



How to see
TWICE AS MUCH
 on your
transcontinental trip

As you can see from the map above, Southern Pacific offers you a choice of *four* routes across the country, through four entirely different scenic regions.

By going on *one* of these routes and returning on *another*, you actually see *twice* as much of the United States as you would by going and returning on the same route. And in most cases you pay no extra rail fare for such a double value round trip ticket.

All the trains on these routes are completely air-conditioned.

OVERLAND ROUTE

Shortest, fastest route between San Francisco and Chicago. Climbs the high Sierra and crosses Great Salt Lake on the spectacular Lucin Causeway. Route of the *Streamliner City of San Francisco* and the famous *Overland Limited*.

SUNSET ROUTE

Between San Francisco and New Orleans, through the picturesque old South and the Spanish-American Southwest. Connects at New Orleans with Southern Pacific steamers to and from New York. Route of the famous *Sunset Limited*.

GOLDEN STATE ROUTE

Between Chicago and Los Angeles, via Kansas City, El Paso, (Carlsbad Caverns National Park) and the Southwest. Premier train, the *Golden State Limited*.

SHASTA ROUTE

Connects with northern United States lines and joins the Pacific Northwest with California. Passes close to the base of majestic Mt. Shasta. Leading train, the *Cascade*.

In addition to these routes, we have the picturesque West Coast Route to Mexico City, via Tucson, Nogales, Guaymas (Hotel Playa de Cortés), Mazatlan and Guadalajara.

OUR DINING CAR
RECIPES



SOUTHERN PACIFIC

TEN DON'TS for HOUSEWIVES



DON'T put the soup meat on the fire in hot water. Use cold water, with a little salt to extract the nutriment.

DON'T season soups except for a little salt, until done. This will assure flavor as desired.

DON'T put fish with skin into boiling water, as too high a temperature contracts the skin and makes the fish look unsightly. Fish should be placed in hot, not boiling, water.

DON'T use a cooked lobster that has not the tail tightly drawn against the body. The tightly drawn tail is assurance that the lobster was alive when put into the boiling water.

DON'T forget to baste the roast, for excellence and flavor depend upon the amount of basting.

DON'T salt liver before frying. Salt it afterwards for salt causes liver in hot fat to shrivel and toughen.

DON'T say you cannot cook a leg of mutton to imitate venison. Skin the mutton, lard it as you would the venison, rub it lightly with ground ginger and pepper, and coat it with French mustard. Let marinate from three to four hours, and then roast.

DON'T cover with lid when boiling, nor add salt to green vegetables if it is desired that their color be retained.

DON'T season dressings for all roasts with the same spice. Use thyme for veal, chicken and turkey; sage for pork and ducklings; and marjoram for goslings.

DON'T when making an omelet, salt eggs before beating for it will render them watery and cause omelet to stick.



PAUL RIESS
Head Chef of the Southern Pacific

An art rather than a profession, fine cooking is within the reach of any housewife willing to take pains in the preparation of selected recipes. To the skilled chef, such recipes are as precious as fine gold, and as ardently sought.

This booklet contains recipes devised and treasured by Southern Pacific chefs. Many of them are specialties featured in our dining cars.

Each recipe has been tested by Paul Riess, internationally famous supervising chef of the Southern Pacific Commissary Department. Followed with minute exactness, they will enable any housewife to produce foods as delicious as those served in the leading hotels and restaurants of the world.

Paul Riess has not only prepared the recipes, but in many instances he has given instructions for the most appetizing methods of serving them. The hostess following his suggestions will find herself amply repaid by the enthusiastic response of her guests.

The Southern Pacific Commissary Department operates 72 dining and cafe cars, in which meals are served, 10 hotels, restaurants and railway clubs and 7 steamer restaurants. In an average year, we serve considerably more than 4,000,000 meals!

To supply these restaurants, we maintain fine modern commissaries at San Francisco, Oakland, Los Angeles, Portland, El Paso, Houston and New Orleans. Experimental kitchens are included at Oakland and Los Angeles.

You would be amazed at the care we take in buying and preparing the food we serve. We buy nothing but the very best. The tremendous sweep of our lines enables us to pick the finest produce of every region and serve it everywhere on the System at the same time. Fresh fruits and vegetables in winter are commonplace on the Southern Pacific.

