and mix with lettuce, add one tablespoonful of French dressing.

**IMPERIAL SALAD.** Mix one bunch of watercress, two potatoes, Brussels sprouts, cauliflower, and ornament with beet-root.

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Vegetables must be cooked and cold. Serve with French dressing.

**CELERY AND APPLE A LA PARKER.** Peel a good-sized apple, cut off the top and scoop out the inside in such a way as to leave just a wall of about one-quarter of an inch thick. Then cut some white celery very fine, mix it with mayonnaise dressing, and with it fill the apple heaping full. Cut a narrow strip of sweet pimiento, and trim the rim of the apple with it, also cut a round piece the size of a nickel and place on top. Serve on large yellow lettuce leaves. This salad looks very pretty and is served individually.

**SHERRY SALAD.** Take equal parts of apple, celery and Malaga grapes, cut in small cubes and add a few coarsely chopped walnuts, mix the whole with some mayonnaise dressing. Dish up and surround with lettuce leaves.

**SALSIFIS SALAD.** Take half a dozen good-sized oyster-plants and boil. When done remove all liquid and allow to cool. When cold cut in small cubes and ornament with yellow leaves of the plant. Some swiss cheese cut in small cubes may be added. Serve with two tablespoonfuls of French dressing.

**SALADE JAPONAISE.** Boil half a dozen potatoes in bouillon, mash them, and when cold add half a cupful of shrimps, half a cupful of veal tongue cut in small squares and plenty of chopped chives. Over this sprinkle a few minced truffles, and arrange around a long dish, leaving the centre hollow. Ornament the centre with lettuce and hard-boiled eggs and cooked beets cut in small pieces, adding three tablespoonfuls of French dressing.

**SALADE AUX SARDINES.** To half a head of lettuce and half a bunch of watercress add six boned sardines cut in small pieces, a couple of sprigs of chopped chervil, half a teaspoonful of minced capers and the yolks of two hard-boiled eggs mashed fine. Add two tablespoonfuls of French dressing, not oily. Ornament with sliced pickled green peppers and sliced lemons.

**TOMATOES TAYLOR.** Take two good-sized tomatoes. Peel and slice them and add a few slices of Bermuda onions, one finely sliced green pepper, two sliced leeks, two tablespoonfuls of French dressing and half a teaspoonful of fine herbs.

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BAKER'S ISLAND SALAD. Take a dozen large mussels and boil with a stick of celery. Drain well and add six sliced boiled potatoes, a teaspoonful of chopped fine herbs and two tablespoonfuls of French dressing. A small clove of garlic chopped very fine will improve it. Mix the whole well and serve very cold.

CHEESE SALAD. Neufchatel cheese 1 cake, chopped walnuts  $\frac{1}{2}$  cup, chopped pimentoes 1 tablespoon, 1 large grapefruit. Work cheese to consistency of soft butter by adding olive oil. Mix into this the chopped nuts and pimentoes; also a pinch of salt, dash of pepper (white), same of cayenne, or paprika if preferred, and  $\frac{1}{2}$  teaspoon onion juice. Roll into balls, size of marble and place in ice box, until ready for use. When ready to serve, have ready grapefruit pulp with all white skin removed. Pulp should be in small pieces and laid on strainer as it is being prepared, to catch juice. Take crisp lettuce leaf, lay three cheese balls on it, surround with bits of grapefruit and pour over it all a French dressing, made with the juice, olive oil, etc. Seasoned in usual way.

CHICKEN SALAD. White meat of a boiled chicken, cut in small dice, lay tender inner stalks of celery in cold salted water until crisp, cut into  $\frac{1}{4}$ -inch lengths an amount equal to  $\frac{3}{4}$  of the bulk of diced meat; put into bowl with enough mayonnaise dressing to saturate; toss and mix lightly until dressing is thoroughly incorporated; place on ice for an hour or more. At serving time place in salad dish or bread platter decorated with crisp white leaves with mayonnaise poured over each egg.

EGG SALAD. Chop fine a green pickle, green pepper, small onion, a little parsley, 2 stalks celery, and 2 lettuce leaves. Cut 6 hard-boiled eggs lengthwise and remove yolks and rub smooth with chopped greens, add  $\frac{1}{2}$  can shrimps which have been slightly chopped and vinegar and olive oil to moisten. Salt and pepper to taste. Fill whites of eggs in shape of yolk. Serve on crisp lettuce leaves with mayonnaise dressing poured over each egg.

DRESSING FOR LETTUCE SALAD. Take small piece Roquefort cheese, crush it in bowl, add paprika, salt and vinegar; work until smooth; put in small lump of ice, pour in olive oil and mix it well.

SALAD DRESSING. Two eggs, 1 teaspoon sugar,  $\frac{1}{4}$  salt,  $\frac{1}{4}$  mustard, 3 tablespoons vinegar. Beat eggs thoroughly, with sugar,

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salt and mustard, then gradually add vinegar and  $\frac{1}{2}$  cup cream, (sweet or sour); set bowl in pan of boiling water and stir until quite thick. Use cold.

**FRUIT SALAD.** (Six Plates.) Have 6 salad plates garnished with crisp lettuce leaves. After peeling 4 oranges and 6 bananas, cut these into dices placing fruit on lettuce. Add to this pineapple cut in same manner, stoned cherries (fresh or canned.) Serve with mayonnaise dressing, thinned with whipped cream; over top sprinkle liberally with chopped walnuts.

**PINEAPPLE SALAD.** Take nice crisp lettuce leaves, add slices of pineapple, then oranges, then strawberries, green grapes or canned cherries. DRESSING—One cup sugar, a little water; boil until it threads, then remove from fire; add  $\frac{1}{2}$  cup sherry wine. Let get thoroughly cold.

**GRAPEFRUIT SALAD.** Remove pulp carefully from grapefruit, using an orange spoon, and discarding all bits of bitter white inner rind. Pile lightly on lettuce leaves and use French dressing.

**KENTUCKY SALAD.** Cut 4 medium sized tomatoes into quarters, slice 3 cucumbers thin; chop finely a Spanish onion, 2 tart apples and 3 green peppers. Make dressing with  $\frac{1}{2}$  teaspoon mustard, 1 teaspoon Worcestershire sauce, 1 tablespoon brown sugar, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon red pepper, 1 cup oil,  $\frac{1}{2}$  cup red wine vinegar. Rub a bowl with a crushed garlic and mix dressing in it. Set aside 10 minutes before using.

**ORANGE AND DATE SALAD.** Pour boiling water over 1 pound dates, separate dates with fork while in water. Drain and dry; take out stones, cut flesh in narrow strips, pour French dressing over them, mix thoroughly, cool. Peel oranges, take each section out whole, take off membrane, mound orange on center of plate in lettuce leaf. Dot around with dates and French dressing.

**SURPRISE SALAD.** Peel medium sized tomatoes and scrape out inside; now take some cabbage and celery and chop fine, add a few broken walnut meats. Mix all with mayonnaise dressing (or any other liked,) add a little salt and pinch of red pepper. Fill tomato shell with this mixture, serve very cold, one tomato on lettuce leaf. Dainty and delicious.

**SALMON SALAD.** One cup pickles, and 4 hard-boiled eggs chopped fine and added to 1 can salmon shredded. DRESSING—

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One even tablespoon mustard, 1 tablespoon each butter and sugar, 2 tablespoons cream or milk, 6 tablespoons vinegar and 1 egg. Stir mustard and sugar together and add other ingredients, vinegar last. Let all come to boil. Mix with salmon.

**SHRIMP SALAD.** (Six Plates). One can shrimps, washed and shredded, 6 hard-boiled eggs, chopped rather fine;  $1\frac{1}{2}$  cup chopped celery. To each dish allow a liberal tablespoon of mayonnaise dressing. Garnish with sliced boiled eggs and stuffed olives. Serve on lettuce leaves.

**GERMAN POTATO SALAD.** Fry a thick slice of bacon; remove it and add enough flour to take up grease; then stir in diluted vinegar to make about consistency of syrup, and add a little sugar and salt. Pour over sliced cold potatoes which have been flavored with onion and salt. Garnish with fried bacon cut in small pieces.

**SHRIMP SALAD.** One can shrimps, 1 large sweet pepper, 3 or 4 sprigs of cress, about same amount celery. Mince very fine and mix together. Put 1 tablespoon of this on lettuce leaves and cover with mayonnaise dressing.

**FRUIT SALAD.** Separate the pulp of 3 oranges from all white, add 2 apples cut fine with a silver knife, 1 small can grated pineapple, 2 bananas, sliced thin, a small bunch seeded muscat grapes. Sweeten orange and pineapple juice, add wine glass of grape juice and pour over same. Lastly add  $\frac{1}{2}$  cup chopped walnuts and a few candied cherries. Serve with crushed ice in sherbet cups.

**WALDORF SALAD.** One cup chopped celery, 1 cup chopped apples, 1 cup chopped walnuts. Mix with boiled mayonnaise dressing and serve on lettuce leaves.



COOKING RECIPES  
CHAFING DISHES

**H**OW TO USE THE CHAFING DISH. A chafing dish ought to be of extra heavy tin or some other metal tinned or nickel-plated. A large-flame alcohol lamp should be underneath so as to have a good heat if needed, or a smaller lamp only to be used if light heat is required. In cooking oysters or similar articles a brisk heat is necessary, for making rarebits less fire is used. The blazer with the water-pan underneath is more for the purpose of heating ready-made things or keeping them hot, and only good for preparing articles which require little cooking.

**CREAMED CHICKEN.** Cut half a boiled young fowl or chicken in cubes, put in a blazer with one-half a pint of cream and let come to a boil. Mix a heaping teaspoonful of flour with a piece of butter the size of a walnut, stir it in the cream and let simmer for a few minutes. Season to taste and serve on toast.

**CREAMED CHICKEN WITH RICE.** Cut half a boiled young fowl or chicken in cubes. Put in a blazer with one-half a pint of cream and let come to a boil. Mix a heaping teaspoonful of flour with a piece of butter the size of a walnut. Stir it in the cream and let simmer for a few minutes. Add a cup of fresh boiled rice to the sauce; stir well; season to taste and serve.

**CHICKEN AND MUSHROOM REGENCE.** Slice three fresh mushrooms, fry them for a few minutes in the blazer with a piece of butter the size of an egg. Then add a heaping teaspoonful of flour, moisten with one gill of chicken stock and one-half a gill of cream and let come to a boil. Add half a boiled young fowl cut in short thick slices free from skin and bones, and let simmer for a few minutes together. Slightly beat the yolk of one egg with two tablespoonfuls of cream, stir this liaison in the sauce and add two tablespoonfuls of dry sherry, stir it for another minute to thicken a little, season to taste and serve immediately.

**MINCED MUSHROOMS, VIRGINIA STYLE.** Take two tablespoonfuls of chopped Virginia ham and fry in butter for three minutes. Add six good-sized fresh mushrooms chopped up coarsely, moisten with one gill of cream and let boil for eight or ten minutes. Then add two tablespoonfuls of fresh bread crumbs, a little chopped parsley, the yolk of one egg, season to taste. Serve on three pieces of toast and put a dropped egg on top of each. Cooked or raw ham may be used.

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**WELSH RAREBIT.** Mix together in the chafing dish one wine-glassful of ale, one teaspoonful of Worcestershire sauce, one-half teaspoonful of English mustard. Then add one-half a pound of cheese cut fine, season with salt, black and cayenne pepper. When the liquid gets boiling hot and the cheese begins to melt, stir it up vigorously with a spoon so it will become very smooth, let it come to a boil, stirring it all the time. Then pour it over some toasted bread, plain or buttered. Crackers can be substituted if no toast is on hand. If the rarebit is wanted short (not stringy), the yolk of an egg can be added at the last moment.

**GOLDEN BUCK.** Prepare the Welsh Rarebit as before, pour it over three thick slices of toast and put a poached or dropped egg on top of each piece.

**YORKSHIRE BUCK.** Prepare the rarebit the same way as Golden Buck, adding two slices of broiled or fried bacon, one on each side of the poached eggs.

**PANNED CLAMS.** Take two dozen little neck clams and cook in their own liquid. When done add the juice of half a lemon, and a heaping tablespoonful of butter and one teaspoonful of chopped parsley. Season well and serve.

**OYSTER CRABS ASTORIA.** (Two chafing dishes required). Cook two dozen little neck clams in their liquid with a pinch of finely chopped shallot onion in one chafing dish. In the other heat a piece of butter size of a walnut, add one-half a pint of oyster crabs well drained and picked clear of all oyster shells, cook four or five minutes, add the cooked clams with their liquid, add one gill thick cream, and the yolks of two eggs mixed with a tablespoonful of cream. Stir till it thickens. At last add two tablespoonfuls of sherry. Season to taste. Enough for four people.

**OYSTER CRABS AND SWEETBREAD.** Melt a piece of butter the size of an egg, add two medium-sized fresh mushrooms, cut in cubes, and a parboiled sweetbread cut in very small thin slices. Fry together for at least ten minutes, then add half a pint of oyster crabs well drained, cook till oyster crabs turn to a nice red, add four tablespoonfuls of sherry, and one gill of cream. Let come to a boil, add a teaspoonful of flour mixed with a piece of butter size of a walnut, stir the yolks of two eggs mixed with a

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teaspoonful of cream, add three tablespoonfuls of brandy. Season to taste. Stir for another minute and serve.

**CHICKEN EN CASSEROLE.** Some cooks think that in making this dish if all kinds of vegetables are cooked with it, it will be an improvement, but in the end it is usually more like a vegetable stew than a chicken en casserole.

To prepare it properly takes time; at least an hour or more for a medium-sized chicken. Take your chicken cleaned and dressed, and place in a casserole with a piece of butter the size of an egg, and roast it in the oven for about half an hour, then add one small onion cut thin, two slices of bacon, two fresh mushrooms and a little celery. Let cook together for about ten minutes in the casserole with the chicken. Then sprinkle half a teaspoonful of flour over the whole, moistening with a cupful of brown gravy or rich stock and two tablespoonfuls of sherry. Season well. Put the cover on and let it simmer for half an hour or more. The chicken must be well cooked and the gravy boiled down so as to have just enough to go around for two or three diners. Serve with a napkin placed around the casserole.

**MUSHROOMS UNDER GLASS COVER.** First procure a small round blazer and instead of a tin cover use a glass globe or cover for it. Second, butter your dish very well, put a large piece of toast in the dish, pile about twelve small peeled mushrooms on top of the toast, put on a piece of maitre d'hotel butter the size of one-half an egg, sprinkle a little salt over it. Then add one-half a gill of cream, two tablespoonfuls of sherry wine. Put the cover on and let it simmer over a slow fire for about fifteen minutes' actual cooking. Should the cream boil down too quickly add a little more, but it is better not to lift up the cover until ready to serve, to preserve the flavor of the mushrooms. (For maitre d'hotel butter, take three tablespoonfuls of butter, three teaspoonfuls of chopped parsley, one teaspoonful finely chopped onion, and juice of half a lemon. Salt and pepper to taste, and mix well).

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**S**TUFFED CELERY. Take some celery stalks, one head for each person, clean and peel. Cut in four pieces lengthwise so that the pieces will hang together at the root. Mix together one teaspoonful of Roquefort and two teaspoonfuls of cream cheese, season with paprika, and add a pinch of finely cut chives. Stir until a smooth paste is formed and then put in a paper cornet. Take the celery and lift leaf by leaf and squeeze the cheese between the celery stalks. Serve on chopped ice covered with a napkin.

**ANCHOVIES MELBA.** Take two hard-boiled eggs, which have been chopped fine, and mix with a quarter of a teaspoonful of chopped parsley and chives. Season with French dressing, not too oily, and spread the whole on a small dish. Remove the stones from twelve olives, wrap half an anchovy around each olive. Place on the chopped eggs and garnish with finely chopped red beets and thin slices of pickles.

**THON MARINE AND LETTUCE.** Take the contents of a small can of tunny fish and break in small pieces. Take a hard-boiled egg which has been chopped fine, three chopped pickles and a quarter of a teaspoonful of chopped parsley and mix well with the fish. Take some lettuce leaves and put about two tablespoonfuls of this in each lettuce leaf. Level this off smoothly and add a small teaspoonful of stiff mayonnaise on the top. Serve on small plates or saucers.

**TOMATO KETCHUP, SPANISH.** Twenty lbs. tomatoes, or 4 quarts juice, 3 pints vinegar, 1 teaspoon each mustard, ground cloves, allspice, black pepper; 6 red chile peppers, 1 tablespoon salt, 3 cups brown sugar. Cut tomatoes into halves, boil gently one-half hour, and press through sieve. Mix all together except 1 pint vinegar, which add one-half hour before finished; cook down nearly one-half. Take from fire and add  $\frac{1}{2}$  pint alcohol. Pour into bottles and cork well, then make air tight by sealing with hot wax. Keep lying down.

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FISH AND SHELLFISH

**T**O SELECT FISH. When fresh, the skin and scales will be bright, eyes full and clear, the fins stiff and firm. If there is a bad odor or if fish is soft and darker than usual for that kind, and has dim sunken eyes, it is unfit for use.

**RICH SAUCE FOR FISH.** One-half cup butter rubbed to cream, add yolks 2 eggs, one at time, and heat well. Stir in juice of  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  spoon salt and pinch cayenne pepper. When ready to serve, add  $\frac{1}{2}$  cup boiling water, place bowl in pan of boiling water and cook until thick, stirring all the time. Stir in gradually 1 tablespoon finely chopped gherkins just before serving.

Fat sauces, like Hollandaise, are best with boiled fish; oyster or simple milk and egg sauce with baked; melted butter sauce with boiled; mayonnaise with cold fish or salads, and lemon juice with fried fish.

Potatoes should always be served with boiled or fried fish; fish cooked any other way should have cucumber salad to go with it.

A nice broth can be made in this way: After boiling large fish, save water. Next day add such scraps, bones and sauce as may be left on platter. Boil until reduced to about a quart. Strain and return to fire. Add 6 sliced potatoes, a carrot cut into squares, 1 leek, a bay leaf, and some sprigs of parsley. Let simmer fully  $\frac{1}{2}$  hour, then add 1 pint white stock, tablespoon sherry, if liked, and some oysters, if liked or to be had. Season to taste with salt and pepper. Cook a few minutes longer and serve.

**FISH CHOWDER.** Wash and cut in squares 1 pound any white fish; pare, cut in dice; 3 medium sized potatoes; chop fine, large onion; put in bottom of kettle a layer of potatoes, then layer of fish, then tomatoes; add tablespoon onions,  $\frac{1}{2}$  teaspoon powdered thyme, 1 saltspoon salt, dash pepper,  $\frac{1}{2}$  teaspoon celery seed and so continue until materials are all used. Have last layer potatoes. Pour over pint boiling water, cover kettle and cook over moderate fire without stirring, for 20 minutes. Meantime heat 1 pint milk in double boiler; take chowder from fire and cover top with crushed water crackers. Pour over milk, add 1 tablespoon butter cut in bits and serve.

**BAKED FISH.** Arrange thin layer sliced salt pork, then onions, sweet peppers,  $\frac{1}{2}$  can tomatoes and bit of bay leaf in

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baking dish. Lay fish on, spread with butter and flour creamed smooth. Sprinkle with cracker crumbs, salt and pepper, and bake until brown and bones are free.

**TO BOIL FRESH FISH.** Wrap fish in towel, cover with cold water, salt, little vinegar; let heat to boiling point; boil 3 minutes for largest fish. Serve with rich cream sauce and boiled green peas.

**TO STUFF AND BAKE FISH.** Bass, shad and fresh codfish are good for baking. Soak bread in cold water until soft, drain it, mash fine and mix bread with 1 tablespoon drawn butter, little salt and pepper, 2 raw eggs (makes dressing cut smoother.) You can add some spices if desired. Fill and sew up fish. Put 1 teacup hot water in baking pan, and little butter. Place in fish and bake about 40 or 50 minutes.

**CODFISH BALLS.** Soak over night 1 pound boneless salt cod; in morning cover with fresh boiling water, and set at back of stove for 1 hour, then pour off water and pick apart with fork. Have ready some nice mashed potatoes ( $1\frac{1}{2}$  as much potato as fish,) mix while hot with fish, adding 1 tablespoon butter and 1 well-beaten egg. Add pinch pepper and whip with fork until light. Roll into balls, then in cracker crumbs and fry to rich brown, in salt pork fryings.

**BAKED SALMON.** Slice as for frying, place in dripping pan, dredge with flour and put over top flakes of butter and little white wine. Season well with salt and pepper and bake 10 minutes. Remove from pan and keep hot. Place in saucépan piece butter and 8 green onions finely chopped, but do not brown; add flour enough to make thick gravy, and white wine and water enough to make sauce. Add salt, pepper and little cayenne, 2 sliced lemons and chopped parsley. Let boil well and pour over hot fish.

**SALMON CROQUETTES.** Shred contents of 1 can salmon, from which oil and bones have been removed, and season highly with pepper, salt and little lemon juice. Add mashed potatoes seasoned as for table in proportion of 2 parts fish to 1 of potato. Mix well and shape into croquettes, dip each in beaten egg, then dredge with bread crumbs and fry in hot fat. Drain and serve, garnished with parsley.

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**FISH AND POTATO SCALLOP.** Wash 1 pound boneless cod-fish and pick into small pieces. Freshen by putting into basin with luke warm water and setting where it will keep warm but not get hot. Change water if it gets very salt and let stand till well freshened. Boil and mash 6 good sized potatoes, add 1 egg,  $\frac{1}{4}$  pint milk, salt and pepper. Beat till creamy. Put 1 tablespoon butter in pan over fire, add 2 tablespoons flour and mix. Add 1 pint sweet milk and stir till smooth and thick. Add salt and pepper. Butter pudding dish and line bottom and sides with potato, heap fish (well drained) in center, pour sauce over and cover with layer of potato. Bake till golden brown. Recipe should be cut down for small family.

**PLANKED WHITE FISH.** Take hardwood plank (maple or oak) about  $1\frac{1}{2}$  feet long, 10 or 12 inches wide, and 2 inches thick; pour hot water over to heat through; split fish open, bone, season, lay on plank and bake. If fish is dry, 2 slices salt pork placed on fish improves flavor. Fish should be served on plank. Garnish with parsley, cover fish with maitre de hotel sauce. The plank gives peculiar, delicious flavor which distinguishes it from fish baked in ordinary way.

**PICKEREL, JEWISH STYLE.** Clean and wash fish; place in kettle (somewhat larger than fish) with 3 or 4 slices onion, handful parsley,  $\frac{1}{4}$  pound butter, 1 pint white wine, 1 glass stock, salt and pepper; cover and cook slowly  $\frac{1}{2}$  hour. Lift carefully and put on warm platter. Add, while stirring,  $\frac{1}{4}$  pound fresh butter to sauce and pour over fish.

**BAKED CLAMS.** Chop the clams fine and to 1 pint add  $\frac{1}{2}$  can corn, 1 teacup bread moistened with clam juice, 2 well beaten eggs, slice of onion and a little bell pepper chopped fine. Season well with salt, paprika, butter and mix well together, adding beaten eggs last. Fill clam shells with mixture, lay in pan and bake. Delicious.

**DEVILED CRABS.** To meat of 10 or 12 hard shell crabs, boiled 15 minutes and chopped, add 3 tablespoons stale bread crumbs,  $\frac{1}{4}$  glass rich cream, yolks of 3 hard-boiled eggs, chopped, 1 tablespoon butter, pepper and salt to taste. Mix all together and put back into shells, sprinkle with fine bread crumbs, small pieces butter and brown in quick oven.

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**CLAM CHOWDER.** Cut 2 slices bacon into bits and 1 onion sliced, fry until dark brown in iron kettle, into which put 1 tablespoon drippings. Then add 2 potatoes diced, 2 cans good clams, 6 soda crackers; pour over enough water to cover, adding clam liquor, salt and pepper. When ready to serve add 1 pint rich milk, heated.

**LOBSTER NEWBERG.** Season 1 pint diced lobster with  $\frac{1}{2}$  teaspoon salt, dash cayenne and pinch nutmeg. Put in saucepan with 3 tablespoons butter, heat slowly. Add 2 tablespoons sherry, cook five minutes, add  $\frac{1}{2}$  cup rich cream beaten with 2 egg yolks, stir till thickened. Take quickly from fire and serve hot.

**OYSTER COCKTAIL.** Put 8 or 10 small oysters in glass, add drop tabasco, few drops onion juice, 2 tablespoons tomato catsup, 2 tablespoons horseradish,  $\frac{1}{2}$  dozen drops Worcestershire sauce, and juice of half lemon. Mix well and place on ice 1 hour before serving. Oyster cocktails may be served in sweet peppers, packed in bowls of chopped ice.

**OYSTERS AND MUSHROOMS.** Drain 25 oysters and place in a hot pan with teaspoon butter, and toss them up until they are plumped and ruffled on both sides, then place in hot dish. Add to oyster liquor the juice from  $\frac{1}{2}$  pint mushrooms chopped and enough milk to make 1 pint. Stir into this liquid 1 tablespoon flour, moistened with little milk and cook 3 minutes. Stir in mushrooms and cook 2 minutes longer. Add  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  saltspoon lemon juice, and 1 teaspoon onion juice. Now stir in beaten yolks of 2 eggs, and heaping tablespoon of butter. Put in oysters and as soon as it reaches boiling point turn into hot dish. Serve at once with hot buttered brown bread.

**FRIED OYSTERS.** Select largest oysters, dip in 1 beaten egg and then in bread or cracker crumbs. Fry in equal parts butter and lard until brown. Very good dipped in corn meal, instead of crumbs.

**ESCALLOPED OYSTERS.** Drain oysters (for few minutes only, as it is desirable to leave some of liquor on them) season with salt and pepper; then throw over them some very fine cracker crumbs,

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tossing them about until well coated. Put layer oysters in bottom of buttered baking dish, sprinkle over with more crumbs, dot generously with bits butter, moisten with oyster liquor (first heated and skimmed) mixed with cream; season lightly with salt and pepper. Repeat layers until dish is full, covering last oyster layer with soft bread crumbs, moistened in melted butter. Bake rich brown. Cover and stand in warming oven ten minutes, that brown crust may soften.

*Each recipe is for two people unless otherwise noted.*

**O**YSTER STEW. To a cup of oysters, stewed in their own liquid, add half a cupful of hot milk. If the stew is wanted extra rich, substitute some cream for part of the milk. Add a piece of butter the size of a walnut, and season to taste with salt and pepper. Serve with oysterettes.

**OYSTER STEW, PHILADELPHIA STYLE.** To a cup of oysters stewed in their own liquid, add half a cupful of hot cream. Add a piece of butter the size of a walnut, two tablespoonfuls of sherry, season with salt and pepper.

**PANNED OYSTERS.** Take two cups of oysters and cook in their own liquid. When cooked remove the oysters and let the liquid boil down to one-third of its former amount, add the juice of half a lemon, a heaping tablespoonful of butter, one teaspoonful of chopped parsley, season well, return oysters to liquid. Heat well and serve.

**OYSTERS A LA SOMERSET.** Put in a chafing dish a piece of butter size of an egg, add a heaping teaspoonful of finely chopped onion, fry to a light yellow color, add three heaping tablespoonfuls of finely chopped celery, and two cups of oysters in their own liquid, boil till done, season to taste, then add three heaping tablespoonfuls of fresh bread crumbs, half a gill of cream, and half a teaspoonful of chopped parsley. Let come to a boil and serve. Enough for four.

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**B**RAD (one large loaf). Scald 1 cup milk, add 1 cup water,  $\frac{1}{2}$  tablespoon each salt and sugar; put in large mixing bowl and when lukewarm dissolve  $\frac{1}{4}$  yeast cake in little of the liquid, pour into bowl and stir in enough flour (about 6 cups) to make dough stiff enough to knead. Take out on floured board and knead until smooth. Put back in bowl, set in warm place and let rise over night, or until twice its original size. Then knead and shape into a loaf, or biscuit. Let rise again until double its size and bake in hot oven; takes about 1 hour for a loaf, and 15 minutes for biscuit.

**BAKING POWDER BREAD.** One pint flour, 1 teaspoon salt, 2 rounding teaspoons baking powder. Sift together flour and baking powder and mix to soft dough, with equal parts milk and water. Knead 2 minutes, turn into greased pan and let rise for 10 minutes. Bake slowly for 40 minutes. This bread can be used by those with weak digestion, who cannot assimilate yeast bread.

**HOME-MADE BREAD.** Into 1 large bowl put 1 tablespoon lard and 1 tablespoon butter, 2 teaspoons salt, 2 tablespoons sugar. Turn over these 1 cup water, in which potatoes have been boiled. Then add  $\frac{1}{2}$  cup mashed potatoes. Stir well and add  $\frac{1}{2}$  compressed yeast cake, dissolved in  $\frac{1}{4}$  cup warm water. Then add 4 cups of A1 flour; beat thoroughly and stand in warm place for 6 hours, or till light and spongy. Stir in enough flour to knead easily, (about 3 cups,) and knead thoroughly; let rise till dough doubles in bulk. Knead again till dough is smooth and velvety; make into loaves, put into loaf pans, lightly greased; let rise till double in bulk and bake in moderate oven from 40 to 50 minutes.

**APPLE BREAD.** Peel, core and stew one pound juicy apples, mix with two pounds flour and as much yeast as for common bread, and water to a smooth dough. Place in warm place to rise, and let remain for twelve hours. Form into long loaves, rise again, and bake in quick oven.

**BRAN BREAD.** One cake of compressed yeast, 1 quart warm water, 1 quart white flour. Set in a warm place over night. Next morning add 1 pint lukewarm water, 2-3 cup molasses, small handful salt,  $1\frac{1}{2}$  quarts bran; work into a loaf, put in pans and when light bake slowly  $1\frac{1}{2}$  hours.

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**SIMPLE RECIPE FOR BROWN BREAD.** Put 3 cups graham flour and  $\frac{1}{2}$  cup granulated sugar in bowl. Into 2 cups sour milk stir 1 teaspoon soda and 1 teaspoon salt. Mix all thoroughly together and place in greased pan to rise. Let stand 3 hours, then bake in very moderate oven  $1\frac{1}{4}$  hours. When baked, it should be rich brown color, moist and delicious.

**BOSTON BROWN BREAD.** Three cups graham meal, 1 cup cornmeal, 1 cup New Orleans molasses, 1 cup sour milk, 1 cup sweet milk, 1 teaspoon soda, little salt. Steam 3 hours and bake  $\frac{1}{2}$  hour. Water can be used instead of milk. Makes 3 loaves in tomato cans.

**CORN BREAD.** 1 egg in bowl and add to it 2 tablespoons (rounding) sugar, stir well together and add a little salt and 1 tablespoon melted butter. 1 cup sour milk with  $\frac{1}{2}$  teaspoon soda, 1 cup sifted flour with 1 rounding teaspoon baking powder and enough corn meal to drop from spoon, but not too stiff.

**CORN BREAD.** One cup corn meal, 1 cup wheat flour,  $\frac{1}{4}$  cup sugar, 2 tablespoons butter, 1 cup milk, 2 teaspoons baking powder, 1 teaspoon salt, and 2 eggs. Rub butter and sugar together, add milk and well beaten eggs, then corn meal and last the flour in which baking powder and salt have been sifted. This will make a large loaf, or a dozen muffins. Bake in moderate oven 20 minutes.

**CURRENT BREAD.** Three pints flour, 3 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt, 2 cups milk, 1 cup currants, 1 beaten egg, 1 tablespoon sugar, mix dry ingredients, wash and dry currants and dredge with flour, add beaten egg to milk and combine the mixtures. Bake in deep pan in hot oven one-half hour.

**FRENCH BREAD.** Heat together 1 pint milk, 4 tablespoons melted butter,  $\frac{1}{2}$  cup yeast, 1 teaspoon salt, 2 eggs. Use 2 quarts flour. Mix. When dough is risen, make into 2 large rolls, bake in medium-heated oven. Cut across top diagonal gashes before putting in oven.

**GRAHAM BREAD.** Three cups graham flour, 1 cup brown sugar, 2 cups sour milk or buttermilk, 1 teaspoon soda, 1 teaspoon salt. Mix thoroughly, put into 2 greased bread pans, bake 1 hour in moderate oven. Let stand about 1 hour before baking.

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**NUT BREAD.** Two cups brown sugar, 2 eggs (beaten a little,) 2 cups sweet milk, 4 cups flour, 4 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 cup chopped English walnuts. Dough will be like cake dough. Pour into greased cake-loaf pans and let stand one hour, then bake in slow oven. Excellent for dainty luncheon sandwiches.

**GRANDMOTHER'S SALT RISING BREAD.** Scald 1 cup sweet milk and add to it  $\frac{1}{2}$  teaspoon salt and 2 tablespoons corn meal. Mix thoroughly and put in warm place to sour. Scald 1 quart milk, or part milk and water, let stand until luke warm, add 1 teaspoon salt and stir in enough flour to make drop batter, beat vigorously, add "salt rising" and continue beating for ten minutes. Cover and stand in warm place for two hours. Add tablespoon lard or butter and enough flour to make soft dough and knead thoroughly until smooth and elastic. Divide into loaves and mold and place in tins, leaving room to rise to twice their bulk. Keep warm and when light bake in steady oven. The great secret of success in making salt rising bread is to keep an even temperature during the time of rising.

**RAISIN BREAD.** Scald 3 cups milk, while hot, add 1 tablespoon sugar, 1 teaspoon salt and  $\frac{1}{2}$  teaspoon butter. Set aside until luke warm, then add  $\frac{1}{2}$  cake compressed yeast which has been dissolved in warm water, add 2 cups white flour and as much whole wheat as needed to make stiff batter. Beat well, cover lightly and set away from draught until light and spongy. When it reaches that stage, sift in enough whole wheat flour to make a soft dough, add 2 cups seeded raisins and knead until soft and velvety. Again set aside until doubled in bulk, then mold into loaves, lay in greased pans and bake in moderate oven for an hour or longer. If oven seems too hot, cover bread for first half hour.

**BISCUIT.** Sift flour into mixing bowl and for 2 cups sour milk use 1 level teaspoon soda and 2 heaping teaspoons baking powder, 1 teaspoon salt and 1 heaping tablespoon lard. Work in just enough flour to make soft dough; roll out to half inch thickness, cut with biscuit cutter and bake in quick oven.

**BAKING POWDER BISCUIT.** One-half sieve flour, 1 heaping teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt. Sift together. Mix in 1 heaping teaspoon lard or suetene. Add enough milk to make

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very soft dough. Cut small and bake in quick oven. Makes 14 biscuits.

**BEATEN BISCUIT.** One quart sifted flour,  $\frac{1}{4}$  teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  pound pure lard,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup water. Make stiff dough and with wooden mallet beat 20 minutes; dough will become soft and satin-like. Roll thin and bake  $\frac{1}{2}$  hour.

**NEVER-FAIL BISCUITS.** 1 cup flour, 1 tablespoon lard, (rounding,) 1 teaspoon baking powder, 6 tablespoons milk,  $\frac{1}{2}$  teaspoon salt. Mix dry ingredients together, then cut in lard and add milk; mix and roll out about  $\frac{1}{2}$  inch in thickness; cut and bake in quick oven.

**SOUTHERN BEATEN BISCUIT.** One pint flour,  $\frac{1}{2}$  teaspoon salt, 1 rounding tablespoon lard,  $\frac{1}{2}$  cup milk or water. Put lard and salt into sifted flour, chop with knife until thoroughly blended, mix in liquid. Dough should be thick and stiff. Knead until it blisters. Roll thin as possible; bake. Stick 3 times. Bake in quick oven.

**ENGLISH TEA BUNS.** Mix pint mashed potato, cup sugar, cup yeast, let stand over night. In morning add 1 cup butter, cup sugar, 3 eggs, add flour for stiff dough. Let rise until light. Knead, make into small buns, put into baking pans and rise again. Wet tops with cream, sprinkle with sugar, bake in moderate oven. This recipe makes fine raised doughnuts.

**QUICK BUNS.** One quart sifted flour, 3 teaspoons baking powder, 1 cup sugar,  $\frac{1}{2}$  teaspoon each cinnamon and salt. Sift all together, rub in 2 full teaspoons lard or butter (not melted.) Add 1 beaten egg to 2 cups sweet milk and stir into prepared flour, making it almost like biscuit dough. Roll 2-3 inch thick, brush over with melted butter, cut and bake about 25 minutes. Currants or raisins may be added. Good baked in shallow loaf.

**CORN BATTER CAKES.** Scald 1 teacup corn meal, white preferred; into 1 cup sour milk put  $\frac{1}{4}$  teaspoon soda, 1 teaspoon sugar, 1 teaspoon salt, and 1 egg. When cold, add corn mush to other ingredients and cook in delicate brown cakes.

**CHEESE STICKS.** Three-quarters pound flour,  $\frac{1}{4}$  pound butter,  $\frac{1}{4}$  pound grated Parmesan cheese, yolks of 3 eggs, small

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teaspoon salt, small pinch pepper, about 25 drachms yeast in 3-16 quart water. Knead 10 minutes; let rise in warm place; roll out, cut into 5 or 6-inch long and 1-inch wide pieces and roll into pencil shape. Let rise again and before baking in medium warm oven, rub with beaten yolks of egg. Bake golden yellow.

**BAKING POWDER BISCUIT.** Two cups flour, 2 teaspoons baking powder, 2 tablespoons butter, 2-3 cup milk,  $\frac{1}{2}$  teaspoon salt. Mix salt, baking powder, then butter with flour. Then add milk. Bake in hot oven 12 to 15 minutes.

**BAKING POWDER COFFEE CAKE.** Cream  $\frac{1}{4}$  cup sugar, and butter size of walnut; add 1 egg and beat well, then add  $\frac{1}{2}$  pint milk. Sift together  $2\frac{1}{2}$  cups flour, 2 heaping teaspoons baking powder and  $\frac{1}{2}$  teaspoon salt;  $\frac{1}{2}$  cup currants or seedless raisins, if desired, mixed with flour. Spread in low square tins, working batter from center to sides and corners, and spread with milk, cinnamon and sugar. Bake 15 minutes.

**PENNY MUFFINS.** Soak 1 yeast cake in 1 cup of warm water, put 2 cups boiling water in bowl, add 2 large spoons lard, 1 small teaspoon salt, 2-3 cup sugar. When cool add yeast that has been soaking and 2 well-beaten eggs. Put in flour enough to make, not too stiff, but so it sticks to the bowl a little; let rise all day; at night knead down and make into very small rolls in the morning, as it rises so it makes them large enough. They are fine.

**RICE MUFFINS.** Two cups pastry flour, 1 teaspoon salt, 2 scant teaspoons baking powder, 1 tablespoon sugar, 2 eggs; add yolks to flour, 1 cup milk, 2 tablespoons melted butter, 1 cup boiled rice. Pour milk on rice and allow to stand. Cook rice about 20 minutes. Beat the whites to a froth. Will make 12. Fill 2-3 full and bake about 30 minutes.

**BERRY MUFFINS.**  $\frac{1}{4}$  cup butter or lard, 2-3 cup sugar, 1 egg well beaten, 2 2-3 cups flour, reserving 1-3 cup; 1 cup milk, 1 cup blueberries or blackberries added last, having been mixed with reserved flour; bake in muffin tins

**POPOVERS.** One egg, 1 cup sifted flour,  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{2}$  cup ice water. Beat yolk very light, add milk, next flour, then whites beaten stiff; lastly add ice water and beat hard. Have muffin rings greased and hot and bake in very hot oven.

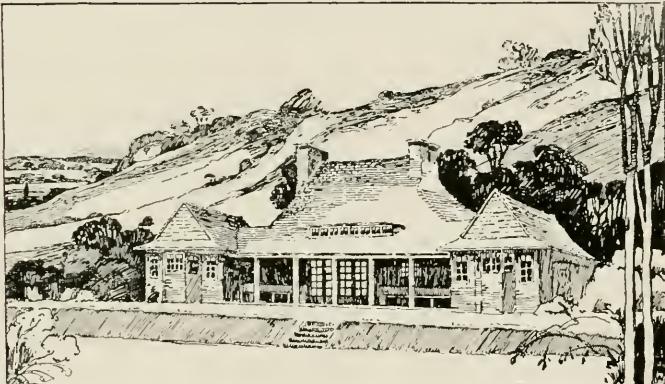
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BAKING POWDER PAN CAKES. One well beaten egg, 1 cup cold water added, 1 large cup flour, 1 heaping teaspoon baking powder, 1 tablespoon sugar,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon melted butter. Add melted butter to egg and water. Then add flour, and dry ingredients. These cakes should be well beaten all along. Excellent.

MUFFINS FOR Two. One cup flour sifted, 1 level teaspoon baking powder,  $\frac{1}{4}$  tablespoon salt, 1 teaspoon sugar, 1 teaspoon butter, melted, 1 beaten egg,  $\frac{1}{2}$  cup sweet milk. Mix and pour into 6-gem tins and bake.

GRAHAM PUFFS. Beat 1 egg thoroughly, then add 1 pint sweet milk, 1 pint graham flour, pinch of salt; beat all briskly with egg beater. Pour in greased gem pans, bake in hot oven.

SPANISH PUFFS. Put into saucepan a teacup water, tablespoon powdered sugar, half teaspoon salt, and two ounces butter; while boiling add sufficient flour to make it leave sides of saucepan; stir in one by one the yolks of three eggs, drop a teaspoon at a time into boiling lard. Fry to light brown. Eat with maple syrup.



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**S**AVORY STEAK. Take piece round steak 3 inches thick, (according to size of family,) place in pan and on top place layer sliced onions, then layer sliced tomatoes, and on top of these a layer of thinly sliced bacon; season with salt and pepper and cook slowly 3 hours.

**STUFFED BEEFSTEAK.** (Tough beefsteak made delicious.) Take a round steak, cut, thick, sprinkle with salt and pepper; make bread dressing as follows: 2 cups toasted bread crumbs, 1 onion chopped fine, 1 sweet green pepper, (seeds removed,) chopped fine, 1 tablespoon butter, meats of 10 walnuts chopped, 1 bunch celery chopped, 1 cup boiling water poured over all. Spread on steak, roll it up and tie. Boil slowly 1 hour in skillet closely covered. When tender let brown, basting often. Serve hot with brown gravy.

**HAMBURG STEAK.** Put through meat chopper 1½ pounds round steak; have some pieces of fat from boiled or roasted beef. Return chopped meat to chopper with fat meat and press through second time; add salt and pepper. Mix all together, then shape into flat cakes. Broil in hot iron frying pan or over coals. Do not overcook and steak will be rich and juicy.

**HAMBURGER MEAT CAKES.** After slightly seasoning with salt and pepper, form medium-sized cakes of hamburger steak. Brown well on both sides, in hot skillet. Reduce heat, and add about half can tomatoes, having greater part juice and cutting up what there is of fruit in small bits. Continue cooking meat till done, then remove to platter. Add tomato gravy, 1 tablespoon each butter and flour, well rubbed together; seasoning of salt and pepper, few drops onion juice if desired, ¼ teaspoon kitchen bouquet, then add enough black coffee (about ¾ cup) to thin sufficiently. Mix well and pour around meat cakes.

**BACON AND BANANAS.** Chill and boil slices of bacon, then put on hot platter. Have ready 2 or 3 large ripe bananas, peeled, and cut into rather thick rounds. Drain off nearly all the bacon grease, return frying pan to fire and turn bananas into it. Sprinkle lightly with sugar and brown slices on both sides. Heap bacon in center of platter and arrange border of bananas around it. Serve very hot.

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**BACON IN BATTER.** Pour boiling water over sliced bacon and let stand few moments; then fry until nearly done. Dip each slice in batter made of 1 egg, scant  $\frac{1}{2}$  cup milk, 1-3 cup flour, 1 tablespoon cornstarch,  $\frac{1}{2}$  teaspoon baking powder. Fry in hot fat to delicate brown.

**BEEF A LA MODE.** Select nice piece rump and thread with strings of salt pork, put in sauceman a couple of slices salt pork, When hot, put in roast and fry brown; then add large onion, clove garlic, few carrots, several whole cloves, salt and pepper. Then add  $\frac{1}{2}$  glass white wine and enough bouillon or tomato to half cover roast; cover and let cook very slowly three hours.

**STEWED KIDNEYS.** Cut kidneys in thin slices, soak in cold water  $\frac{1}{2}$  hour, drain and put in pan, cover with cold water and boil  $2\frac{1}{2}$  hours. When nearly tender, add butter, pepper, salt, a little sage and grated nutmeg, an onion and some celery chopped fine. Boil until tender, add cup rich cream, let boil up once and serve hot.

**BAKED HAM.** A 10-pound ham, wash and wipe dry. Take flour enough to cover ham, mix with water to dough-like bread, roll out on flourboard 1 inch thick. When large enough roll ham in it. Put in bread pan and bake in hot oven from  $1\frac{1}{2}$  to 2 hours, according to size. When baked, take off crust and pull off rind. Garnish by sticking cloves all over top of ham.

**GERMAN GOULASH.** 2 pounds round steak, 1 medium-sized onion, pinch red pepper; melt a large piece of butter in iron frying pan, then, having cut meat into  $1\frac{1}{2}$ -inch squares, put it in pan and brown both sides well; then add red pepper and onion (chopped) and pinch salt. After it has cooked about 15 minutes add enough water to cover. Let boil slowly for  $1\frac{1}{2}$  or 2 hours. As the water boils off, add more. Thicken with flour and water.

**HAM CROQUETTES.**  $\frac{1}{4}$  pound cooked lean ham chopped fine, 3 cups warm mashed potatoes, 2 tablespoons butter,  $\frac{1}{4}$  cup cream, 1 teaspoon onion juice,  $\frac{1}{2}$  teaspoon pepper; salt to taste. Eggs, crumbs and fat. Add butter, cream, onion juice, pepper and salt to potatoes and beat to perfect cream. Then add to ground ham and mix well.

**BOILED WHOLE HAM.** Soak in water over night, then wash thoroughly; cover with cold water and boil slowly, ( $\frac{1}{2}$

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hour for each pound,) changing water when half done. In last water a little vinegar may be put. Let ham get cold in liquor. Then remove rind, stick cloves thickly in soft fat and cover well with sugar, (brown preferred,) Place in baking dish with little water and bake  $\frac{1}{2}$  hour. Thicken liquor and serve with meat.

**BEEF LOAF.** Three pounds round steak ground, 1 tablespoon butter, 1 tablespoon salt, 10 tablespoons rolled cracker crumbs, 3 tablespoons milk, 2 eggs beaten, 1 teaspoon pepper. Mix well, form into oval loaf and place in dripping pan (not too large.) Pour over it  $\frac{1}{2}$  pint hot water. Bake 2 hours. Serve either hot or cold.

**BEEF LOAF.** Three pounds cold boiled beef neck, 1 pound fat and lean fresh pork, also cooked; 1 cup bread crumbs, 1 egg, 1 large tablespoon flour, 2 bay leaves,  $\frac{1}{4}$  teaspoon cayenne pepper, 1 teaspoon salt, 4 or 5 thin slices bacon. Put bay leaves to steep in  $\frac{1}{4}$  cup boiling water. Run beef and pork through food chopper, add flour, dry bread crumbs, pepper, salt, stir and toss until well mixed; strain water from bay leaves, beat egg light, stir in mixture, add enough broth in which meat was boiled to form in oblong roll; lay in greased pan with slices of bacon on top; bake 1 hour.

**BOILED HAM.** Let small ham simmer 5 hours in sweet cider, remove ham, cover surface with molasses, little butter, cinnamon, cloves; bake half hour.

**OLD FASHIONED MEAT PIE.** Mix 1 pint cold boiled rice with pint finely chopped meat. Have ready 2 eggs,  $\frac{1}{2}$  small onion chopped fine, 3 or 4 sprigs parsley minced, 2 tablespoons butter. Cook onion in butter until golden brown, then add meat and rice mixture. When heated through, take from fire, add well beaten eggs and parsley. Season with salt and pepper and turn into baking dish; pack in close and bake until brown. When almost done, put several balls of potatoes dipped in milk and cracker crumbs on top and let brown.

**MEAT PUDDING.** A cheap piece lean beef gently simmered till tender, cut meat into small pieces, season well; put into deep baking dish, put in some of meat liquor thickened and pour over a batter made of 1 cup flour,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon baking

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powder, 1 beaten egg,  $\frac{1}{2}$  cup milk, 1 tablespoon melted butter. Bake in moderate oven  $\frac{3}{4}$  to 1 hour. Cheap and good.

**ROAST LAMB.** Roast lamb as other meats, only instead of basting with hot water or drippings, try boiling a small handful of cloves and a stick of cinnamon in some water, use liquor for basting, and you will find when there is any lamb left to be served cold it will have a most excellent flavor.

**ROAST LEG OF LAMB WITH STRING BEANS.** Remove superfluous fat, dredge with salt, pepper and flour; roast about 1 hour; baste often with salt pork fat or beef drippings; put a paper frill on bone; surround bone with string beans cooked in salted water and drained, and tossed with butter, lemon juice, pepper and nutmeg if you desire. Platter gravy will give additional seasoning.

**LEG OF LAMB IN FIRELESS COOKER.** Put 1 tablespoon butter in kettle, heat and put in 1 spoon flour; cook, then put in leg of lamb; brown on all sides; rub garlic over meat, sprinkle with thyme, cayenne, sugar and salt; put in 1 spoon water, set on slow fire until meat is thoroughly heated; have ready a flat stone heated, place in cooker, then put in meat; keep covered 3 hours.

**LIVER DUMPLINGS.** Scrape 1 pound beef liver, 2 cups bread crumbs, 1 egg and 1 teaspoon salt and pepper, 1 tablespoon flour. Mix well, roll balls in flour and drop in boiling water. Boil 10 minutes and serve in deep dish. Brown 1 onion in 1 tablespoon butter and pour this on liver dumplings when ready to serve.

**MEAT LOAF.** Two pounds raw round steak chopped fine, 2 eggs well beaten, 3 soda crackers rolled fine, 1 teaspoon salt, 1-3 teaspoon pepper, 1-3 teaspoon sage, dash of cayenne, 1 large onion chopped fine, 1 large carrot chopped fine, 2 stalks celery chopped fine (or celery salt), 1 tablespoon grated cheese, 1 dessertspoon suet or butter. Make in loaf, roll in cracker crumbs and bake 1 hour.

**FRIED MUTTON CHOPS.** Trim them, season with pepper and salt, fry in their own fat or pork fat, turn often. Serve hot. Brown a little butter and flour add little water and pour gravy over chops.

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**MOCK OYSTERS.** Boil 1 pound beef until tender. Put through grinder. Season with onion, salt and pepper. Stir in 1 egg and 1 tablespoon butter. Make sheet dough as for noodles. Cut into squares—2 inches. Fill with meat mixture. Fold in triangles. Pinch edges together. Drop into boiling salted water. Let come to violent boiling point. Remove from water. Serve in clear beef or chicken broth.

**MINCED ROLL OF MUTTON.** Pass 1 pound lean cooked mutton and a small quantity of lean bacon through fine mincer and place in mixing bowl. Add  $\frac{1}{2}$  teacup fine bread crumbs, a little finely minced onion and a teaspoon chopped parsley. Season with salt, pepper and nutmeg. Whip 1 egg until light, mix with prepared meat, and roll into an oblong cake on floured board. Tie this roll in piece of buttered muslin and stew in thick brown sauce for an hour.

**SAUSAGE CAKES.** Chop  $1\frac{1}{2}$  lbs. good pork fine, add to it  $\frac{1}{2}$  teaspoon pepper,  $\frac{1}{2}$  teaspoon cloves, little allspice, 1 onion, 5 tablespoons cold water, salt to taste. Mix all well together, form into small cakes, and fry in hot pan.

**BRAISED TONGUE.** Boil fresh tongue 2 hours, remove skin and roots and put in casserole. Cover with  $\frac{1}{2}$  cup carrots, onion and celery, cut in cubes, and over this turn sauce made thus: Melt 2 heaping tablespoons butter and brown in it equal amount flour, 2 cups water, tongue was boiled in, and 2 cups strained tomatoes; season and bake 2 hours.

**SWEETBREADS BROILED.** Parboil, rub well with butter, and broil on clean gridiron; turn often, and now and then roll over in plate containing hot melted butter, to prevent from getting hard and dry. Garnish with parsley.

**SWEETBREADS WITH GREEN PEAS.** Wash and trim 1 good sized pair sweetbreads and put into boiling water with 1 sliced onion, 1 sprig mint, 3 cloves, 1 teaspoon salt and boil 30 minutes. Then throw them into cold water. Drain, remove fat and fiber, and dice with silver knife. Put into bowl and mix with 1 teacup chopped mushrooms; add 1 pint peas (fresh if possible), which have been boiled in salt water till tender. Blend 1 tablespoon butter with 2 of flour. Add 1 teacup liquor sweetbreads were boiled in and cook till thick and smooth. Then

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turn in sweetbreads and peas, 1 teacup cream, 1 teaspoon salt, 1-3 teaspoon pepper, a dust of grated nutmeg and let cook few minutes.

**VEAL CUTLETS.** Crumble 10 soda crackers as fine as possible. Beat up 2 eggs. Dip veal first in eggs, then in cracker crumbs. Fry in olive oil. Serve with slices of lemon.

**VEAL LOAF.** Three pounds chopped veal, 3 eggs,  $\frac{1}{2}$  pound salt pork, 1 cup strong coffee, 12 small round crackers, rolled. Butter size of an egg, little pepper. Knead well, shape in loaf and bake 2 hours. Nice hot or cold.

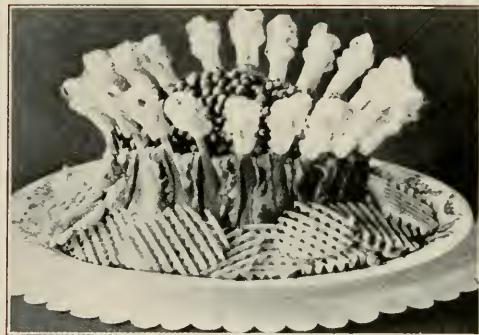
**ROAST VEAL.** Prepare leg veal by washing, drying and larding it with strips of fat bacon or ham, dredging with flour, and seasoning with salt and pepper; baste frequently and serve with gravy thickened. A roast fillet of veal should be prepared by stuffing with bread crumbs; seasoned with chopped ham, summer savory, pepper and salt. Dredge with flour and bake.

**VEAL BALLS, ITALIAN STYLE.** Get 20c of veal, ground as for veal loaf. Take a little onion, green pepper, parsley and small piece orange peel. Chop very fine, add  $\frac{1}{2}$  loaf stale crumbled bread. Mix with veal and add 3 eggs, 2 tablespoons grated dry cheese, salt and pepper. Roll into balls and fry in olive oil. Then cook in tomato sauce for an hour over very slow fire.

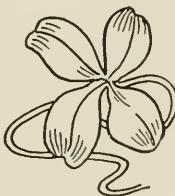
**VEAL KIDNEYS.** Wash and wipe kidneys and remove all fat, slice them lengthwise into strips; salt and pepper; flour them, dip in beaten egg, then in bread crumbs, and fry in butter, browning both sides. Nice served with mushrooms in center of dish with following sauce: Two tablespoons mustard, worked into 1 gill olive oil, and 2 tablespoons vinegar.

**BOSTON STEAK.** Select good thick round steak, cut in medium pieces, season well with salt and pepper, roll in flour and fry nice brown in beef drippings; then add 1 good sized onion chopped fine and 1 cup stewed tomatoes; cover tight and let cook slowly about  $1\frac{1}{2}$  hours; a little water can be added if there is danger of burning. Serve on hot platter and pour gravy over meat.

COOKING RECIPES  
MEATS



CROWN ROAST OF LAMB WITH PEAS AND STEAMED WAFFLE POTATOES. Select parts from two loins of lamb containing from seven to eleven ribs in each. Scrape the flesh from the bone between the ribs, as far down as the lean meat and trim off the backbone. Keep the ribs on the outside, shape each piece in a semi circle and sew together to form a crown. Tie securely. Cover each chop bone with a thin strip of salt pork to prevent burning. Dredge with flour, sprinkle with salt and pepper, and roast for an hour and a half until tender throughout. Remove the cubes of fat and replace with paper frills. Serve on a hot platter, with green peas in the center of the crown, and steamed waffle potatoes around the base.



## COOKING RECIPES

### EGGS

**S**CRAMBLED EGGS WITH GREEN PEPPERS. Take a green pepper and a small onion, chop together fine and fry in butter. Take four eggs and two tablespoonfuls of cream. Beat well together and mix them in the pan with the onion and pepper and cook slowly, stirring until done.

**SCRAMBLED EGGS WITH TOMATOES.** Take two tomatoes, peel and cut them into squares, and fry them in some hot olive oil. When cooked, drain off the liquid, and take four eggs well beaten, add some cream and scramble. Mix the tomatoes with the eggs, seasoning with salt and paprika pepper to taste.

**SCRAMBLED EGGS CHASSEUR.** Take three slices of ham and cut into thin strips. Fry with one-half a sliced onion until brown, then add two sliced fresh mushrooms. Drain off the fat. Arrange some scrambled eggs around the ham, and sprinkle chopped parsley over the whole.

**SCRAMBLED EGGS WITH FRESH MUSHROOMS.** Take three large fresh mushrooms, peel and slice them, and chop half a shallot onion very fine. Fry the onion in butter, adding the mushrooms to it, and fry the whole until brown. Drain off the butter and mix with four scrambled eggs before serving.

**EGGS SOUBISSE.** Poach two eggs on toast. Strain two well cooked Bermuda onions through a sieve, and dry this puree over a fire, add three tablespoonfuls of Hollandaise sauce, mix well and ornament the eggs with this. Serve hot.

**EGGS A L'OSEILLE OR SORREL.** Take six or seven large and soft leaves of sorrel and separate from the stems. Melt an ounce of butter in a saucepan. Add the sorrel and let it cook until it comes to a boil. Drain off the liquid and strain the sorrel through a sieve. Mix with three tablespoonfuls of Hollandaise sauce. Take two poached eggs on toast and ornament with the sauce. Serve hot.

**EGGS ST. GERMAIN.** Strain a handful of cooked French peas through a sieve mixed well with three tablespoonfuls of thick Hollandaise and ornament two poached eggs on toast with this sauce. Serve hot.

**EGGS PORTUGAISE.** Put two tablespoonfuls of olive oil in a French frying-pan, and bring to a smoking heat over a brisk

COOKING RECIPES  
EGGS

fire. Add two finely sliced green peppers and one sliced onion. When brown, add two sliced tomatoes and let simmer until the tomatoes are cooked. Add a little diluted cornstarch to thicken it, and ornament two poached eggs placed on some plain boiled rice with this sauce. Serve hot.

**Eggs Robinson.** Take half an onion chopped very fine, and fry in butter until brown. To this add six cleaned chicken livers chopped very fine, and fry the whole over a brisk fire. Drain off the butter and add two or three tablespoonfuls of brown sauce. Let come to a boil and season to taste. Thicken with a little diluted corn-starch, and ornament two poached eggs on toast with this. Serve hot.

**TABASCO EGGS.** Poach the eggs in milk instead of water, have the milk seasoned with a little salt and tabasco sauce, dish up the eggs on slices of toast and pour some of the milk over it, just enough to float the toast. Two eggs for one is sufficient.

**SCRAMBLED EGGS, QUAKER STYLE.** Break into small pieces about two ounces of soaked and boiled salt codfish free from all bones, moisten the fish with half a gill of good cream, let it boil down to about two tablespoonfuls of liquid. Scramble four or five eggs in the ordinary way; when ready mix with the fish and dish up on slices of buttered toast. Enough for three.

**Eggs a la Coquelicot.** Butter pretty freely four timbale moulds about two inches high and one and one-half inches in diameter. Line the moulds with sweet pimentos (they come in cans; the bottoms are cut off and they form little bags and can be pressed easily in the small mould), trim off all that goes over the rim of the mould, then break a raw egg in each. Stand the moulds in a small pan with about one-half an inch of boiling water in it and poach them slowly in the oven till cooked, turn out on round pieces of toast. Pour some cream sauce around them. The bright red of the pimento and the white sauce on the bottom of the dish makes a nice effect. Enough for four.

**OMELETTE CELESTINE.** Break up some macaroons in small bits, mix them with the same quantity of strawberry jam, add a little Curacao and warm slightly. Make an omelette of the size

## COOKING RECIPES

### EGGS

required, fill with the preparation and turn it over on the plate. Surround the omelette with lady's-fingers, and with a paper cornet filled with sweetened whipped cream decorate each lady's-finger. Put powdered sugar over the omelette and burn it with a red-hot poker on top. Five macaroons, three tablespoonfuls of strawberry jam, six lady's-fingers, five eggs sufficient for three persons.

**SPANISH OMELET.** Chop fine  $\frac{1}{4}$  pound fat bacon and 1 medium sized onion. Put both in small sauce pan and place on range until bacon is well fried and onion begins to change color, then add 3 large tomatoes peeled and cut fine. Stew slowly until mixture is quite thick, and season with white papper or dash of cayenne. Push to back of range and prepare omelet. When nearly set, put few spoonfuls in center, roll, lift to hot platter and pour remainder of mixture around omelet.

**SPANISH PEPPER OMELET.** Melt 1 ounce butter in sauce pan, adding 2 tablespoons flour; stir well so it will not brown. Moisten with pint beef stock, stronger the better; add some mushrooms, 6 whole peppers, teaspoon salt and dash nutmeg. Boil 20 minutes and then set back on stove to simmer. When this is done, strain and add 24 shelled and cooked shrimps. Let this cook 3 minutes, then add some good sized empty, peeled peppers, finely hashed; cook 5 minutes longer, then prepare plain omelet, pouring in mixture before it is turned over. Serve piping hot.



COOKING RECIPES  
CHICKEN

**B**OILED CHICKEN. Truss chicken and tie strips of bacon over breast; put into kettle, cover with boiling water, season with salt and pepper and add very small onion, cover close and cook until tender, then remove from water and let drain; rub with mixture of creamed butter and flour and brown in oven; cool liquor and remove fat, then re-heat; to each pint of liquor allow 1 rounding tablespoon corn starch blended in little cold water; pour into liquor and boil 10 minutes; then add  $\frac{1}{2}$  cup chopped mushrooms. When this comes to boil remove from fire and add beaten yolk of 1 egg. Do not cook again after yolk has been added, as that causes gravy to curdle.

**CHICKEN AND DUMPLINGS.** Cut up chicken and stew in plenty of water until tender, season with salt, pepper and butter, unless fowl is fat hen, which will be rich enough without butter; add few potatoes. For dumplings take 1 quart flour sifted with 3 tablespoons baking powder; beat light 2 eggs and add milk enough to mix flour into stiff batter; dip spoon in boiling broth; after taking out chicken take up spoonful of dough and drop in broth, dipping spoon each time so it will not stick; boil 20 minutes; thicken gravy if needed. Keep kettle covered while cooking dumplings.

**CREAMED CHICKEN.** One chicken, 1 pair sweetbreads, 1 can mushrooms, 1 pint rich milk and chicken broth, 3 tablespoons butter. Heat milk and broth, then stir in 4 tablespoons flour which has been moistened with a little cold milk; add salt, pepper and butter. Stir minced chicken, mushrooms and sweetbreads into thickened milk. Mix well. Turn all into baking dish. Cover with bread crumbs and bake until brown.

**FRIED CHICKEN WITH CREAM SAUCE.** Cut up young chicken in about 8 pieces, sprinkle with salt and pepper, dip pieces in milk, roll them in flour and fry in fat or lard till well colored. When chicken is tender, put 2 tablespoons butter in saucepan and let it get hot, but not brown; add 2 tablespoons flour, mix and add 1 pint milk; stir until sauce thickens; add salt and pepper and beaten yolk of 1 egg. Strain and pour over hot chicken. Serve on toast.

**DELICIOUS WAY TO COOK OLD CHICKEN.** Split dressed fowl down back; remove ribs, lay in steamer, skin side down.

COOKING RECIPES  
CHICKEN

Put giblets and little salt in kettle of water under steamer. Cover steamer closely and steam fowl till very tender. Then put in wire broiler and toast quickly to delicate brown on each side. Lay on hot platter, season with salt, pepper and melted butter, and sprinkle with little chopped parsley. Gravy: Remove giblets from water and boil it down to required quantity; add thickening and chopped giblets.

**CHICKEN PIE.** Prepare 2 plump, well grown chickens, season with butter, salt and pepper; add water, cook until tender. Then dip out chicken with wire dipper into dish in which pie is to be baked, removing some of largest bones, such as neck and leg. Then make rich gravy of broth, adding 1 cup thickening made of flour and cream. Make very rich biscuit dough, line sides of pan, but not bottom. Place small bits of dough as large as hickory nuts around among chicken and pour over gravy. Be sure to have plenty, as pie will take up a good deal in baking and some should be left to send to table. Now cut out small biscuit and place close by together all over top of pie. Bake light brown. Handsome pie and easily served.

**FRIED CHICKEN.** Cut into small pieces, dredge with flour or meal and place in hot pan with plenty of butter. When brown season with pepper and salt, cover and place on back of stove to cook to bone. A slice of bacon or ham adds flavor. After chicken has been removed to hot place in oven, place 1 tablespoon flour in hot pan; stir and add milk, salt and pepper. This makes delicious milk gravy.

**SOUTHERN FRIED CHICKEN.** Prepare two fryers; season with salt and pepper, roll in flour and fry in lard and butter, (half and half), when well done, add 1 pint boiling water, cover and simmer few minutes. Serve on hot platter, and pour gravy from skillet over and around chicken.

**JELLIED CHICKEN.** Boil chicken in enough water to cover deeply; when tender, set aside and let it cool in liquor; remove meat from bones, cut it into small dice and salt lightly. Skim every particle of fat from liquor, and season soup to taste; put back on fire. Have ready contents of box gelatine, that has been soaked 2 hours in cup of cold water, stir gelatine into hot chicken liquor, and when dissolved, remove from fire and strain; wet jelly mold with cold water, pour little of liquor jelly into this and set

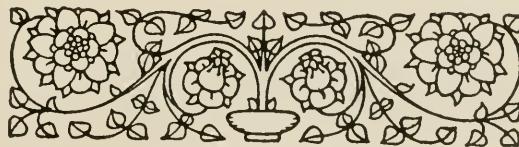
COOKING RECIPES  
CHICKEN

in cool place to thicken. Upon this place layer of chicken and then of jelly and so on until all is used. Set aside in cool place until very firm, then slice and place on cold platter, garnished with parsley.

**CHICKEN SANDWICHES.** Stew chicken until very tender; season with little salt; take out bones and pack meat firmly into a deep dish, mixing white and dark meat nicely together; pour broth in which chicken is stewed over it (just enough to cover.) When it is cool cut into smooth slices and place between slices of bread or biscuits.

**CHICKEN SHORTCAKE.** Convert left-over chicken stew or fricassee into tempting and savory dish. Free chicken from skin and bone, cut in slivers, put meat on to heat in enough gravy to make quite moist; sift 2 teaspoons baking powder,  $1\frac{1}{2}$  teaspoons salt, 1 pint flour; rub 1 tablespoon lard and 1 of butter into flour  $\frac{3}{4}$  cup; milk enough to form dough; roll into small ball or into cake about 1 inch thick; bake in oven about 15 minutes; when done open edge with knife, then tear cake in two, spread hot chicken on lower half, replace upper half, then pour generous amount hot chicken gravy over. Serve at once. Garnish with parsley.

**CHICKEN POT-PIE.** Cut up chicken and cook in water with little salt until tender. Add piece of butter and cup sweet milk with tablespoon flour stirred in it. Dumplings: 2 cups flour with 2 teaspoons baking powder and little salt sifted together. Mix with sweet milk and drop with spoon into pot of chicken. Let boil 15 minutes without lifting cover; or you can cook 15 minutes in steamer over chicken. Always light and nice.



COOKING RECIPES  
GAME

**G**AME. The disagreeable rank "gamey" flavor that clings to rabbits, squirrel, venison, etc., may be overcome easily.

Remove thin muscle or membrane which extends from flank across intestines. It looks perfectly harmless, yet this does all the damage.

**FRIED RABBIT**, or other small game. Cut into joints, dip in beaten egg and bread crumbs, season with salt and pepper, fry in butter or lard until brown. Take out, garnish with sliced lemon and parsley. Thicken gravy with tablespoon of flour, add 1 cup milk or cream.

**To Cook A TURKEY.** Fowl should be dry picked. Never use boiling water as it toughens skin and flesh under it. Then turkey should be singed in alcohol flame, if available. After head has been cut off, cut away enough of neck to leave skin in form of a large flap, which should be turned under and sewed. Legs should be cut off two inches below first joint, this leaves room for paper frills or papillettes, as the French would say.

**ROAST TURKEY.** After it is nicely picked and drawn, wash thoroughly, adding little soda to wash water. To a 14-pound turkey take small loaf bread, crumb fine, add  $\frac{1}{2}$  pound fat pork chopped fine,  $\frac{1}{4}$  pound butter, pepper and salt, and enough boiling water to moisten; stuff and sew strongly. Keep oven at an even heat, and baste frequently.

**ROAST DUCK.** Prepare duck for roasting, and use following filling: Chop fine 3 small onions, 1 teaspoon sage, small cup bread crumbs, piece butter size of walnut, little salt and pepper; mix well and stuff duck. Bake 1 hour. For gravy, strain drippings, stir in large spoonful brown flour, wine glass of claret. Simmer 10 minutes. Very appetizing.

**ROAST GOOSE.** Singe goose by holding eight feet over fire and draw, save liver, heart, gizzard, wash in cold water, dry thoroughly. Take 1 tablespoon salt,  $\frac{1}{4}$  teaspoon ginger,  $\frac{1}{2}$  teaspoon pepper,  $\frac{1}{4}$  of a garlic; chop fine, mix all together, rub goose inside and out with mixture. **DRESSING.** Two loaves bread, soak in little cold water until soft, 1 small onion, 4 stalks celery chopped fine. Put in pan, 1 tablespoon butter or good drippings, fry celery and onion in it until tender, press all water out bread when soft, put in bread, celery, onion, sprig parsley,

COOKING RECIPES  
GAME

cut fine, 1 egg beat light, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, mixed all together; fill goose with mixture, or bake in pan in oven  $\frac{1}{2}$  hour. Sew goose, put in pan, cook 4 hours in oven; add enough water to make gravy. Cook liver, heart, gizzard in pint water till tender, chop fine, add to gravy.

**SQUABS WITH OYSTER DRESSING.** Boil livers, hearts and gizzards, from 6 squabs, till tender. Chop fine with bread crumbs sufficient for dressing. Put 2 tablespoons butter in frying pan; when brown, put dressing in and pour in about 2 tablespoons hot water. Let steam through, stirring it meanwhile. Take out, season with pepper and salt and stir in 1 pint oysters. Stuff squabs with this. Slice 1 onion over squab, add 2 more spoons butter, little water, salt and pepper. Boil till about half done; then turn all into roasting pan. Roast till yellowish brown; thicken gravy and serve hot.

**DOVE STEW.** One-half dozen doves, 1 potato, 1 onion, little celery cut in small pieces,  $\frac{1}{2}$  can tomatoes, a bay leaf, few whole spices or parsley and little grated carrot. Boil till very tender, thicken and season with little salt.

**STEWED RABBIT, GERMAN STYLE.** Wash rabbit well, then put in dish, pour on vinegar and water enough to cover, add to this a few pepper corns, allspice and one or two laurel leaves, one onion and salt. Leave rabbit in vinegar and water with spices 24 hours; cook in vinegar. Brown 2 tablespoons flour in 2 tablespoons lard; add to stew.

**VENISON STEAK.** One ounce butter in baking pan, when hot put in steak, not less than inch and a quarter thick; cover and cook 3 minutes; turn over and cook same, season with saltspoon salt, pinch of cayenne, teaspoon lemon juice, 2 tablespoons quince jelly, half pint good claret, little mace. Simmer 6 minutes and serve on warm plate.

**VENISON STEW.** Chop fine 2 onions, 6 red peppers and very small piece of garlic; heat 1 tablespoon sweet lard in frying pan and cook this mixture 5 minutes, covered; add 2 pounds venison cut small, fry brown, then add hot water enough to cover. Move to back of stove and cook slowly until meat is tender. Add more hot water as needed; salt to taste. Thicken with level tablespoon flour, moistened, a few minutes before serving.

COOKING RECIPES  
GAME

**DOVE PIE.** Prepare carefully about 1 dozen doves, boil until tender and remove most of bones. Add milk to broth, yolk of 1 egg, little butter, salt and pepper, and, if liked, minced onion, celery or parsley, and thicken gravy. For rich crust, sift  $\frac{1}{2}$  level teaspoon salt, 2 level teaspoons baking powder into 1 pint flour. Rub into it  $\frac{1}{4}$  cut butter and mix to a dough with milk. Put doves in baking dish, half cover with gravy, lay crust over loosely, but fit it firmly at edge, and bake slowly until crust is done.

**BROILED QUAIL.** Dress and split down back, flatten it and sprinkle with dust of white pepper, and little salt. Pour over bird  $\frac{1}{2}$  tablespoonful lemon juice mixed with 1 tablespoon melted butter. Place birds in broiler over bed of bright coals, turn often until well browned. Remove to granite baking dish, put piece of butter on each bird and place in oven until melted. Serve on crisp slices of toast.

**ROAST QUAIL.** Brown birds in butter, place in sauce-pan cover, add  $\frac{1}{2}$  pint white wine for 4 quail. Steam 20 minutes.

**PIGEON PIE (WILD).** Pigeons are wild, (not pie). Stew wild pigeons long and slowly till tender, but not till the bones fall out. This will take time, as wild pigeons are proverbially tough. Line sides of granite or crockery dish with rich biscuit crust. Lay pigeons broken in two in bottom, slice raw potatoes, lay over top, then one large onion sliced, sprinkle with salt and pepper. Pour over liquor in which birds were cooked, first thickening with flour and butter. Cover with lid of dough  $\frac{1}{2}$ -inch thick. Make several large incisions in it to allow steam to escape, trim with leaves of the dough. Bake covered for half-hour and uncovered for 15 minutes in steady oven.



COOKING RECIPES  
SPANISH DISHES

**H**OT TAMALES. Take kernels from 12 ears corn and boil very slowly with a spoonful white lime. This makes lye water that separates skins from kernels. Having removed the skins, you have hominy and this hominy is pounded to a paste in a mortar. Americans, however, prefer to substitute cornmeal; in that case make thick cornmeal porridge. Now take husks from an ear of dried corn, spread every leaf with layer of meal. In last or inner layer of leaves put 3 spoons of Spanish chili paste, as above directed, folding within a nice tender piece of white meat of fowl. Fold all together as if for an ear, tie ends and steam or cook 15 minutes. Serve hot.

**CHILI SAUCE.** Eight quarts tomatoes chopped fine, 1 quart onions chopped fine, 1 quart green chili chopped fine,  $\frac{1}{2}$  cup salt, 1 teaspoon allspice, 1 tablespoon cloves, 1 tablespoon cinnamon, 1 cup vinegar, 2 cups sugar. Boil all together slowly for 2 or 3 hours, or until boiled down to about half first amount. Stir often to prevent burning.

**CHILI CHICKEN WITH FRIJOLES.** Soak 1 pint frijoles, (Baja beans) over night; put in kettle with 3 quarts cold water; boil 3 hours, chop 1 stewed chicken fine; fry brown in about 2 tablespoons hot butter; when partially browned add 1 chopped onion. When onions are brown add large can tomatoes; stir this into beans about half hour before serving and add chili powder to taste. Stir frequently and add more hot water if too thick.

**MEXICAN HOT.** Chop fine 8 pounds green tomatoes, 4 pounds white onions, 2 pounds chili peppers; salt over night. In morning, drain and cover in vinegar; add 2 cups brown sugar, 2 tablespoons mustard seed, 1 teaspoon celery seed. Let all come to boil and bottle while hot.

**BAKED TAMALES.** Cook 1 pound Hamburg steak, 1 can tomatoes, 3 or 4 red chili peppers, 1 teaspoon salt,  $\frac{1}{2}$  hour, then strain. Thicken strained tomato juice with cornmeal. Line baking dish with cornmeal mush and put strained meat ingredients in; cover with more dough. Bake 20 minutes.

**CHICKEN TAMALES.** Boil chicken until tender and chop fine 6 red chili peppers, prepared according to instructions, add 1 chopped onion, small piece chopped garlic, and soak all in  $\frac{1}{2}$  cup vinegar. Mix with chicken, add 1 cup bread crumbs, 1 cup

COOKING RECIPES  
SPANISH DISHES

tomatoes, 1 egg and 1 tablespoon soup stock; put 2 olives and 2 raisins in each tamale. Roll as for croquettes in white cornmeal; put in 2 corn husks, soaked in cold water, then wrap in 2 dry corn husks, and tie with husk strings. Steam in boiling water and vinegar for 3 hours; put in hot oven for 1 minute to dry; serve hot.

**ENCHILADAS.** One quart flour, 1 tablespoon lard, little salt; mix together until smooth, add water and make stiffer than pie crust. Roll into thin rounds about size of saucer and bake on top of stove. Take 5-cent dark red chili peppers and boil 1 hour in 2 or 3 waters. Then add garlic and onions. Scrape out seeds and use only the pulp run through fine sieve. Add little water to pulp, making sauce, and mix little ground meat with it and few olives cut into fine pieces. Put shells in frying pan, adding little sauce and cook few minutes. Turn out on plate, pour sauce on top, add grated cheese, turn half over, place 2 ripe olives on top and serve on crisp lettuce leaves.

**BAKED BEANS, SPANISH.** Soak 1½ pints pink beans over night, pour off water and wash with fresh water; add 1 large onion, chopped and fried in olive oil until slightly brown; also 1 can tomatoes, clove garlic and 4 red chili peppers, prepared according to instructions; salt well, add ½ lb. salt pork or bacon and bake three hours.

**SPANISH BEANS.** One and a half cups Spanish or pink beans, 1 can tomatoes; 6 large onions, 2 chili peppers. Soak beans over night. In morning cover well with boiling water, and boil 3 hours, or until tender, then add about ¼ pound salt pork or bacon, and peppers. To make Spanish sauce put 2 tablespoons fresh lard or ½ cup olive oil in large frying pan or saucepan, add onions and 3 cloves garlic, sliced rather fine, and fry gently to light brown. Add 2 bay leaves, tomatoes and salt, and black pepper to taste. Simmer an hour, stirring frequently, then add Spanish sauce to beans and cook for three hours together. Salt to taste an hour after putting it together, and cook on asbestos mat to keep from burning. Use more pepper if liked very hot.

**SPANISH EGGS.** Make same by frying minced green pepper, sweet and small onion, sliced, in little butter, when this mixture turns yellow add ½ pint canned tomatoes, season with salt, pepper and little sugar; break 6 eggs in flat porcelain dish, allowing room for each egg to spread out as for poaching; set in hot

COOKING RECIPES  
SPANISH DISHES

oven and cook, to consistency of poached eggs and serve on plate and pour hot sauce over.

**SPANISH OMELET.** This is most sightly of all dinner omelets. Cut red sweet peppers into diamond shaped pieces, chop sufficient parsley to make tablespoon, also chop good sized onion. Put butter into omelet pan add onion, cook slowly without browning, pour in eggs, cook and fold as with plain omelet, turn out on heated platter, garnish top with peppers, dust with parsley, and if you like, put around it tomato sauce. In making omelet, care should be taken that pan be clean, smooth and hot, otherwise omelet will stick. Do not forget that a good omelet should be long, thick in middle, and soft inside.

**SPANISH DRESSING.** For boiled beef, tripe, Hamburg steak, Spanish omelete, beefsteak Spanish, etc. Put in sauce pan 1 large onion cut fine, 1 tablespoon lard, butter or olive oil; cook until tender, then add 1 tablespoon dry flour, 2 large tomatoes, (or some from can), enough soup stock or broth from boiled meat, or water, to make right consistency, not too thick; add tablespoon Spanish pepper dissolved in cold water; use plenty salt.

**CALABACITAS ESPANOLA.** Trim and slice thin 6 summer squash; boil until tender; drain and keep warm until you prepare 3 or 4 tomatoes fried with butter and one onion, 2 cloves garlic, large piece red pepper and cup green corn; mix together and cook 5 minutes.

**SPANISH FISH.** One pound salt fish, (cod is nice), soak in fresh water 24 hours. Then cook in plenty water until tender enough to be picked in small flakes. Slice thin, 2 onions and fry in olive oil until they begin to color. Then add small bottle tomato sauce, dash of pepper and flaked fish. Let whole simmer over slow fire 2 hours, shaking sauce pan occasionally to prevent burning.

**LIVER SALAD WITH CHILI SAUCE.** Boil small piece liver and chop into small pieces; pour over it 1 tablespoon melted butter, pinch salt, piece finely chopped onion and 1 hard boiled egg chopped; mix this with butter that is melted and pour over and stir liver after putting in 2 tablespoons chili powder. Mix well and serve on crisp lettuce leaves, with slice of hardboiled egg on top. Nice for luncheons.

COOKING RECIPES  
SPANISH DISHES

LUNCHEON ENTREE, SPANISH. Put  $\frac{1}{2}$  cup olive oil in frying pan with clove of garlic and an onion sliced fine; fry brown. Add 1 pound cold roast beef cut in inch thick pieces, and fry brown; then add can tomatoes and 5 red peppers. Meanwhile boil 12 sticks macaroni in salted water, 20 minutes; then add to meat with 1 cup mushrooms and salt to taste. Serve hot, covered thickly with grated parmesan or full cream cheese.

SPANISH PEPPERS. Cut off stem ends, take out seeds; then make hash by cutting up lean pork (bacon is best), parsley, garlic, tomatoes, pickled peppers and turnips. Brown them in pan into which 2 tablespoons fresh butter has been melted. Season to taste, fill peppers with hash, block opening with beaten egg and cornmeal; place in pan in which small quantity olive oil is boiling, sprinkle over peppers chopped nuts and bread crumbs. Serve hot with hard-boiled eggs.

GUMBO WITH PEPPERS AND RICE. Cut in small squares, 1 pound beef, 1 medium sized onion; put together in hot lard; let fry awhile, then add 3 green sweet peppers, 3 tomatoes, and 1 quart green, tender okra cut fine; salt and pepper. Add 1 cup rice, and water enough to allow rice to be well done. Add few bay leaves.

STUFFED POTATOES WITH CHILI. Bake 6 good sized potatoes; when done, cut tops off and with spoon scoop contents into bowl; mash fine and add 1 tablespoon butter,  $\frac{1}{4}$  cup hot milk, 1 teaspoon salt, 6 chilis chopped fine, with seeds removed. Beat this mixture till very light, then add well beaten whites 2 eggs, stir gently. Fill skins with mixture, heaping it on top. Brush with yolk of eggs and put in oven to brown.

SPANISH RICE. A fine way to prepare rice is to pick it over carefully, without washing. Stir dry rice in skillet containing lump hot melted butter. Let it brown well, then fill skillet with boiling water and leave to simmer. Add 1 chopped onion,  $\frac{1}{2}$  can tomatoes, chopped red or green pepper, and salt to taste. Cook all together till well done.