TIME FOR COOKING OF MEATS

BEEF—underdone, per pound	{small roast. 10 to 12 minutes large roast. 6 to 8 minutes
FILLET OF BEEF—per pound.	20 to 30 minutes
STEAKS—1 inch thick.	6 to 8 minutes
BEEF—braised, per pound.	25 to 30 minutes
BEEF—boiled (simmered), per pound.	20 to 30 minutes
CORNER BEEF—per pound.	20 to 30 minutes
LAMB—leg, per pound.	10 minutes
LAMB CHOPS.	10 minutes
MUTTON CHOPS.	15 minutes
MUTTON CHOPS—English.	25 minutes
MUTTON—leg, per pound.	12 minutes
MUTTON—shoulder, stuffed, per pound.	15 to 18 minutes
VEAL—per pound.	15 to 18 minutes
VEAL—stuffed, per pound.	20 minutes
VEAL CHOPS.	20 minutes
PORK—loin or shoulder, per pound.	20 to 30 minutes
PORK—leg.	3 hours
HAM—boiled (simmering).	3 to 3½ hours
PORK SPARE RIBS—per pound.	15 to 20 minutes
TURKEY—(12 to 15 lbs.).	1½ to 2 hours
TURKEY—stuffed (12 to 15 lbs.).	2½ to 3 hours
CHICKEN—stuffed (2 to 3 lbs.).	1 to 1½ hours
GOOSE—stuffed (8 to 10 lbs.).	2 to 3 hours
DUCK—stuffed (6 lbs.).	1 to 1½ hours
SQUAB—stuffed.	25 to 30 minutes
FISH—is done when bones loosen freely.	
FISH—boned—boil rapidly from.	5 to 10 minutes
FISH—fried.	5 to 10 minutes
FISH—broiled.	10 to 15 minutes
FISH—baked.	20 minutes

TIME FOR COOKING VEGETABLES

POTATOES—boiled.	20 to 30 minutes
POTATOES—baked.	40 to 60 minutes
SPINACH.	10 to 15 minutes
ASPARAGUS.	15 to 25 minutes
PEAS.	20 to 30 minutes
CAULIFLOWER.	20 to 50 minutes
STRING BEANS.	1 to 2 hours
BEETS—young.	40 to 50 minutes
CARROTS.	30 to 60 minutes
TURNIPS—young.	30 to 40 minutes
CORN—cob.	5 to 10 minutes
CABBAGE.	1 to 2 hours
ARTICHOKES.	40 to 60 minutes
SQUASH—baked.	30 to 40 minutes
SQUASH—boiled.	20 to 30 minutes
EGG PLANT—sliced, fried.	2 to 3 minutes
SAUERKRAUT.	2 to 3 hours
BRAISED CABBAGE.	1½ to 2 hours
MUSHROOMS.	5 to 10 minutes
RICE.	20 minutes

TIME FOR BAKING

BREAD—loaf.	45 to 60 minutes
BISCUITS, MUFFINS AND ROLLS.	10 to 20 minutes
COOKIES.	10 to 15 minutes
PLAIN CAKE.	30 to 40 minutes
GINGERBREAD.	20 to 30 minutes
POUND CAKE.	1½ to 2 hours
FRUIT CAKE.	1¾ to 2 hours
BREAD PUDDING.	40 minutes
RICE PUDDING.	40 minutes
TAPIOCA PUDDING.	1 hour
PLUM PUDDING.	2 to 3 hours
STEAMED PUDDING.	1 to 2 hours
CUSTARDS.	20 to 30 minutes
PIES—fruit.	40 to 50 minutes

INDEX

Appetizers.	4
Breads and Muffins.	27, 28
Chicken, Stuffings, etc.	9, 10, 11, 12
Desserts.	23-27
Eggs.	18, 19
Fish.	8, 9
Meats.	12-18
Salads.	21, 22, 23
Sandwiches.	19, 20
Sauces, all sorts.	7, 8
Soup.	5, 6
Vegetables.	20, 21

TABLE OF WEIGHTS AND MEASURES

60 drops.	equal 1 teaspoonful
3 level teaspoonfuls.	" 1 tablespoonful
16 level tablespoonfuls.	" 1 cup
2 level cupfuls.	" 1 pint
2 pints.	" 1 quart
4 quarts.	" 1 gallon
2 level tablespoonfuls of salt.	" 1 ounce
2 level tablespoonfuls of sugar.	" 1 "
16 ounces.	" 1 pound
1 cupful (volume).	" 8 ounces
1 cupful of raisins.	" 6 "
1 " " currants.	" 4 "
1 " " bread crumbs (fresh).	" 4 "
1 " " bread crumbs (dry).	" 5 "
1 " " lard or other shortening.	" 7 "
1 " " butter.	" 8 "
2 cupfuls rice.	" 1 pound
4 " flour.	" 1 "

CALIFORNIA FRESH FRUIT COCKTAIL

(4 Servings)

- 1 large grapefruit
- 2 large table oranges
- 4 slices pineapple
- 4 maraschino cherries
- 1 tablespoonful of Emrelettes

Peel grapefruit and oranges clean to the meaty part and with knife loosen sections from inside skin. Remove pieces and put in mixed fashion into cocktail glasses. Add slices of pineapple, quartered, in cross formation, top with maraschino cherries and sprinkle with Emrelettes. Serve chilled.

AVOCADO COCKTAIL

(4 Servings)

- 1 medium-sized avocado
- 2 tablespoonfuls of catsup
- 2 tablespoonfuls of French dressing
- ½ lemon, juice only

Split avocado, remove pit, peel and dice; or scoop with teaspoon from shell. Heap loosely into cocktail glasses. Mix catsup, French dressing and lemon juice, and cover each portion with one spoonful of this sauce. Serve chilled.