SQUASH AND CORN. Three ears corn, 3 squashes, 1 spoon lard or butter, 1 onion minced fine, 1 tomato cut fine, 1 green pepper cut fine; salt to taste. Heat lard or butter in saucepan; when very hot fry onion a little, then add all other vegetables; cover closely and stir frequently to prevent scorching.

COOKING RECIPES  
SPANISH DISHES

**SPAGHETTI SPANISH.** Break  $\frac{1}{2}$  10-cent package spaghetti in small pieces and brown in bacon fryings; then add boiling water, 1 onion sliced fine,  $\frac{3}{4}$  cup grated cheese; salt and chili powder to taste; set on back of range and simmer slowly until done.

**SPANISH STEAK.** One and a half pounds round steak, 6 red chilis, 1 tablespoon flour, 2 cloves garlic, a little thyme, lard; vein and seed chilis, cover with boiling water, soak until tender; then scrape pulp into water; cut steak in small pieces, fry brown in hot lard, add flour and brown it; cover with chili water, add garlic and thyme; simmer until meat is tender and gravy of right consistency.

**SPANISH TOMATOES.** Cut slice off stem end of 6 large, firm tomatoes, scoop out inside, leaving thick wall of tomato; mix pulp with  $\frac{1}{2}$  green pepper, chopped fine, 1 tablespoon rice and salt and pepper to taste; return mixture to tomatoes and place thick bits of cheese in open end of tomato. Bake until tender.

**STEWED TOMATOES AND CORN, Spanish Style.** Peel 6 tomatoes, press out seeds and cut into quarters; put 2 tablespoons butter into saucepan, add 1 red or green pepper, chopped fine, and let cook without browning till nearly done; then add tomatoes and 1 teaspoon salt; let come to boil; then add 1 pint hot fresh boiled corn cut from cob; more corn and butter may be added if needed; mix, let boil up, and serve.

**TOMATOES WITH CHEESE.** Put tablespoon of drippings in frying pan; add 1 medium sized onion and 3 green peppers, minced; fry brown; add 8 large tomatoes and cook slowly until done; stir in 1 cup grated cheese (strong), salt, pepper and little sugar. Delicious.

**MEXICAN SALAD.** Three cups shredded cabbage, thrown into ice water for an hour; cut  $\frac{1}{2}$  can pimentoes, 1 large sweet green pepper and 1 dozen olives into small pieces. Dry cabbage and stir in lightly above mixture with mayonnaise dressing, to which has been added teaspoon dry mustard and  $\frac{1}{2}$  cup whipped cream. Serve, garnished with lettuce and yolks of 4 hard-boiled eggs; put through potato ricer. Sprinkle this over top. Cut whites of eggs and pimentoes in fancy shapes with vegetable cutter and use as garnish.

COOKING RECIPES  
SPANISH DISHES

OPERA CARAMEL FROSTING between and on top.  $1\frac{1}{2}$  cups brown sugar,  $\frac{3}{4}$  cup thin cream,  $\frac{1}{2}$  tablespoon butter. Cook until a ball is formed, when the mixture is tried in cold water. Beat until ready to spread.

SPANISH DAINTIES. Wash and core 6 large apples; boil slowly till they can be easily removed from water without breaking; then dip each into melted butter, then into sugar, and lastly into shredded cocoanut; next, stone and chop together  $\frac{1}{2}$  cup dates and  $\frac{1}{2}$  cup raisins; fill center of apple with them; place in slow oven, bake till sugar shines.

SPANISH SANDWICHES. Chop fine 1 small onion, 9 olives, 1 green pepper and 1 sour pickle; add 1 cup grated cream cheese; add little salt and enough mayonnaise or mustard dressing to form paste and spread between thin slices buttered bread.

CHICKEN OR BEEF, SPANISH. Three green peppers, 1 large onion, 1 can tomatoes; chop peppers and onion. Place 2 large tablespoons lard in kettle, when hot, put in chicken, turn over and over few minutes, then add tomatoes, onions and peppers. Stir well 4 minutes, then add 2 glasses claret, 3 tablespoons sugar, handful seeded raisins, few whole cloves, black pepper and salt. Stir well together, add 1 quart water. When done, remove to plate, add 2 tablespoons flour dissolved in little water to thicken gravy.



COOKING RECIPES  
VEGETABLES

**V**EGETABLES. Have them fresh as possible. Summer vegetables should be cooked same day they are gathered.

Look over all; wash, cutting out all blemishes or unripe parts, and lay them in cold water for some time before using; always cook in boiling water and continue to boil until done.

Cabbage, onions and turnips in 2 or 3 different waters, adding a pinch of baking soda in first water. It makes them more digestible. Cook string beans, peas, sprouts, spinach, cabbage, uncovered, they retain their color and look better. Cook in as little water as possible.

**VEGETABLES AS MEDICINE.** Natural remedies for almost every disease that afflicts humanity may be found in vegetables. Lettuce is good for the nerves, containing, as it does, opium in its natural state. Celery is also good for the nerves, and for nervous dyspepsia. Those suffering from rheumatic troubles should use celery, pieplant and all tart fruits. Onions are said to be the best nervine known. Nothing will so quickly relieve nervous prostration and tone up a worn-out system. For kidney troubles, use spinach. Carrots are good for asthma and will also improve the complexion if eaten raw. Cucumbers contain arsenic, and if eaten freely will benefit the complexion.

**ASPARAGUS STEW.** Break or cut tender asparagus into pieces 1 inch in length, drop into just enough salted boiling water to cover and cook until tender, then add rich milk and generous piece butter. (No thickening.)

**CREAMED ASPARAGUS.** Cook asparagus, drain free from water and arrange 6 stalks on toasted bread thinly buttered; place tablespoon sauce on top and cover with sifted yolks of hard-boiled egg. For sauce, place in saucepan 2 level tablespoons butter, and when melted stir into it 2 level tablespoons flour; when incorporated add 1 cup milk,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper and stir until creamy.

**BAKED BEANS.** Two cups navy beans,  $\frac{1}{2}$  pound salt pork, 1 teaspoon salt, 1 tablespoon sugar, 2 tablespoons good tomato catsup. Place beans in large kettle cold water, with 1 level teaspoon baking soda, over slow fire and boil 30 minutes. Place pork in bottom of bean pot. Skim beans from water, rinse in clear boiling water and fill pot nearly full; add salt, sugar and catsup; fill pot with boiling water and bake three hours, keeping sufficient

COOKING RECIPES  
VEGETABLES

water in pot to almost cover, and keep lid on until few minutes before removing from oven. This is sufficient quantity to bake in two-quart bean pot.

**WAX BEANS.** Fry 3 slices salt pork until crisp, cut beans in inch lengths, add to pork and cook slowly with very little water until tender. Season.

**BEETS WITH SOUR GRAVY.** Boil young tender beets, remove skin and slice in dish. Then cover with sour gravy made as follows: Put in granite saucepan 1 teacup water,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons vinegar (and bit of nutmeg if liked.) When boiling, thicken with 1 teaspoon flour, thoroughly mixed with 1 tablespoon sugar, add 1 tablespoon butter. Pour over beets and serve hot.

**BOILED GREEN CORN.** Boil corn as in foregoing and cut from ears. Heat in double boiler 1 pint milk and thicken slightly with teaspoon flour, rubbed into tablespoon butter. When it is consistency of cream, turn corn into this and stir until very hot; season with salt and pepper and serve.

**BAKED CORN.** Cut and scrape grains of 1 dozen ears of corn; add 1 cup boiling milk,  $\frac{1}{2}$  cup butter, salt and pepper to taste. Put in buttered baking dish, dot over small bits of butter and bake in moderate oven  $\frac{3}{4}$  hour.

**CAULIFLOWER WITH CREAM SAUCE.** Wash a cauliflower and boil it whole, in salted water. When tender, carefully drain and place head up, cover and keep warm until ready to serve with CREAM SAUCE: Mix 2 tablespoons butter with 1 heaping tablespoon flour; add 2 small cups cream and set on gas stove. Stir until it thickens, then remove from fire, add 1 egg, well beaten with 1 teaspoon water, salt and pepper to taste. Serve cauliflower individually, placing cream sauce on each dish.

**EGG PLANT FRIED.** Cut egg plant in slices  $\frac{1}{2}$ -inch thick, let lie half hour in strong salt water, remove moisture by placing slices in soft cloth, then dip in beaten yolk of egg, then in bread crumbs, fry in very hot butter, or other fat, of sufficient depth to immerse slices.

**DELICIOUS WAY TO PRESERVE ONIONS.** Peel 10 large onions without breaking, boil half hour in salted boiling water, and drain. When cool enough to handle, cut half-inch slice from

COOKING RECIPES  
VEGETABLES

top of each, and take out teaspoon of middle part; chop fine and mix with half cup dry bread crumbs, teaspoon salt,  $\frac{1}{4}$  teaspoon pepper and yolk of 1 raw egg. Lay them on baking dish, brush with white of egg, slightly beaten, dust with bread crumbs and bake in slow oven 40 minutes.

**STEWED GREEN PEAS.** One quart of peas, 1 lettuce, 1 onion, 2 ounces butter, pepper and salt to taste; 1 egg and  $\frac{1}{2}$  teaspoon powdered sugar. Shell peas, and cut lettuce and onions into slices; put into stew-pan with butter, pepper and salt, but use no more water than that which hangs around lettuce after washing. Stew whole very gently for rather more than 1 hour, then stir in egg, well beaten, and powdered sugar. When peas are nicely thickened, serve, but do not allow to boil after egg is added.

**ESCALLOPED SQUASH.** Boil and mash squash in usual way and let cool, beat yolks of 2 eggs and when squash is nearly cold, whip into it, with 3 tablespoons milk, 1 of butter rolled in flour and melted into milk; add salt and pepper to taste and pour into buttered bake-dish. Cover with fine bread crumbs, and bake to light brown in quick oven. To be eaten hot.

**TOMATOES BAKED.** Take any number large, firm, ripe tomatoes, cut in halves, remove seeds and juice, then fill each half with boiled rice, seasoned with salt and pepper. Place lump of butter on top of each, bake in moderate oven  $\frac{1}{2}$  hour. Serve hot. Garnish with watercress.

**SPINACH.** All green vegetables should be drained free from water the moment they are done. Spinach should be cooked entirely without water. Wash it thoroughly, throw it into hot kettle, stir until wilted; then cook slowly, tossing it frequently for 15 minutes. Chop fine, return to saucepan; add butter, salt, pepper. Heap it in center of dish, garnished with toast and hard-boiled egg.



COOKING RECIPES  
PIES

**PIE CRUST.** One-half cup lard and  $\frac{1}{2}$  cup butter; work into 3 cups sifted flour. Moisten with cold water. Take half quantity, roll into an inch in thickness, cover with small bits of butter, then form whole into a roll. With a rolling pin applied crosswise the roll flatten it and cover again with bits of butter. Repeat this three times, using in all about  $\frac{1}{4}$  cup butter. This is for upper crust. The other half for under crust needs to be rolled but once, and very thin for the pan. (If to be filled with custard, squash, lemon or cream, bake under crust first.) This will make 4 medium pies, both upper and lower, or under crust. Much cheaper than puff paste, and better for ordinary use.

**POINTS FOR JUICY PIES.** Place small paper cornucopia in center of pie, and if edges are well pressed together, there will be no danger of juice running out.

**BUTTERMILK PIE.** Cream  $1\frac{1}{2}$  cups sugar, 1-3 cup butter; add gradually 3 tablespoons flour and 1 cup fresh buttermilk, yolks of 3 eggs well beaten, juice of 1 large lemon. Cover with meringue.

**APPLE PIE WITH HARD SAUCE.** Put in saucepan  $\frac{1}{2}$  cup sugar and  $\frac{1}{2}$  cup water; let boil few minutes and lay in peeled and quartered apples; cover saucepan and steam until tender but not broken; line pie plate with rich pastry, cover with apples, sprinkle with sugar, cinnamon and bits of butter; 1 tablespoon fruit syrup, and bake until brown; serve with **HARD SAUCE:** Beat  $\frac{1}{4}$  pound butter to a cream; add 1 coffee cup powdered sugar; add 4 tablespoons boiling water, one at a time; beat 5 minutes, add beaten white of 1 egg and 1 tablespoon vanilla; set on ice.

**CHERRY PIE.** Wash, stew and stone 1 quart ripe cherries and put in colander. For crust, use thin layer cookie dough, sprinkle over with bread crumbs, then spread cherries over evenly and sprinkle with sugar and cinnamon. Beat yolk of 1 egg well, and add 3 tablespoons cream and cherry juice and pour over cherries. Bake in hot oven until browned.

**CUSTARD PIE.** Everybody may not like custard pie made this way, but it's fine: 2 eggs,  $\frac{1}{2}$  cup sugar, 1 tablespoon flour,  $\frac{1}{2}$  teaspoon salt and 1 pint of boiling milk. Line deep pie plate with good crust and sprinkle nutmeg over it. Add milk slowly

COOKING RECIPES  
PIES

to prevent puncturing crust. After custard is poured in, add little more nutmeg. Bake in moderate oven.

**CUSTARD PIE WITHOUT MILK.** Two eggs, yolks and whites separated, 4 tablespoons sugar, 2 tablespoons flour,  $1\frac{1}{2}$  tablespoons butter; save whites for frosting and beat other ingredients together to cream; add enough cold water to fill pie and bake in one crust. When custard is firm, spread with beaten whites to which add 1 tablespoon powdered sugar and return to oven until nicely browned.

**ORANGE PIE.** Prepare 1 cup orange juice and pulp, cream 1 tablespoon butter; add 1 cup sugar, yolks 2 eggs well beaten, and orange; soak 2 tablespoons cracker crumbs in  $\frac{1}{2}$  cup milk, add to orange and egg mixture; bake in 1 crust and cover with meringue of white of eggs beaten with 2 tablespoons sugar.

**LEMON PIE.** Three eggs; reserve whites of 2 for frosting; 1 cup sugar, 1 cup boiling water, lump of butter, 1 tablespoon corn starch, juice and grated rind of 1 large lemon; boil until thick. Bake crust before filling, frost with whites of eggs and sugar; brown lightly.

**LEMON PIE, (with no frosting.)** Two eggs,  $1\frac{1}{4}$  cups sugar, juice and grated peel 2 lemons, 1 heaping tablespoon flour, 1 cup milk, 1 tablespoon butter, pinch salt. Cream sugar, flour and butter, add beaten yolks, lemons, pinch salt, then add milk very slowly. Lastly add beaten whites of eggs. Bake in uncooked crust; slow oven. Delicious.

**PEACH CUSTARD PIE.** Line deep pie tin with rich crust, then make custard as usual, but mix with it a small cup rich preserved peaches drained from syrup and chopped very fine; when baked and firm heap over it a peach meringue made with whites of eggs whipped to very stiff snow, 4 tablespoons powdered sugar and 2 tablespoons peach syrup. This is even more pleasing if meringue is not spread over pie until just before dinner, then before putting it on, mix lightly with it 1 small cup whipped cream. Deep; delicious.

**CALIFORNIA PUMPKIN PIE.** Peel and cut pumpkin in small pieces and put into kettle with very little water; stew several hours, careful not to burn; when done and water evaporated strain through colander. For each pie use cup of pumpkin, 2 cups milk,

COOKING RECIPES  
PIES

(part cream if possible,)  $\frac{3}{4}$  cup sugar, yolks of 4 eggs, and ginger, cinnamon and nutmeg to taste. Pour into pie tin lined with rich unbaked pastry, and bake.

**STRAWBERRY PIE.** Wash, hull and drain 3 cups berries, add 1 cup sugar and cook 10 minutes. Put 1 teaspoon butter and 2 of corn starch smooth. Stir in and cook 2 minutes more. Cool and fill a previously-baked pie shell. Beat whites of 2 eggs stiff and add 2 tablespoons powdered sugar. Spread over pie and brown lightly.

**RAISIN AND LEMON PIE.** Boil two cups seeded and chopped raisins with enough water to cover them; stir in 1 cup sugar and 2 tablespoons flour, which have been thoroughly mixed. Then add juice of 2 lemons, grated rind of 1 lemon, and 1 egg, well beaten.

**SWEET POTATO PIE.** Cook 3 large sweet potatoes until done; drain and peel. Mash through colander. Have enough potatoes to make pint. To potatoes add 4 eggs, 1 large tablespoon butter, 2 cups sugar, 1 tablespoon ginger and milk to thin enough, thin nearly to a quart. Bake like pumpkin pie, with only an under crust.

**VINEGAR PIE.** Yolks 4 eggs, 1 cup sugar, 1 cup water,  $2\frac{1}{2}$  tablespoons flour, 10 tablespoons medium strong vinegar, 1 teaspoon lemon, butter size of egg. Cook until thick. Bake crusts before putting in filling. Use whites beaten stiff mixed with 2 tablespoons sugar for top of pie. Set in oven to slightly brown. Makes 2 large pies.

**SOUTHERN SWEET POTATO PIE.** Three eggs to each pie, leaving out white of 1 for top; 1 cup boiled sweet potato, mashed; 1 tablespoon butter, 1 pint sweet milk, 1 teaspoon lemon extract. Beat potato and butter together while potato is hot. Beat eggs and sugar light, add milk, then potato and butter, then extract. Line deep pie tins with rich crust, pour in custard and bake. Beat white of egg with 1 tablespoon granulated sugar. Put this on top when pie is done and brown a little.

COOKING RECIPES  
PUDDINGS

**A**PPELLE DUMPLINGS BAKED IN SAUCE. Make rich biscuit dough, roll little less than  $\frac{1}{2}$  inch thick and cut in pieces 4 inches square. Place 3 or 4 pieces ripe, tart apples on each square, draw corners and edges together and put in baking pan with folded side down. Make syrup of 1 pint water, 2 cups sugar,  $\frac{1}{2}$  cup butter and 1 teaspoon lemon extract. Pour this over dumplings and bake in moderate oven (covered) for  $\frac{1}{2}$  hour, then remove cover and brown. Serve hot, or cold, with cream.

**CHERRY ROLL.** Roll out a sheet of rich pastry and cover thick with pitted cherries; sprinkle with sugar, roll up, place in baking dish and bake in hot oven until well browned. Serve hot with **CHERRY SAUCE**: Cream  $\frac{1}{2}$  cup butter with 1 cup sugar, stir in as many pitted cherries as sauce will hold without separating.

**CHOCOLATE PUDDING.** One and one-half cups milk, 3 tablespoons cornstarch, 2 tablespoons chocolate,  $\frac{1}{2}$  cup sugar, 3 eggs, using whites only; 1 teaspoon vanilla. Put milk and chocolate on stove to heat and when almost boiling add cornstarch, dissolved in little milk, then add sugar and when ingredients are thick remove from fire and add beaten whites of eggs and stir just enough to dissolve eggs, then add vanilla, stir and pour into large bowl or individual dishes. Serve cold with whipped cream.

**CORNSTARCH PUDDING.** Scald 1 quart milk, yolks of 3 eggs, 3 tablespoons cornstarch in little cold milk; add to beaten yolk,  $\frac{1}{2}$  cup sugar, little salt; cook, stir in beaten whites when done and remove from stove.

**COTTAGE PUDDING.** One cup sugar,  $\frac{1}{2}$  cup butter, 1 egg, 1 cup sweet milk, 2 teaspoons baking powder, 3 cups flour, 3 tablespoons grated chocolate. Serve with sauce as follows: Cream, 1 tablespoon butter, 1 cup sugar, yolks 2 eggs; add 1 cup water; let come to boil; add whites eggs; when cool flavor with lemon.

**STRAWBERRY CUSTARD.** Fill dish with layers stale cake cut in cubes, then layer strawberries, and pour over rich custard made as follows: One quart milk, yolk of 4 eggs, 1 cup sugar, 2 tablespoons corn starch wet with enough cold water to dissolve it; mix all together and pour into milk previously heated; stir constantly so it does not get lumpy; when cold pour over strawberries.

COOKING RECIPES  
PUDDINGS

**ORANGE PUDDING WITH ORANGE SAUCE.** Make batter of 2 eggs, 1 cup milk, 1 tablespoon melted butter, and about 3 cups flour with 2 teaspoons baking powder. Peel and cut into small bits 4 oranges, stir these into batter and bake in hot oven.

**ORANGE SAUCE.** Beat together 1 cup sugar and 5 tablespoons butter, put this into sauce pan and pour over it  $\frac{1}{2}$  cup hot water, then whites of 4 eggs, juice of 2 oranges and  $\frac{1}{2}$  lemon. Beat all together until creamy.

**PEACH CHARLOTTE.** Soak 1-3 box gelatine in 1-3 cup boiling water, 1 cup sugar, juice of 1 lemon; strain sufficient canned or stewed peaches through sieve to make cupful, and add to other ingredients. Stir all together and set in cold place. When it begins to harden stir in beaten whites of 3 eggs. Pour into mold and serve ice cold, with whipped cream.

**RICE PUDDING.** Rice, 4 tablespoons; sugar, 2 tablespoons; seedless raisins,  $\frac{1}{2}$  cup; milk, 4 cups; grated nutmeg,  $\frac{1}{4}$  teaspoon; salt,  $\frac{1}{2}$  teaspoon. Put all together and bake 2 hours. Stir with fork several times during first hour to prevent sticking. Should it get too dry, add little more milk.

**RICE OR BREAD PUDDING.** One quart milk, 4 eggs, 4 tablespoons sugar, 1 cup cooked rice. Beat eggs until light, stir in sugar, then rice, add milk; stir thoroughly, pour into pudding pan, set in pan hot water, and bake until pudding is set. Bread crumbs can be used instead of rice and tablespoon butter improves it. Flavor with cinnamon or nutmeg.

**QUEEN OF PUDDINGS.** Beat yolks 3 or 4 eggs and 1 cup sugar, together; then add 1 pint bread crumbs, 1 teaspoon bits of butter, 1 quart milk, 1 cup seedless raisins. Mix together and bake like custard. Spread with layer of jelly. Whip whites of eggs to stiff froth, with 5 tablespoons sugar; add juice of lemon; spread this on top of pudding and brown in oven.

**TAPIOCA TRIFLE.** One pint water, juice of 2 oranges,  $\frac{1}{2}$  cup sugar. Bring to a boil and add gradually  $\frac{1}{2}$  cup instantaneous tapioca. Cook until clear and pour slowly upon beaten whites of 2 eggs. Beat thoroughly and add 1 cup of mixed fruits, bananas, figs, dates, cherries, oranges, or any fruit in season; cut in small pieces. Also 1 teaspoon flavoring. Cover with meringue,

COOKING RECIPES  
PUDDINGS

or serve with whipped cream, or custard sauce made from egg yolks.

**TAPIOCA PUDDING.** Dissolve 1 teacup tapioca at night in 1 quart water; next morning, pare and core 6 apples, stew them until quite tender, lay in deep dish; add 1 cup sugar and juice of one lemon to tapioca; pour it over apples; bake till it becomes jelly. To be eaten hot or cold, with sugar and cream.

**ORANGE TAPIOCA PUDDING.** Soak  $\frac{1}{2}$  cup tapioca 2 hours; put in  $1\frac{1}{2}$  cups milk, cook and sweeten. When partly cooled, pour over 3 oranges cut up and sweetened and cool. Just before serving, stir in whipped cream or cream. Serves 6 persons.

**PEACH TAPIOCA PUDDING.** Soak 1 cup tapioca in water over night; next morning mix 3 eggs with 1 quart milk, 2 cups sugar, little nutmeg. Mix all together, have 6 or 8 peaches peeled; take out pits; have round pudding dish, put peaches together and set in pan filled with above mixture; sprinkle little cinnamon over top; bake  $\frac{1}{2}$  hour and serve with custard sauce.

**SOUTHERN PEACH COBBLER.** Butter deep earthenware pudding dish at least  $3\frac{1}{2}$  inches deep; line sides with good pastry, and fill dish with rich yellow peaches, peeled and torn in halves instead of cutting. Leave in a few pits for flavor. Sweeten well, then cover with nice layer crust, sealing down so juices may not escape. Bake in hot oven about  $\frac{3}{4}$  of an hour. Cover with paper if it browns too rapidly. When nearly done draw to door and dredge with powdered sugar and set back to glaze.

**FROZEN PLUM PUDDING.** One quart chocolate ice cream,  $\frac{3}{4}$  cup candied fruit,  $\frac{1}{2}$  cup blanched and chopped almonds,  $\frac{1}{2}$  cup raisins,  $\frac{1}{2}$  cup macaroon crumbs toasted,  $\frac{1}{4}$  cup shredded figs,  $\frac{1}{4}$  cup chopped walnuts. When ice cream is almost frozen add fruit and nuts and turn crank 5 minutes; then pack. It is best served in small portions with garnish of whipped cream.



COOKING RECIPES  
FRUIT DESSERTS

**G**RAPE-FRUIT. Take a grape-fruit, cut in two, seed and pour in a liqueur-glass of Maraschino or Anisette.

**ORANGES.** Take an orange, cut in two, seed and pour in a liqueur-glass of Cacao or brandy.

**PINEAPPLE.** Take peeled pineapple, slice, put on a platter, add some powdered sugar, a liqueur-glass of Maraschino, two liqueur-glasses of Jamaica rum, set fire to it, and serve while burning.

**RAISONS AU RUM.** Take a pound of raisins, one-quarter of a pound of granulated sugar, one-half pint of rum in a bowl, burn same, when half burned mix in two tablespoonfuls of jelly, and serve while flaming.

**STRAWBERRIES AU KIRSCH.** Take a box of strawberries, wash and dry them well, add one-quarter of a pound of granulated sugar, the juice of one-half a lemon, a liqueur-glass of Kirsch-wasser, half a liqueur-glass of brandy, half a liqueur-glass of Maraschino. Ornament with sliced oranges and lemon peel.

**PEACHES AU BORDEAUX.** Skin and slice three peaches, sugar to taste, add a liqueur-glass of peach brandy, a wine-glass of red wine, and serve.

**PEARS AU VIN BLANC.** Skin and slice three pears, sugar to taste, add a wine-glassful of good white wine with the juice of one-half a lemon.

**GOOSEBERRIES AU MARASCHINO.** Take a cupful of ripe gooseberries, wash and dry them well, sprinkle a tablespoonful of powdered sugar over them and add a liqueur-glass of the juice of Maraschino cherries.

**RASPBERRIES AU VIN BLANC.** To a cupful of raspberries add a liqueur-glass of Grenadine and half a glassful of good white wine. Sweeten to taste.

**BLACKBERRIES AU CASSIS.** Take two cupfuls of blackberries, wash and drain well, add one tablespoonful of sugar and the juice of half a lemon, and one liqueur-glass of Cassis. Serve on a dish ornamented with sliced apples.

**GOOSEBERRY FCOL.** Take one quart of gooseberries, three-quarters of a pound of sugar and a half a cup of water and boil until cooked. Strain through a fine sieve and let cool until ice

COOKING RECIPES  
FRUIT DESSERTS

cold. Then carefully mix a pint of whipped cream with this. Serve in a deep glass dish, surrounding the gooseberries with sponge drops or lady fingers.

**STRAWBERRIES A LA ROMAINE.** Take a quart of strawberries well picked and sprinkle over them about three tablespoonfuls of powdered sugar. Pile on a deep glass dish and put on ice for an hour or more. When ready to serve take a pint of plain sherbet in a bowl, stirring it with a wooden spoon, then add a glass of champagne and two liqueur-glasses of Maraschino. Cover the strawberries with this sherbet and serve immediately.

PEACHES USED IN NEW WAYS

**PEACH BAVARIAN CREAM.** Cover half box of gelatine with a half-pint of cold water and let it soak for half-hour. Pare and press through a colander, six ripe peaches and add a half cupful of powdered sugar. Whip one pint of cream. Place the gelatine over boiling water until dissolved; add it slowly to the peach pulp, and when the mixture begins to congeal, fold in carefully the whipped cream; turn into a mold, and stand aside two or three hours to harden. Serve with plain or whipped cream.

**PEACH CHARLOTTE.** Line the serving dish with slices of stale cake; fill the dish with slices of peaches, and dust thickly with sugar. Beat the whites of two eggs until stiff; add two tablespoonfuls of powdered sugar, and beat until fine and dry. Heap this meringue over the peaches, and dust thickly with powdered sugar; place the dish upon a board, and brown quickly in the oven. Stand it aside to get cold. Serve with cream. Save the yolks of the eggs for sauces or mayonnaise.

**PEACH SPONGE.** Pare one pound of peaches, and remove the stones. Press the peaches through a colander; add a half-pint of boiling water, one cupful of sugar, and two tablespoonfuls of lemon juice. Cover a half-box of gelatine with a half-cupful of cold water and let it soak fifteen minutes; add it to the peaches, stir over the fire until the gelatine is dissolved; take from the fire, turn the mixture into a bowl, stand the bowl into another of cracked ice water, and stir carefully until it begins to congeal, but is not stiff. Fold in the well beaten whites of three eggs, turn at once into a mold, and put away to harden. Serve with sauce Sabeyon.

COOKING RECIPES  
FRUIT DESSERTS

**PEACHES AND JELLY.** Pare three good size peaches, remove the stones, cut the peaches into quarters and sprinkle them thickly with sugar to prevent discoloration. Put a tablespoonful of gelatine into a sauce pan, add a pint of cold water, let it stand for ten minutes; then bring it to a boiling-point, take from the fire, add a half-cupful of sugar and the juice of half a lemon. Pour into a border mold and stand aside to harden. Turn out on a round dish, fill the center with the peaches and serve with cream.

**PEACH TAPIOCA.** Soak four tablespoonfuls of granulated tapioca in one pint of water, for one or two hours; stir it over the fire and boil until the tapioca is clear and transparent. Take it from the fire, add a half-cupful of sugar, and when the sugar is dissolved pour it, while hot, over a dish of sliced peaches; dust with sugar, and set aside to cool. Serve with cream. Six or eight peaches will be sufficient for the amount of tapioca.

**APPLE WALNUT PUDDING.** Eight apples,  $\frac{3}{4}$  cup sugar, 1 cup walnuts, tablespoon flour, 2 eggs,  $\frac{1}{2}$  cup milk. Pare, core and cut apples into eighths, add  $\frac{1}{4}$  cup sugar, half cover with water, cover pan and cook until tender, add small piece butter. When done, remove from stove and spread ground walnuts on top. Pour over a custard made of yolks of both eggs and white of one, 1 tablespoon sugar,  $\frac{1}{2}$  cup milk. Flavor with lemon. When cold, whip up white of egg remaining, a little sugar and lemon extract. Spread on top and set in oven to brown. Serve cold with whipped cream and ground walnuts sprinkled on top.



COOKING RECIPES  
CAKES

**A**LMOND CREAM CAKE. 2 cups white sugar,  $\frac{3}{4}$  cup butter, whites of 5 eggs and yolk of 1, 1 cup sweet milk, 3 cups flour and 3 teaspoons baking powder. Flavor to taste. Cream sugar and butter, add yolk of 1 egg and beat well, then add milk, flour and baking powder, sifted in together and last the well-whipped whites. Bake in layers. CREAM CUSTARD FOR FILLING: 1 cup cream, 3 tablespoons sugar, 2 eggs,  $\frac{1}{2}$  lb. almonds blanched and chopped fine. Cook eggs, cream and sugar in double boiler. When cool, add chopped almonds.

CUP CAKE. 1 cup butter,  $\frac{1}{2}$  cup milk, 2 cups sugar, 2 teaspoons baking powder, 3 cups flour, 1 teaspoon flavoring extract, 4 eggs. Baked in loaf. This may be varied by taking 1 cup of mixture and to it adding 1 teaspoon cinnamon and 1 of cloves. Put in layer of white mixture, then dark part, and last the remainder of white.

FRUIT CAKE. 1 cup sugar, 1 cup New Orleans molasses,  $\frac{1}{2}$  cup butter; beat thoroughly; add 2 eggs, 1 cup coffee, 3 cups flour, level teaspoon soda, 1 pound each English currants and raisins,  $\frac{1}{2}$  pound citron; dredge all with flour before adding to cake; 1 tablespoon cloves, (ground;) bake several days before wanted.

GRANDMOTHER CHASE'S FAMOUS FRUIT CAKE. Work 1 pound best butter till creamy; add gradually 1 pound brown sugar; beat to cream; separate yolks from whites of 12 eggs; beat yolks till very light and add to first mixture; add 1 pound flour, (excepting  $\frac{1}{2}$  cup kept to dredge fruit,) mixed and sifted, with  $1\frac{1}{2}$  tablespoons cinnamon,  $\frac{1}{2}$  tablespoon each cloves and mace, and one grated nutmeg; seed and cut into pieces 2 pounds raisins; add 1 pound currants, stemmed and rolled in just as little flour as possible to separate them; slice thinly and cut into pieces  $\frac{3}{4}$  pound citron; mix fruit with reserved flour and add to cake mixture with 1 cup best brandy and whites of the 12 eggs beaten to stiff froth, just before putting into pans add 1 teaspoon soda dissolved in 1 tablespoon hot water; bake in deep cake pans lined with buttered paper, in slow oven, 3 or 4 hours.

FOURTH OF JULY CAKE. Cream  $\frac{3}{4}$  cup butter, add 2 cups powdered sugar and cream again, add cup water, 3 cups flour and 2 teaspoons baking powder, then beat it smooth; fold in stiff beaten whites of 6 eggs; now divide batter into four parts. Use

COOKING RECIPES  
CAKES

confectioners coloring, one part delicate red, one blue, and leave two parts white. To red part add few drops rose extract; violet extract to blue part, and almond extract to white. Pour each part into separate layer cake pans and bake. When done and cooled, put layers together with filling of boiled icing, to which add minced almonds, walnuts and seeded raisins. Cover cake thickly with white icing, lemon flavor, when set. Arrange design on top in bars and stars to represent flag. Color some icing red and some blue. Use knitting needle to make a design on the white icing, then place the colored icing in stiff paper cones and press it over marked design. Cake should be served and cut at table.

**CHOCOLATE CREAM CAKE.** Three-fourths cup ground sweetened chocolate,  $\frac{1}{2}$  cup sweet milk, 2-3 cup dark brown sugar, yolk of 1 egg. Beat all together and cook like custard; stirring well. (This is custard, which should be set away to cool.) **CAKE PART:** One cup dark brown sugar,  $\frac{1}{2}$  cup butter, 2 eggs, well-beaten,  $1\frac{1}{2}$  cups sweet milk, 2 cups sifted flour; mix in order given; then stir in above cream; add 1 teaspoon baking soda, dissolved in 2 tablespoons warm water; beat well; add 1 teaspoon vanilla and bake in layers. Put together with **BOILED ICING:** 1 cup of white sugar, water enough to moisten, boil until it strings; beat until partly cool; have ready whipped white of 1 egg, beat into syrup and spread between layers.

**NUT GINGER CAKE.** Sift  $\frac{3}{4}$  lb. flour, add 1 cup chopped walnuts,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon ground ginger, 1 teaspoon cinnamon and little nutmeg. Mix together 1 cup molasses, 4 tablespoons butter and  $\frac{1}{2}$  cup milk. Cool and add to dry ingredients with 2 well-beaten eggs. Mix well and pour into buttered and floured tin. Bake slowly.

**PARTY CAKES.** One cup sugar, 1 egg, 2 tablespoons butter, 2 cups flour, 3 teaspoons baking powder,  $\frac{1}{2}$  teaspoon vanilla, 1 cup milk. Bake in shallow pan, putting in enough dough to let raise to about  $1\frac{1}{2}$  inches, when baked. When cold, cut into pieces an inch square and ice. Use different colored icings and on top of each put a pecan,  $\frac{1}{2}$  walnut or pieces of citron. Especially nice for children's parties.

**WHITE FRUIT CAKE.** Cream 1 pound butter with 1 pound powdered sugar; add to it beaten yolks of 12 eggs; 1 pound

COOKING RECIPES  
CAKES

sifted flour with 2 teaspoons baking powder; grate 1 cocoanut; blanch and chop  $\frac{1}{2}$  pound almonds; slice  $1\frac{1}{2}$  pounds citron; then stir in beaten whites and bake in well-greased pan with paper for 2 hours; frost with cocoanut icing.

**POUND CAKE.** One pound butter (2 cups;) 1 pound sugar (2 cups;) 1 pound eggs (10 or 11, according to size;) 1 pound flour (level after sifting 4 cups;)  $\frac{1}{4}$  pound blanched and chopped almonds (1 cup;)  $\frac{1}{2}$  pound sultana raisins (2 cups;)  $\frac{1}{4}$  pound shredded citron (1 cup;) a little nutmeg; no soda or baking powder. Cream butter and sugar, add beaten yolks, fruit and nuts; fold in flour and stiffly beaten whites. Bake in 2 loaves. Will keep almost indefinitely if shut in tight box or can.

**POUND CAKE.** Break 3 eggs, whites and yolks together, add 1 coffee cup powdered sugar; again beat thoroughly. Now add 1 coffee cup butter; beat again and well. Sift together 1 level pint pastry flour with  $\frac{1}{4}$  teaspoon baking powder. Beat hard until very light. Add 3 tablespoons rich milk or cream if you find batter too stiff. It must fall easily from spoon. Bake in slow oven. This has flavor of genuine pound cake.

**SPONGE CAKE.** 3 eggs, 1 scant cup sugar, 1 tablespoon hot water, 2 teaspoons vinegar,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon extract of lemon, 1 cup flour,  $\frac{1}{2}$  teaspoon baking powder. Beat yolks until thick and light; add sugar gradually and continue beating; then add water and vinegar; add salt to whites and beat until very stiff; sift flour with baking powder three times; add flavoring and fold in flour and beaten whites alternately as gently as possible. Bake about 35 minutes in moderately hot oven.

**SWEET SHORTCAKE.** Beat lump butter, size of egg, and 1 cup sugar to cream; add 2 eggs (whites and yolks beaten separately,) 1 cup sweet milk,  $1\frac{1}{2}$  teaspoons baking powder and flour, enough to make stiff as for cake. Bake in two-cake tins and spread mashed, sweetened strawberries, between layers and on top. Fine with raspberry jam and cream.

**STRAWBERRY SHORTCAKE.** Two cups flour, butter size of small egg (chop butter in flour,) 2 large teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, sifted in flour, sweet milk to make stiff; batter

COOKING RECIPES  
CAKES

(don't roll out, place in buttered tins with spoon,) put small pieces butter on top; sprinkle granulated sugar over, and bake 15 minutes. SAUCE: One cup berries mashed fine, 1 cup cream whipped stiff, 1 cup powdered sugar; whip altogether and place in cooler. Have shortcake cut in squares and put this over when served.



COOKING RECIPES  
COOKIES-DOUGHNUTS

**H**OME COOKIES. Work  $\frac{1}{4}$  pound each butter and sugar to a cream, add 3 eggs, 1 at a time, whip well. Then add  $\frac{1}{4}$  pound sifted flour. Dress this paste on buttered and floured pan, pressing it into fancy shapes. Bake in quick oven and brush with vanilla icing. To dress any soft pastry or icing in a fancy shape, secure a small pastry tube (they may be bought at any tin store,) and tie this to one corner of a muslin bag. Squeeze paste through this, shape of tube making desired figures.

**LEMON COOKIES.**  $1\frac{1}{2}$  cups sugar, 1 cup butter, 4 eggs, pinch salt, juice and grated rind of 1 lemon, teaspoon soda,  $\frac{3}{8}$  cup boiling water, flour to mix (not too stiff.) Roll out and bake in hot oven.

**SOFT MOLASSES COOKIES.** 1 cup sugar, 1 cup molasses (dark,) 2-3 cup shortening, 2-3 cup boiling water, 1 rounded teaspoon soda dissolved in boiling water, 1 teaspoon ginger, little salt and flour to make as soft as can be rolled out 1-3 inch thick.

**NUT COOKIES.** One egg beaten with 1 cup sugar until very light; into this stir 1 cup finely chopped English walnuts; add 5 tablespoons flour. Drop on buttered tins with a teaspoon about size of macaroons and bake in medium hot oven about 10 minutes.

**SUGAR COOKIES.** One cup white sugar, 1 cup shortening, 1 cup sour milk,  $\frac{1}{4}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon salt, 1 level teaspoon soda. Mix quickly; add flour enough to roll; bake in hot oven. No eggs.

**DELICIOUS NUT CAKES.** 1 cup sugar, 2-3 cup butter, 2 cups flour, 2 eggs,  $\frac{1}{2}$  pound English walnuts,  $\frac{1}{2}$  pound raisins, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves, 1 full teaspoon soda dissolved in hot water. Drop small teaspoonfuls on buttered and floured pans an inch apart and bake. As rich as fruit cake and improves with age.

**RAISED DOUGHNUTS.** Take  $1\frac{1}{2}$  cups bread sponge; add tablespoon each melted lard, melted butter and sugar, and little salt. Mix with less flour than for bread. Roll and cut in strips; twist and fry in hot lard.

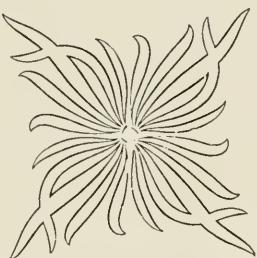
**DOUGHNUTS.** 1 cup sugar, 1 egg,  $\frac{1}{4}$  cup sweet cream, fill up cup with sweet milk; cinnamon or nutmeg to taste; 2 medium

COOKING RECIPES  
COOKIES-DOUGHNUTS

teaspoons baking powder, flour to stiffen. Roll  $\frac{1}{2}$  inch thick, drop rings into smoking hot fat, turn when underside is golden brown. Drain on porous brown paper; shake in a paper bag containing little sugar.

FAVORITE DOUGHNUTS. One cup sugar, 2 teaspoons butter, 2 eggs, 4 cups flour, 1 cup buttermilk,  $1\frac{1}{2}$  teaspoons cream tartar,  $1\frac{1}{2}$  teaspoons soda. Flavor with nutmeg or cinnamon. Roll out and fry in cooking oil.

NEW ENGLAND FRIED CAKES (Doughnuts.) Scant cup granulated sugar, rounding tablespoon butter, cup of sweet milk, 2 eggs,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon nutmeg, 4 cups flour, 4 rounding teaspoons baking powder. Sift baking powder with flour, add nutmeg; cream butter and sugar; add eggs and beat thoroughly; then add milk and flour. More flour should be added on kneading board, until dough can be rolled out  $\frac{1}{4}$ -inch thick and retain its shape when cut. Cut and fry in deep lard. (These never fail.)



COOKING RECIPES  
CHEESE

**C**HEESE CROQUETTES. To one cupful of thick boiling cream sauce made with butter, half milk, half cream and flour, add one pound of good rarebit cheese cut in small squares or cubes, the yolks of two eggs, salt and cayenne pepper. Stir it together on the fire for a minute or two, and then put away to cool off quickly. When cold form small oval-shaped flat croquettes, bread them twice with beaten eggs and crumbs, and fry in very hot deep fat. Serve on a napkin. Enough for ten croquettes.

**CHEESE SOUFFLE AU PARMESAN.** Heat a piece of butter the size of an egg in a saucepan, stir it into a heaping tablespoonful of flour, let simmer for a minute together. Then moisten with a cup of boiling milk, and stir briskly on the fire for a couple of minutes so as to obtain a light paste or very thick sauce. Add four tablespoonfuls of grated Parmesan cheese while boiling hot, let cool off for three minutes, and then add the yolks of four eggs, season to taste. Beat up the four whites to a stiff froth and mix with the batter. When cold, carefully fill some buttered fire-proof china ramekin dishes with this, and bake in a moderate oven for about twelve minutes. The ramekins should be only three-quarters full. Enough for about six or seven.

**RAMEQUINS OF CHEESE.** Take four ounces of rarebit cheese and two ounces of Swiss cheese cut in very small cubes, two ounces grated Parmesan cheese, three eggs, one cup of thick cream, salt, pepper and cayenne. Beat the eggs and cream together, add the three kinds of cheese and seasoning, mix well. Butter some ramekin dishes, put a band of very thin puff-paste around the inside of the dish only half-way to the bottom, but a little higher up than the rim. Fill it up with the preparation about three-quarters full, and bake slowly for about twelve minutes. It will rise up considerably. Serve immediately like a souffle. Enough for six.



COOKING RECIPES  
JELLIES-JAMS

**P**ONTS ON JELLY MAKING. As jellies and jams grow dark by cooking after sugar is added, boil fruit or juice well before adding sugar, which should be heated in oven but not allowed to burn or brown. When jelly is ready to remove from fire, have ready a heated pitcher with piece cheese-cloth, wet with hot water, over top; pour jelly through strainer; and if cloth is wrung out of hot water there will be no waste of jelly. Have glasses standing in pan of hot water, take them out and drain a moment and turn jelly in from pitcher. This keeps glasses from breaking. It is thought by some that fruit must be sweetened in order to keep from spoiling; such is not the case. Fruit properly cooked, put up while boiling hot in air-tight jars, will keep just as well as the sweetened, and is preferable when intended for pie making. Fruit closets should be cool and dry; if too warm, fruit may spoil; if too damp, it will mold. Jars of fruit should be examined two or three days after filling; if any syrup leaks out, they should be opened and fruit used for jam, as it will have lost its delicacy of color and flavor—an item so desirable in canned fruit.

**BLACKBERRY JAM.** Six pounds blackberries, 4 pounds strawberries, put them in saucepan with pint water and let boil 20 minutes; rub through fine sieve, then measure and add as much sugar as juice.

**CHERRY JAM.** Stone 12 pounds cherries and make good syrup with  $\frac{3}{4}$  pound sugar to 1 pound cherries; put cherries into syrup and boil up quickly for about 45 minutes; crack stones and add kernels to jam few minutes before it is done.

**GRAPE JAM.** Stew grapes until tender, rub through colander; for every 4 cups pulp use 3 cups sugar; boil till there is no moisture around edge of a small portion propped on plate; jam must look dry and glistening when done and must be stirred very often or it will scorch.

**APPLE JELLY.** Take apples, wipe and slice them, use seeds, skins and all; cook soft in cider enough to cover them; strain through cloth laid in sieve, add 1 pound sugar to 1 pint juice and boil up a few minutes.

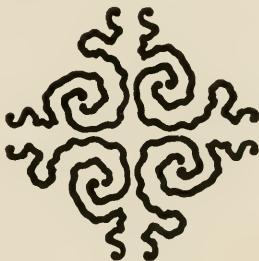
**BLACKBERRY JELLY.** Take firm, fresh berries, heat gently, then squeeze through linen cloth till all juice is pressed out; add 1

COOKING RECIPES  
JELLIES-JAMS

pound sugar to each pint juice; boil from 20 to 30 minutes; after filling glasses, do not cover for 24 hours.

RASPBERRY JELLY. Select fine-colored, fresh ripe berries; place in kettle over slow fire for 20 minutes, when juice will be clear; run it through jelly bag without pressing; if juice is least cloudy strain again through muslin; return to fire, let simmer 15 minutes, then add 1 pound fine white sugar to each pint of juice, let boil 20 minutes more.

ORANGE PRESERVE. Use ripe navel oranges; peel carefully, be sure to remove all white; also end and stem running through center, using great care not to break orange. Throw in cold water for few hours, when you can remove more white, then drop into boiling water. Have ready a syrup made of 1½ pounds granulated sugar to 1 pound fruit. Lift oranges out of water with skimmer, drain well and drop into boiling syrup, and cook till they are clear. When done, put in glass jars and seal while boiling hot. If you do not remove all the white, preserves will be bitter.



COOKING RECIPES  
CANDIES

**B**UTTER SCOTCH. To 1 cup brown sugar add 1 cup water, 2 level tablespoons butter. Put sugar and water together, and boil until it hardens when tried in cold water. Then add melted butter and pour into greased pan and when cooled a little, mark into squares with knife. Do not stir while cooking.

**ORANGE PEEL CANDY.** Cut orange peels in strips  $\frac{1}{4}$  inch wide; boil these in clear water until soft and transparent; drain in colander; make a syrup of 1 cup granulated sugar and 4 tablespoons boiling water; when boiled and clear, cook few pieces at time in syrup until transparent; when done roll in granulated sugar. These are nice served with candied fruits for a luncheon.

**CREAM CANDY.** Stir into white of 1 egg and 1 tablespoon water enough sugar to make into molds; press  $\frac{1}{2}$  walnut on each side and place in dry place. Dates can be used in same way as nuts.

**PULLED CANDY.** Put 6 cups light brown sugar with 3 cups water, cook without stirring until brittle. To test, drop a few drops syrup into cold water. Then add finely grated rind of 2 lemons, and  $\frac{1}{2}$  cup butter. Do not stir it, but boil again to brittle stage, then cool, stir, and pull until nearly white. Cut into sticks and let harden.

**CHOCOLATE FUDGE.** 3 cups granulated sugar,  $\frac{1}{2}$  cup milk, put on stove and boil 5 minutes. Grate 2 bars bakers' unsweetened chocolate, add to above and boil again until it will form soft ball when dropped into cold water. Just before taking from fire, add butter size of walnut and teaspoon vanilla. Have ready beaten white of 1 egg (quite stiff). Pour fudge slowly into egg, beating constantly, then add 1 cup broken walnuts and turn into buttered pan. When cool, mark into squares.

**SOFT CARAMELS.** One quart (2 pounds) brown sugar,  $\frac{1}{2}$  pint milk, 1-3 cup butter,  $\frac{1}{2}$  cup chocolate. Boil for soft caramels for 9 minutes, then remove from fire and stir for 5 minutes, but not until mixture is so stiff that it will not pour out into pan. Mark off into squares.

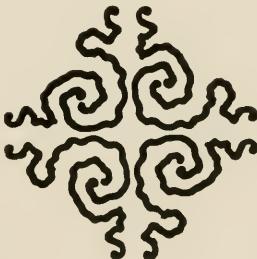
**NUT CANDY.** 3 cups white sugar, 1 cup Karo syrup,  $\frac{1}{2}$  cup water; boil till it forms soft ball in cold water; then add stiffly beaten whites of 3 eggs and beat until it gets hard; when partly cool add  $1\frac{1}{2}$  cups chopped nut meats.

COOKING RECIPES  
CANDIES

**TAFFY.** 3 cups granulated sugar, 1 cup glucose, a very little water (to make about consistency of white frosting, no more). Do not remove from fire as soon as other candy, but try in water and take out as quick as possible and press between thumb and finger, and if it breaks it is done. Pour into buttered pans, and when cool enough take in hands and pour flavoring on, and pull and break. This is really a confectioners' recipe, and very nice.

**GRILLED ALMONDS.** Take 1 pound almonds, blanch same by pouring boiling water on them after being shelled. In few minutes skins will come off easily. Pour into pan  $1\frac{1}{2}$  cups sugar and  $\frac{1}{2}$  cup water and boil few minutes, then take almonds, dry on towel, and put into boiling syrup. Boil until syrup thickens and almonds are nice light brown. Remove from fire, toss almonds about until cool and sugar sticks to them. Turn out on plate, ready to be eaten.

**CREAM ENGLISH WALNUTS** Tap walnuts gently on sides until shells break away, leaving nut whole; divide in halves; make fondant of 2 cups sugar,  $\frac{1}{2}$  cup water and  $\frac{1}{2}$  teaspoon cream tartar; flavor with vanilla for white creams; divide into 3 portions, using delicate rose vegetable coloring for one lot, golden yellow for another, and if chocolate is preferred, mix little melted chocolate into fondant with hands until desired color is had; mould into little balls and press a half nut on each side. They will stiffen in few minutes.



COOKING RECIPES  
SANDWICHES

**T**O MAKE sandwiches is a plain affair, but a good many do not know how to make them properly and attractively. If the bread is cut thin and of an equal thickness and properly buttered and the meat free from gristle and fat, and cut in nice thin slices, and furthermore, the whole sandwich carefully trimmed into a nice square shape and then cut diagonally, served on a plate covered with a napkin, it will always be appreciated. When, however, one gets two chunks of bread with thick pieces of meat between, the butter unevenly spread on the bread, it will rapidly diminish the appetite.

Ham, tongue, roast beef, corned beef, lamb, chicken, veal and ham, and turkey sandwiches are all made in the same plain way—the bread and meat cut thinly and the butter softened so it will spread evenly over the bread. The fresh meat sandwiches are seasoned with salt. With ham, tongue and beef a little French or English mustard may be added according to taste.

**CLUB SANDWICH.** Toast two slices of bread and cover them thinly with mayonnaise dressing. Place two slices of chicken, white meat only, on one piece of toast. On top of this place one or two lettuce leaves and sprinkle some salt over it. Put the other piece of toast on top of this, and press the sandwich together a little and trim nicely, and cut the sandwich in two triangles. Serve warm if possible.

Sometimes thin slices of broiled bacon, sliced tomatoes and even sliced pickles are added to the club sandwich. Bacon is acceptable, but if the other two articles are added the combination is superfluous.

**SANDWICH AU FOIE GRAS.** Remove all the grease from a small pate de foie gras. Strain this through a sieve and spread it over a slice of thin bread. Cover it with another slice. With a small cutter, half-moon or other fancy shape, die out three or four small sandwiches from this slice.

**CAVIAR SANDWICHES.** Toast two slices of bread, butter them slightly and spread upon them some canned Russian or fresh caviar. Sprinkle half a teaspoonful of very finely chopped onion over this, add a few drops of lemon juice. Put the two pieces together, trim well and serve hot or cold.

COOKING RECIPES  
SANDWICHES

**NEUCHATEL SANDWICHES.** Cut Pumpernickle or rye bread in thin slices, spread some Neuchatel cheese over it and on top sprinkle some finely cut chives. Season with a little salt and pepper and serve without trimming. Pumpernickle can be bought in delicatessen stores in cans, thinly sliced and of excellent quality.

**PUREE OF SARDINES AND EGG SANDWICHES.** Drain the oil from a small can of sardines. Remove the scales and bones from the fish and strain them through a sieve. Place this puree in a bowl, add two ounces of softened butter, a little pepper, and one teaspoonful of Worcestershire sauce, mix well together. Cover the two slices of toast with this, and on top place some finely chopped hard-boiled eggs. Put the two pieces together, trim off the crust and cut in triangles. Sufficient for two sandwiches if desired.

**ANCHOVY SANDWICHES.** Toast two pieces of bread, cover one with a thin coating of Anchovy paste. On top put fillets of anchovies crosswise, sprinkle on some finely chopped hard-boiled eggs, cover with the other piece of toast. Trim well and cut the sandwich in four triangles.



DEPORTMENT REMINDERS  
AT TABLE

**D**ON'T, as an invited guest, be late for dinner. This is a wrong to your host, to other guests, and to the dinner.

DON'T be late at the domestic table, as this is a wrong to your family, and is not calculated to promote harmony and good feeling.

DON'T seat yourself until the ladies are seated, or, at a dinner-party, until your host or hostess gives the signal. Don't introduce, if you introduce at all, after the company is seated.

DON'T sit a foot away from the table, or sit jammed up against it.

DON'T tuck your napkin under your chin, or spread it upon your breast. Bibs and tickers are for the nursery. Don't spread your napkin over your lap; let it fall over your thigh.

DON'T serve gentlemen at your table before *all* the ladies are served, including those who are members of your household.

DON'T eat soup with the end of the spoon, but from the side. Don't gurgle, or draw in your breath, or make other noises when eating soup. Don't ask for a second service of soup.

DON'T bend over your plate, or drop your head to get each mouthful. Keep an upright attitude as nearly as you can without being stiff.

DON'T bite your bread. Break it off. Don't break your bread into your soup.

DON'T eat with your knife. Never put your knife into your mouth. Don't load up the fork with food with your knife, and then cart it, as it were, to your mouth. Take up on the fork what it can easily carry, and no more.

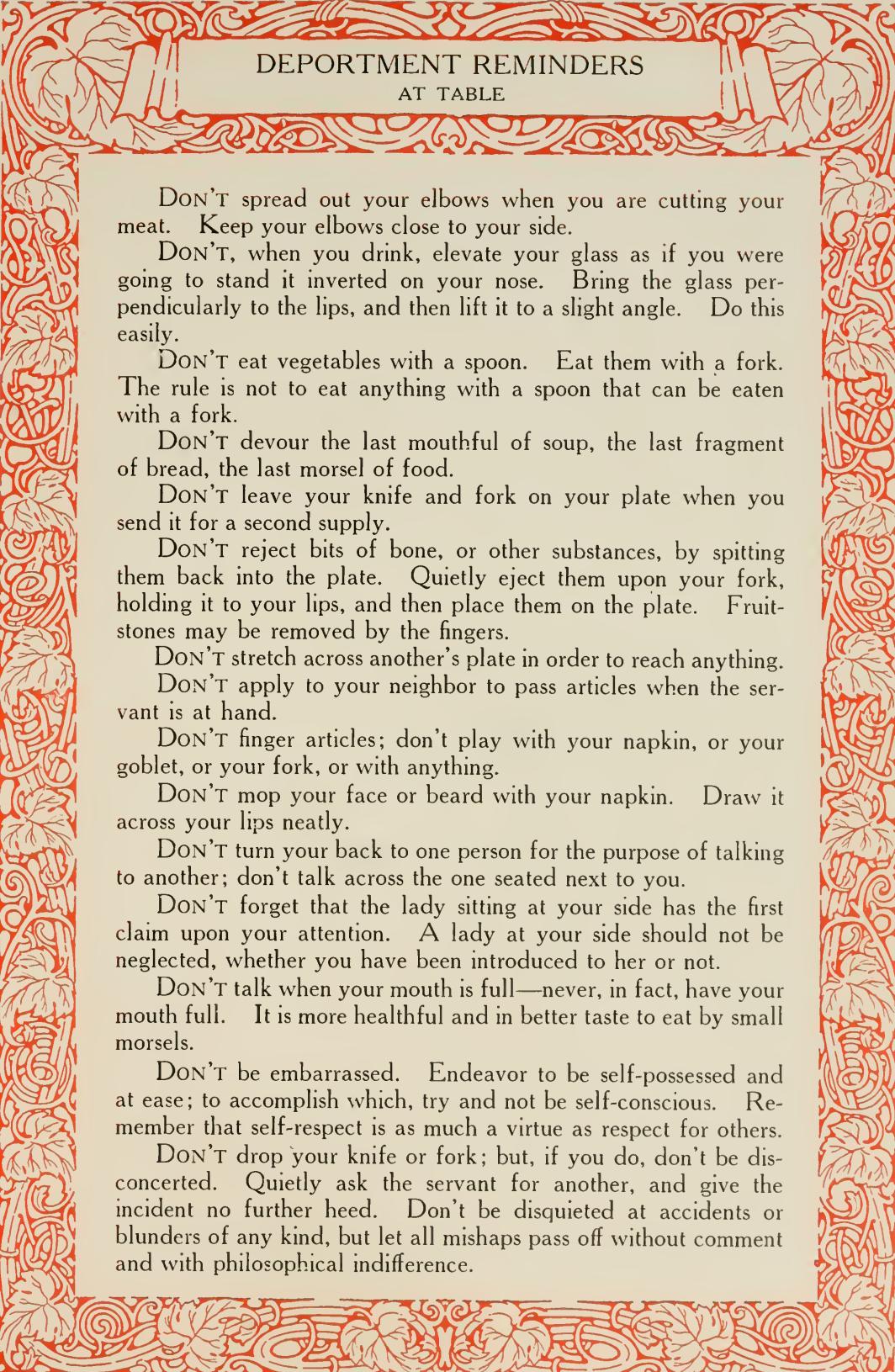
DON'T use a steel knife with fish. A silver knife is now placed by the side of each plate for the fish course.

DON'T handle fork or knife awkwardly. Let the handles of both knife and fork rest in the palm of the hand. How to handle the knife and fork well can be acquired only by observation and practice. Don't stab with the fork, or grasp the handle as if it were a dagger.

DON'T eat fast or gorge. Take always plenty of time. Haste is vulgar.

DON'T take huge mouthfuls, or fill your mouth with too much food; and don't masticate audibly. Eat quietly and easily.

DON'T put your knife into the butter, into the saltcellar, or into any dish.



## DEPARTMENT REMINDERS AT TABLE

DON'T spread out your elbows when you are cutting your meat. Keep your elbows close to your side.

DON'T, when you drink, elevate your glass as if you were going to stand it inverted on your nose. Bring the glass perpendicularly to the lips, and then lift it to a slight angle. Do this easily.

DON'T eat vegetables with a spoon. Eat them with a fork. The rule is not to eat anything with a spoon that can be eaten with a fork.

DON'T devour the last mouthful of soup, the last fragment of bread, the last morsel of food.

DON'T leave your knife and fork on your plate when you send it for a second supply.

DON'T reject bits of bone, or other substances, by spitting them back into the plate. Quietly eject them upon your fork, holding it to your lips, and then place them on the plate. Fruit-stones may be removed by the fingers.

DON'T stretch across another's plate in order to reach anything.

DON'T apply to your neighbor to pass articles when the servant is at hand.

DON'T finger articles; don't play with your napkin, or your goblet, or your fork, or with anything.

DON'T mop your face or beard with your napkin. Draw it across your lips neatly.

DON'T turn your back to one person for the purpose of talking to another; don't talk across the one seated next to you.

DON'T forget that the lady sitting at your side has the first claim upon your attention. A lady at your side should not be neglected, whether you have been introduced to her or not.

DON'T talk when your mouth is full—never, in fact, have your mouth full. It is more healthful and in better taste to eat by small morsels.

DON'T be embarrassed. Endeavor to be self-possessed and at ease; to accomplish which, try and not be self-conscious. Remember that self-respect is as much a virtue as respect for others.

DON'T drop your knife or fork; but, if you do, don't be disconcerted. Quietly ask the servant for another, and give the incident no further heed. Don't be disquieted at accidents or blunders of any kind, but let all mishaps pass off without comment and with philosophical indifference.

## DEPORTMENT REMINDERS AT TABLE

DON'T throw yourself loungingly back in your chair. The Romans lounged at table, but modern civilization does not permit it.

DON'T rest your elbows on the table; don't lean on the table.

DON'T use a toothpick at the table, unless it is necessary; in that case, cover your mouth with one hand while you remove the obstruction.

DON'T eat onions or garlic, unless you are dining alone, and intend to remain alone some hours thereafter. It is not desirable to carry with us unpleasant evidences of what we have been eating or drinking.

DON'T press food upon a guest. This once was thought necessary, and it was also considered polite for a guest to continue accepting, or to signify by a particular sign that he had enough. To worry a guest with ceaseless importunities is now considered in very bad taste.

DON'T, as a guest, fold your napkin when you have finished. Place the napkin loosely on the table.

DON'T fail, at dinner, to rise when the ladies leave the table. Remain standing until they have left the room, and then reseat yourself, if you intend to remain for cigars.

DON'T make a pronounced attempt at correctness of manner; don't be vulgar, but don't, on the other hand, show that you are trying hard not to be vulgar. It is better to make mistakes than to be obviously struggling not to make them.

DON'T drink too much wine.

DON'T thank host or hostess for your dinner. Express pleasure in the entertainment, when you depart—that is all.

DON'T come to breakfast in *deshabille*. A lady's morning toilet should be simple, but fresh and tasteful, and her hair *not* in curl-papers. A gentleman should wear his morning suit, and never his dressing-gown. There are men who sit at the table in their shirt-sleeves. This is very vulgar.

DON'T, as hostess, follow the English fashion and omit napkins at breakfast. The hardihood with which an Englishman attacks coffee and eggs without a napkin may excite our wonder, but how can the practice be defended? Is it anything less than disgusting?

DON'T drink from your saucer. While you must avoid this vulgarity, don't take notice of it, or of any mistake of the kind, when committed by others.

## DEPORTMENT REMINDERS AT TABLE

DON'T carry your spoon in your tea or coffee cup; this habit is the cause frequently of one upsetting the cup. Let the spoon lie in the saucer.

DON'T smear a slice of bread with butter; break it into small pieces, and then butter.

DON'T break an egg into a cup or glass, but eat it always from the shell.

DON'T read newspaper or book or letters at table, if others are seated with you.

DON'T be so careless as to soil your shirt-front with egg or coffee-drippings, or your coat-lapels with grease-spots. A little caution will prevent these accidents. Few things are more distasteful than to see a gentleman bearing upon his apparel ocular evidence of having breakfasted or dined.

DON'T rise from the table until the meal is finished.



DEPORTMENT REMINDERS  
IN DRAWING ROOM

DON'T, however brief your call, wear overcoat or overshoes into the drawing-room. If you are making a short call, carry your hat and cane in your hand, but never an umbrella.

DON'T attempt to shake hands with everybody present. If hostess or host offers a hand, take it; a bow is sufficient for the rest.

DON'T, in any case, offer to shake hands with a lady. The initiative must always come from her. By the same principle, don't offer your hand to a person older than yourself, or to anyone whose rank may be supposed to be higher than your own, until he has extended his.

DON'T, as hostess, insist upon taking a caller's hat or cane. Pay no attention to these articles. It is right that he should carry them; it is not right that you should notice them.

DON'T be in a precipitate hurry to get into a chair. It is just as graceful, as easy, and as proper, to stand; and it is easier to converse when in that attitude.

DON'T be cold and distant; don't, on the other hand, be gushing and effusive. A cordial, yet quiet, manner is the best.

DON'T stare at the furniture, at pictures, or at any other objects, and, of course, don't stare at people present.

DON'T fail to rise, if you are seated, whenever a lady enters the room.

DON'T stretch yourself on the sofa or in the easy chair. Don't lounge anywhere except in your own apartment.

DON'T sit cross-legged. Pretty nearly everybody of the male sex does—but, nevertheless, don't.

DON'T sit with your chair resting on its hind-legs. Keep quiet and at ease in your chair.

DON'T keep shifting your feet about. Don't twirl your thumbs, or play with tassels or knots, or other articles at hand. Cultivate repose.

DON'T be self-conscious. "True politeness," says a writer, "is always so busy in thinking of others that it has no time to think of itself."

DON'T, in introducing, present ladies to gentlemen; gentlemen should be presented to ladies. Young men should be presented to elderly men, and not the reverse; young women to elderly women.

DEPARTMENT REMINDERS  
IN DRAWING ROOM

DON'T, if you are asked to play or sing, refuse, unless you really intend not to perform. To refuse, simply in order to lead your hostess on to repeated importunities, is an intolerable exhibition of vanity and caprice. To every hostess, therefore, we say:

DON'T ask any one more than once after a first refusal to sing or play. A first refusal may arise from modesty or hesitation, but a second should be considered final.

DON'T touch people when you have occasion to address them. Catching people by the arms or the shoulders, or nudging them to attract their attention, is a violation of good breeding.

DON'T talk over-loud, or try to monopolize the conversation.

DON'T talk to one person across another.

DON'T whisper in company. If what you wish to say can not be spoken aloud, reserve it for a suitable occasion.

DON'T talk about yourself or your affairs. If you wish to be popular, talk to people about what interests them, not about what interests you.

DON'T talk in a social circle to one person of the company about matters that solely concern him and yourself, or which you and he alone understand.

DON'T talk about your maladies, or about your afflictions of any kind. Complaining people are pronounced on all hands great bores.

DON'T talk about people unknown to those present.

DON'T be witty at another's expense; don't ridicule any one; don't infringe in any way the harmony of the company.

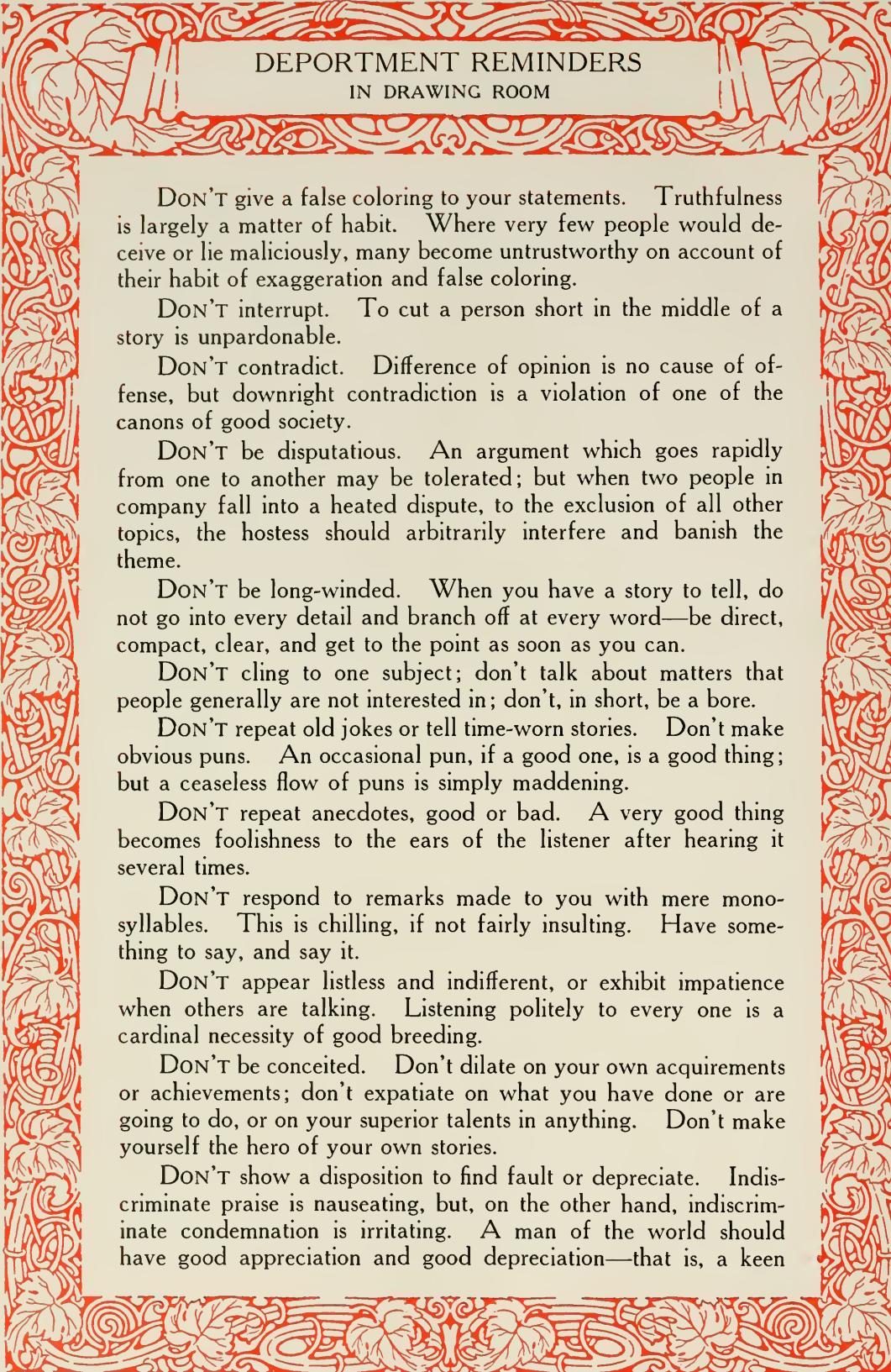
DON'T repeat the scandals and malicious rumors of the hour.

DON'T discuss equivocal people, or broach topics of questionable propriety.

DON'T (this by way of suggestion) dwell on the beauty of women not present; on the splendor of other people's houses; on the success of other people's entertainments. Excessive praise of people or things elsewhere is apt to imply discontent with people or things present.

DON'T fail to exercise tact. If you have not tact, you at least can think first about others and next about yourself, and this will go a good way toward it.

DON'T introduce religious or political topics in miscellaneous gatherings. Discussions of these subjects are very apt to cause irritation, and hence it is best to avoid them.



## DEPORTMENT REMINDERS IN DRAWING ROOM

DON'T give a false coloring to your statements. Truthfulness is largely a matter of habit. Where very few people would deceive or lie maliciously, many become untrustworthy on account of their habit of exaggeration and false coloring.

DON'T interrupt. To cut a person short in the middle of a story is unpardonable.

DON'T contradict. Difference of opinion is no cause of offense, but downright contradiction is a violation of one of the canons of good society.

DON'T be disputatious. An argument which goes rapidly from one to another may be tolerated; but when two people in company fall into a heated dispute, to the exclusion of all other topics, the hostess should arbitrarily interfere and banish the theme.

DON'T be long-winded. When you have a story to tell, do not go into every detail and branch off at every word—be direct, compact, clear, and get to the point as soon as you can.

DON'T cling to one subject; don't talk about matters that people generally are not interested in; don't, in short, be a bore.

DON'T repeat old jokes or tell time-worn stories. Don't make obvious puns. An occasional pun, if a good one, is a good thing; but a ceaseless flow of puns is simply maddening.

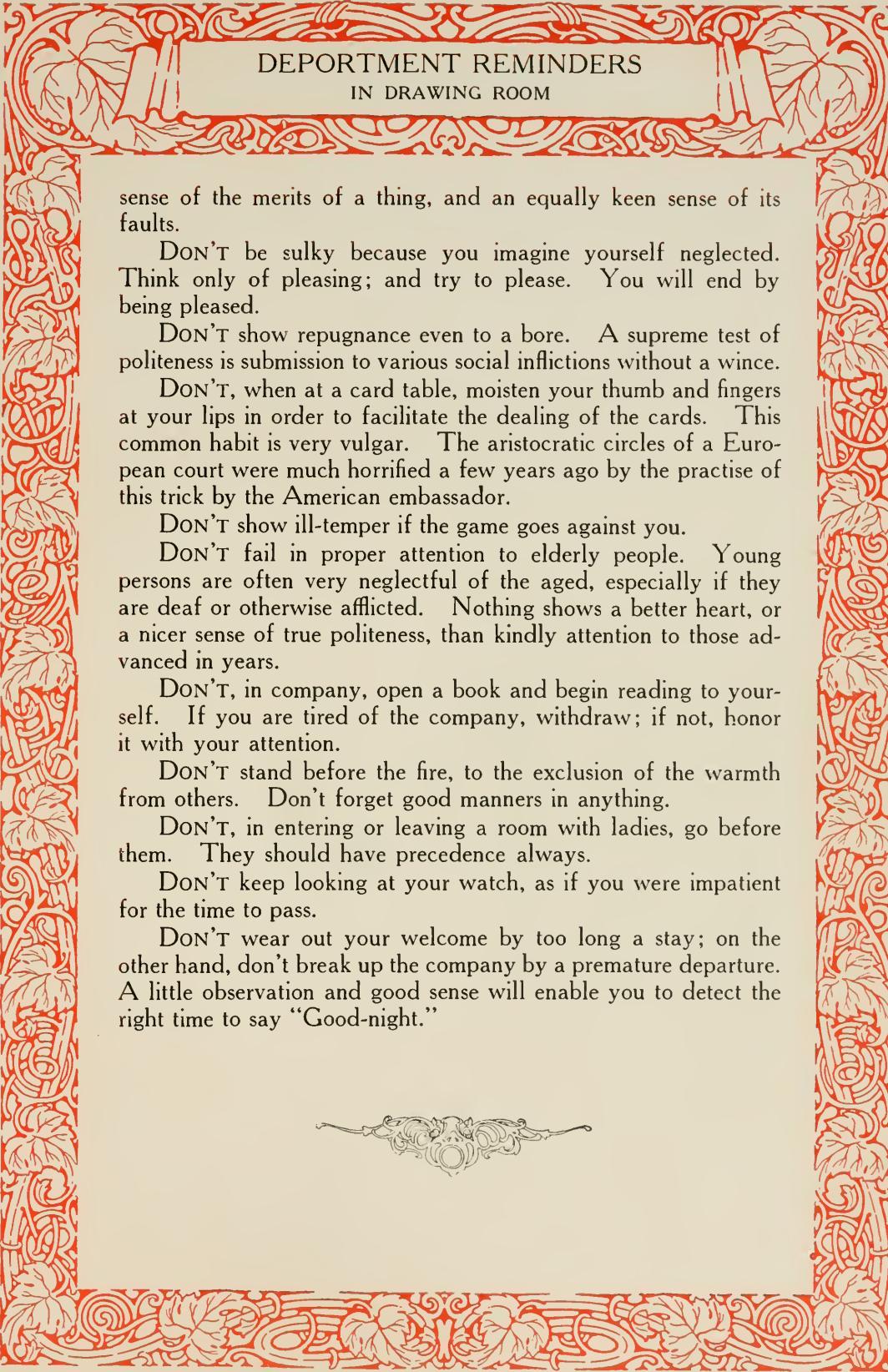
DON'T repeat anecdotes, good or bad. A very good thing becomes foolishness to the ears of the listener after hearing it several times.

DON'T respond to remarks made to you with mere monosyllables. This is chilling, if not fairly insulting. Have something to say, and say it.

DON'T appear listless and indifferent, or exhibit impatience when others are talking. Listening politely to every one is a cardinal necessity of good breeding.

DON'T be conceited. Don't dilate on your own acquirements or achievements; don't expatiate on what you have done or are going to do, or on your superior talents in anything. Don't make yourself the hero of your own stories.

DON'T show a disposition to find fault or depreciate. Indiscriminate praise is nauseating, but, on the other hand, indiscriminate condemnation is irritating. A man of the world should have good appreciation and good depreciation—that is, a keen



## DEPORTMENT REMINDERS IN DRAWING ROOM

sense of the merits of a thing, and an equally keen sense of its faults.

DON'T be sulky because you imagine yourself neglected. Think only of pleasing; and try to please. You will end by being pleased.

DON'T show repugnance even to a bore. A supreme test of politeness is submission to various social inflictions without a wince.

DON'T, when at a card table, moisten your thumb and fingers at your lips in order to facilitate the dealing of the cards. This common habit is very vulgar. The aristocratic circles of a European court were much horrified a few years ago by the practise of this trick by the American ambassador.

DON'T show ill-temper if the game goes against you.

DON'T fail in proper attention to elderly people. Young persons are often very neglectful of the aged, especially if they are deaf or otherwise afflicted. Nothing shows a better heart, or a nicer sense of true politeness, than kindly attention to those advanced in years.

DON'T, in company, open a book and begin reading to yourself. If you are tired of the company, withdraw; if not, honor it with your attention.

DON'T stand before the fire, to the exclusion of the warmth from others. Don't forget good manners in anything.

DON'T, in entering or leaving a room with ladies, go before them. They should have precedence always.

DON'T keep looking at your watch, as if you were impatient for the time to pass.

DON'T wear out your welcome by too long a stay; on the other hand, don't break up the company by a premature departure. A little observation and good sense will enable you to detect the right time to say "Good-night."



DEPORTMENT REMINDERS  
IN PUBLIC

DON'T neglect to keep to the right of the promenade, otherwise there are likely to be collisions and much confusion.

DON'T brush against people, or elbow people, or in any way show disregard for others.

DON'T fail to apologize if you tread upon or stumble against any one, or if you inconvenience a person in any way. Be considerate and polite always.

DON'T stare at people, or laugh at any peculiarity of manner or dress. Don't point at persons or objects. Don't turn and look after people have passed. Don't forget to be a gentleman.

DON'T carry cane or umbrella in a crowd horizontally. This trick is a very annoying one to the victims of it.

DON'T smoke in the street, unless in unfrequented avenues. Don't smoke in public vehicles. Don't smoke in any place where it is likely to be offensive. Whenever you do indulge in a cigar, don't puff smoke into the face of any one, man or woman.

DON'T expectorate on the sidewalk. Go to the curb-stone and discharge the saliva into the gutter. Men who eject great streams of tobacco-juice on the sidewalk, or on the floors of public vehicles, ought to be driven out of civilized society.

DON'T eat fruit or anything else in the public streets. A gentleman on the promenade engaged in munching an apple or a pear, presents a more amusing than edifying picture.

DON'T obstruct the entrance to churches, theatres, or assemblies. Don't stand before hotels or other places and stare at passers-by. This is a most idle and insolent habit.

DON'T stop acquaintances and stand in the center of the sidewalk, forcing every one out of his path. On such occasions draw your acquaintance one side.

DON'T stand on car platforms, thereby preventing the easy ingress and egress of passengers. Remember the rights and the comfort of others.

DON'T forget to raise your hat to every lady with whom you are acquainted that you meet, and to every gentleman you salute when he is accompanied by a lady, whether you know her or not; and when with an acquaintance raise your hat when he does so, though you may not know the lady he salutes.

DON'T stop a lady in the street if you wish to speak to her; turn and walk by her side, and leave her with raised hat when you have done.

## DEPORTMENT REMINDERS IN PUBLIC

DON'T remove your glove when you wish to shake hands, or apologize for not doing so. It is proper to offer the hand gloved.

DON'T neglect to raise your hat to a strange lady if you have occasion to address her. If she drops her handkerchief, and you pick it up for her, raise your hat. If in an omnibus you pass her fare to the conductor, raise your hat. Every little service of the kind should be accompanied by a distant, respectful salutation.

DON'T be in haste to introduce. Be sure that it is mutually desired before presenting one person to another.

DON'T, in a walk, introduce your companion to every person you may chance to meet. Off-hand street introductions are rarely called for, and commonly serve no end.

DON'T ask questions of strangers indiscriminately. Young women run risks in approaching unknown people with questions, and they should scrupulously avoid doing so. In traveling, inquire of the conductor or of some official; in the street, wait until a policeman can be found.

DON'T be over-civil. Do not let your civility fall short, but over-civility is a mistake. Don't rush to pick up a man's hat; don't pick up any article that a stranger or companion may drop, unless there are special reasons for doing so. Be prompt to pick up anything that lady lets fall, and extend this politeness to elderly or infirm men. But haste to wait on equals is over-civility; it has a touch of servility, and is not sanctioned by the best usage.

DON'T rush for a seat in a car or at a public entertainment, in utter disregard of every one else, pushing rudely by women and children, hustling men who are older or less active, and disregarding every law of politeness. If a gentleman, on an occasion of this kind, should lose his seat in consequence of a little polite consideration, he would have the consolation of standing much higher in his own esteem—which is something.

DON'T occupy more space in an omnibus or car than you require. In this particular, women, who spread out their ample skirts regardless of the rights of others, are greater sinners than men.

DON'T enter a crowded omnibus or street-car. There doubtless are occasions when one can not well help doing so, but many times the vehicle that follows will afford plenty of room. A person who enters a crowded public vehicle is an intruder, and may be said to have no rights that anybody is bound to respect.

## DEPORTMENT REMINDERS IN PUBLIC

DON'T bustle into a theatre or concert after the performance has begun, to the annoyance of others. Arrive early and be seated in time. The manager who will resolutely refuse permission for any one to enter an auditorium after the curtain has risen will win for himself a golden meed of praise.

DON'T talk at the theatre or at a concert when the performance is going on. To disturb others who wish to listen is gross ill-breeding; but, unfortunately, it is common with the very class who pretend to an exclusive share of good breeding.

DON'T at any public entertainment make a move to leave the auditorium before the performance is over. Men who recklessly and selfishly disturb public assemblies in this way have the instincts of savages, not of gentlemen.



## DEPARTMENT REMINDERS IN SPEECH

DON'T speak ungrammatically. Study books of grammar and the writings of the best authors.

DON'T pronounce incorrectly. Listen carefully to the conversation of cultivated people, and consult the dictionaries.

DON'T mangle your words, or smother them, or swallow them. Speak with a distinct enunciation.