MELON, SURPRISE

(10 Servings)

- 1 cantaloupe
- ½ casaba melon
- 1 honey dew melon
- ¼ watermelon, solid part only
- 1 tablespoonful sugar
- Juice of one lemon
- Dash of brandy

Scoop from these melons shapely pieces, or remove rinds and dice. Sprinkle with sugar, lemon juice and brandy. Set in refrigerator to chill.

SHRIMP CANAPE

(4 Servings)

- 4 rounded slices of bread, toasted
- ½ teaspoonful anchovy paste
- 1 tablespoonful butter
- 4 tablespoonfuls minced shrimps
- ½ teaspoonful minced red and green peppers each
- 1 teaspoonful apple, chopped very fine
- Little mayonnaise to bind
- 4 thin slices tomato
- 1 hard-boiled egg

Work anchovy paste into butter and spread on toast. Mix shrimps, peppers and apple. Bind with mayonnaise, cover slices of tomatoes and lay same on toast. Chop egg, white and yolk separately, and use for decorating.

INDIAN CHUTNEY

(1½ Quarts)

- 2 cupfuls of chopped seeded raisins
- 2 cupfuls of chopped green apples
- 1 cupful of minced onions
- ¼ cupful of salt
- 6 medium-sized ripe tomatoes, peeled and quartered
- 1½ lbs. of brown sugar
- 1 pint of cider vinegar
- 4 ounces white mustard seeds
- 2 ounces preserved ginger
- ⅛ teaspoonful cayenne pepper

Combine ingredients. Cook slowly for three hours and seal in jars.

CHICKEN GUMBO, SOUTHERN PACIFIC

(4 Servings)

- 2 lbs. chicken, including bones, chopped into small pieces
- 3 ozs. veal, cut small
- 2 ozs. raw, lean ham, cut small
- ½ cupful onions, cut small
- ½ cupful celery
- ½ cupful bell peppers, cut small
- ½ cupful okra, sliced
- 2 medium-sized tomatoes, skinned and quartered
- ½ cupful shrimps, sautéed in butter
- 1 quart water

Salt, white pepper, thyme, gumbo file, rice, butter
Braise meats in butter. Add onions, celery, peppers, and when soft, tomatoes and okra. Cover with water and let boil slowly for half an hour. Add shrimps. Let simmer an additional ten minutes. Salt and season. Mold timbale of rice in center of soup plate when serving, and pour gumbo over.

PEPPER POT

(4 Servings)

- 1 lb. tripe, cut into half-inch squares
- 2 bell peppers, core and seeds removed, and diced
- 1 medium-sized onion, minced
- 1 leek, white part only, quartered and diced
- 3 branches celery, shredded
- 2 tablespoonfuls butter
- 1 tablespoonful flour
- 1 cupful raw potatoes, diced
- 2 tablespoonfuls Worcestershire sauce
- 1 tablespoonful crushed black pepper
- 1 quart beef broth

Boil tripe partly done and braise in butter. Add bell peppers, onion, leek and celery. Braise lightly, stir in flour and cover with broth. Let boil slowly. Add potatoes when vegetables are about two-thirds done. Skim and salt. Finish with Worcestershire and crushed pepper.

VEGETABLE SOUP

(4 Servings)

- 3 French carrots
- 1 young turnip
- 1 medium-sized onion
- 4 branches celery
- ¼ medium-sized pepper
- 2 string beans, trimmed
- 2 medium-sized tomatoes, skinned
- ¼ cupful green peas
- ½ oz. butter
- 1 quart soup stock
- Chopped parsley

Wash carrots and turnips, scrape clean and slice. Peel onions and slice. Shred celery, pepper and beans. Braise butter. Add tomatoes, drained of seeds and cut small. Let cook for a few minutes, add peas and cover with stock. Let boil slowly for about thirty minutes. Skim and season to taste. Add chopped parsley when serving.

CONSOMME

(8 Servings)

- 3 lbs. beef shank bones (well opened by butcher)
- 1 lb. lean shank beef
- 1 only carrot
- 1 only leek (white part only)
- 2 branches celery
- 2 medium-size ripe tomatoes
- 1 sprig parsley
- 4 egg whites, with shells
- ½ oz. gelatin, soaked in cold water
- Pinch of thyme
- Pinch of nutmeg
- Pinch of allspice
- Salt to season

Cover broken up beef shanks with four quarts of cold water, add one tablespoonful salt, bring to a boil and skim. Add one teaspoonful of whole black pepper, one bay leaf, one red onion with peeling, cut in two and toasted. Let simmer for about six hours. Strain and let cool.