DON'T talk in a high, shrill voice, and avoid nasal tones. Cultivate a chest-voice; learn to moderate your tones. Talk always in a low register, but not too low.

DON'T use slang. There is some slang that, according to Thackeray, is gentlemanly slang, and other slang that is vulgar. If the difference is not clear, avoid slang altogether, and then you will be safe.

DON'T use profane language. Don't multiply epithets and adjectives; don't be too fond of superlatives. Moderate your transports.

DON'T use meaningless exclamations, such as "Oh, my!" "Oh, crackey!" etc.

DON'T interject *sir* or *madam* freely into your conversation. Never say *ma'am* at all. Young people should be taught to say "Yes, *papa*," "No, *mamma*" (with accent on the second syllable of *mamma* and *papa*), "Yes, *uncle*," "No, *aunt*," and so on, instead of always "Yes, *sir*," "No, *ma'am*," etc. *Sir* is right toward superiors, but it must even in this case be sparingly used.

DON'T use the prefix *miss* or *mister* without the person's name.

DON'T address a young lady or speak of her as "Miss Lucy," "Miss Mary," etc. This is permissible only with those very intimate. Address a young lady by her surname, except when it is necessary to distinguish a younger sister from an elder.

DON'T clip final consonants. Don't say *comin'*, *goin'*, *singin'*, for *coming*, *going*, *singing*. Don't say *an'* for *and*.

DON'T mispronounce vowel-sounds in unaccented syllables. Don't say *persition* for *position*, *pertater* for *potato*, *sentunce* for *sentence*. On the other hand, don't lay too much stress on these sounds—touch them lightly but correctly.

DON'T say *ketch* for *catch*, or *ken* for *can*. Don't say *feller* for *fellow*, or *winder* for *window*, or *meller* for *mellow*, or *tomorrer* for *to-morrow*. Don't imagine that ignoramuses only make these mistakes. They are often, through carelessness, made by people of some education.

DEPORTMENT REMINDERS  
IN SPEECH

DON'T say *secetary* for *secretary*, or *sal'ry* for *salary*. Don't say *hist'ry* for *history*.

DON'T say *doo* for *dew* or *due*. Don't say *dooty* for *duty*. Remember to give the diphthongal sound of *eu* wherever it belongs. The perversity of pronunciation in this particular is singular. "A heavy *doo* fell last night," one rustic will say. "*Du* tell!" another will reply.

DON'T drop the sound of *r* where it belongs, as *ahm* for *arm*, *wahm* for *warm*, *hoss* for *horse*, *govahment* for *government*. The omission of *r* in these and similar words—usually when it falls after a vowel—is very common.

DON'T on the other hand, give the sound of *r* where it does not belong—as *sawr* for *saw*, *par* for *pa*.

DON'T pronounce *route* as if it were written *rowt*; it should be like *root*. Don't pronounce *tour* as if speaking of a *tower*; say *toor*.

DON'T pronounce *calm* and *palm* as if they rhymed with *ham*. Give the *a* the broad sound, as in *father*.

DON'T say *gents* for *gentlemen*, or *pants* for *pantaloons*. These are inexcusable vulgarisms. Instead of *pantaloons* say *trousers*. Don't say *vest* for *waistcoat*.

DON'T say *party* for *person*. This is abominable, and yet very common.

DON'T say *lady* when you mean wife.

DON'T say "right away," if you wish to avoid Americanisms. Say *immediately* or *directly*.

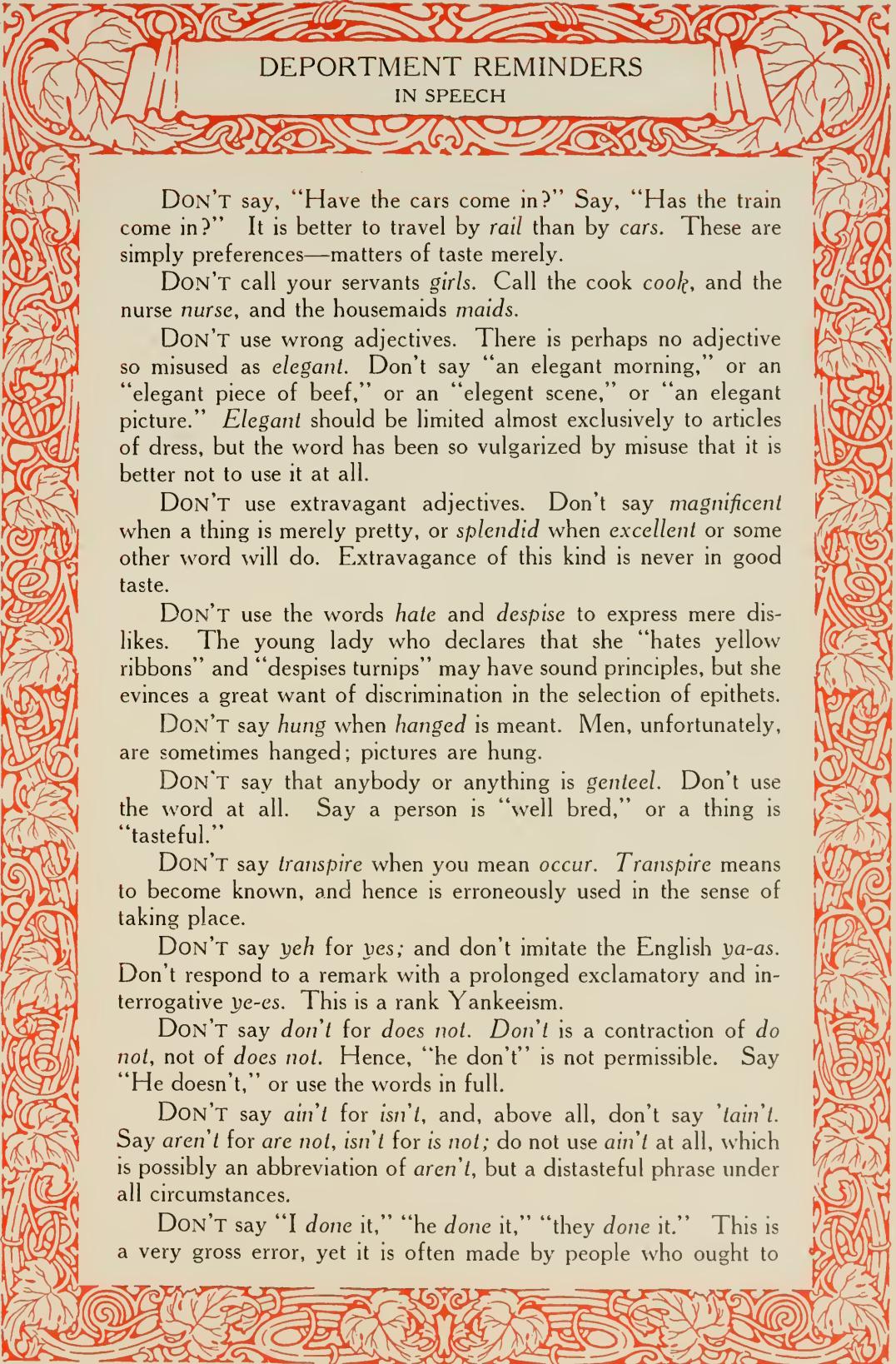
DON'T fall into the habitual practice of saying *all right*. The phrase is correct enough, but it is now so excessively used by vulgar speakers that it has become little better than slang. Avoid also *Just so*. This is a provincial phrase, and commonly stamps a man as a rustic. The rural pronunciation is usually *Jess so*.

DON'T say *rubbers* or *gums*. Say *overshoes*. Why should the material of an article of clothing be mentioned?

DON'T say *female* for *woman*. A sow is a female; a mare is a female. The female sex of the human kind is entitled to some distinctive term.

DON'T say *sick* except when nausea is meant. Say *ill*, *unwell*, *indisposed*.

DON'T say *posted* for *well informed*. Don't say *balance* for *remainder*. Don't use trade terms except for trade purposes.



## DEPARTMENT REMINDERS IN SPEECH

DON'T say, "Have the cars come in?" Say, "Has the train come in?" It is better to travel by *rail* than by *cars*. These are simply preferences—matters of taste merely.

DON'T call your servants *girls*. Call the cook *cook*, and the nurse *nurse*, and the housemaids *maids*.

DON'T use wrong adjectives. There is perhaps no adjective so misused as *elegant*. Don't say "an elegant morning," or an "elegant piece of beef," or an "elegant scene," or "an elegant picture." *Elegant* should be limited almost exclusively to articles of dress, but the word has been so vulgarized by misuse that it is better not to use it at all.

DON'T use extravagant adjectives. Don't say *magnificent* when a thing is merely pretty, or *splendid* when *excellent* or some other word will do. Extravagance of this kind is never in good taste.

DON'T use the words *hate* and *despise* to express mere dislikes. The young lady who declares that she "hates yellow ribbons" and "despises turnips" may have sound principles, but she evinces a great want of discrimination in the selection of epithets.

DON'T say *hung* when *hanged* is meant. Men, unfortunately, are sometimes hanged; pictures are hung.

DON'T say that anybody or anything is *genteel*. Don't use the word at all. Say a person is "well bred," or a thing is "tasteful."

DON'T say *transpire* when you mean *occur*. *Transpire* means to become known, and hence is erroneously used in the sense of taking place.

DON'T say *yeh* for yes; and don't imitate the English *ya-as*. Don't respond to a remark with a prolonged exclamatory and interrogative *ye-es*. This is a rank Yankeeism.

DON'T say *don't* for *does not*. *Don't* is a contraction of *do not*, not of *does not*. Hence, "he *don't*" is not permissible. Say "He *doesn't*," or use the words in full.

DON'T say *ain't* for *isn't*, and, above all, don't say '*tain't*'. Say *aren't* for *are not*, *isn't* for *is not*; do not use *ain't* at all, which is possibly an abbreviation of *aren't*, but a distasteful phrase under all circumstances.

DON'T say "I *done* it," "he *done* it," "they *done* it." This is a very gross error, yet it is often made by people who ought to

## DEPORTMENT REMINDERS IN SPEECH

know better. "I did it," "he did it," "they did it," is, it ought to be unnecessary to say, the correct form.

DON'T say "I seen," say "I saw." This error is commonly made by the same people who say "I done it." A similar error is, "If he had went," instead of "If he had gone."

DON'T say "It is him," or "It it me." Say "It is he," and "It is I." The pronoun in these instances must be in the nominative case.

DON'T say "He is older than me," say "He is older than I." "I am taller than he," not "I am taller than him."

DON'T say "Charles and me are going to church." The proper form is, "Charles and I are going," etc.

DON'T say "Between you and I." By an ingenious perversity, the same people who insist, in the instances we have cited, upon using the objective case where the nominative is called for, in this phrase reverse the proceeding. They should say, "Between you and me."

DON'T, in referring to a person, say *he* or *she* or *him*, but always mention the name. "Mrs. Smith thinks it will rain," not "*she* thinks it will rain." There are men who continually refer to their wives as *she*, and wives who have commonly no other name than *he* for their husbands. This is abominable.

DON'T say *lay* for *lie*. It is true, Byron committed this blunder—"There let him *lay*"—but poets are not always safe guides. *Lay* expresses transitive action; *lie* expresses rest. "I will *lie* down"; "I will *lay* it down."

DON'T use *them* for *those*. "*Them* boots," "*them* bonnets," etc, is so gross an error that we commonly hear it only from the uneducated.

DON'T say, "I am *through*," when you are announcing that you have finished dinner or breakfast. "Are you *through*?" asked an American of an Englishman when seated at table. "*Through!*" exclaimed the Englishman, looking in an alarmed way down to the floor and up to ceiling—"through what?"

DON'T misuse the words *lady* and *gentleman*. Don't say "A nice lady." If you must use the word *nice*, say "A nice woman." Don't say "A pleasant gentleman," say "An agreeable person." Say "What kind of man is he?" not "What kind of gentleman is he?" Say "She is a good woman," not "a good lady." The indiscriminate use of *lady* and *gentleman* indicates want of

## DEPORTMENT REMINDERS IN SPEECH

culture. These terms should never be used when sex pure and simple is meant.

DON'T say "I guess" for "I think," or "I expect" for "I suppose."

DON'T use *plenty* as an adjective, but say *plentiful*. So say the purists, although old writers frequently violated this rule. "If reasons were as *plenty* as blackberries," says Falstaff. If we obey the rule we must say "money is *plentiful*," not "money is *plenty*."

DON'T use the word *please* too much. Say, "Will you kindly oblige me," or something equivalent.

DON'T fall into the habit of repeating worn-out proverbs and overused quotations. It becomes not a little irritating to have to listen to a person who ceaselessly applies or misapplies a threadbare stock of "wise saws" and stupid sayings.

DON'T use *fix* in the sense of putting in order, setting to rights, etc. This is a condemned Americanism. *Fix* means to make fast, to permanently set in place, and hence the common American usage is peculiarly wrong.

DON'T adopt the common habit of calling everything *funny* that chances to be a little odd or strange. *Funny* can only be rightly used when the comical is meant.

DON'T use *mad* for *angry*. This word has been denounced as peculiarly an Americanism, and it is an Americanism so far as current usage goes. Some young women are greatly addicted to it. Instead of *mad* say *irritated*, *angry*, *enraged*, *indignant*.

DON'T use a plural pronoun when a singular is called for. "Every passenger must show *their* ticket" illustrates a prevalent error. "Everybody put on *their* hats" is another instance. It should be "Everybody put on *his* hat."

DON'T say "blame it on him," but simply, "blame him." The first form is common among the uneducated.

DON'T use *got* where it is unnecessary. "I have *got* an umbrella" is a common form of speech, but *got* here is needless, and it is far from being a pleasing word. "I have a book," not "I have *got* a book," and so in all similar cases.

DON'T use *quantity* for *number*. "A *quantity* of wheat" is right enough, but what are we to think of this phrase, "a quantity of people"? Don't say *quite a few*, but *quite a number*.

## DEPORTMENT REMINDERS IN SPEECH

DON'T use adjectives when adverbs are required. Don't say, for instance, "This pear is *uncommon* good," but "This pear is *uncommonly* good." For rules on the use of adverbs consult the grammars.

DON'T say "I have *beat* him," but "I have *beaten* him." Don't say "I have been here *quite a while*," but "I have been here *some time*."

DON'T say "awfully nice," "awfully pretty," etc. and don't accumulate bad grammar upon bad taste by saying "awful nice." Use the word *awful* with a sense of its correct meaning.

DON'T say "not *near so far*," but "not *nearly as far*."

DON'T say "loads of time" or "oceans of time." There is no meaning in these phrases. Say "ample time" or "time enough."

DON'T say "lots of things," meaning an "abundance of things." A *lot* of anything means a separate portion, a part allotted. *Lot* for *quantity* is an Americanism.

DON'T say "Come right in"; "Come in" suffices every purpose. Don't say "I happened *along*," but "I happened *to pass*."

DON'T say that "the health of the President was *drank*," or that "the race was *ran*." For *drank* say *drunk*; for *ran* say *run*.

DON'T use *smart* to express cleverness, brightness or capability. This use of the word is very common, but it is not sanctioned by people of the best taste.

DON'T say "He's been gone this two weeks," but "He went away two weeks ago." If we substituted *fortnight* for *two weeks* we should come nearer English usage.

DON'T habitually use the word *folks*—"his folks," "our folks," "their folks," etc. Strictly, the word should be *folk*, the common form being a corruption; but, while usage sanctions *folks* for *folk*, it is in better taste not to use the word at all.

DON'T speak of this or that kind of food being *healthy* or *unhealthy*; say always *wholesome* or *unwholesome*.

DON'T say "It cost *above*," or "*cost over*" ten dollars. These prepositions refer to the position of an object only. Say "It cost *more*," etc.

DON'T say *learn* for *teach*. It is not right to say "will *learn* them what to do," but "will *teach* them what to do." The teacher can only teach; the pupil must learn.

## DEPORTMENT REMINDERS IN SPEECH

DON'T say *donate* when you mean *give*. The use of this pretentious word for every instance of giving has become unpleasantly common. If a person can not give his church or town library a little money without calling it *donating*, let him, in the name of good English, keep his gift until he has learned better.

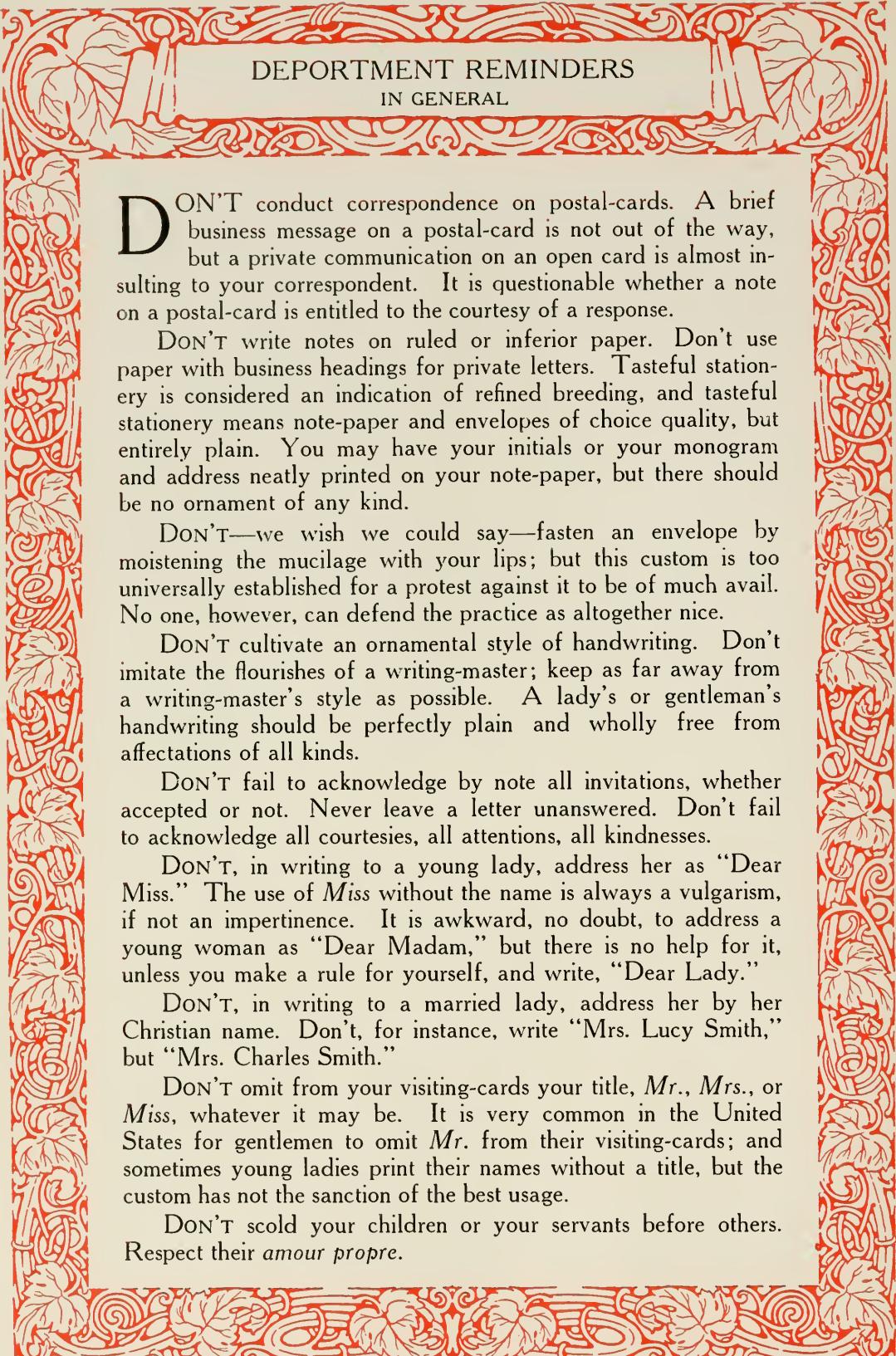
DON'T pronounce *God* as if it were written *gawd*, or *dog* as if it were *dorg*. In each case *o* should have the short sound, the first word rhyming with *rod*, the second with *log*.

DON'T say *ruther* for *rather*. Pronounce *rather* to rhyme with *father*.

DON'T use *admire* for *like*. "I should admire to go with you" is neither good English nor good sense.

DON'T notice in others a slip of grammar or a mispronunciation in a way to cause a blush or to offend. If you refer to anything of the kind, do it courteously, and not in the hearing of other persons.





## DEPORTMENT REMINDERS IN GENERAL

DON'T conduct correspondence on postal-cards. A brief business message on a postal-card is not out of the way, but a private communication on an open card is almost insulting to your correspondent. It is questionable whether a note on a postal-card is entitled to the courtesy of a response.

DON'T write notes on ruled or inferior paper. Don't use paper with business headings for private letters. Tasteful stationery is considered an indication of refined breeding, and tasteful stationery means note-paper and envelopes of choice quality, but entirely plain. You may have your initials or your monogram and address neatly printed on your note-paper, but there should be no ornament of any kind.

DON'T—we wish we could say—fasten an envelope by moistening the mucilage with your lips; but this custom is too universally established for a protest against it to be of much avail. No one, however, can defend the practice as altogether nice.

DON'T cultivate an ornamental style of handwriting. Don't imitate the flourishes of a writing-master; keep as far away from a writing-master's style as possible. A lady's or gentleman's handwriting should be perfectly plain and wholly free from affectations of all kinds.

DON'T fail to acknowledge by note all invitations, whether accepted or not. Never leave a letter unanswered. Don't fail to acknowledge all courtesies, all attentions, all kindnesses.

DON'T, in writing to a young lady, address her as "Dear Miss." The use of *Miss* without the name is always a vulgarism, if not an impertinence. It is awkward, no doubt, to address a young woman as "Dear Madam," but there is no help for it, unless you make a rule for yourself, and write, "Dear Lady."

DON'T, in writing to a married lady, address her by her Christian name. Don't, for instance, write "Mrs. Lucy Smith," but "Mrs. Charles Smith."

DON'T omit from your visiting-cards your title, *Mr.*, *Mrs.*, or *Miss*, whatever it may be. It is very common in the United States for gentlemen to omit *Mr.* from their visiting-cards; and sometimes young ladies print their names without a title, but the custom has not the sanction of the best usage.

DON'T scold your children or your servants before others. Respect their *amour propre*.

## DEPORTMENT REMINDERS IN GENERAL

DON'T bring children into company. Don't set them at table where there are guests. Don't force them on people's attention.

DON'T, as master or mistress, give your orders in an authoritative manner. The feelings of those under you should be considered. You will obtain more willing obedience if your directions have as little as possible of the tone of command.

DON'T trouble people with your domestic mishaps, with accounts of your rebellious servants, or with complaints of any kind.

DON'T repeat scandals or malicious gossip. Don't sneer at people, or continually crack jokes at their expense; cultivate the amenities and not the asperities of life.

DON'T be that intolerable torment—a tease. The disposition to worry children, cats, and dogs simply displays the restlessness of an empty mind. Don't chaff.

DON'T underrate everything that others do, and don't overstate your own doings.

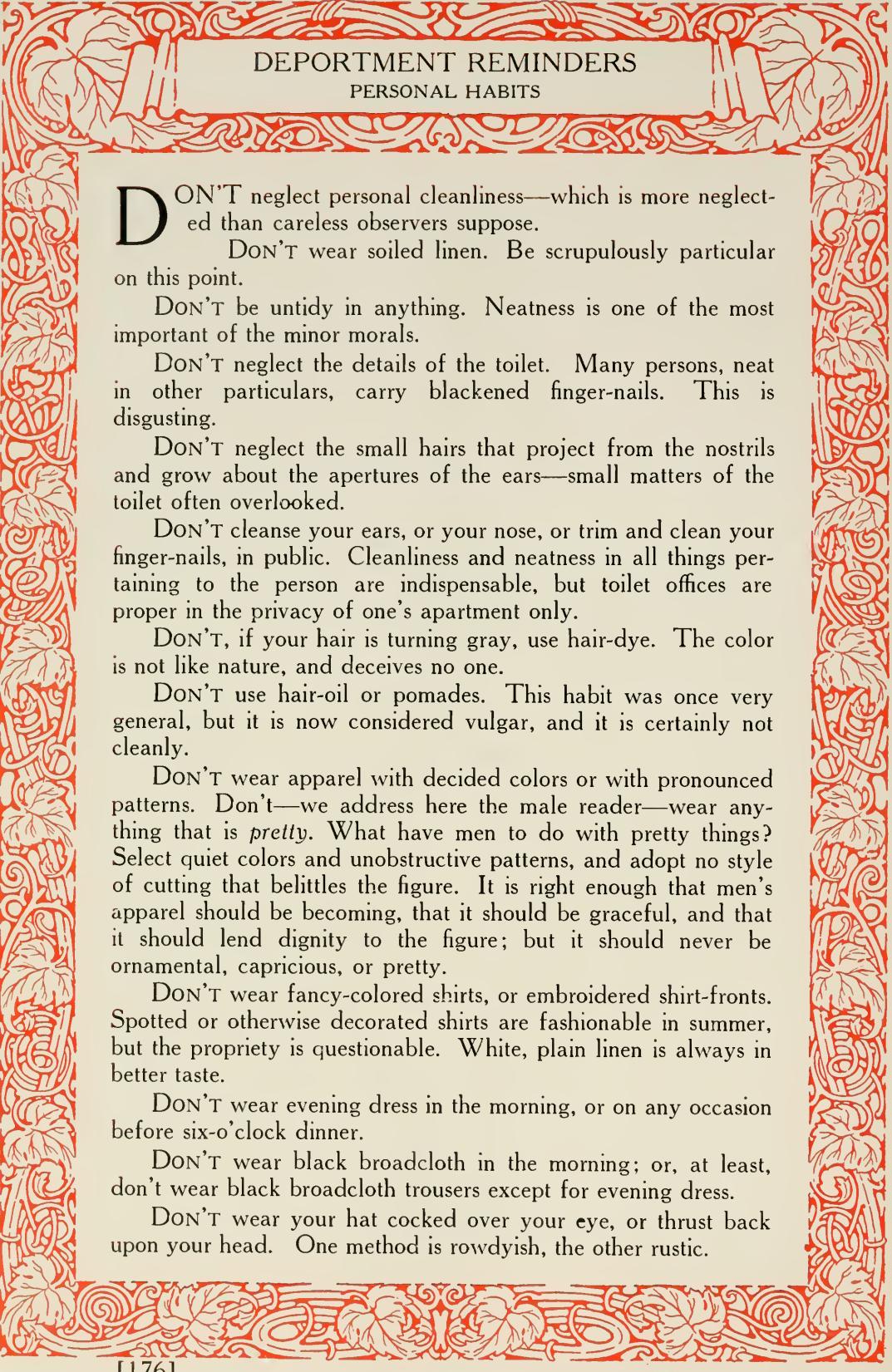
DON'T scoff or speak ill of a rival in your profession or trade. This is in the worst possible taste, and shows a paltry spirit. Have the pride and self-respect to overstate the merits of a rival rather than meanly underestimate them.

DON'T borrow books unless you return them promptly. If you do borrow books, don't mar them in any way; don't bend or break the backs, don't fold down the leaves, don't write on the margins, don't stain them with grease-spots. Read them, but treat them as friends that must not be abused.

DON'T play the accordion, the violin, the piano, or any musical instrument, to excess. Your neighbors have nerves, and need at times a little relief from inflictions of the kind. If you could manage not to play on instruments at all, unless you are an accomplished performer, so much the better.

DON'T be selfish; don't be exacting; don't storm; if things go wrong; don't be grum and sullen; don't fret—one fretful person in a house is ruin to its peace; don't make yourself in any particular a nuisance to your neighbors or your family.





## DEPARTMENT REMINDERS PERSONAL HABITS

**D**ON'T neglect personal cleanliness—which is more neglected than careless observers suppose.

DON'T wear soiled linen. Be scrupulously particular on this point.

DON'T be untidy in anything. Neatness is one of the most important of the minor morals.

DON'T neglect the details of the toilet. Many persons, neat in other particulars, carry blackened finger-nails. This is disgusting.

DON'T neglect the small hairs that project from the nostrils and grow about the apertures of the ears—small matters of the toilet often overlooked.

DON'T cleanse your ears, or your nose, or trim and clean your finger-nails, in public. Cleanliness and neatness in all things pertaining to the person are indispensable, but toilet offices are proper in the privacy of one's apartment only.

DON'T, if your hair is turning gray, use hair-dye. The color is not like nature, and deceives no one.

DON'T use hair-oil or pomades. This habit was once very general, but it is now considered vulgar, and it is certainly not cleanly.

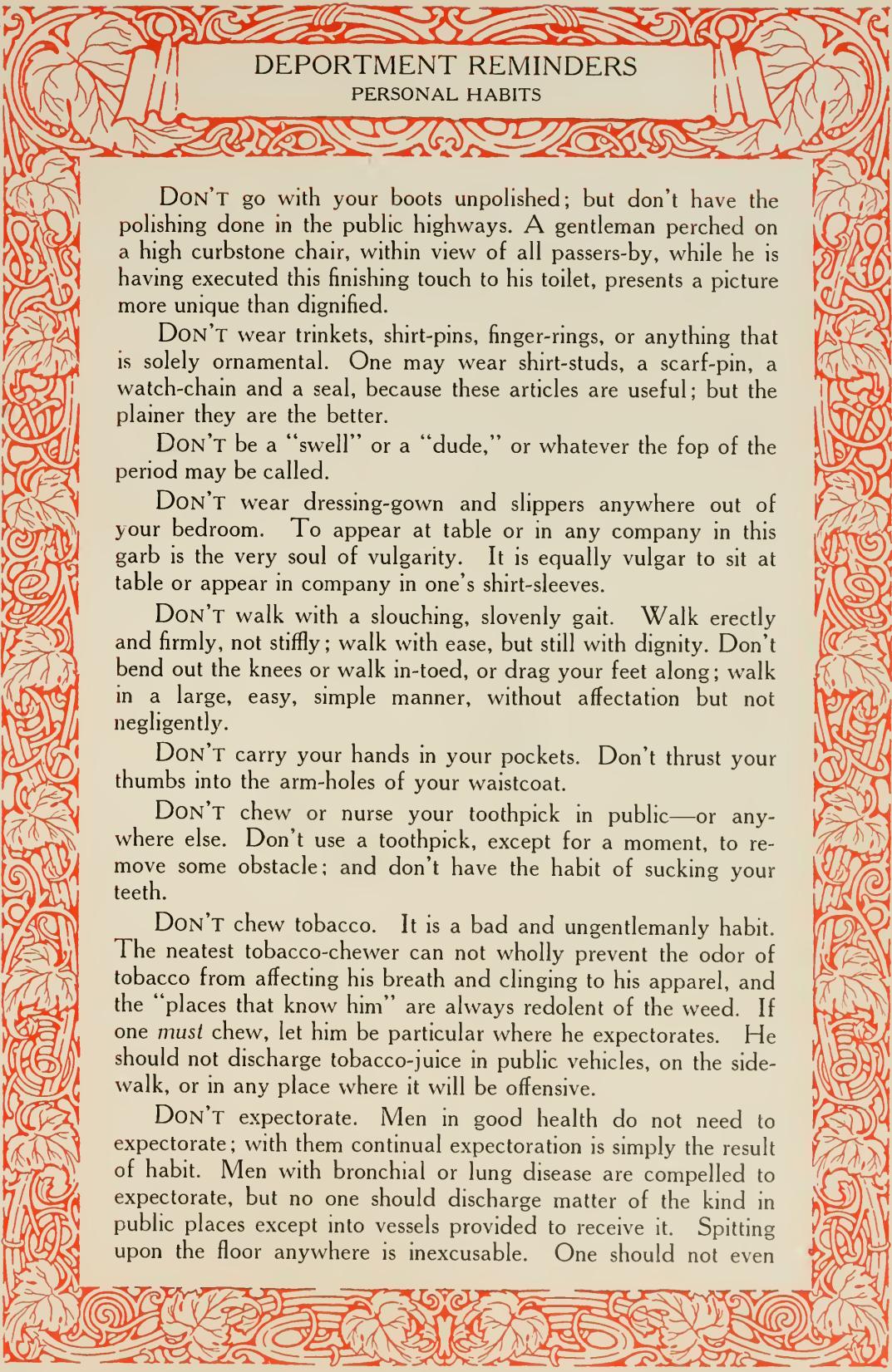
DON'T wear apparel with decided colors or with pronounced patterns. Don't—we address here the male reader—wear anything that is *pretty*. What have men to do with pretty things? Select quiet colors and unobstructive patterns, and adopt no style of cutting that belittles the figure. It is right enough that men's apparel should be becoming, that it should be graceful, and that it should lend dignity to the figure; but it should never be ornamental, capricious, or pretty.

DON'T wear fancy-colored shirts, or embroidered shirt-fronts. Spotted or otherwise decorated shirts are fashionable in summer, but the propriety is questionable. White, plain linen is always in better taste.

DON'T wear evening dress in the morning, or on any occasion before six-o'clock dinner.

DON'T wear black broadcloth in the morning; or, at least, don't wear black broadcloth trousers except for evening dress.

DON'T wear your hat cocked over your eye, or thrust back upon your head. One method is rowdyish, the other rustic.



## DEPORTMENT REMINDERS PERSONAL HABITS

DON'T go with your boots unpolished; but don't have the polishing done in the public highways. A gentleman perched on a high curbstone chair, within view of all passers-by, while he is having executed this finishing touch to his toilet, presents a picture more unique than dignified.

DON'T wear trinkets, shirt-pins, finger-rings, or anything that is solely ornamental. One may wear shirt-studs, a scarf-pin, a watch-chain and a seal, because these articles are useful; but the plainer they are the better.

DON'T be a "swell" or a "dude," or whatever the fop of the period may be called.

DON'T wear dressing-gown and slippers anywhere out of your bedroom. To appear at table or in any company in this garb is the very soul of vulgarity. It is equally vulgar to sit at table or appear in company in one's shirt-sleeves.

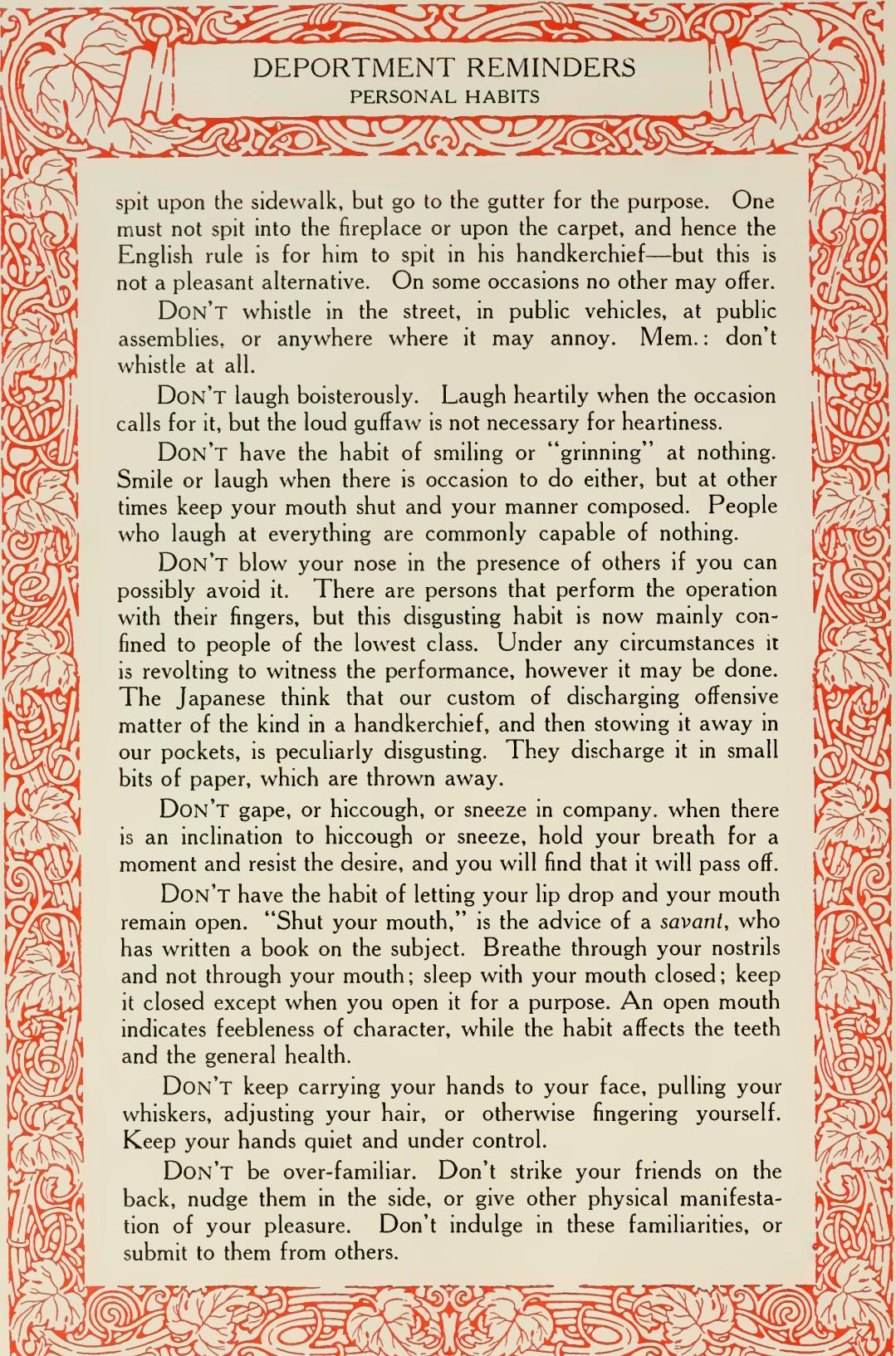
DON'T walk with a slouching, slovenly gait. Walk erectly and firmly, not stiffly; walk with ease, but still with dignity. Don't bend out the knees or walk in-toed, or drag your feet along; walk in a large, easy, simple manner, without affectation but not negligently.

DON'T carry your hands in your pockets. Don't thrust your thumbs into the arm-holes of your waistcoat.

DON'T chew or nurse your toothpick in public—or anywhere else. Don't use a toothpick, except for a moment, to remove some obstacle; and don't have the habit of sucking your teeth.

DON'T chew tobacco. It is a bad and ungentlemanly habit. The neatest tobacco-chewer can not wholly prevent the odor of tobacco from affecting his breath and clinging to his apparel, and the "places that know him" are always redolent of the weed. If one *must* chew, let him be particular where he expectorates. He should not discharge tobacco-juice in public vehicles, on the sidewalk, or in any place where it will be offensive.

DON'T expectorate. Men in good health do not need to expectorate; with them continual expectoration is simply the result of habit. Men with bronchial or lung disease are compelled to expectorate, but no one should discharge matter of the kind in public places except into vessels provided to receive it. Spitting upon the floor anywhere is inexcusable. One should not even



## DEPORTMENT REMINDERS PERSONAL HABITS

spit upon the sidewalk, but go to the gutter for the purpose. One must not spit into the fireplace or upon the carpet, and hence the English rule is for him to spit in his handkerchief—but this is not a pleasant alternative. On some occasions no other may offer.

DON'T whistle in the street, in public vehicles, at public assemblies, or anywhere where it may annoy. Mem.: don't whistle at all.

DON'T laugh boisterously. Laugh heartily when the occasion calls for it, but the loud guffaw is not necessary for heartiness.

DON'T have the habit of smiling or "grinning" at nothing. Smile or laugh when there is occasion to do either, but at other times keep your mouth shut and your manner composed. People who laugh at everything are commonly capable of nothing.

DON'T blow your nose in the presence of others if you can possibly avoid it. There are persons that perform the operation with their fingers, but this disgusting habit is now mainly confined to people of the lowest class. Under any circumstances it is revolting to witness the performance, however it may be done. The Japanese think that our custom of discharging offensive matter of the kind in a handkerchief, and then stowing it away in our pockets, is peculiarly disgusting. They discharge it in small bits of paper, which are thrown away.

DON'T gape, or hiccup, or sneeze in company. When there is an inclination to hiccup or sneeze, hold your breath for a moment and resist the desire, and you will find that it will pass off.

DON'T have the habit of letting your lip drop and your mouth remain open. "Shut your mouth," is the advice of a *savant*, who has written a book on the subject. Breathe through your nostrils and not through your mouth; sleep with your mouth closed; keep it closed except when you open it for a purpose. An open mouth indicates feebleness of character, while the habit affects the teeth and the general health.

DON'T keep carrying your hands to your face, pulling your whiskers, adjusting your hair, or otherwise fingering yourself. Keep your hands quiet and under control.

DON'T be over-familiar. Don't strike your friends on the back, nudge them in the side, or give other physical manifestation of your pleasure. Don't indulge in these familiarities, or submit to them from others.

## DEPARTMENT REMINDERS PERSONAL HABITS

DON'T bolt without notice into any one's private apartment. Respect always the privacy of your friends, however intimate you may be with them.

DON'T leave a door open that you find closed, or close a door that you found open. Don't slam a door, or allow a door to slam of itself.

DON'T wear your hat in a strictly private office. This is no more justifiable than wearing a hat in a drawing-room.

DON'T carry a lighted cigar into a private office or into a salesroom. (See *Smoking*, under "In Public.")

DON'T pick up letters, accounts, or anything of a private character that is lying on another's desk. Don't look over a person's shoulder when he is reading or writing.

DON'T twirl a chair or other object while talking or listening to any one. This trick is very annoying and very common.

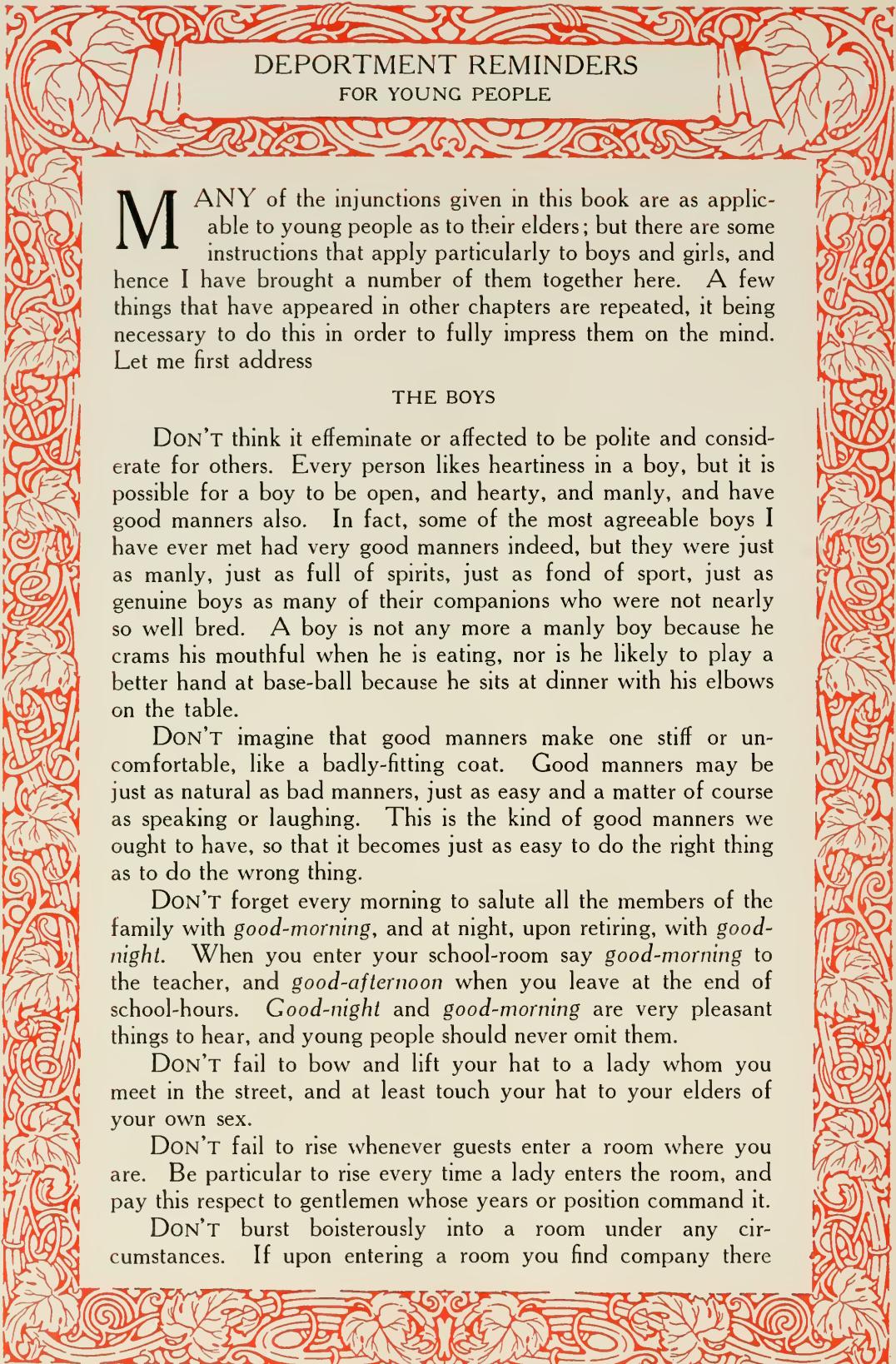
DON'T beat a tattoo with your foot in company or anywhere, to the annoyance of others. Don't drum with your fingers on chair, table, or windowpane. Don't hum a tune. The instinct for making noises is a survival of savagery.

DON'T be servile toward superiors, or arrogant toward inferiors. Maintain your dignity and self-respect in one case, and exhibit a regard for the feelings of people, whatever their station may be, in the other.

DON'T go into the presence of ladies with your breath redolent of wine or spirits, or your beard rank with the odor of tobacco. Smokers should be careful to wash the mustache and beard after smoking.

DON'T drink wine or spirits in the morning, or often at other times at dinner. Don't frequent bar-rooms. Tippling is not only vulgar and disreputable, but injurious to health.





## DEPORTMENT REMINDERS FOR YOUNG PEOPLE

MANY of the injunctions given in this book are as applicable to young people as to their elders; but there are some instructions that apply particularly to boys and girls, and hence I have brought a number of them together here. A few things that have appeared in other chapters are repeated, it being necessary to do this in order to fully impress them on the mind. Let me first address

### THE BOYS

DON'T think it effeminate or affected to be polite and considerate for others. Every person likes heartiness in a boy, but it is possible for a boy to be open, and hearty, and manly, and have good manners also. In fact, some of the most agreeable boys I have ever met had very good manners indeed, but they were just as manly, just as full of spirits, just as fond of sport, just as genuine boys as many of their companions who were not nearly so well bred. A boy is not any more a manly boy because he crams his mouthful when he is eating, nor is he likely to play a better hand at base-ball because he sits at dinner with his elbows on the table.

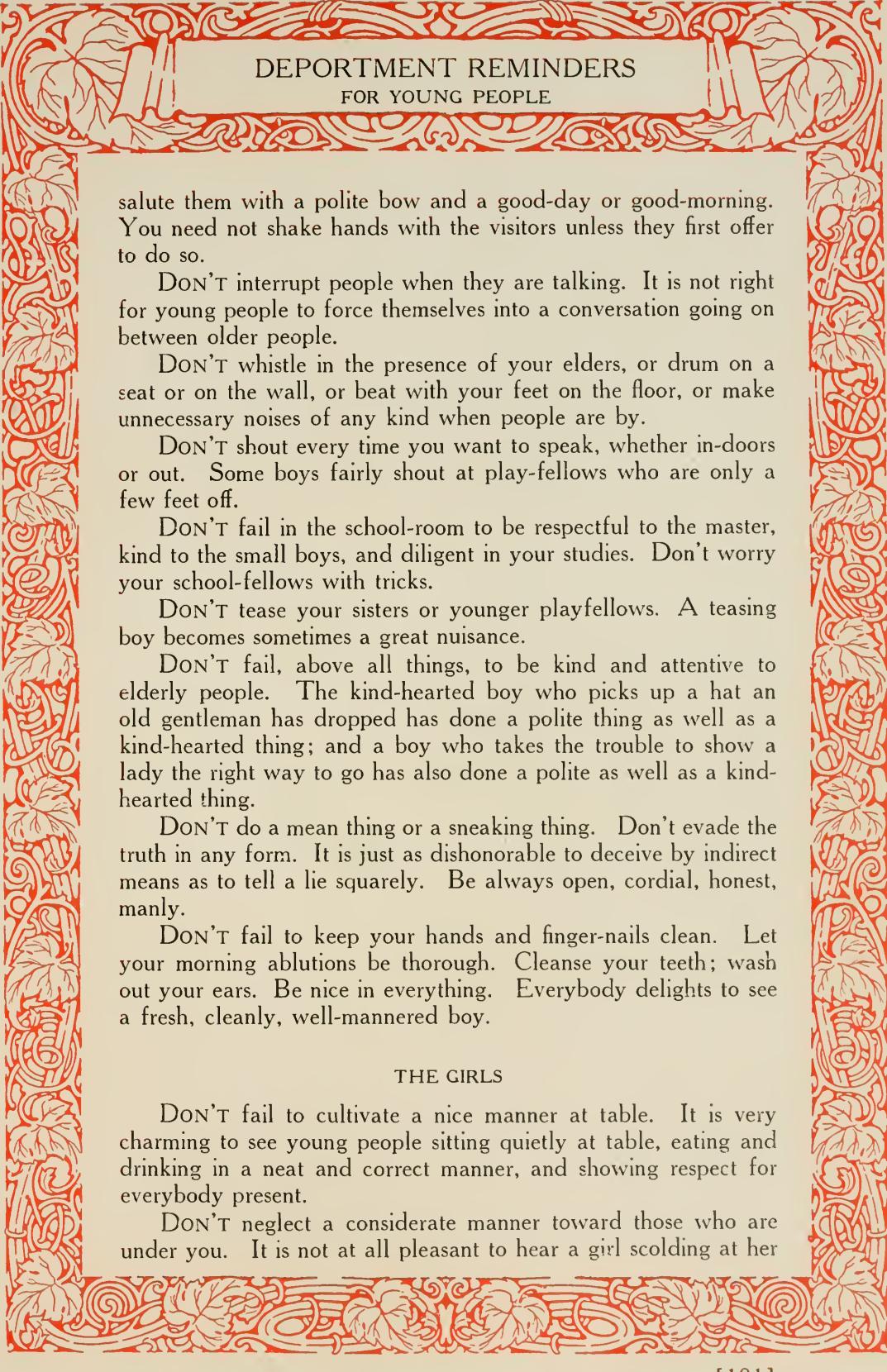
DON'T imagine that good manners make one stiff or uncomfortable, like a badly-fitting coat. Good manners may be just as natural as bad manners, just as easy and a matter of course as speaking or laughing. This is the kind of good manners we ought to have, so that it becomes just as easy to do the right thing as to do the wrong thing.

DON'T forget every morning to salute all the members of the family with *good-morning*, and at night, upon retiring, with *good-night*. When you enter your school-room say *good-morning* to the teacher, and *good-afternoon* when you leave at the end of school-hours. *Good-night* and *good-morning* are very pleasant things to hear, and young people should never omit them.

DON'T fail to bow and lift your hat to a lady whom you meet in the street, and at least touch your hat to your elders of your own sex.

DON'T fail to rise whenever guests enter a room where you are. Be particular to rise every time a lady enters the room, and pay this respect to gentlemen whose years or position command it.

DON'T burst boisterously into a room under any circumstances. If upon entering a room you find company there



## DEPORTMENT REMINDERS FOR YOUNG PEOPLE

salute them with a polite bow and a good-day or good-morning. You need not shake hands with the visitors unless they first offer to do so.

DON'T interrupt people when they are talking. It is not right for young people to force themselves into a conversation going on between older people.

DON'T whistle in the presence of your elders, or drum on a seat or on the wall, or beat with your feet on the floor, or make unnecessary noises of any kind when people are by.

DON'T shout every time you want to speak, whether in-doors or out. Some boys fairly shout at play-fellows who are only a few feet off.

DON'T fail in the school-room to be respectful to the master, kind to the small boys, and diligent in your studies. Don't worry your school-fellows with tricks.

DON'T tease your sisters or younger playfellows. A teasing boy becomes sometimes a great nuisance.

DON'T fail, above all things, to be kind and attentive to elderly people. The kind-hearted boy who picks up a hat an old gentleman has dropped has done a polite thing as well as a kind-hearted thing; and a boy who takes the trouble to show a lady the right way to go has also done a polite as well as a kind-hearted thing.

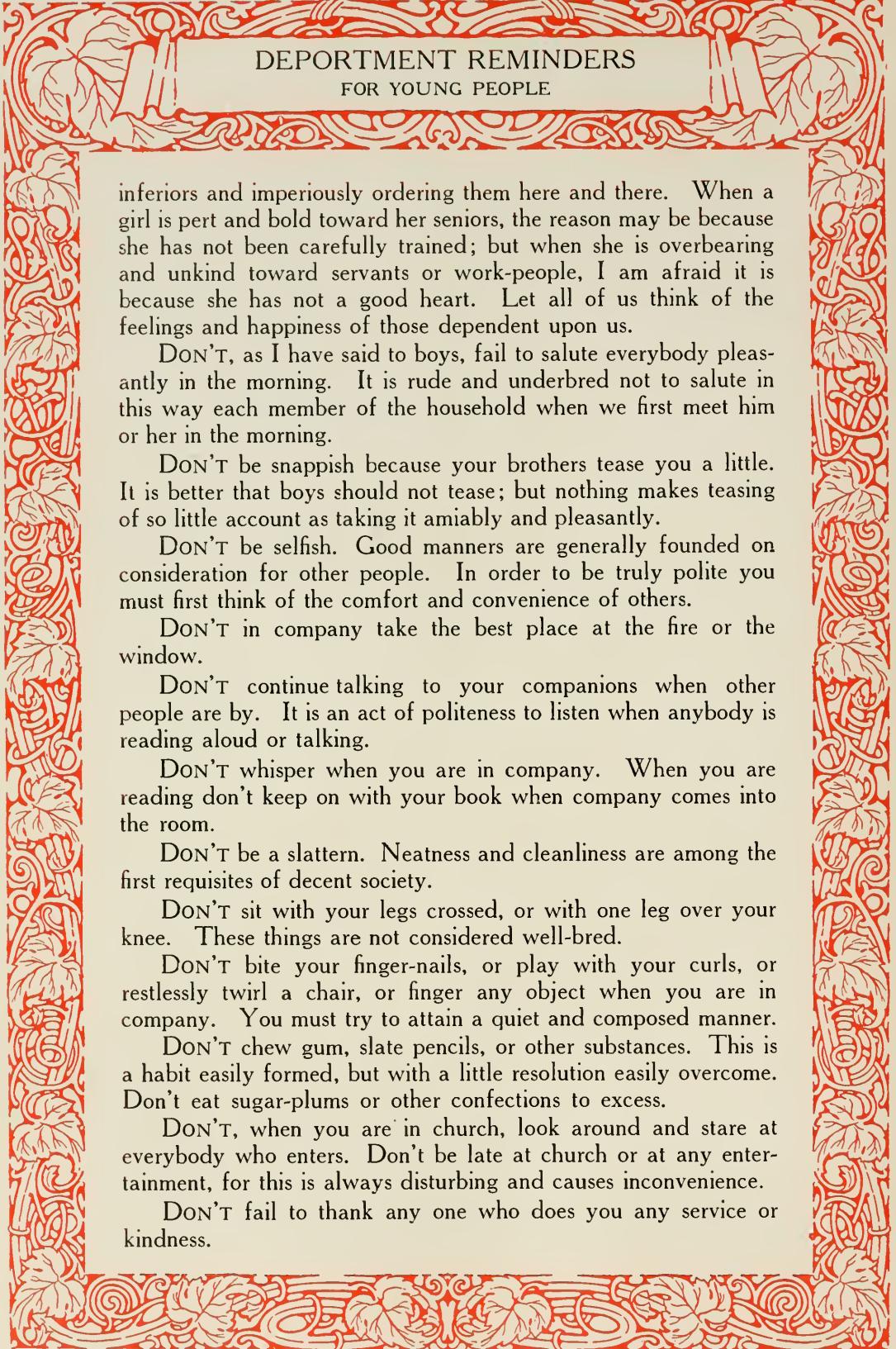
DON'T do a mean thing or a sneaking thing. Don't evade the truth in any form. It is just as dishonorable to deceive by indirect means as to tell a lie squarely. Be always open, cordial, honest, manly.

DON'T fail to keep your hands and finger-nails clean. Let your morning ablutions be thorough. Cleanse your teeth; wash out your ears. Be nice in everything. Everybody delights to see a fresh, cleanly, well-mannered boy.

### THE GIRLS

DON'T fail to cultivate a nice manner at table. It is very charming to see young people sitting quietly at table, eating and drinking in a neat and correct manner, and showing respect for everybody present.

DON'T neglect a considerate manner toward those who are under you. It is not at all pleasant to hear a girl scolding at her



## DEPORTMENT REMINDERS FOR YOUNG PEOPLE

inferiors and imperiously ordering them here and there. When a girl is pert and bold toward her seniors, the reason may be because she has not been carefully trained; but when she is overbearing and unkind toward servants or work-people, I am afraid it is because she has not a good heart. Let all of us think of the feelings and happiness of those dependent upon us.

DON'T, as I have said to boys, fail to salute everybody pleasantly in the morning. It is rude and underbred not to salute in this way each member of the household when we first meet him or her in the morning.

DON'T be snappish because your brothers tease you a little. It is better that boys should not tease; but nothing makes teasing of so little account as taking it amiably and pleasantly.

DON'T be selfish. Good manners are generally founded on consideration for other people. In order to be truly polite you must first think of the comfort and convenience of others.

DON'T in company take the best place at the fire or the window.

DON'T continue talking to your companions when other people are by. It is an act of politeness to listen when anybody is reading aloud or talking.

DON'T whisper when you are in company. When you are reading don't keep on with your book when company comes into the room.

DON'T be a slattern. Neatness and cleanliness are among the first requisites of decent society.

DON'T sit with your legs crossed, or with one leg over your knee. These things are not considered well-bred.

DON'T bite your finger-nails, or play with your curls, or restlessly twirl a chair, or finger any object when you are in company. You must try to attain a quiet and composed manner.

DON'T chew gum, slate pencils, or other substances. This is a habit easily formed, but with a little resolution easily overcome. Don't eat sugar-plums or other confections to excess.

DON'T, when you are in church, look around and stare at everybody who enters. Don't be late at church or at any entertainment, for this is always disturbing and causes inconvenience.

DON'T fail to thank any one who does you any service or kindness.

## DEPORTMENT REMINDERS FOR YOUNG PEOPLE

DON'T point at people you see in the streets, and don't fail to respond to every bow of recognition.

DON'T talk in a loud and shrill voice. A low voice is a great charm in all women, young or old.

DON'T be affected. Try to have a simple and natural manner. Don't be pert.

DON'T say unkind things about your playmates, and don't be envious and out of temper because another girl has a prettier frock or bonnet than you have. It is impossible for any girl to have everything she wants. It is foolish to fret and make ourselves unhappy because some one is better off than we are.

DON'T use slang words. No one likes to hear from the lips of a girl or woman the coarse and fast terms that happen to be the vulgar fashion of the time.

DON'T fail to be obedient to your parents and teachers, respectful to all people older than yourself, kind to your playmates and servants, considerate of other people's wishes and feelings, gentle and modest in your demeanor, neat in your attire, and observant of all the little rules that make what are called good manners.



DEPORTMENT REMINDERS  
FOR LADIES

DON'T overtrim your gowns or other articles of apparel. The excess in trimmings on women's garments, now so common, is a taste little less than barbaric, and evinces ignorance of the first principles of beauty, which always involve simplicity as a cardinal virtue. Apparel piled with furbelows or similar adjuncts, covered with ornaments, and garnished up and down with ribbons, is simply made monstrous thereby, and is not of a nature to please the eyes of gods or men. Leave excesses of all kinds to the vulgar.

DON'T submit servilely to fashion. Believe in your own instincts and the looking-glass rather than the *dicta* of the mantua-makers, and modify modes to suit your personal characteristics. How is it possible for a tall woman and a short woman to wear garments of the same style without one or the other being sacrificed?

DON'T forget that no face can be lovely when exposed to the full glare of the sun. A bonnet should be so constructed as to cast the features partially in shade, for the delicate half-shadows that play in the eyes and come and go on the cheek give to woman's beauty one of its greatest charms. When fashion thrusts the bonnet on the back of the head, defy it; when it orders the bonnet to be perched on the nose, refuse to be a victim of its tyranny.

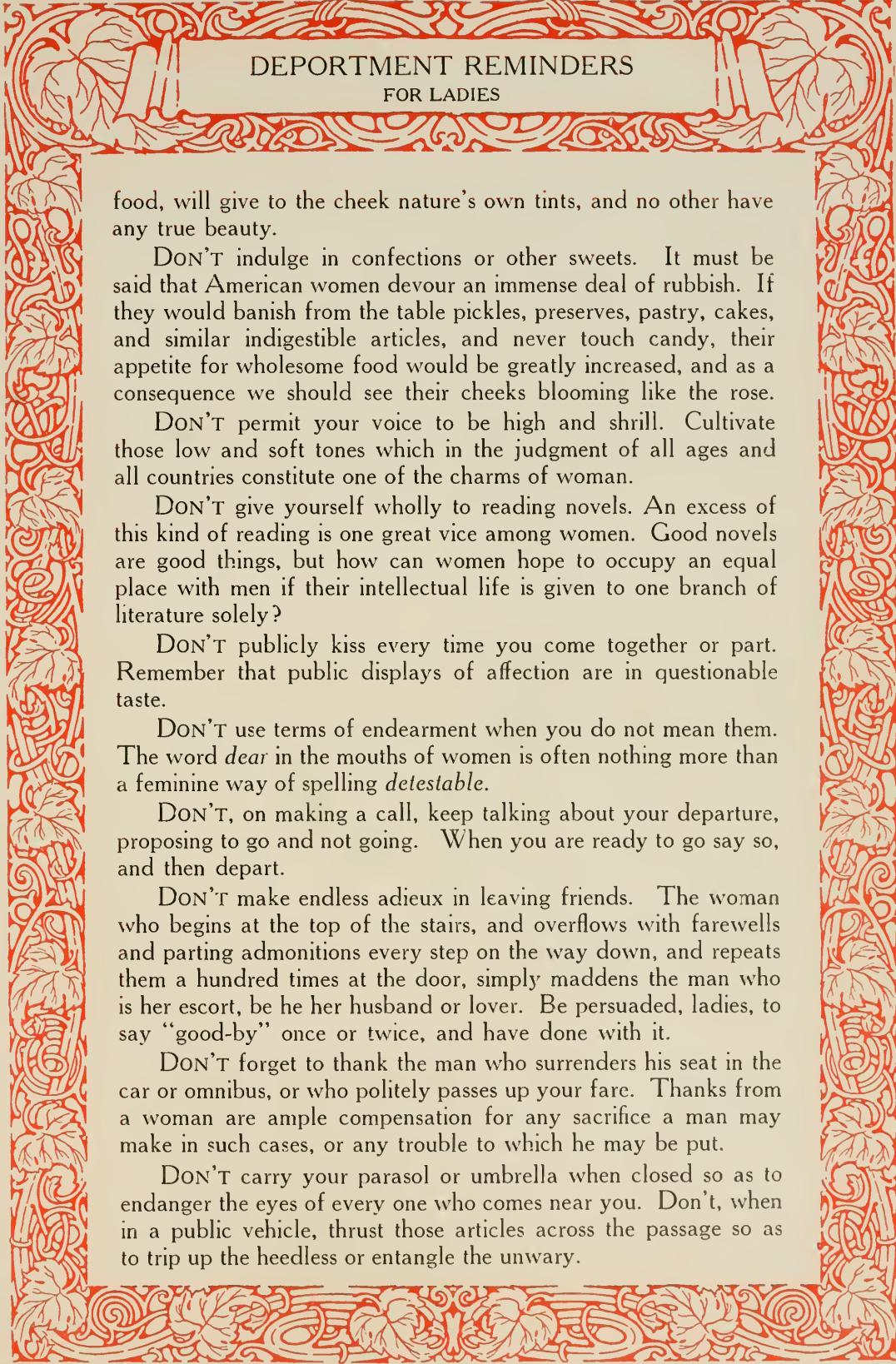
DON'T wear at home faded or spotted gowns, or soiled finery, or anything that is not neat and appropriate. Appear at the breakfast-table in some perfectly pure and delicate attire—fresh, cool, and becoming. Dress for the pleasure and admiration of your family.

DON'T cover your fingers with finger-rings. A few well-chosen rings give elegance and beauty to the hand; a great number disfigure it, while the ostentation of such a display is peculiarly vulgar. And what are we to say when over-ringed fingers show a neglect of the wash-basin?

DON'T wear ear-rings that draw down the lobe of the ear. A well-shaped ear is a handsome feature; but an ear misshapen by the weight of its trinkets is a thing not pleasant to behold.

DON'T wear diamonds in the morning, or to any extent except upon dress occasions. Don't wear too many trinkets of any kind.

DON'T supplement the charms of nature by the use of the color-box. Fresh air, exercise, the morning bath, and proper



## DEPORTMENT REMINDERS FOR LADIES

food, will give to the cheek nature's own tints, and no other have any true beauty.

DON'T indulge in confections or other sweets. It must be said that American women devour an immense deal of rubbish. If they would banish from the table pickles, preserves, pastry, cakes, and similar indigestible articles, and never touch candy, their appetite for wholesome food would be greatly increased, and as a consequence we should see their cheeks blooming like the rose.

DON'T permit your voice to be high and shrill. Cultivate those low and soft tones which in the judgment of all ages and all countries constitute one of the charms of woman.

DON'T give yourself wholly to reading novels. An excess of this kind of reading is one great vice among women. Good novels are good things, but how can women hope to occupy an equal place with men if their intellectual life is given to one branch of literature solely?

DON'T publicly kiss every time you come together or part. Remember that public displays of affection are in questionable taste.

DON'T use terms of endearment when you do not mean them. The word *dear* in the mouths of women is often nothing more than a feminine way of spelling *detestable*.

DON'T, on making a call, keep talking about your departure, proposing to go and not going. When you are ready to go say so, and then depart.

DON'T make endless adieux in leaving friends. The woman who begins at the top of the stairs, and overflows with farewells and parting admonitions every step on the way down, and repeats them a hundred times at the door, simply maddens the man who is her escort, be he her husband or lover. Be persuaded, ladies, to say "good-by" once or twice, and have done with it.

DON'T forget to thank the man who surrenders his seat in the car or omnibus, or who politely passes up your fare. Thanks from a woman are ample compensation for any sacrifice a man may make in such cases, or any trouble to which he may be put.

DON'T carry your parasol or umbrella when closed so as to endanger the eyes of every one who comes near you. Don't, when in a public vehicle, thrust those articles across the passage so as to trip up the heedless or entangle the unwary.

## DEPORTMENT REMINDERS FOR LADIES

DON'T be loud of voice in public places. A retiring, modest demeanor may have ceased to be fashionable, but it is as much a charm in woman to-day as it ever was.

DON'T nag. The amiability of women, in view of all they are subjected to from unsympathetic and brutal man, deserves great praise, but sometimes—Let it not be written!

DON'T, young ladies, giggle, or affect merriment when you feel none. If you reward a *bonmot* with a smile, it is sufficient. There are young women who every time they laugh cover their faces with their hands, or indulge in some other violent demonstration—to whom we say, *don't*.



## HOUSEHOLD RECIPES

**T**O KILL MOSQUITOES. If you are troubled with mosquitoes, get some pyrethrum at a drug store. Pour out a saucerful of this, add a spoonful of alcohol, and let it stand in the room. Shut doors and windows, and vapors entirely harmless to humans will soon fill the air, drawing the pests from their hiding places. Those up high should be killed with a swatter; the others will be overcome by the fumes, and need simply to be swept up and destroyed.

**IF YOU ARE BOthered With FLIES** during the warm weather, try keeping a pot of mignonette growing on your window sill. Flies detest the smell of it and you will find the pests will not trouble you as long as the mignonette is there.

A good way of stiffening the bristles of hairbrush after washing is to dip it into a mixture of equal quantities of milk and water, and then dry before the fire.

**TAKING SPOTS FROM VARNISHED WOOD.** Other housekeepers may be as glad as I was to learn a sure way of removing white spots from a varnished surface. Have ready three flannel cloths, one moistened with linseed oil, one with alcohol, and one with furniture polish. Rub briskly with the oil first, then with the alcohol, being careful not to use enough to take off the varnish, and finally apply the furniture polish. The spot will disappear entirely.

**NEWSPAPER HOLDER.** To keep the morning newspaper from blowing away, when it is left on the front porch, get the carrier to snap it into a "spring" clothes-pin. Fasten the latter to the porch railing with a piece of twine, and you will never have the disappointment of finding your paper "not there."

**CLEANING SPARK PLUGS.** A good way to clean the mica part of spark plugs in gas engines, so as to leave no carbon, is as follows: The entire plug is placed in a glass of vinegar or a weak solution of ascetic acid. If the latter is used, a 10-percent solution is best. After the plug is taken out of the solution, it should be washed in gasoline and rubbed with a dry cloth. This removes the carbon deposits and grease quickly.

**CLEANING STEEL OF GREASE AND STAINS.** Grease and stains can be easily removed from steel with a mixture of unslacked lime and chalk powder, by rubbing it on the steel

## HOUSEHOLD RECIPES

with a dry cloth. The best proportion for the mixture, which is easily prepared, is 1 part of lime to 1 part of chalk powder. The powder should be used dry. It is kept in cans for future use and can be used over and over again.

WHITE SPOTS on furniture can be removed by rubbing the wood with ammonia.

TO PREVENT TORCH SMOKING. In the shop or factory oil torches are sometimes used and much trouble is experienced by the excessive smoking of the flame. This occurs because too much carbon remains unburned, and can be remedied by first soaking the wick in a weak solution of ascetic acid. A 5-per-cent solution can be purchased for a few cents at any drug store and will soak a great number of wicks. The acid is not poisonous unless taken internally.

REMOVING TIGHT-FITTING CAN COVERS. Tight-fitting covers on lard and similar pails can be readily removed by tying a stout cord loosely below the cover, then placing an ordinary nail under the cord and twisting it. This will tighten the cord around the can evenly, which will loosen the cover.

A SKIMMING SPOON. A handy skimming spoon can be made very quickly of an ordinary spoon of any size desired. Slits are sawn across the bowl, using a hacksaw.

REMOVING PAINT FROM GLASS. Paint may be easily cleaned from glass by using a 50-per-cent solution of acetic acid. The acid should be heated and applied with a cloth. The hot acid will not hurt the hands or fabrics, nor the glass, but should be kept from children who might drink of it. The solution is made of commercial acetic acid and heated by adding hot water. The acid is inexpensive and can be purchased at any local drug store.

TO REMOVE A SPLINTER FROM THE FLESH. Quite frequently small particles of steel, splinters, or thorns are run into the flesh and cannot be removed with the fingers. These can be readily removed in the following manner: Press the eye of an ordinary needle over the protruding end, then turn the needle until the edges bind or clinch. While in this position, raise the needle and out comes the splinter.

## HOUSEHOLD RECIPES

**WHAT CAN BE DONE WITH A HAIRPIN.** Hang a big wire hairpin over the door knob, letting the ends slip through the key, and spreading the prongs a little below it, to make it secure. The key then cannot be turned from the outside or be pushed out. Next, fasten the windows by twisting a hairpin around each lock in such a way that it would be impossible to spring open. If the water does not run out of the basin as it should bend one end of a hairpin into a hook, and fish down in the outlet; many times hair combings, or piece of sponge, or cloth is the cause of the slow flow of water. It can also be used in the same way to free obstruction in the trap of the kitchen sink, or ice box drain pipe. The end of a large hairpin can be heated and made to bore small holes in wood with, or to start a hole in which to put a screw. A very small hairpin can be used to clean out the gas jet tip, when the gas does not burn brightly. A hairpin can be used to remove a cork that has been pushed down in the bottle by widening the loop, pushing it down in the bottle and placing it straddle the cork, then pull up and when the cork is properly started in the neck of the bottle, it can be pulled out. Also a corkscrew can be made to easily remove corks, after the first opening of the bottle, by running the two ends of the hairpin up through the cork from the bottom, bringing them together at the top and twisting so as to make a catch and top for the cork; you can then stop up the bottle and the cork can readily be removed any time without looking for a corkscrew. Also, in a sick room where it is necessary to have a shade on the lights, a hairpin can be used as the shade holder by bending the loop end up about half an inch at right angles, then thrust through it a fan or sheet of paper, then bend the ends into loops to hang over the light fixture, or edge of the globe. These are a few side lines of the hairpin.

**TO TAG PLANTS.** Wire small bottles to rose bushes or other plants which you may wish to preserve the names of, insert into the bottles, cards upon which the name of the plant is written, then cork the bottle. Suggest that the name be written on both sides, so that the card can be read at a glance.

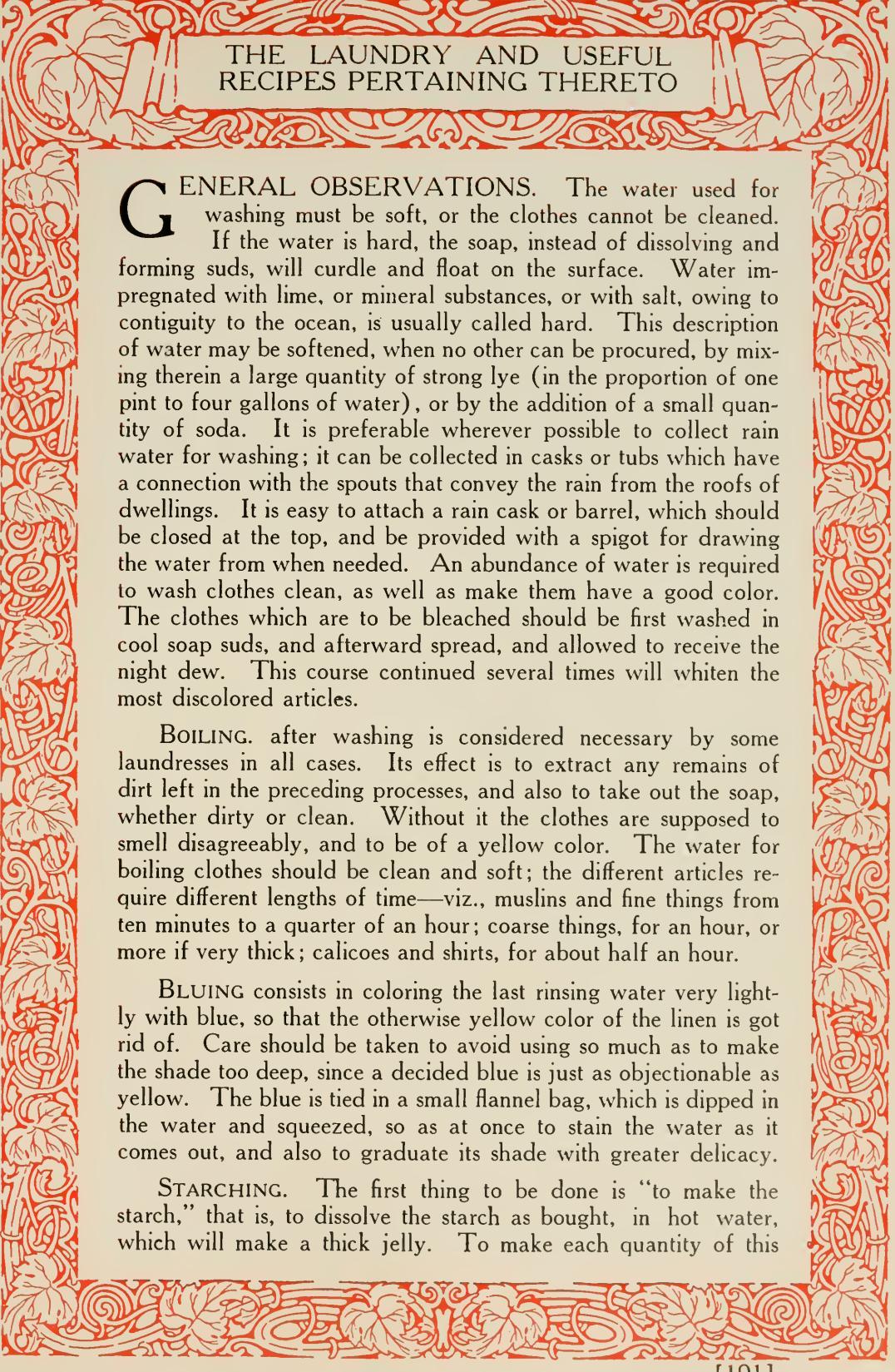
**A SIMPLE TWINE-BALL HOLDER.** In looking for a place to put a twine ball I happened to see a tin funnel and it gave me the idea which I put into practice. I punched three holes at equal distances apart in its upper edge and attached three strings

## HOUSEHOLD RECIPES

which were run to an apex and tied to a screw-eye in the ceiling. The end of the twine from the center of the ball was run through the funnel.

HICCOUGHS. When children, or even older people, are troubled with hiccoughs, have them look you directly in the eye, without winking, and at the same time, tell them to try to hiccough. This they will be unable to do, while looking intently at you; and, consequently, they soon gain control of the tired nerves, which caused the disturbance, and the hiccoughing ceases.





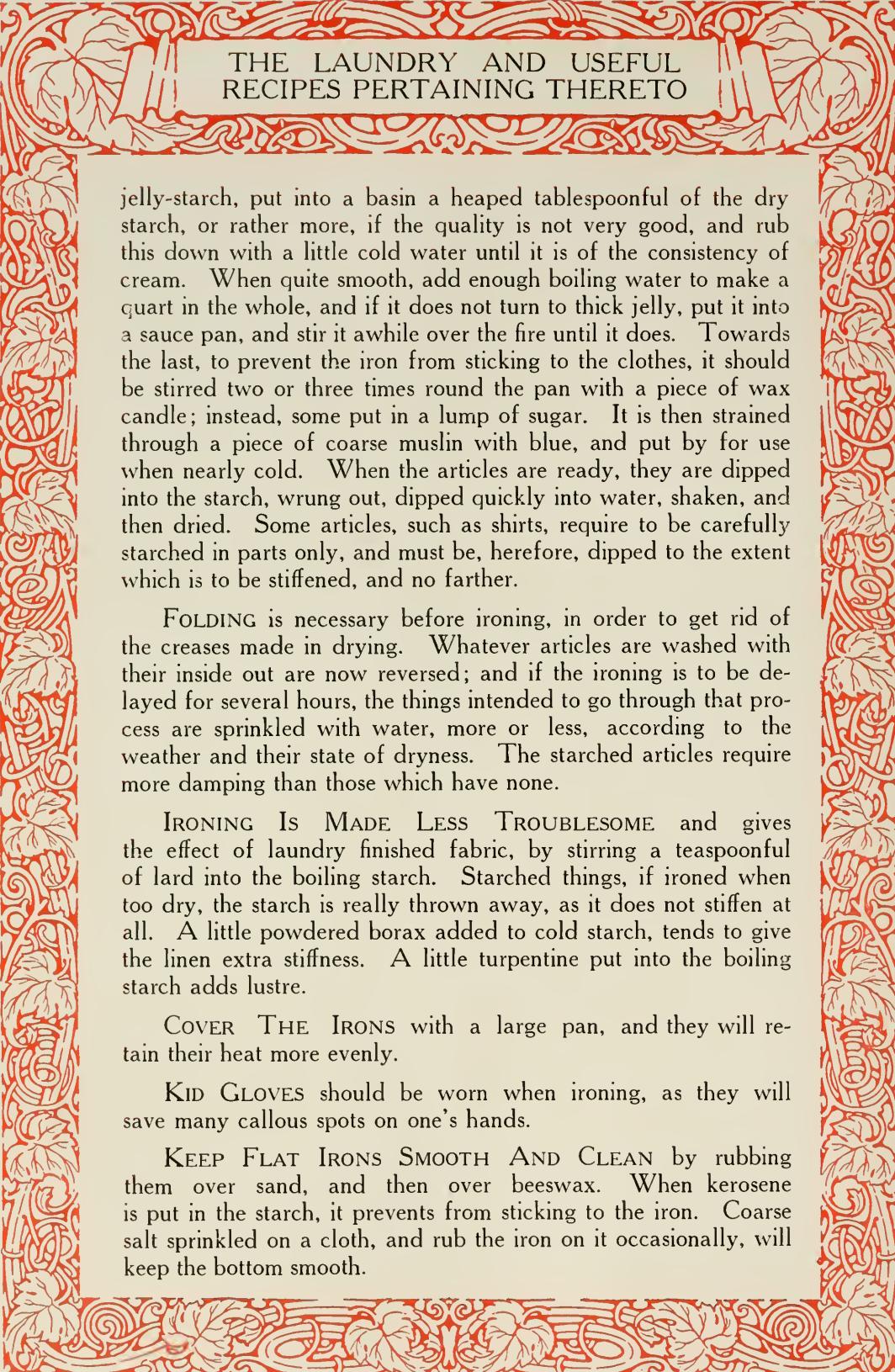
## THE LAUNDRY AND USEFUL RECIPES PERTAINING THERETO

**G**ENERAL OBSERVATIONS. The water used for washing must be soft, or the clothes cannot be cleaned. If the water is hard, the soap, instead of dissolving and forming suds, will curdle and float on the surface. Water impregnated with lime, or mineral substances, or with salt, owing to contiguity to the ocean, is usually called hard. This description of water may be softened, when no other can be procured, by mixing therein a large quantity of strong lye (in the proportion of one pint to four gallons of water), or by the addition of a small quantity of soda. It is preferable wherever possible to collect rain water for washing; it can be collected in casks or tubs which have a connection with the spouts that convey the rain from the roofs of dwellings. It is easy to attach a rain cask or barrel, which should be closed at the top, and be provided with a spigot for drawing the water from when needed. An abundance of water is required to wash clothes clean, as well as make them have a good color. The clothes which are to be bleached should be first washed in cool soap suds, and afterward spread, and allowed to receive the night dew. This course continued several times will whiten the most discolored articles.

**BOILING.** after washing is considered necessary by some laundresses in all cases. Its effect is to extract any remains of dirt left in the preceding processes, and also to take out the soap, whether dirty or clean. Without it the clothes are supposed to smell disagreeably, and to be of a yellow color. The water for boiling clothes should be clean and soft; the different articles require different lengths of time—viz., muslins and fine things from ten minutes to a quarter of an hour; coarse things, for an hour, or more if very thick; calicoes and shirts, for about half an hour.

**BLUING** consists in coloring the last rinsing water very lightly with blue, so that the otherwise yellow color of the linen is got rid of. Care should be taken to avoid using so much as to make the shade too deep, since a decided blue is just as objectionable as yellow. The blue is tied in a small flannel bag, which is dipped in the water and squeezed, so as at once to stain the water as it comes out, and also to graduate its shade with greater delicacy.