Put beef, carrot, leek, celery, parsley and tomatoes through grinder. Work in egg whites and gelatin. Add cold beef broth and seasonings. Mix thoroughly, and put on fire. Bring slowly to a boil and stir occasionally before becoming too hot. Let simmer for about two hours after clearing. Strain and chill.

NOTE: If served hot gelatin may be eliminated.

CLAM CHOWDER

(4 Servings)

- | | |
|--|---|
| 1/2 cupful minced onions | 4 tablespoonfuls butter |
| 1/2 cupful white part of leeks | 1 tablespoonful Worcester-shire sauce |
| 1/2 cupful green peppers | 2 cupfuls little neck clams, canned |
| 1/2 cupful shredded celery | 2 cupfuls water |
| 1/2 cupful tomatoes, skinned, drained of seeds and cut small | Salt, white pepper, nutmeg, chopped parsley |
| 1 cupful raw potatoes cubed | |

Braise onions, leeks, peppers and celery in butter. Add flour. Stir carefully until absorbed. Add tomatoes, broth drained off clams and water. When about two-thirds done add potatoes. Finish over slow fire. Put clams in last. Heat, thoroughly, and season to taste. A sprinkle of chopped parsley is added when serving.

CREAM OF TOMATO

(4 Servings)

- | | |
|--|---|
| 3 tablespoonfuls butter | 2 cupfuls tomatoes |
| 1/4 cupful minced onions | 2 cupfuls water, or light chicken broth |
| 1 small French carrot, sliced | 1 1/2 cupfuls cream |
| 2 slices raw, lean ham, shredded, or some ham bone | Salt, white pepper, few grains cayenne |
| 1 tablespoonful flour | |

Braise onions, carrot and ham in butter. Stir in flour. Add tomatoes, and water or broth. Let cook until done, then rub through strainer. Heat cream and add. Season to taste.

GERMAN ONION SOUP

(6 Servings)

- | | |
|--------------------------|---------------------|
| 3 lbs. onions, sliced | 1 glass white wine |
| 2 ozs. butter | 1/2 Parmesan cheese |
| 1 qt. rich chicken broth | 2 French rolls |
| 3 to 4 egg yolks | Salt to taste |
| 1 cupful cream | |

Smother onions in butter without browning, cover with broth and let simmer gently until done, or about 25 minutes. Slice French rolls, dip in cream, cover with Parmesan and toast in oven. Put balance of cream in tureen, add eggs, beat well and pour broth with onions over while stirring. Finish with white wine. Top with toasted croutons and serve Parmesan cheese on the side.

ONION SOUP, AU GRATIN

(4 Servings)

- | | |
|-----------------------|---|
| 3 lbs. onions, sliced | Toasted slices of French rolls or croutons of white bread |
| 2 ozs. butter | Parmesan cheese |
| 1 qt. rich beef broth | Salt to taste |

Smother onions in butter without browning, cover with broth and let simmer gently for about 15 minutes. Pour into individual or one large earthenware pot, place croutons on top, heap cheese on same and bake in oven until latter is nicely browned. Serve with additional Parmesan on the side.

BEER NOGG

(2 Persons)

- | | |
|---------------------|------------------|
| 1 pint beer (light) | 1/2 cupful cream |
| 1/2 cupful sugar | 2 egg yolks |

Add sugar to beer and heat to almost boiling point. Beat egg yolks and cream. Pour hot beer gradually into same while stirring. Serve hot.

SOUFFLED CRACKERS

Soak soda crackers in iced water from three to four minutes. Arrange in a buttered baking pan and let expand in a hot oven. Time about five minutes.

FANCY HARD SAUCE

(8 Servings)

- | | |
|---------------------------|-------------------------|
| 3 ounces butter | 1/2 of one white of egg |
| 1/2 cupful powdered sugar | 1 teaspoon chocolate |

Wash butter in cold water, add sugar, egg, and work until creamy. Spread two-thirds of mix on cold damp towel. Add to remainder chocolate. Mix thoroughly and spread over white layer. Roll and place in refrigerator to harden. Slice when serving.

COLD MEAT SAUCE

(2 Servings)

- | |
|--------------------------------------|
| 1 tablespoonful French mustard |
| 2 tablespoonfuls currant jelly |
| 1 only, orange, juice only |
| 1 thinly peeled strip of orange rind |

Mix mustard and jelly. Add juice. Shred rind very fine, scald and add to sauce. Serve very cold.

CHIOPINO SAUCE

(1 Quart)

- | | |
|--|--|
| 1/2 cupful olive oil | Few sprigs of parsley, finely chopped |
| 1 cupful minced onions | Small bay leaf |
| 1/2 cupful minced celery | 4 medium-sized fresh mushrooms, minced |
| 4 medium-sized fresh mushrooms, minced | 1 quart tomatoes, passed through sieve |
| Clove of garlic crushed | Salt, pepper, paprika |
| Few leaves of spinach, finely chopped | Spoonful of vinegar |

Heat olive oil and fry onions. Add celery, mushrooms and garlic, then pureed tomatoes. Bring to a boil. Add balance of ingredients and season to taste. Let cook until thick.

HOLLANDAISE

(6 Servings)

- | | |
|------------------------|---------------------------|
| 4 yolks of eggs | 1 large lemon, juice only |
| 2 tablespoonfuls broth | Pinch of cayenne |
| 1/2 lb. butter | |

Put egg yolks and broth in a bowl that is heat-proof. Place same in saucepan with hot water over fire, and stir contents until beginning to thicken. Have butter melted and add fairly hot. Stir to keep sauce smooth. Add strained lemon juice, cayenne pepper, and remove at once when thick. Do not make too far ahead of meal.

BARBECUE SAUCE

- | | |
|---------------------------|----------------------------|
| 1 pint vinegar | 1 teaspoonful black pepper |
| 1/2 can (No. 10) tomatoes | 1 teaspoonful salt |
| 2 teaspoonfuls red pepper | 2 tablespoonfuls butter |

Let simmer until completely amalgamated, and use for basting of meat roasted over open fire.

CIDER SAUCE

(1 Quart or 16 Servings)

- | | |
|-----------------------------|--------------------------|
| 1 only, ham bone, broken up | 2 cupfuls cider (boiled) |
| 1 medium-sized onion | 1 quart tomatoes |
| 1 only, French carrot | 1 only, bay leaf |
| 1 branch celery | Few whole peppers |
| 2 ounces butter | Salt to taste |
| 1 tablespoonful flour | |

Slice onions, carrot and celery, and, together with ham bone, braise in butter. As soon as vegetables are thoroughly braised add flour. Stir, let cook several minutes, then add tomatoes, spices and salt. Let boil slowly for 30 minutes, puree thru a strainer, finish with boiled cider.

Note: If sauce gets too thick while cooking, add water.

DON'T when making an omelet, salt eggs before beating for it will tender them watery and cause curdling. us to pick the finest produce of every region and serve it everywhere on the System at the same time. Fresh

VANILLA SAUCE

(4 Servings)

1 cupful milk
1 heaping tablespoonful sugar
1 level tablespoonful cornstarch
1 egg, yolk only
1 tablespoonful butter
1 tablespoonful cream
1 teaspoonful vanilla

Add sugar and butter to milk and bring to boiling point. Dissolve cornstarch in spoonful of water and pour into milk while stirring. Mix egg yolk with cream thoroughly, and add. Flavor with vanilla.

FRENCH DRESSING

(1 Quart)

1 quart olive oil
1 teaspoonful paprika
1 tablespoonful English mustard
 $\frac{1}{2}$ tablespoonful salt
 $\frac{1}{2}$ tablespoonful white pepper
 $\frac{1}{2}$ cupful vinegar
 $\frac{1}{4}$ cupful cold water

Mix spices, moisten with a few drops of vinegar and pour oil in slowly, stirring constantly. When mixture begins to thicken add the rest of vinegar. Add lastly the cold water and mix thoroughly.

SOUTHERN PACIFIC DRESSING

(4 Servings)

2 cupfuls mayonnaise
1 cupful catsup
 $\frac{1}{2}$ cupful currant jelly
1 tablespoonful English mustard
1 level teaspoonful of salt
 $\frac{3}{4}$ cupful vinegar

Dissolve mustard and salt in vinegar. Add jelly and work until smooth. Add mayonnaise and catsup. Mix thoroughly. A good dressing with lettuce.

HALIBUT, BAKED IN PARCHMENT

(4 Servings)

2 lbs. halibut
4 slices bacon
4 mushrooms, sliced
1 cupful shrimps, blanched, and peeled clean
1 cupful fresh bread crumbs
1 small onion, chopped fine
2 branches celery, cut fine
1 only egg
2 ounces butter
1 sprig chopped parsley, pinch thyme, white pepper, salt, juice of 1 lemon
Parchment paper
Olive or salad oil

Remove meat from bones, skin, cut into portion pieces, salt and season, and sprinkle with lemon juice. Cut round pieces of parchment, dimensions of soup plate, and moisten with olive oil or salad oil. Saute onion and celery in one ounce of butter. Add bread crumbs, parsley, thyme, pepper and salt. Bind with egg. Put spoonful of dressing on paper, place piece of fish on same and garnish with shrimps, mushrooms, bacon and a piece of butter. Fold paper over fish to make edges meet and turn with finger inward, lapping over a small portion at the time, crimping it to close tightly. Bake 25 minutes at 350 degrees. Make incision in paper when serving.

TROUT A LA PRESIDENT

(2 Servings)

2 large trout
1 tablespoonful finely chopped onions
1 tablespoonful finely chopped celery
1 tablespoonful finely chopped fresh mushrooms
3 tablespoonfuls butter
 $\frac{3}{4}$ cupful fresh bread crumbs
1 egg
Pinch of chopped parsley
Pinch of thyme
Salt and pepper to season
Lemon juice

Saute onions, celery and mushrooms in butter. Add bread crumbs, seasonings, and bind with egg. Clean trout and remove backbone by sliding point of knife along each side of bone, breaking it off at the neck and lower part, leaving head and tail fins intact. Rub trout with salt, pepper and lemon juice, stuff and fold into oiled paper, closing all ends tightly. Bake for about twenty minutes in moderately heated oven, or until trout are done. Remove paper when serving, and sprinkle with parsley butter.