**STARLING.** The first thing to be done is “to make the starch,” that is, to dissolve the starch as bought, in hot water, which will make a thick jelly. To make each quantity of this



## THE LAUNDRY AND USEFUL RECIPES PERTAINING THERETO

jelly-starch, put into a basin a heaped tablespoonful of the dry starch, or rather more, if the quality is not very good, and rub this down with a little cold water until it is of the consistency of cream. When quite smooth, add enough boiling water to make a quart in the whole, and if it does not turn to thick jelly, put it into a sauce pan, and stir it awhile over the fire until it does. Towards the last, to prevent the iron from sticking to the clothes, it should be stirred two or three times round the pan with a piece of wax candle; instead, some put in a lump of sugar. It is then strained through a piece of coarse muslin with blue, and put by for use when nearly cold. When the articles are ready, they are dipped into the starch, wrung out, dipped quickly into water, shaken, and then dried. Some articles, such as shirts, require to be carefully starched in parts only, and must be, heretofore, dipped to the extent which is to be stiffened, and no farther.

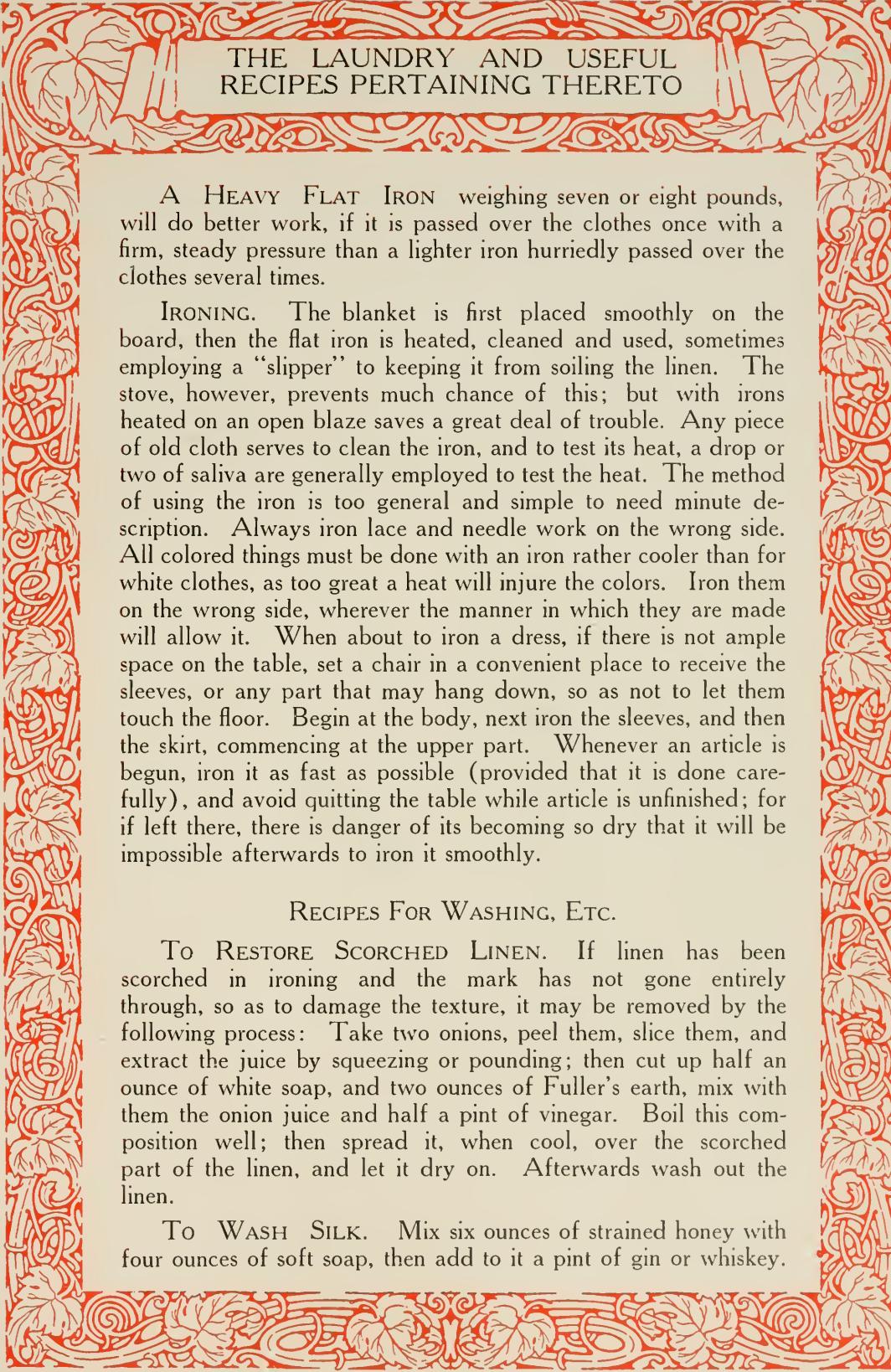
FOLDING is necessary before ironing, in order to get rid of the creases made in drying. Whatever articles are washed with their inside out are now reversed; and if the ironing is to be delayed for several hours, the things intended to go through that process are sprinkled with water, more or less, according to the weather and their state of dryness. The starched articles require more damping than those which have none.

IRONING IS MADE LESS TROUBLESOME and gives the effect of laundry finished fabric, by stirring a teaspoonful of lard into the boiling starch. Starched things, if ironed when too dry, the starch is really thrown away, as it does not stiffen at all. A little powdered borax added to cold starch, tends to give the linen extra stiffness. A little turpentine put into the boiling starch adds lustre.

COVER THE IRONS with a large pan, and they will retain their heat more evenly.

KID GLOVES should be worn when ironing, as they will save many callous spots on one's hands.

KEEP FLAT IRONS SMOOTH AND CLEAN by rubbing them over sand, and then over beeswax. When kerosene is put in the starch, it prevents from sticking to the iron. Coarse salt sprinkled on a cloth, and rub the iron on it occasionally, will keep the bottom smooth.



## THE LAUNDRY AND USEFUL RECIPES PERTAINING THERETO

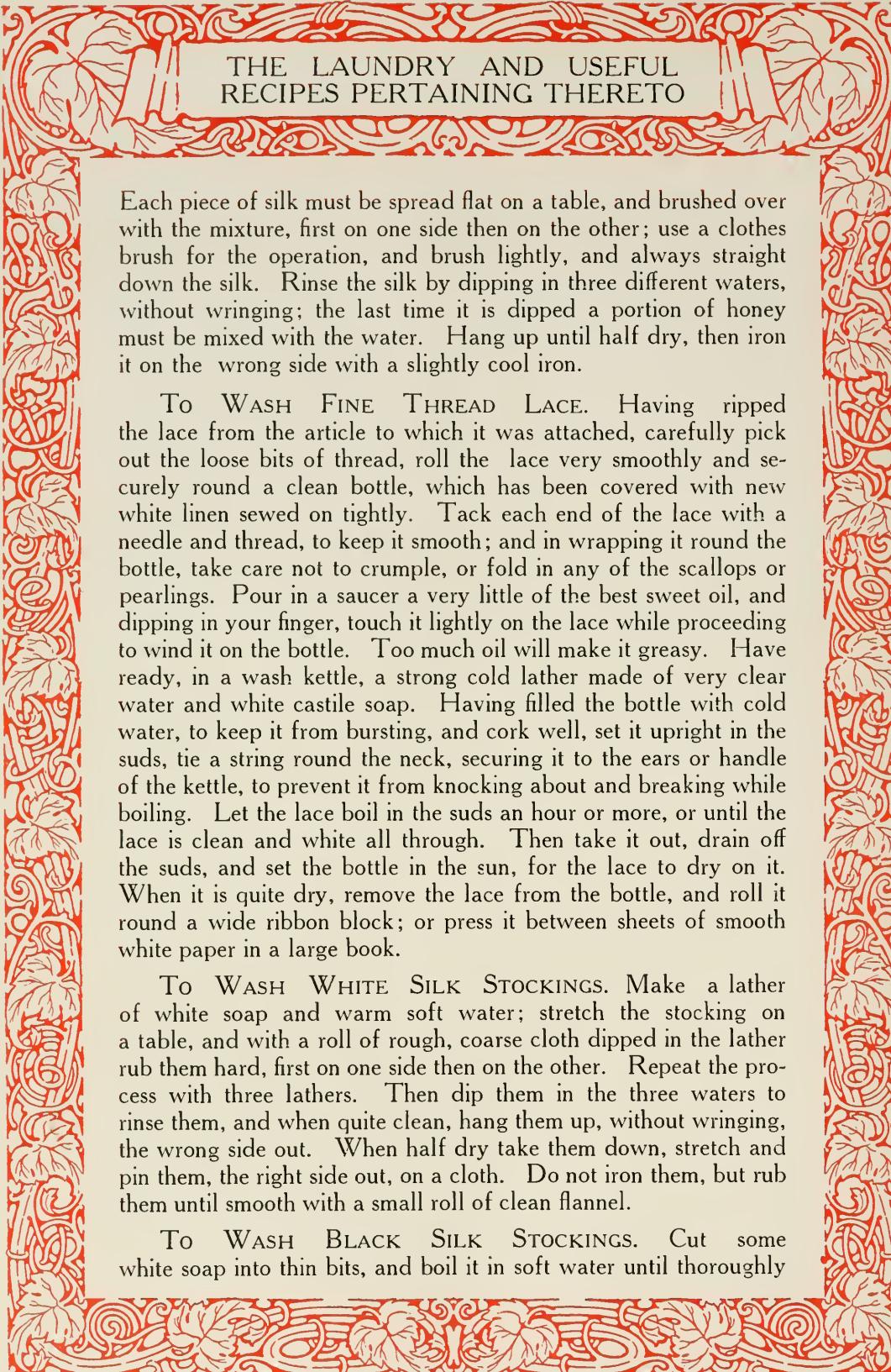
A HEAVY FLAT IRON weighing seven or eight pounds, will do better work, if it is passed over the clothes once with a firm, steady pressure than a lighter iron hurriedly passed over the clothes several times.

**IRONING.** The blanket is first placed smoothly on the board, then the flat iron is heated, cleaned and used, sometimes employing a "slipper" to keeping it from soiling the linen. The stove, however, prevents much chance of this; but with irons heated on an open blaze saves a great deal of trouble. Any piece of old cloth serves to clean the iron, and to test its heat, a drop or two of saliva are generally employed to test the heat. The method of using the iron is too general and simple to need minute description. Always iron lace and needle work on the wrong side. All colored things must be done with an iron rather cooler than for white clothes, as too great a heat will injure the colors. Iron them on the wrong side, wherever the manner in which they are made will allow it. When about to iron a dress, if there is not ample space on the table, set a chair in a convenient place to receive the sleeves, or any part that may hang down, so as not to let them touch the floor. Begin at the body, next iron the sleeves, and then the skirt, commencing at the upper part. Whenever an article is begun, iron it as fast as possible (provided that it is done carefully), and avoid quitting the table while article is unfinished; for if left there, there is danger of its becoming so dry that it will be impossible afterwards to iron it smoothly.

### RECIPES FOR WASHING, ETC.

**TO RESTORE SCORCHED LINEN.** If linen has been scorched in ironing and the mark has not gone entirely through, so as to damage the texture, it may be removed by the following process: Take two onions, peel them, slice them, and extract the juice by squeezing or pounding; then cut up half an ounce of white soap, and two ounces of Fuller's earth, mix with them the onion juice and half a pint of vinegar. Boil this composition well; then spread it, when cool, over the scorched part of the linen, and let it dry on. Afterwards wash out the linen.

**TO WASH SILK.** Mix six ounces of strained honey with four ounces of soft soap, then add to it a pint of gin or whiskey.



## THE LAUNDRY AND USEFUL RECIPES PERTAINING THERETO

Each piece of silk must be spread flat on a table, and brushed over with the mixture, first on one side then on the other; use a clothes brush for the operation, and brush lightly, and always straight down the silk. Rinse the silk by dipping in three different waters, without wringing; the last time it is dipped a portion of honey must be mixed with the water. Hang up until half dry, then iron it on the wrong side with a slightly cool iron.

**To WASH FINE THREAD LACE.** Having ripped the lace from the article to which it was attached, carefully pick out the loose bits of thread, roll the lace very smoothly and securely round a clean bottle, which has been covered with new white linen sewed on tightly. Tack each end of the lace with a needle and thread, to keep it smooth; and in wrapping it round the bottle, take care not to crumple, or fold in any of the scallops or pearlings. Pour in a saucer a very little of the best sweet oil, and dipping in your finger, touch it lightly on the lace while proceeding to wind it on the bottle. Too much oil will make it greasy. Have ready, in a wash kettle, a strong cold lather made of very clear water and white castile soap. Having filled the bottle with cold water, to keep it from bursting, and cork well, set it upright in the suds, tie a string round the neck, securing it to the ears or handle of the kettle, to prevent it from knocking about and breaking while boiling. Let the lace boil in the suds an hour or more, or until the lace is clean and white all through. Then take it out, drain off the suds, and set the bottle in the sun, for the lace to dry on it. When it is quite dry, remove the lace from the bottle, and roll it round a wide ribbon block; or press it between sheets of smooth white paper in a large book.

**To WASH WHITE SILK STOCKINGS.** Make a lather of white soap and warm soft water; stretch the stocking on a table, and with a roll of rough, coarse cloth dipped in the lather rub them hard, first on one side then on the other. Repeat the process with three lathers. Then dip them in the three waters to rinse them, and when quite clean, hang them up, without wringing, the wrong side out. When half dry take them down, stretch and pin them, the right side out, on a cloth. Do not iron them, but rub them until smooth with a small roll of clean flannel.

**To WASH BLACK SILK STOCKINGS.** Cut some white soap into thin bits, and boil it in soft water until thoroughly

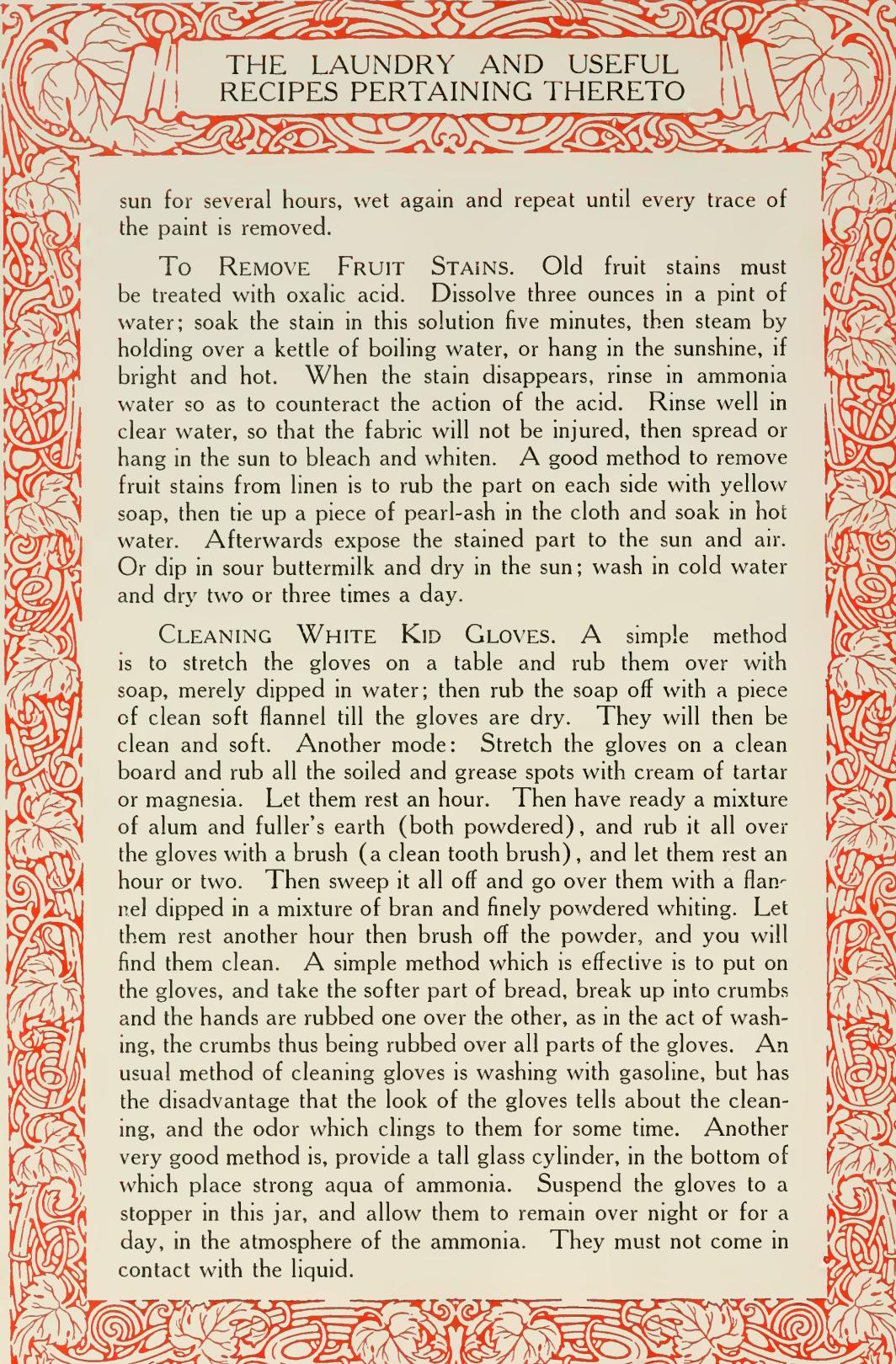
## THE LAUNDRY AND USEFUL RECIPES PERTAINING THERETO

dissolved, then mix a little of it in cold water, adding a teaspoonful of gall. Having turned the stockings on the wrong side, and rubbed a little of the boiled soap on the dirtiest places, wash them well through the luke warm suds. Repeat the washing, in fresh suds and water, till they are quite clean. Then rinse them through the cold waters, adding to the last a little blue from the bluing bag. Then squeeze them well, stretch them even, and hang them out immediately. While still damp, turn them right side out, stretch and pin them on an ironing blanket, and with the end of a bit of rolled up flannel, rub them hard and quick one way, till they are quite dry, and look smooth and glossy. This is better than to iron them, which always gives silk stockings an old appearance.

**To REMOVE IRON STAINS FROM LINEN.** Oxalic acid and hot water will remove iron stains. Cover a vessel of boiling water with a plate, rub on the acid until the stains disappear, then wash and place the articles in the hot sun for about a quarter of an hour. Though oxalic acid is a powder it is best to keep it mixed with water in a bottle, a solution of which is useful for many things.

**To REMOVE INK SPOTS.** Before clothes are washed, if white, pick some tallow from the bottom of a candle, rub it hard on the ink spots, leaving it there until the next day or longer, then let the article be boiled and washed; if it is merely common ink the stain will disappear. Another good preparation for removing ink spots may be made as follows: An ounce of sal-ammoniac and salt of tartar well mixed in a bottle, with cold soft or rain water; wet the linen with this mixture, and repeat until the stains disappear. Another, is to wet the ink spots in linen with water, and rub on tartaric acid. Ink spots can be removed from silk by saturating the spots with spirits of turpentine; after a few hours rub the spot and the ink stain will crumble away without injuring the fabric.

**To REMOVE PAINT SPOTS.** Saturate the fabric with equal parts of turpentine and water of ammonia, and rub. Paint stains that have become dry are hard to remove, but on cotton or woollen goods rub vigorously with chloroform. First cover the spot with olive oil or butter. On muslin, soak the spot in a strong solution of soda and water for twenty-four hours, if the paint has not then disappeared, wet in turpentine and lay in the



## THE LAUNDRY AND USEFUL RECIPES PERTAINING THERETO

sun for several hours, wet again and repeat until every trace of the paint is removed.

To REMOVE FRUIT STAINS. Old fruit stains must be treated with oxalic acid. Dissolve three ounces in a pint of water; soak the stain in this solution five minutes, then steam by holding over a kettle of boiling water, or hang in the sunshine, if bright and hot. When the stain disappears, rinse in ammonia water so as to counteract the action of the acid. Rinse well in clear water, so that the fabric will not be injured, then spread or hang in the sun to bleach and whiten. A good method to remove fruit stains from linen is to rub the part on each side with yellow soap, then tie up a piece of pearl-ash in the cloth and soak in hot water. Afterwards expose the stained part to the sun and air. Or dip in sour buttermilk and dry in the sun; wash in cold water and dry two or three times a day.

CLEANING WHITE KID GLOVES. A simple method is to stretch the gloves on a table and rub them over with soap, merely dipped in water; then rub the soap off with a piece of clean soft flannel till the gloves are dry. They will then be clean and soft. Another mode: Stretch the gloves on a clean board and rub all the soiled and grease spots with cream of tartar or magnesia. Let them rest an hour. Then have ready a mixture of alum and fuller's earth (both powdered), and rub it all over the gloves with a brush (a clean tooth brush), and let them rest an hour or two. Then sweep it all off and go over them with a flannel dipped in a mixture of bran and finely powdered whiting. Let them rest another hour then brush off the powder, and you will find them clean. A simple method which is effective is to put on the gloves, and take the softer part of bread, break up into crumbs and the hands are rubbed one over the other, as in the act of washing, the crumbs thus being rubbed over all parts of the gloves. An usual method of cleaning gloves is washing with gasoline, but has the disadvantage that the look of the gloves tells about the cleaning, and the odor which clings to them for some time. Another very good method is, provide a tall glass cylinder, in the bottom of which place strong aqua of ammonia. Suspend the gloves to a stopper in this jar, and allow them to remain over night or for a day, in the atmosphere of the ammonia. They must not come in contact with the liquid.

## THE LAUNDRY AND USEFUL RECIPES PERTAINING THERETO

To TAKE OUT MILDEW. Mix soft soap with powdered starch, half as much salt, and the juice of a lemon; lay it on the part on both sides with a soft brush. Spread the article out in the air, and let it lay day and night till the stain comes out. Another way of removing mildew is to soap the spots, and then, while wet, cover them with fine chalk scraped to a powder. Rub it well in, and then expose the articles to the sun. By repeating this application the mildew will disappear. Mildew can be removed by rubbing green tomatoes and salt on the spot, then exposing to the rays of the sun. Soaking mildewed articles in sour buttermilk, and putting on lemon juice and salt, then expose to the rays of the hot sun.

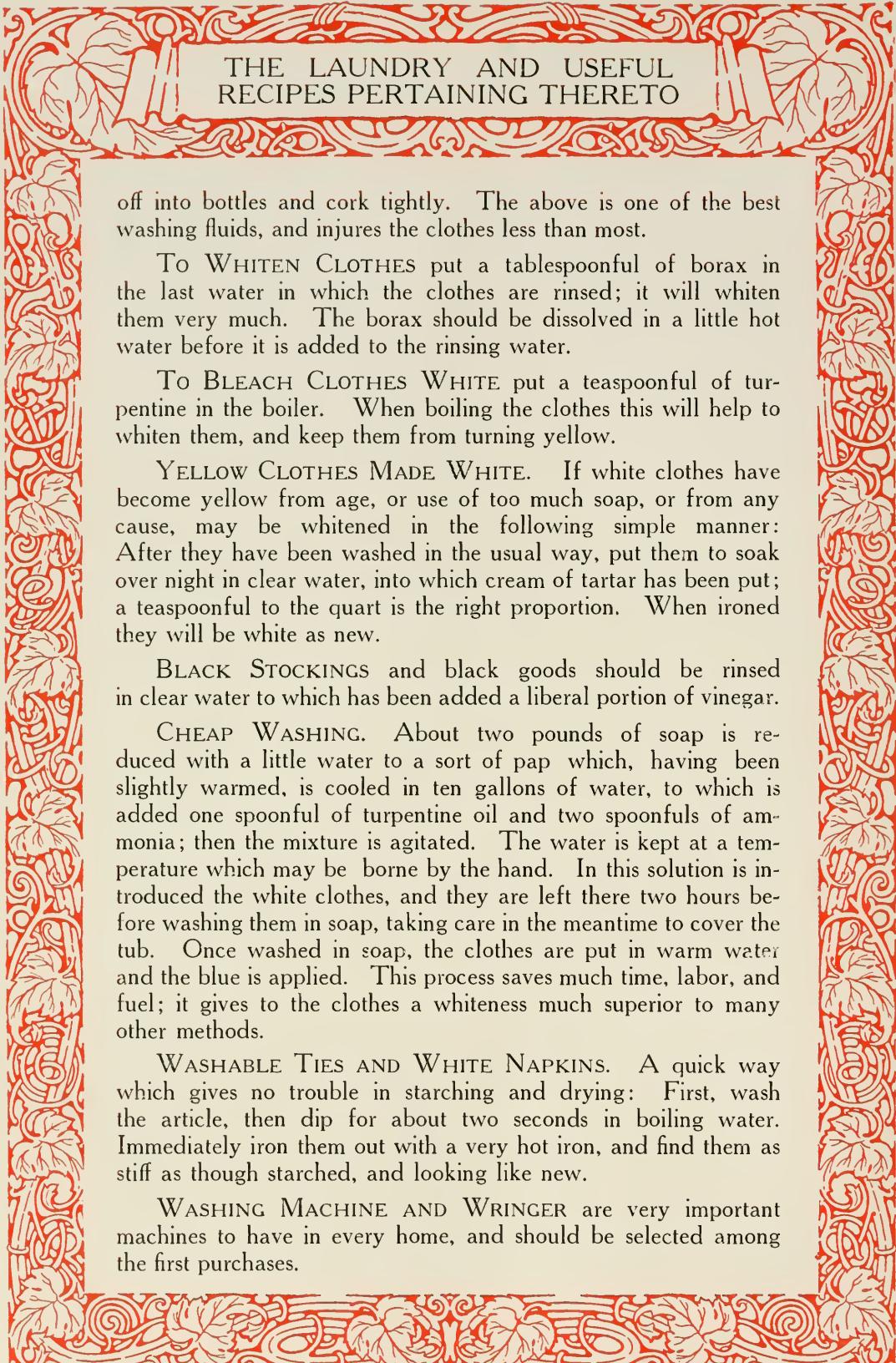
To CLEAN WHITE OSTRICH PLUMES. Draw the feathers gently through a warm soap lather several times, then pass them through tepid water, and finally through cold water, to rinse them. Then hold them a short distance from the fire, and curl the separate parts of the feather as it dries, by holding a steel knitting needle in the hand, and drawing each portion of the feather briskly between the pin and the thumb.

A GLASS WASHBOARD costs a few cents more than the zinc, but is cleaner and much easier of operation.

To SET COLOR and prevent delicate colors from fading when washed, dissolve five cents' worth of sugar of lead in a pail of cold water, and soak the garment in it for two hours, then rinse and wash. Colored hosiery may be prevented from fading by washing in luke warm water and then soaking in ten quarts of cold water to which have been added a glass full of vinegar and a handful of salt.

LEATHER STAINS ON WHITE STOCKINGS from the shoes can be obliterated by a little oxalic acid. Do not let it remain on long, as it will injure the texture. Remember that oxalic acid is poison, and should be handled carefully.

WASHING FLUID. Dissolve one pound of soda in two quarts of water. Add four quarts of clear lime water; stir, and when all sediment has settled, pour off the clear water. In one quart of boiling water dissolve three ounces of borax, and add it to the six quarts of clear water; when cold, add three ounces of carbonate of ammonia, pulverized; as soon as it is dissolved, pour



## THE LAUNDRY AND USEFUL RECIPES PERTAINING THERETO

off into bottles and cork tightly. The above is one of the best washing fluids, and injures the clothes less than most.

**TO WHITEN CLOTHES** put a tablespoonful of borax in the last water in which the clothes are rinsed; it will whiten them very much. The borax should be dissolved in a little hot water before it is added to the rinsing water.

**TO BLEACH CLOTHES WHITE** put a teaspoonful of turpentine in the boiler. When boiling the clothes this will help to whiten them, and keep them from turning yellow.

**YELLOW CLOTHES MADE WHITE.** If white clothes have become yellow from age, or use of too much soap, or from any cause, may be whitened in the following simple manner: After they have been washed in the usual way, put them to soak over night in clear water, into which cream of tartar has been put; a teaspoonful to the quart is the right proportion. When ironed they will be white as new.

**BLACK STOCKINGS** and black goods should be rinsed in clear water to which has been added a liberal portion of vinegar.

**CHEAP WASHING.** About two pounds of soap is reduced with a little water to a sort of pap which, having been slightly warmed, is cooled in ten gallons of water, to which is added one spoonful of turpentine oil and two spoonfuls of ammonia; then the mixture is agitated. The water is kept at a temperature which may be borne by the hand. In this solution is introduced the white clothes, and they are left there two hours before washing them in soap, taking care in the meantime to cover the tub. Once washed in soap, the clothes are put in warm water and the blue is applied. This process saves much time, labor, and fuel; it gives to the clothes a whiteness much superior to many other methods.

**WASHABLE TIES AND WHITE NAPKINS.** A quick way which gives no trouble in starching and drying: First, wash the article, then dip for about two seconds in boiling water. Immediately iron them out with a very hot iron, and find them as stiff as though starched, and looking like new.

**WASHING MACHINE AND WRINGER** are very important machines to have in every home, and should be selected among the first purchases.

## THE LAUNDRY AND USEFUL RECIPES PERTAINING THERETO

MACHINE OIL can be made of equal parts of melted lard and kerosene oil and do just as well for oiling washing machines, wringers, door hinges and numerous other things around the house.

TO CLEAR MUDDY WATER put one teaspoonful of alum to four gallons of water, and allow to stand for several hours.

TO SHRINK FLANNEL. Fill a tub with cold water, lay in your new flannel before making it up, and leave it until it sinks to the bottom of the tub. Hang up at once without squeezing or wringing, and when dry it will never shrink.

WASHING A SWEATER. Do not wring out and hang it up to dry, as you would anything ordinarily, but wash it by pressing or sopping in suds; squeeze it out by pressing in a ball by side of the tub, rinse thoroughly in the same way, and instead of hanging it up to dry, make a hammock of a towel by fastening tapes to the corners. Lay the sweater in this and as it dries, turn it.

THIN FABRICS should always be rolled up in a coarse towel or piece of muslin to keep the outside from drying.

A GOOD LAUNDRESS never sprinkles her table linen. After bleaching and drying in the sunshine and sweet fresh air, she wrings tablecloths and napkins out of clean boiling-hot water folds smoothly in a sheet and lets them stand for about half an hour. Then after stretching a tablecloth, or shaking out the napkins, one at a time, she irons them perfectly dry with hot irons.



## HEALTH NOTES

**W**HEN You Find That NERVES have too strong a grip to permit sleep at bedtime, try hot milk, which is a cure for so many ills. The milk should be heated hot, but not boiled, and it should be supped slowly.

A HEARTY MEAL will often cause an acute attack of indigestion, whereas a cup of hot milk with flavoring of sugar, nutmeg, or pinch of salt, taken with a few crackers, will have a restful effect and allay the indigestion.

FOR FEVER. If the patient having fever can be induced to drink sour buttermilk to the exclusion of all other food or drinks, the battle is practically won. Buttermilk is nourishing, it keeps the bowels and kidneys in order, and is cooling. When possible to get it, prefer the buttermilk that is made by putting the tablets that are made for that purpose into new milk. These tablets can be purchased at most any drug store, and directions for using come with them.

A FOLD OF NARROW FLANNEL worn next the skin, along the line of the spine, will be found a very simple and efficacious preventive of chills.

A FRENCH DOCTOR states that in inflamed conditions of the vagina, and in leucorrhea, he uses one half-ounce of tincture of iodine to a quart of hot water, as a douche every other day. This always relieves.

DRINKING WATER of about two quarts per day, is the need of the average person. Of course, this quantity may vary with the temperature and kind of work one is doing. In very hot weather, and when one is doing hard manual labor inducing excessive perspiration, the amount of water taken should be increased. Physiologists and nutritionists now class water as food, and it must be so considered, since it enters into the chemical composition of all the tissues of the body. It is well known that life lasts longer in the absence of all foods, than it will when water is denied.

WHEN WEAK AND LANGUID in the morning when you rise, the cause is due to imperfect secretion of wastes, which many times may be remedied by drinking a full tumbler of water before retiring. This very materially assists in the process during the night, and leaves the tissues fresh and strong, and ready for active work.

## HEALTH NOTES

TO TEST SUSPECTED WATER of being impure, fill a clean pint bottle nearly full of the water to be tested, and dissolve in it half a teaspoonful of loaf or granulated sugar. Cork the bottle and keep it in a warm place for two days. If the water becomes cloudy or milky, it is unfit for use.

TO PURIFY WATER, boil it for at least twenty minutes, with excessive heat, and no germ will survive. After boiling, the water should invariably be filtered, so as to remove all the precipitated matter.

ABUNDANT MINERAL MATTER is an aid to digestion. Magnesium builds nerves, calcium builds bones, potassium builds cells, sulphur builds tissues, and sodium aids the digestion of foods.

HOT WATER will relieve thirst better than cold water; but hot water is an excitant, and in cases in which irritation of the stomach exists, should not be used.

CURE OF HYSTERIA. Nothing recovers a person sooner out of a hysterical fit, than putting the feet and legs in warm water.

HEADACHE yields to frequent application of hot water to the feet and back of the neck.

NEURALGIA AND TOOTHACHE can be relieved by holding a towel wrung out of hot water to the face.

SPRAIN OR BRUISE. The wound part should be placed in water as hot as can be borne for fifteen or twenty minutes, and in all ordinary cases the pain will gradually cease.

HOT WATER is woman's best friend. If she drinks hot water an hour before her breakfast, she will be able to ward off dyspepsia. If she drinks hot water flavored with lemon and slightly sweetened, when she is out in the cold, it will ward off chills. The same agreeable medicine taken in the beginning of a cold will stop it.

FOR TIRED EYES, inflamed eyelids and styes, nothing is so soothing as hot water. The eyes should be sopped with a cloth dipped in boiling water.

SUFFERERS FROM SLEEPLESSNESS find themselves deliciously drowsy after a hot bath.

A MUSTARD POULTICE can be made in a variety of ways. The simplest and cleanest for ordinary use is as follows: Take

## HEALTH NOTES

a piece of soft flannel, dip it in tepid water, wring out and sprinkle one side of it with dry powdered mustard. Another way to make a mustard poultice, is by spreading a large tablespoonful of mustard, mixed with a little vinegar, on a piece of soft linen, and warming it before the fire when it is to be applied. When a weak mustard plaster is required, linseed meal may be mixed in equal parts with the mustard.

A MUSTARD PLASTER MADE ENTIRELY WITH WHITE OF EGGS will neither scar nor blister. For tightness of the chest, and difficulty of breathing, as happens with a bad cold, this sort of plaster can be worn during the night, and will bring great relief.

A NIGHT LIGHT, ever ready and convenient, can be made from a bottle six inches high and one inch in diameter. The bottle is filled two-thirds full of pure olive oil, that has been well heated about fifteen minutes, after which a piece of phosphorus about the size of a bean is dropped in and the cork is securely applied. This gives a good light for about four months; when it grows dim, the bottle is opened a little to let in oxygen. This will renew the light. Care is necessary in handling the phosphorus.

MEDICINE MAY BE MADE TASTELESS by taking a piece of ice or some ice water in the mouth before taking the medicine; the nerves of the organs of taste are benumbed by the ice.

COD LIVER OIL can be taken pleasantly, by sweetening vinegar with honey. Take a small sip, and then take the oil; the taste is thus disguised.

A SLICE OF LEMON covered with sugar and eaten after taking a nasty tasting medicine, will rob even castor oil of its terrors.

HOW TO TAKE CASTOR OIL. Take a half-glass of frothy sparkling beer, mix the dose of oil with it, and whip it up so as to make it froth strongly; neither the oil nor the beer taste will be perceived. If beer is not handy, another way in which to take castor oil, is: Put in a tumbler, about two ounces of strong lemonade, using at least the half of a lemon, pour in the desired quantity of oil. Just as you are ready to take it, stir in about a quarter of a teaspoonful of baking soda, which will make it foam to the top of the tumbler, then, while it is effervescent, drink it down. Even the oiliness is not detected.

## HEALTH NOTES

AN EMETIC, when required, can be easily made by dissolving a spoonful of mustard in luke warm water, drink it, and afterward, swallow the whites of several eggs.

EXCESSIVE STOUTNESS AND LEANNESS. Women should be specially careful to choose the right diet. For the sake of her beauty, if nothing else, the woman should choose the right amount of nutritive foods, and always avoid over-eating. Foods poor in starch and sugar, and rather rich in fat and protein, should be chosen for the period of life when one naturally begins to grow stout, which usually begins at about the age of twenty-five to thirty years. A woman inclined toward stoutness should not sleep more than seven hours out of the twenty-four. She should never lie in bed in the morning to a late hour, but rise early, the earlier the better; nor should she indulge in the rocking chair habit. On the other hand, she should get all the outdoor exercise that is possible, the best general exercise to take is walking. Most women, whether fat or thin, do too little walking. At least an hour a day should be spent in walking—and do it regularly and systematically. Increase your daily walks until you cover at least five miles every day.

GOOD DIET FOR REDUCING FLESH. For breakfast, four ounces of beef, mutton or broiled fish, except salmon or herring. A cup of coffee or tea, without milk or sugar, a small biscuit, or one piece of toast without butter. For lunch: Four to six ounces of fish (except those prohibited), and one small dish of any vegetable (except potatoes, parsnips, and beets, one piece of dry toast, ripe or cooked fruits, and a small helping of any kind of poultry or game. For dinner: Two or three ounces of any kind of fruit, three or four ounces of either lean meat or fresh fish, with any one vegetable that grows above the ground, cup of coffee or tea, without milk or sugar. Food which contains sugar and starch in large proportions rapidly creates fat, and must be avoided by those who have a horror of corpulence.

Do Not Eat fat bacon and ham, fat meat, cream, butter, sugar, potatoes, carrots, parsnips, beets, rice, sago, tapioca, macaroni, vermicelli, custards, pastry and puddings of all kinds, sweet cakes. These are prohibitions to those who wish to keep lean.

## HEALTH NOTES

THOSE THAT ARE LEAN and desire to take on flesh, just reverse the two above recipes, wearing the clothes loose around the abdomen, taking frequent inhalations of air, holding the breath and protruding the stomach; also drink considerable quantities of water between meals, also eat small lunches as often as you feel like it.

A GERMAN RECIPE which the writer of this article practiced some years ago, and gained some twenty pounds within six months, is, to drink beer a half an hour before breakfast every morning. Begin on a small glass, if disagreeable, and gradually increase the amount up to a quart each morning.

TO STOP ORDINARY HICCOUGH. There are two simple methods of arresting this unpleasant affection, by a temporary check in either the respiration or the circulation. The first mode of doing so, is by drawing in the breath just before the expected time, and holding it thus until the period is past. If it does not succeed with the first effort, it will very likely do so with the second. The other plan is to squeeze the right wrist with the finger and thumb of the other hand, at the place where the pulse is generally felt. Dr. Henry Lewis says: "There is only one specific for hiccough, and that is, a small dose of wine vinegar, sweetened with as much sugar as it will absorb. I have used this remedy when the annoyance has passed almost into the dangerous stage, and never knew a case which one dose would not relieve, and two make a cure. Sucking a lump of sugar will cure a very mild attack, but is not effective in severe cases."

HEADACHE. There are many and varied remedies to stop headache, will only mention a few of the simpler ones. A towel wrung out of hot water and applied to the back of the neck, will bring relief in many cases. Putting the feet in hot water will often cause a cure, by bringing the blood from the head.

FOR QUICK RELIEF OF A COUGH. If any member of the family coughs persistently during the night and one happens to be out of the usual remedies; wring out a soft thick flannel from water as hot as can be borne, brush lightly and quickly with a feather that has been plunged in turpentine, and apply to the chest. If the flesh is very sensitive, it will be well to rub with vaseline or sweet oil before making the application.

## HEALTH NOTES

**HAY FEVER.** A victim of hay fever claims that he has found a solution of olive oil and camphor very effective. Prepare it, by gently warming some olive oil and a small lump of camphor together for several hours. Apply by oiling the inside of the lower part of the nose.

**FOR ASTHMA** soak a blotting paper in strong saltpeter water; dry, and burn in the room at night.

**ASTHMA REMEDY.** The following is said to be a cure for the distressing disease, asthma. The ingredients are: sulphur, one-half ounce; cream of tartar, one ounce; aniseed, one-half ounce. Pulverize and thoroughly mix the ingredients, and take one teaspoonful in about two tablespoonfuls of molasses on going to bed, or at such time during the day as may suit the patient. The dose, once a day, may be diminished or increased a little, as best suits the states of bowels of the individual.

**RHEUMATISM.** Nearly every form of rheumatism affects the joints and inflames the system, if it becomes chronic. One of the most simple and effective remedies, is to go to the hot springs for a month, as well as chew dried rhubarb root; or use a combination of salicylate of soda and rhubarb as prepared by the druggist. Mustard oil is a good local application. It is used externally by rubbing vigorously twice daily. Celery, raw, stewed or in soup is very good to relieve rheumatic pain. Another simple remedy, is green coffee, take a tea-cup of cold water, add a tablespoonful of ground green Java coffee. Let it stand over night, and drink before breakfast. Try a potato poultice: Boil two potatoes in the jackets; when done, mash the potatoes—skins and all—spread on a cloth and apply.

**CURE FOR DRUNKENNESS.** Sulphate of iron, five grains; peppermint water, eleven drachms; spirits of nutmeg, one drachm. To be taken twice a day in doses of about a wineglassful, or less, with or without water.

**INSECT BITES AND STINGS.** Whether mosquito bites, or the sting of bees, an immediate application of cologne water, ammonia, or spirits of camphor will give immediate relief. In the case of stings, be sure to remove the sting from the flesh, which can be done by a pair of pinchers, or by pressing the thumb nails on each side of the sting until it bleeds.