FILET OF SOLE—as you like it

(2 Servings)

1 large sole
6 oysters
6 shrimps
2 fresh mushrooms, sliced
2 ozs. butter
1 level tablespoonful flour
 $\frac{3}{4}$ cupful cream
 $\frac{1}{2}$ cupful fresh bread crumbs
 $\frac{1}{2}$ lemon
Salt and pepper

Fillet sole, skin, season and sprinkle with lemon juice. Fold and place in buttered, fireproof baking dish. Arrange oysters and shrimps on top. Add mushrooms sauted in butter. Mix flour with one tablespoonful of butter in small saucepan. Heat thoroughly then add cream. Cook until thick. Pour over sole and sprinkle with bread crumbs. Dot with butter and bake in moderately heated oven until nicely browned and done, or about 20 minutes.

CALIFORNIA OYSTER FRY

(2 Servings)

2 doz. California oysters, well drained
4 slices bacon
3 eggs
2 tablespoonfuls cream

Fry bacon in pan about medium done. Add oysters. Beat eggs and cream. Pour over oysters before they become too firm. Bake like a pancake on both sides.

CHIOPINO

(4 Servings)

1 dozen clams in the shell
1 only large crab
1 only rock cod, medium size
1 cupful olive oil
1 cupful onions, minced
1 clove of garlic, crushed
1 quart tomatoes passed through strainer
Salt and pepper to taste

Fry onions in oil. Add garlic and tomatoes, and bring to boil. Put clams well washed into saucepan. Place over it the crab, cleaned, broken apart and cracked. Cut cod across bone into steak pieces, and arrange on top. Pour the tomato sauce over, cover and let cook slowly for about 25 minutes.

FISH TIMBALES

(4 Servings)

1 oz. butter
1 cupful boiled fish meat, minced
1 cupful milk
2 eggs
Salt and pepper to taste

Beat eggs. Add milk and fish. Stir well and season. Pour into well buttered cups. Set in pan of hot water and bake in slow oven. Turn out when serving.

DEVILED SHELL FISH, AU GRATIN

(2 Servings)

1 large boiled crab
6 large cooked shrimps
6 large raw oysters
 $\frac{1}{2}$ cupful chili sauce
1 lemon, juice only
1 spoonful minced green peppers
1 teaspoonful Worcestershire sauce
2 slices bacon, minced
1 spoonful Parmesan cheese

Put spoonful chili sauce in fireproof dish, place crab meat taken from shell on same, and arrange oysters and shrimps on top. Sprinkle with lemon juice. Add Worcestershire to rest of chili sauce, mix in green peppers and pour over fish. Sprinkle with minced bacon and Parmesan cheese. Bake for ten minutes in hot oven.

CURRIED CHICKEN, COLOMBO

(2 Servings)

$\frac{1}{2}$ cupful India chutney
1 only (2 to 3 lbs.) chicken
 $\frac{1}{2}$ cupful finely chopped onions
 $\frac{1}{2}$ cupful green peppers
1 only, peeled and sliced, banana
2 slices, cut small, pineapple
1 tablespoonful flour
1 level tablespoonful (or less) Madras curry powder
3 ounces butter
Pinch garlic
Salt

Disjoint chicken, put breast and legs aside, and from the trimmings make a broth. Braise onions and green peppers in butter. When cooked soft add banana, pineapple, and garlic. Stir, let cook for another minute, then sprinkle with flour and curry powder. Cook thoroughly, add chutney and three cups of chicken broth. Let simmer for about 20 minutes, then pass through a strainer.

Salt the chicken breast and legs, dredge mildly with flour and fry until nicely colored. Put into curry sauce and let cook slowly from 10 to 15 minutes, as may be required. Serve on a bed of rice, and garnish with flakes of dried fish made crisp in the open.

BAKED CHICKEN PIE, SOUTHERN PACIFIC

(4 Servings)

1 only chicken	2 ounces butter, for sauce
2 small French carrots	2 tablespoonfuls (heaping)
1 only young turnip	peas, boiled in plain water
1 branch celery	2 tablespoonfuls (heaping)
1 small onion	flour
1 dozen button mushrooms	1 only bayleaf
1 ounce butter, for sauteing mushrooms	Few whole peppers, salt

Clean chicken, wash, put on fire covered with cold water, salt and bring to a boil. Add vegetables and spices. Disjoint chicken when done, and remove skin and bones. Arrange in deep pie dish, surround with carrots and turnip, diced, mushrooms and peas. Melt butter. Put in flour, let cook a few minutes, but do not brown. Add broth, strained through a cloth, a little at a time, stirring constantly. Let boil until smooth, pour over chicken and cover dish with pie dough. Wash with milk and egg and bake until nicely browned.

EXPOSITION CHICKEN POT PIE

(6 Servings)

1 chicken (4-5 lbs.)	1 cup small potatoes, shaped round
1/2 cup butter	1/2 cup green peas
1/2 cup flour	Seasonings and salt
1/2 cup white mushrooms	
1 cup French carrots (diced)	

Put chicken, covered with cold water, on fire, bring to boil, and skim. Salt and season; add two medium-sized carrots, one small onion, branch of celery, and boil until done.

Skin chicken, remove all meat from bones, and cut into large pieces. Dice boiled carrots. Cook peas rapidly in boiling water, without salt, for about twenty minutes. Boil potatoes in chicken broth. Saute mushrooms in butter. Arrange meat and vegetables alternately in casserole.

Melt butter in saucepan, add flour and let cook a few minutes. Add the chicken broth, strained through a cloth, making a thin sauce. Cook thoroughly and pour sauce over ingredients. Place dumplings, made to your own liking, or follow recipe below, over same. Cover and bake in oven for about twenty minutes or until dumplings are done.

DUMPLINGS

1 cupful flour	1 teaspoonful chopped parsley
1 tablespoonful shortening	Pinch of nutmeg
1 teaspoonful baking powder	Salt
	1/4 cupful milk

Blend shortening and flour, fold in dry ingredients, and mix with milk, making a firm dough. Scoop with spoon, and use as directed.

PLANTATION SHORTCAKE

(6 Servings)

Corn Bread

2 cupfuls corn meal
1 cupful flour
3 teaspoonfuls baking powder
1 teaspoonful salt
2 tablespoonfuls sugar
2 cupfuls milk
2 eggs
2 tablespoonfuls melted butter

Filling

6 slices ham, raw
1 4-lb. chicken, boiled
12 fresh mushrooms
1 tablespoonful flour
1 oz. butter
1 cupful chicken broth
1 cupful cream
Chopped parsley

Blend dry ingredients and sift. Beat eggs, add milk, and stir in dry blend. Add butter last. Pour into buttered baking pan and bake in a hot oven. Cut into squares while hot. Fry ham, slice chicken and place in between squares of corn bread, figuring three to one portion. Pour off some ham drippings and add butter. Slice mushrooms and saute in same. Add flour, and when absorbed chicken broth and cream. Let simmer until thick. Pour over filled layers, sprinkle with chopped parsley and serve.

RICE JAMBALAYA

(5 Servings)

1 cupful rice, well washed	1 clove of garlic, crushed
1 1/2 lbs. chicken	1/2 cupful butter
1/2 cupful shredded, raw, lean ham	1 cupful pureed tomatoes
1 medium sized onion, sliced	2 good cupfuls chicken broth
1 green pepper, shredded	1 cupful shrimps
4 branches celery, shredded	Oysters, when in season

Remove chicken meat and cut small, using bones to make a broth. Braise all ingredients, except shrimps, in butter. Have tomato puree and broth hot. Pour over rice when well glazed. Salt, cover and bake in oven for about 15 minutes. Add shrimps and oysters and bake five minutes more, or until rice is done.

GALANTINE OF CHICKEN

(10 Servings)

1 large hen	2 truffles, sliced
2 lbs. lean pork	6 slices smoked tongue
1/2 lb. pork fat, sliced thin	2 ounces gelatine
1 cupful fresh bread crumbs	2 egg whites
1 cupful thick, sour cream	Nutmeg, mace, white pepper, salt
1/2 cupful pistachios, blanched and skinned	
1/2 cupful French mushrooms, sliced	

Open hen along back. Remove frame and leg bones, being careful not to damage skin. Cut lean pork small, add bread crumbs moistened with cream, salt, season, and run several times through grinder. Add pistachios, mushrooms, truffles. Mix. Spread with tongue and pork fat laid in between over chicken. Bring back together, sew tightly, then wrap into towel and tie securely. Put into boiling broth made of chicken bones and boil rapidly for three hours. Remove. Reduce broth to one quart. Add gelatine soaked in cold water, clarify with egg whites and strain. Unwrap chicken, remove all threads and place in a deep dish. Pour clear broth over. Let cool and congeal. Slice thick and garnish with gelatine jelly.