## HEALTH NOTES

SPIDER BITES are not only painful but are often venomous, and it is necessary to wash them with salt water, or diluted vinegar. An application of onion is effectual in the case of such bites. Flour is considered excellent. Castor oil is also another simple and good remedy, by applying it to the bite. Another is, a solution of alum water made strong, adding a little glycerine and vinegar.

A BRUISE. Smear with a lump of fresh butter immediately, if fresh butter is not at hand, use olive oil. In either case renew the application every few minutes for several hours.

SCALDS OR BURNS. Instantly and liberally apply dry flour, and keep it in place as a bandage. Another excellent application is "prepared lard" that is, lard without salt, Druggists keep it. Do not apply cold water, salt, or vinegar. Try to avoid breaking the skin where burned.

USES OF BORAX. Borax has become almost indispensable as an article for various uses, as well as salt and pepper. *It keeps silver bright* by occasionally putting in strong borax water, which is boiling hot when the silver is added. *Stains upon table cloths and napkins* may be readily washed out in borax water. A little borax boiled in the coffee pot once a week will keep it clean and sweetens and purifies it. *To clean window glass* simply use warm water and borax, no soap. Wipe dry and polish with crumpled newspaper. *For shampoo* use one teaspoonful to two quarts of warm water. It acts directly on the scalp, keeping it in a healthy condition.

HEADACHE at the beginning of a sick headache, exercising the abdominal muscles often gives relief. Drink a cup of strong black tea, in which has been squeezed the juice of a lemon. Half a teaspoonful of common baking soda dissolved in hot water is also good. One of the quickest ways of dispelling a headache, is to give some of the muscles—those of the legs, for instance—a little sharp work to do, such as fast running. The reason is, that muscular exercise flushes the parts engaged in it, and so depletes the brain. When your head aches, take a run, or a very stiff walk. Another exercise is, to swing the head in a gently circular motion for ten to fifteen times, move first in one direction, then back the other, exaggerate the motion slightly, then dropping the head as far forward and backwards and on the sides, as it will

## HEALTH NOTES

comfortably go. Also, try the arm swinging motions, by swinging the arms about the body in a circular motion. This can be done by dropping the arms close to the sides, then bringing them out in front as far as they will go, up over the head to their full height and straight back from the shoulders until they fall naturally to the side again. Just at first this motion will seem somewhat jerky, but if done slowly and regularly it will soon draw the blood from the head and thus relieve the ache.

FOR BURNS apply cloths well saturated with cool alum water, keeping the injured part covered from the air. Another remedy is the white of an egg; seven or eight successive applications of this substance, soothes the pain and effectually excludes the burned parts from the air. This simple remedy is very good.

FOR A SEVERE SPRAIN take the white of an egg and a tea-spoonful each of vinegar and spirits of turpentine. Put in a bottle, shake it thoroughly, then bathe the sprain often, beginning as soon as possible after the accident.

FOR A SLIGHT CUT there is no better remedy than common flour. Bind on plenty and do not remove the bandage for several days.

A BAD CUT can be quickly cured by applying a small lump of lard upon which you have poured a few drops of laudanum.

TO REDUCE THE ABDOMEN. Massage the bowels. Begin by taking a correct standing position—with the weight on the soles of the feet. Don't have on any clothing. Stretch, until the line from the navel to the neck, is as long as you can make it; now, holding that position, draw a deep breath, and then hold the breath, yet move the muscles of the abdomen as if you were breathing. Move the muscles of the abdomen as long as you can, then expel your breath, and try again. Next, stick out your stomach then, standing with the weight on the left foot, bring up the right hip as far as you can; then bend the back so that the body becomes prominent just below the waist line; then, standing on the right foot, bring up the left hip in like manner. This, when done evenly, is known as "the hip roll." You must try to do this exercise without moving any other part of the body more than is actually necessary. You will soon see that these movements do massage the bowels that have been partially paralyzed, which in many cases cause the protusion. At first it

## HEALTH NOTES

will hurt you, so that you may feel anxious about yourself, but be a little easy with yourself at first, and it will wear away; but keep at it every day, as it will take several weeks of such exercise to permanently reduce the abdomen to the proper dimensions.

**CRAMPS IN THE LEG OR FOOT.** Many persons of both sexes, are greatly troubled with cramps coming on in the leg or foot. It comes on suddenly and is very severe. There is nothing easier to make the spasm let go its hold, than to wrap a strong cord around the leg right over the place where it cramps, take an end in each hand and give it a sharp pull—one that will hurt a little. Instantly the cramp will let up. For a permanent cure, use about six or eight cells of galvanic battery, with the negative pole applied over the spot where the cramp occurs, and the positive pole over the thigh. Give it for about ten minutes, and repeat every few days for a month.

**TO PREVENT DREAMING** avoid eating a heavy supper, take plenty of exercise and sleep in a cool room. Unless you are positively ill for want of sleep, you should positively avoid the use of narcotics. Apples are a good nerve quietier, and is a good healthful practice to eat an apple every night before going to bed; it promotes sound and healthy sleep, thoroughly disinfects the mouth, prevents indigestion and throat disease.

**INSOMNIA.** In addition to other remedies given in this book, a bandage soaked in ice cold water and laid across the eyes and temples will afford immediate rest and drowsiness, if nervousness is the cause of sleeplessness.

**SEA-SICKNESS.** Hold your breath and contract your abdominal muscles is a remedy for sea-sickness. Another is, take a Seidlitz powder divided in four parts, every one in fifteen minutes, has good results in violent vomiting. Another recommends Worcester sauce in teaspoonful doses, taken without water, for preventing and curing sea-sickness. It should be taken every three hours until the stomach can retain its contents. Small quantities of beef tea with cayenne pepper in it, which can be obtained on any steamer, is pleasant to take, and often succeeds.

**FOR SIMPLE HOARSENESSE**, take a fresh egg, beat it and thicken with pulverized sugar. Eat freely of it, and the hoarseness will soon be relieved.

## HEALTH NOTES

FOR CANKER IN THE MOUTH or sore throat, use borax and honey. Drink sage or slippery elm tea. A gargle of hot claret often affords much relief in cases of acute sore throat. Also, a gargle made of a teaspoonful of spirits of camphor in a glass of water gives a delicious tone and vigor to the larynx, palate and bronchial tubes.

SORE THROAT may be relieved by applying a poultice of flaxseed, upon which you have poured a little warm lard and laudanum. A splendid remedy for sore throat and congested lungs, is, take a glass of hot flax seed, add the juice of two lemons, sweeten to a pleasant taste; let it boil in a double boiler for one hour, then strain it, and sip it in small doses, and also gargle the throat with it. After applying poultices or compresses to the throat and chest; always rub with alcohol, if going out in the air, to prevent taking more cold. One of the best agents to absorb a cold, is aromatic spirits of ammonia, and sweet spirits of niter.

HOARSENESS OF SINGERS is improved by taking ten drops of dilute nitric acid in plenty of sweetened water three or four times a day. It is said that immediate relief can be secured by putting three or four drops on a square loaf of sugar, and allowing it to dissolve slowly on the tongue, inhaling it into the lungs.

COUGHS may be alleviated, and dry throats cured, by taking glycerine and lime juice at night before retiring. The glycerine should be diluted. In severe paroxysms of coughing, from colds, or lung affection; one or two tablespoonfuls of pure glycerine, in either hot milk, or hot rich cream, will afford almost instant relief. An excellent cough syrup is made by slicing two lemons thin, and adding to them ten cents worth of whole flax seed, and ten cents worth of licorice root, one gill of water and a little sugar. Boil until quite thick and strain. A teaspoonful taken every hour, and you have an effective and pleasant medicine.

FOR COLD ON THE CHEST, there is no better specific for most persons, than well boiled or roasted onions. They may not agree with some people, but persons with good digestion they will be found a most excellent remedy for a cough, cold, and clogging of the bronchial tubes if freely eaten at the beginning of a cold. An old remedy for cold in the chest, is an onion poultice, which is made by heating the onions and putting them in a muslin bag and bruising them. Lay the bag upon the

## HEALTH NOTES

chest over night. Care should be taken about getting in a draught when the poultice is removed in the morning.

AN EXCELLENT COUGH REMEDY is made as follows, take a cup of mutton suet and two large spoonfuls of spirits of turpentine, put in the turpentine all the camphor gum that will dissolve, then add to the cup of suet, melted, mixed thoroughly, and keep where you can have ready to apply to the throat or chest, on a cloth, covering warmly, it is good for any lung trouble, croup, or colds.

BORAX WILL SOFTEN WATER when used in the proportion of a large handful to ten gallons of water. The texture of fine linen and cotton will not be injured by its use. *As a dentifrice and mouth wash, borax is unexcelled.* It cleanses the mouth, hardens the gums, and relieves cankers. In using it for the teeth, make a powder of one ounce each of powdered borax and pulverized castile soap, and two ounces of precipitated chalk. *For the bath* make bags of cheese cloth, about eight inches square, filled with oatmeal, powdered borax, pulverized castile soap, and a little orris root, used in the bath, are delightfully refreshing. As a disinfectant, a box of powdered borax on the toilet table; especially in the kitchen will prove a valuable aid in procuring cleanliness at the kitchen sink. *Mildew* is as a rule hard to remove, but an application of chalk and borax spread on thickly, and placed in the sun will cause the spots to disappear.

USES OF SALT. A little salt rubbed on china ware will take off stains. Salt is effective as a means of deodorizing sewer gas. Salt in water will aid in cleaning glass bottles and chamber wear. Salt mixed with lemon juice will remove iron-rust, wet the spots with it, and then hold over a vessel of hot water. Fresh ink stains may be removed from carpets by an application of salt. Wash matting with warm water containing a pint of salt to a gallon of water, and quickly rub it with a clean dry cloth. Use salt and water to clean willow furniture, apply with a brush and rub dry. Salt thrown in an oven immediately after anything has been burned in it will make the odor less objectionable. Salt moistened with lemon juice will take almost all stains off the hands. Salt water applied to weak eyes is the best tonic for them. *For dyspepsia* dissolve pinches of salt on the tongue after eating, or when there is a sense of depression. *Heartburn* can be

## HEALTH NOTES

stopped by two or three swallows of strong salt water for the time. *Stop bleeding* by applications of strong salt water. Salt water held in the mouth after the tooth is pulled, will soothe and stop the bleeding. *Mouth wash* made of a solution of salt and used once a day, tends to keep tartar off the teeth, and also said to prevent receding gums. *Headache* can be relieved by taking a teaspoonful of common salt as soon as the first symptoms appear.

TOOTHACHE can be effectually cured by putting a small piece of cotton wet with ammonia into the cavity of the affected tooth; or, pulverize about equal parts of salt and alum. Cut as much cotton as will fill the tooth, dampen it, put it in the mixture and put in the tooth. This, also, is a good mixture for cleansing the teeth.



## THE BATH

**D**O NOT bathe when tired.

AVOID bathing within two hours after meals.

IN FATIGUE, a very hot bath lasting only half a minute is good.

THE USE OF ALL BATHS favors a free action of the skin, and as a matter of course the skin is absolutely clean and the complexion is improved.

TAKE A DAILY BATH, not only for cleanliness, but for skin gymnastics. A cold bath is better for this purpose than a hot bath. A short, hot, followed by a short cold, is better.

THE tepid bath is best adapted to the purposes of cleanliness and healthful exercise.

COLD BATHS do not clean the skin, nor remove body odors, it requires hot water and plenty of soap, to make the body perfectly clean. Persons who are going to attend a party, or dance, should remember this.

EPSOM SALT BATH is said to be good for women who are nervous and have kidney troubles. Dissolve two pounds of Epsom salts in a bath tub of warm water, and stay in the bath fifteen or twenty minutes. Take a good rest after the bath. This bath is also considered a beautifier.

To WASH THE FACE THOROUGHLY, dip it down into a basin of tepid water, then soap the hands a little and rub all over the skin of the face with a gentle friction. Dip the face in the water a second time, and dry with a thick soft towel, rubbing gently until the skin glows. If flesh worms disfigure the nose, rub this part especially thoroughly, and when all is dry put a little vaseline on the hand and go over the face rubbing it well into the pores. Wipe again and dust with baby powder. Thus treated the face will never chap in the wind.

OATMEAL is a good substitute for soap, very cleansing and healing to the skin.

A LITTLE AMMONIA in hard water, makes a satisfactory and healthy bath.

TOILET WATERS can be easily made at home. For violet water, put a quarter of a pound of fresh picked sweet violets, together with their weight of alcohol, in a large bottle, cork

## BATH

tightly, and shake the bottle every day for a week; then add a quarter of a pound of water, filter and bottle for use.

**BAY RUM** may be made of excellent quality, and easily prepared as follows: Dissolve ten cents worth of magnesia in two quarts of rain water; add two quarts of alcohol, and one ounce of oil of bay. Make a funnel of filtering paper, and pour the mixture slowly through it, after which bottle and cork tightly. In using, dilute with soft, or rain water, to any strength required.

**HERE IS SOMETHING PRACTICAL.** If you are fat and regret it, don't waste your money on obesity-cures. Cut down on the starchy foods and sweets, such as potatoes, rice, white bread, candies, puddings, etc. Eat acid fruits, vegetables, fowl, fish and lean meats; reduce the liquids; take exercise and cold baths. Don't buy fake cures.

**THE SANITARY VALUE OF BATHS** is acknowledged, so that here it is only necessary to remind the reader that different forms of the bath produce different effects, the cold bath being tonic, and requiring sufficient vigor to insure reaction from the first shock it occasions, the relaxing effect of the warm bath making it necessary to guard against taking cold after it.

**THE TEPID BATH** is attended with several advantages; the surface of the skin is by it freed from that scaly matter, which always collects more or less on the healthiest person; the pores of the skin thus being free, the natural perspiration is promoted, the limbs are rendered supple, and any stiffness, which may have been produced by exertion or fatigue, is removed. Such immersion has been found to allay thirst—a proof that water is absorbed and enters the body through the skin.



## TOILET AND BEAUTY PARLOR

### FACE

A SIMPLE WASH FOR THE FACE is weak tea, which will often do great good.

LIVER SPOTS can be cured by the application of an ointment of salicylic acid, about a ten per cent solution.

SUNBURN can be quickly soothed with a frequent bath of fresh milk, if the skin has become dry and rough with wind, washing in warm milk is excellent.

CUCUMBER JUICE, or melon juice squeezed into cream, or rich milk, and always prepared in an earthen vessel, is a fatal enemy to sunburn. A handful of parsley put into boiling water is also good for sunburn. Some famous beauties advocate a raw potato cut in halves and rubbed on the face.

THE ROSE JAR. Every woman intends to fill her rose jar, but somehow never finds a simple recipe. Remember; that rose petals gathered in the early morning, before the sun has absorbed their dew, and with it half their sweetness; are more fragrant than those gathered in the heat of the day.

PIMPLES OR BLOTCHES can be removed by using fifty grains of distilled water of cherry laurel, seventy-five grains of extract of lead, seven grains of tincture of benzoin, and thirty grains of alcohol; shake the benzoin and alcohol together, and then the whole very thoroughly.

A SHINY NOSE. Add a little alcohol to the water in which you wash your face. Keep on hand a bottle containing boracic acid, one drachm; rose water, four ounces; mix. Apply the lotion as often as necessary.

BLACK HEADS or flesh worms which are found in the face, especially around the nose, are not at all the product of the accumulation of particles of dust, but are composed of a pigmentary matter soluble in acids, and the following is a good prescription: China clay, four parts; glycerine, three parts; acetic acid, two parts; perfume sufficient. The parts affected should be covered with this ointment in the evening, and again during the day. After several days, all the comedones can easily be expressed, most of them coming out on washing the parts with pumice stone soap.

PRICKLY HEAT can be relieved if the parts affected are dusted over several times a day with rye flour.

## TOILET AND BEAUTY PARLOR

To REMOVE FRECKLES. Make a lotion of a drachm of ammonia chloride, to four ounces of distilled water. Apply it at nights, after the face has been bathed in hot water. Another remedy for freckles, is, grate horseradish fine in buttermilk, let it stand a few hours, then strain, and use the wash nights and mornings. If freckles are very persistent, here is another lotion which is stronger, and may be more suitable for some skins: Citric acid, three drachms; hot water, eleven ounces; borax, two drams; red rose petals, one ounce; glycerine, one ounce. As soon as the face begins to feel rough, reduce the use of the lotion, and when the skin begins to peel, and the spots disappear, stop using, and use instead some soothing cream which will whiten and soften at the same time.

FOR OILY SKIN no astringent brings more satisfactory results than camphor water. It has a delightful healing effect, but should not be applied too often, as it has drying properties likely to damage extremely delicate skin. Apply the camphor water with a piece of absorbent cotton and just before it dries, wipe it away gently with a soft cloth.

WRINKLES ON THE FACE. The seed for permanent wrinkles is sown with the daily wash. If this is done rightly, not only will wrinkles be prevented, but a fine complexion will be insured. The face should be washed in hot water, and during the process should be carefully massaged with the tips of the fingers of both hands, which takes the place of wash cloths, or sponges. Feel out with the fingers, the spots where blackheads form, such as the creases about the nose, and the folds between the mouth and the cheeks, the little dip between the mouth and the chin, rub with a firm yet gentle pressure, which stimulates the blood, and brings it to the surface, and makes the oil glands do their work. Dash cold water on the face between the times of this face massage.

NEVER NEGLECT THE PLACES WHERE WRINKLES WILL COME, and if they have come pay them special attention as in the foregoing. Spreading the skin of the forehead out on the bony framework of the skull underneath with a firm deep pressure, and work the flesh round and round.

WRINKLES AROUND THE MOUTH can be obliterated by working the flesh upward with the palms of the hands, the left

## TOILET AND BEAUTY PARLOR

palm applied to the left cheek, and the right palm to the right cheek.

FOR FLABBY NECK and wrinkly skin on the neck, massage it with the backs of the hands, one on each side of the neck, lifting up the mass of flesh and pressing it against the jaw bones, and pushing it backward towards the ears with a firm and equal pressure.

TONIC LOTION for the skin can be made of the following compound, which is good to tone the cutaneous circulation and prevents wrinkles: Two ounces spirits of ammonia, the same of tincture of camphor, five ounces of coarse salt, one quart of boiling water. After these are well agitated and cold, add six ounces of alcohol. To be shaken before using. This is called a skin tonic, and is both refreshing and rejuvenating.

THE WHITE OF AN EGG, beaten with five grammes of alum in five grammes of sweet oil, applied as paste to the face on retiring, prevents wrinkles, keeps the flesh from becoming flabby, and is strengthening and softening to the skin.

TO PREVENT WRINKLES. There are two kinds of wrinkles, those which all skins will show as they are and become dry, and those called premature wrinkles, caused by suffering, either physical or mental. Many women whose skins seem unusually smooth and unwrinkled, almost babylike in their freshness, keep them so by bathing the face in some water in which some cereal has been steeped. The cereals seem to have unusual beautifying qualities, and some of you have already experienced the beneficial effects of the bran wash, both on the face and in the hair.

There is a very simple toilet wash, with barley as its chief ingredient, which has kept the skin of many women surprisingly youthful and unwrinkled. It is made by dissolving three ounces of pearl barley in a pint of water till the gluten is extracted. Then it is strained, and to the liquid twenty-five drops of tincture of benzoin is added. In connection with this a lily pomade or other skin food may be used effectively. After being thoroughly rubbed in, the barley wash is rinsed from the face with the usual wash of pure soap and warm water.

The addition of a few drops of benzoin to the water in which the face is rinsed, night and morning, will keep the skin fresh and white, besides closing the distended pores.

## TOILET AND BEAUTY PARLOR

### HAIR AND SCALP

LOOSEN THE HAIR ON RETIRING and allow it to remain so until morning.

TO CLEAN HAIR BRUSHES wash with one teaspoonful of aqua of ammonia in a quart of hot water. Rinse out and expose to the sun.

RUBBING THE SCALP of the head with the hands draws the blood up to the surface of the head, and not only relieves headache, but adds new strength to the hair. Rubbing the scalp with much pressure, and moving it upon the bony skull underneath, will prevent falling of the hair and promote its growth.

A FAVORITE HAIR DRESSING is made of three ounces of olive oil, three quarters of a dram of oil of almonds, two drams of palm oil, half an ounce of white wax, a quarter of a pound of lard, and three quarters of a dram of essence of bergamot. This strengthens the hair and prevents baldness.

A SOLUTION OF LISTERINE, one half an ounce to an ounce of water, will clear the hair of dandruff, and prevent from falling out from that cause.

A CURLING FLUID which is easily prepared, may be made of quince seed and hot water. Pour a pint of hot water over about three teaspoonfuls of seeds, and allow it to stand for several hours. Later it may be thinned by water or cologne. About two tablespoonfuls of cologne will suffice. Moisten the hair with this fluid before curling.

EYEBROWS THAT ARE THIN and small, can be greatly improved by clipping them occasionally with the scissors. The following wash is good, particularly if the hair may have fallen: Sulphate of quinine, five grains; alcohol, one ounce.

IF YOU MUST COLOR YOUR HAIR, do so with this preparation, which is perfectly harmless and effectual, and contains nothing of a poisonous nature. Black dye or dressing; white wax, four ounces; olive oil, nine ounces. Dissolve, and add two ounces of burnt cork.

TO KEEP THE HAIR IN CURL. To keep the hair in curl, take the white of an egg, and almost equal quantity of water.

## TOILET AND BEAUTY PARLOR

Beat this a little and moisten the hair with it, then put up on curlers and see how long your hair will retain a nice wave, even near the ocean.

### EYES

**TIRED EYES.** People speak about their eyes being tired, meaning that the retina is fatigued; but such is not the case, as the retina hardly ever gets tired. The fatigue is in the inner and outer muscles attached to the eyeball, and the muscle of accommodation which surrounds the lens of the eye. When a near object is to be looked at, this muscle relaxes, and allows the lens to thicken, increasing its refractive power. The inner and outer muscles are used in covering the eye on the object to be looked at. The inner one being especially when a near object is to be looked at. It is in the three muscles mentioned that the fatigue is felt, and relief is secured temporarily by closing the eyes, or gazing at far distant objects.

**ADVICE ABOUT EYES.** Keep a shade over your electric light or gas burner, or lamp. Never read or sew immediately in front of the light in a window or door; it is best, if possible, always to let the light fall obliquely over the left shoulder. Never sleep so that the light from the window will fall upon the eyes. Never begin to read, sew or write until a few minutes after coming from darkness into light. Do not use your eyes by light so poor that it requires an effort to tell whether it is twilight or only a foggy day. Finally, the moment you feel that you want to rub your eyes, stop using them. You have done enough work with them for the time being.

**SOMETHING IN THE EYE.** Everybody has experienced the pain and annoyance of something getting into the eye. In the majority of cases, if the sufferer has the patience to close the eye gently, and keep it immovably closed for from five minutes to a quarter of an hour, the offending particle will be safely and painlessly washed away by the tears which the eye will naturally shed.

**SHOULD ANYTHING GET IN THE EYE,** one drop of sweet oil should be dropped in the corner of the eye, but if it be mortar or lime, bathe with a weak solution of water and vinegar.

**AN EASY METHOD** of removing bits of foreign bodies from the eye, is to place a grain of flaxseed under the lower lid, and close

## TOILET AND BEAUTY PARLOR

the lids. The seed becomes surrounded by a thick, adherent mucilage, which entraps the foreign body, and soon carries it out from the angle of the eye.

ANOTHER GOOD PLAN is to plunge the face into a deep basin of warm water, and then wink the lids rapidly, and roll the eyeball until all the particles are washed out.

A SMALL CAMEL'S HAIR BRUSH dipped in water can, by raising the lids, be passed over the eyeball, and the particles be brushed out.

A CELEBRATED OCULIST RECOMMENDS that where dirt, lime or anything gritty gets into the eye, that the sufferer lie down and have pure olive oil poured in upon the eyeball and socket, until all the particles are removed. This remedy is quite painless, and never fails to remove all foreign substances.

A DRUMMER'S REMEDY of removing cinders from the eyes when traveling, and other preparations are not handy. Puff cigar smoke in the eyes. This irritates them very much, causing an increased flow from the lachrymal glands and the cinder is washed to the corner of the eye, when it may be readily removed.

INFLAMED EYES are often relieved by cutting a large potato in two, scooping out the inside, and binding over the feverish eyelids.

How To STOP A STYE. The eye lids should be held apart by the thumb and index finger of the left hand, or a lid retractor, if such be at hand, while tincture of iodine is painted over the inflamed papilla with a fine camel's hair pencil. The lids should not be allowed to come in contact until the part touched is dry. A few such applications in twenty-four hours are sufficient.

### THE TEETH

THE CHIEF RULES WHICH MUST BE ATTENDED TO and observed in connection with the care of the teeth are as follows: First, if possible, the mouth should be rinsed out after every meal. Secondly, the teeth should be brushed every night and morning, with a tooth powder, or prepared wash. One of the best powders is prepared chalk, with a little camphor added. This can be bought under the head of camphorated chalk. Thirdly, use a medium tooth brush, fairly soft bristles, and use water with the

## TOILET AND BEAUTY PARLOR

chill taken off. Attention to these simple rules, will promote a healthy and agreeable condition in the mouth.

**TINCTURE OF CAMPHOR**, ten to twelve drops in a tumbler of water, makes a good daily wash for the teeth.

**DIRECTION OF BRUSHING** the teeth should be always from the gums, not toward them—that is, downward for the upper teeth and upward for the lower teeth.

**A SATURATED SOLUTION OF BORIC ACID** makes a good and inexpensive wash. If the teeth are sensitive, a wash of bicarbonate of soda is excellent, a teaspoonful to a glassful of water.

**TOOTH BRUSHES** should be elastic and moderately hard, those in which the bristles are placed a little apart are most desirable. A brush that is too hard may be softened by dipping into hot water first before using.

**TINCTURE OF MYRRH.** A drop or two in half a glass of water, used for cleansing the teeth, will aid in producing a healthy hardness to the gums, and also sweeten the breath.

**WASH TO PERFUME THE TEETH.** Cloves, bruised in a mortar, three teaspoonfuls, and one pint of boiling water. Infuse for an hour in a covered vessel, exactly as in making tea. When cold, filter through coarse muslin. Wash the mouth with it as often as may seem necessary.

**A GOOD WAY TO CLEAN THE TEETH** is to dip the brush in water, rub it over genuine castile soap, then dip in prepared chalk. The bristles of the brush should be soft, and should be apart, in order that they may pass readily between the teeth and into the natural depression.

**MORE ESSENTIAL TO BRUSH THE TEETH AFTER MEALS** than it is to wash the face before them. There is no one thing in the whole range of hygiene more important than the care of the mouth and teeth.

### HANDS

**To SOFTEN ROUGH HANDS**, use a little ammonia or borax in the water in which you wash them. After doing housework, rub a little vinegar and spirits of camphor over your hands; this is also good for rough hands.

## TOILET AND BEAUTY PARLOR

LEMON is always good for the hands; it cleanses them as well as soap, and makes them soft.

OINTMENT TO SOFTEN HANDS. One and a half pound of mutton tallow; one ounce of camphor gum; one ounce of glycerine; melted; when thoroughly mixed, put away to cool. Rub on at night.

TO KEEP THE HANDS SMOOTH and in a nice condition, use a little olive oil before retiring for the night.

WEAK BRITTLE NAILS may be strengthened by dipping them in a weak solution of alum water and afterwards rubbing them with the juice of a lemon.

BITING NAILS is a bad habit. To correct this, dip the finger ends into a decoction of aloes; this will remedy the evil, even in grown people.

YOU SHOULD CLEAN THE NAILS with a brush if necessary, but it is better to rub the fingers and nails with the half of a lemon, thrusting the fingers into it and turning until the nails are clean. Lemon will likewise prevent the skin at the root of the nails from growing upward.

A LITTLE BORAX in water keeps some persons' hands from perspiring.

RIPE TOMATOES will remove almost any kind of stain from the hands, and they can be used to great advantage on white cloth, removing ink spots and stains.

REMOVE STAINS from hands by using pulverized pumice, or baking soda, mixed with peroxide of hydrogen.

### THE FEET

THE FIRST CONSIDERATION in the care of the feet is cleanliness—absolute, unfailing and systematic.

IN DRESSING THE FEET, they should be washed quickly every day, and now and then given a good soaking while any callous places are rubbed with pumice stone. If the foot bath is given daily, it needs but a few minutes.

FOR INGROWING TOENAIL, take one drachm of muriatic acid, one drachm of nitric acid, and one ounce of chloride of zinc.

## TOILET AND BEAUTY PARLOR

Apply one drop of this mixture to the affected part once a day. This gives instant relief to the pain caused by ingrowing toenail.

THE CORNER OF THE NAILS should be frequently lifted to prevent ingrowing, which often comes with narrow shoes; and although the nails should be cut, great pains should be taken not to cut them to the quick, as, aside from the annoyance, that act has been known to produce lockjaw.

TREATMENT OF INCROWING NAIL may be made in the following manner: Cut some flakes of lint of the length of the lateral groove of the nail, or a little longer. The lint is to be placed on the nail, parallel to its groove; then with a flat probe, introduce the lint, thread by thread, between the flesh and the nail. Thus the parts are separated, with the little cushion of lint lying between. The sulcus is then to be filled with pledgets of lint, and finally long, narrow strips of adhesive plaster are to be applied, always from above the inflamed sulcus downward, in such a manner that the latter is still further removed from the margin of the nail. With such a dressing applied with sufficient care, there is no pain whatever; and the patient can soon walk without trouble. After twenty-four hours, the strips of adhesive plaster are to be removed, being first softened in a bath of warm water. This dressing should be repeated daily; in from two to four weeks a cure will be effected.

A SOFT CORN may be gotten rid of by applying a little raw cotton soaken in castor oil. Bind it upon the corn with a strip of old soft linen. If you will thoroughly soak the foot in hot water with mustard added, rubbing the corn all the time, you will find in nearly every case, it can be picked out from the heart, an application of strong aromatic vinegar assisting the operation; while, if obstinate, touch with iodine every other day, never neglecting the nightly bath.

TO GET RID OF CORNS, dress them every night with turpentine. After two or three weeks of this treatment, the corns, with their roots, will "tumble out."

TRY A POULTICE OF BREAD soaked in vinegar on your corns. Bind it on with a strip of cloth, and change them every two hours, until the corns have become less sore, then change twice daily until cured.

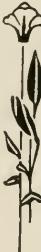
## TOILET AND BEAUTY PARLOR

CORNS, BUNIONS AND CALLOUSES are benefited by painting with iodine. First soak thoroughly in hot water.

QUICKEST RELIEF FROM FATIGUE is to plunge the foot in ice-cold water, and keep it immersed until there is a sensation of warmth. Another tonic for the sole, is a handful of alcohol. This is a sure way of drying the feet after being out in a storm. Spirit baths are used by professional dancers, acrobats and pedestrians, to keep the feet in condition.

AN OUNCE OF SEA SALT in a warm bath is almost as restful as a nap. Paddle the feet in the water until it cools, dry with a rough towel, put on fresh stockings, have a change of shoes, and the woman who was "ready to drop" will have a very good understanding in ten minutes.

FOOT SALVE. Sightseers, tourists, and shoppers are often obliged to forego much of their planned sightseeing because the feet become so inflamed and sore. The soldiers in the army, after their enforced "hikes," use zinc oxide salve, which they apply on absorbent cotton, with old linen outside. The salve is sold in handy little tubes, easily carried in a woman's handbag or a man's pocket. This also offers great relief to footsore housewives, sales-women, or teachers.



## JEWELRY AND GEMS TO MATCH GOWN

MATCHING jewels to one's costume is a fashion fancy. The jewelers have made it possible and fascinating. With a gown of the new brown, wear topazes; with one of the wonderful shades of purple choose amethysts, and when you wear blue, there are the most delightful jeweled ornaments in lapis lazuli.

Tourmalines come in wondrous colorings, fascinating greens and alluring pinks, which will perfectly accord with corresponding shades in the new fabric colors.

And, if you want a gem which will match any and all costumes, there is the marvelous black opal, with its imprisoned rainbow tints, and the moonstone, with its clear translucence and its charm of mystery which melts into the hue of the gown without losing its own distinction.

Perhaps of all semi-precious gems none is so popular as the moonstone. It forms splendid cabochen rings, fastens the waist-coat of the ultra-smart tailored frocks and is suspended from some exquisitely designed chains, forming a most becoming pendant.

The strictly tailored woman has a new manner of carrying her watch. She uses the lapel chain, which fastens with a plain or chased gold button into the buttonhole of her coat lapel, with a slender gold chain just long enough to let the watch rest secure in the little side pocket. This is newer and less worn than the bracelet watch. It is a decided novelty, and will appeal to women who have the eye single to dress novelties.

The heavy ring, once given over to the sterner sex, is much favored by women, who cling to the tailored garb despite the variations and vagaries of fashion. Some of the newest have a pivot setting which has sentimental possibilities. For example, in one of the shops noted for its hand-made jewelry and its originality of designs, I was shown a ring with a gold scarab for a setting. It was in that pale tint of gold known as "virgin gold," and was set on a pivot, having the reverse side in the form of a monogram seal. But the real charm of this ring lay in its secret, a tiny spring, known only to the maker and the owner, which being pressed allowed the scarab to fly open and revealed—a place for a very special Some One's picture.

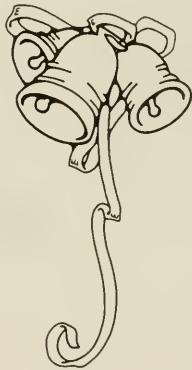
There is still great liking for the pendant. The favored style shows one single semi-precious gem in some wonderful setting. A topaz, quite the size of an English walnut and slightly oval, with

## JEWELRY AND GEMS TO MATCH GOWN

the lower portion showing a pointed tendency, is set in a heavy rim of green gold, with bunches of grapes formed of little pearls.

A rarely beautiful pendant in red gold and Etruscan work is in the form of a larger bunch of grapes made of vari-colored pearls, pink, white, yellow and black.

Circle brooches are well liked. One of faceted onyx and pearls is adapted for mourning wear.



# DIRECTIONS TO HELP YOU DRESS CORRECTLY

## A BECOMING COLOR GUIDE

### FLAXEN OR GOLDEN HAIR, FAIR SKIN, BLUE EYES, DELICATE COLOR

BLACK	WHITE	BROWN	BLUE	GREEN	GRAY	PURPLE	RED	YELLOW	PINK
Very becoming. (Especially good with touches of blue - gold or cerise.)	Good.	Only very dark shades.	Nearly all shades, including blue-rays, turquoise.	Both pale and dark.	Pearl, dove, warm shades.	Mauve, heliotrope, wistaria, violet.	Dark.	Very pale.	Pale and old rose.

### LIGHT OR GOLDEN-BROWN HAIR, BLUE OR GRAY EYES, VIVID COLORING IN LIPS AND CHEEKS

Best of all. Jet, not blue.	Excellent.	Very dark. Not golden.	Dull old blues and pastel tints,	Dull as well as dark shades.	Pale.	Heliotrope (dull tone).	Better not use fabric with plenty of lace.	Palest buff.	Palest.
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### \*AUBURN OR SANDY HAIR, BLUE OR BROWN EYES

Good, especially transparent.	Cream and ivory.	Rich, deep and dark. Others carefully avoided.	Blue-gray. Navy, pearl-cock. Soft old shades.	No, unless much color and white skin.	Pearl, dove.	None, unless much color and very white skin.	None.	Sunset, apricot, amber.	None (touch of rose).
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### BLACK OR DARK BROWN HAIR, BLACK OR BROWN EYES, DARK SKIN WITH COLOR

Very good, especially with color touches and ceru lace. Velvet best material.	Cream, ivory.	Golden brown, tan.	Pale and dark.	Dark.	Silver.	Not becoming.	Cardinal crimson, red (clear).	Any shade.	Coral rose (pale), old rose.
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### †BLACK OR DARK BROWN HAIR, BROWN, GRAY OR BLUE EYES, CLEAR, FAIR SKIN

Good.	Cream and ivory.	Golden and golden-tan.	All shades.	Not becoming.	All shades. Blue-gray.	Use carefully.	Dark	Mustard, amber.	Shell.
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## DIRECTIONS TO HELP YOU DRESS CORRECTLY

### ††BROWN OR BLACK HAIR, BLUE OR GRAY EYES, OLIVE SKIN

BLACK	WHITE	BROWN	BLUE	GREEN	GRAY	PURPLE	RED	YELLOW	PINK
Only with cream and a touch of milk.	Cream and golden.	Chestnut,	Navy.	To be avoided.	Warm with color Flame, tango, orange.	To be avoided.	Deep rose, crimson.	Maize, amber and deep apricot.	Old rose.

\*Sallow blonde must be very careful in choosing colors, but she will find cream and deep ivory (not dead white), gray in soft rich tones, with burnt orange or ecru lace, bright dark reds and yellow, with creamy lace, becoming.

†A girl of this type will find pastel shades more becoming than strong colors.

††The dark woman who is sallow must choose carefully from among the dark or dull shades with touches of bright color in the trimmings; rose and flame are particularly good.

Never forget to give due consideration to the age of the wearer when selecting a color. Pink is only for the youthful. The woman of sixty or over will find that white, black, dark and gray-blue, gray and purple in various shades and combinations, are her most becoming colors. No woman is too old or too young to wear white.

# DIRECTIONS TO HELP YOU DRESS CORRECTLY

## GENERAL UTILITY

BUSINESS, SHOPPING, TRAVELING

COAT	DRESS	HAT	SHOES	GLOVES	ACCESSORIES
Plain and of becoming length.	Semi-tailored; skirt walking length.	Medium size, durably trimmed.	Calfskin, black or tan; buttoned or laced.	Tan dog-skin or gray mocha.	Leather bag, medium in size.

## CHURCH, CLUB, INFORMAL LUNCHEON

Coat (separate or part of a suit).	Skirt to match coat, or one-piece dress, to contrast attractively.	Becoming size and shape. Slimply trimmed.	Patent leather or dull kid.	White glace or mocha.	Silver coin-purse and vanity bag.
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## FORMAL LUNCHEON, WEDDING, CALLING, TEA

Medium or dark colored cloth, silk or fur.	Dress of silk, cloth or velvet. Skirt long or floor length	Any size dressy hat that is becoming.	Patent leather, dull black kid or bronze.	White glace or suede.	Cardcase of soft leather or silver.
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## MOTORING, OUTING

It is entirely a matter of individual preference whether a suit with separate blouse or a one-piece dress with separate coat is selected for either motoring or outing.

Long or three-quarter rough tweed or coating.	Serge, corduroy, semi-tailored effect, short skirt. Norfolk suit may be substituted for coat and dress.	Small soft felt or cloth, very simply trimmed.	High russet or black.	Tan cape, dogs skin, or mocha.	Veil of chiffon, vanity bag and change-purse.
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## EVENING AFFAIRS

INFORMAL DINNER AT HOTEL OR RESTAURANT, THEATER, DANCE, ETC.

Three-quarters or seven-eighths of cloth, velvet or fur.	Soft wool, silk or velvet, with slightly low neck.	Graceful hat, attractively trimmed. Match dress or contrast.	Patent leather, bronze kid, black, or white satin.	White glace or suede.	Fan, fancy bag for handkerchief, etc.
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## FORMAL DINNER, THEATER, OPERA

Seven-eighths or full length, of cloth, velvet or fur.	An evening gown of silk, satin, velvet, chiffon, etc.	No hat necessary.	Satin to match gown or white ones. Gold or silver tissue.	Long white suede or glace.	Chiffon or lace scarf, fan and opera-bag.
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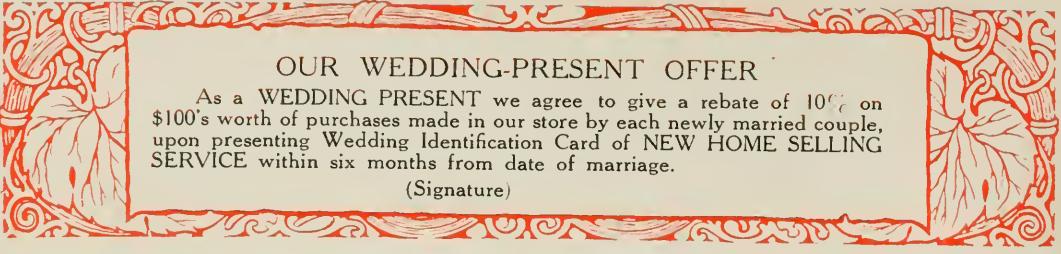
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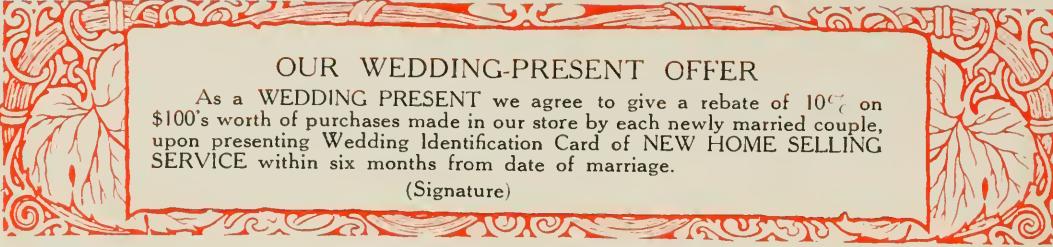
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As a WEDDING PRESENT we agree to give a rebate of 10% on \$100's worth of purchases made in our store by each newly married couple, upon presenting Wedding Identification Card of NEW HOME SELLING SERVICE within six months from date of marriage.

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