CHICKEN MOUSSE, CALIFORNIA

(10 Servings)

- | | |
|---|---------------------------------|
| 3 cupfuls (about 4 lbs. raw weight) chicken | 2 only egg whites |
| 1 cupful almonds, chopped fine | 1 ounce gelatine |
| 1 only avocado | 1 cupful water to soak gelatine |
| 3 cupfuls (strong, highly seasoned) chicken broth | Few grains cayenne pepper |
| 1 pint whipping cream | Pinch paprika |
| | 1 only lemon |
| | Salt as needed |

Soak gelatine for five minutes and dissolve in chicken broth. Add the whites of eggs, beaten lightly, and lemon juice. Put on fire, stir occasionally until a curd-like mass forms and the broth reaches the boiling point. Set aside for a few minutes, then strain through cloth. Put aside one-half of the amount and let cool. When cool, but still liquid, pour some of it into a mold chilled thoroughly, running the liquid about until it congeals, putting on thin coat, covering the walls completely. Split avocado, remove seed, skin and slice thin. Place slices against the aspic and with spoon drip some more over the fruit. Place in refrigerator to set. Beat cream until stiff, add remainder of aspic well cooled yet liquid, chicken and almonds. Put into mold before getting too firm. When serving dip mold for a few seconds into hot water, then turn out quickly.

FANCY STUFFING FOR CHICKEN

(Sufficient for Two Chickens)

- | | |
|--|-------------------------------|
| $\frac{1}{2}$ cupful (4 oz.) butter | 1 cupful fresh bread crumbs |
| $\frac{1}{2}$ cupful minced onions | 4 eggs—2 raw; 2 boiled hard |
| $\frac{1}{2}$ cupful minced celery | 1 teaspoonful chopped parsley |
| $\frac{1}{2}$ cupful sliced fresh mushrooms | Pinch white pepper and thyme |
| $\frac{1}{2}$ cupful shredded boiled ham | Salt to taste |
| 1 tablespoonful finely chopped green peppers | |
| 1 tablespoonful chopped pimientos | |

Saute onions, celery, green peppers and mushrooms in butter. Add bread crumbs, raw eggs. Stir and let cook for a few minutes. Add ham, pimientos and boiled eggs, shredded. Season and mix thoroughly.

APPLE AND RAISIN STUFFING

(For Duckling or Gosling)

- 2 cupfuls toasted bread crumbs
- 2 cupfuls diced or sliced apples
- $\frac{1}{2}$ cupful seedless raisins
- Pinch nutmeg, cinnamon and salt

Mix and use for stuffing as indicated.

BAKED, JELLIED MEAT LOAF

(12 Servings)

- 1 4-lb. chicken, skinned, meat taken from bones and cut into finger-thick strips
- 2 lbs. pork loin, boned, cut same as chicken
- 1 $\frac{1}{2}$ lbs. pork back, sliced into thin, broad strips
- 1 lb. smoked and boiled ox tongue, skinned and cut into slender strips
- $\frac{1}{2}$ cupful French mushrooms, sliced

- $\frac{1}{2}$ cupful pistachio nuts
- 1 ounce gelatine
- 2 only whites of eggs
- Thyme, white pepper, salt
- Whole spices
- One small onion, one small carrot, branch of celery
- Salt for broth

Make a pie dough that is not too rich, about two-thirds of flour to one of shortening, and line bread mold. Place on bottom and against sides broad strips of pork back, covering dough completely. Fill alternately with the different meats, well seasoned, mushrooms and pistachio nuts, also lay some of the pork fat in between, leaving enough for top. Close with pie dough, wetting edges, pinching them together. Cut hole in center and insert funnel-shaped piece of paper to keep vented. Fill with cold water and bake. Oven should be fairly hot until pie dough is set, then reduce to moderate temperature. Bake for about two and one-half to three hours, depending on size of mold.

Crush chicken bones, and with the whole spices and vegetables put on fire to get a quart of good chicken broth. Soak gelatine for five minutes in cold water, and let dissolve in broth. Beat egg whites lightly, and gradually add broth. Put back on fire to clarify, then strain through cloth. Pour jelly through funnel into meat loaf when done and let cool in mold.

POTTED CASSEROLE

(4 Servings)

- | | |
|-------------------------------------|--|
| 2 only steaks, cut thick | 2 only young turnips, sliced |
| 4 only lamb chops | 2 tablespoonfuls chopped parsley |
| 1 only chicken, disjointed | 1 only large potato, sliced |
| 1 cupful onions, sliced | 4 ounces butter |
| 1 cupful green peas | Salt, white pepper, sprig of fresh thyme, cold water |
| 2 cupfuls string beans, shredded | |
| 4 only small French carrots, sliced | |

Rub meats with salt and pepper. Mix vegetables including one spoonful parsley. Arrange meats with layers of vegetables between in earthenware pot, as follows: Steak, chops, chicken, steak. Add thyme, cover with potatoes, and break butter in small pieces over the same. Fill pot with water, close with lid and put in a fairly hot oven. When water reaches boiling point reduce heat and bake slowly for about two hours. Should there be too much evaporation, add another cup of water after the first hour of baking. Do not stir. Sprinkle with parsley when serving.

DEVILED PRIME RIBS OF BEEF

(2 Servings)

- 2 slices rare roast beef
- 2 tablespoonfuls Worcestershire sauce
- 2 tablespoonfuls catsup
- 1 teaspoonful mustard
- $\frac{1}{2}$ cupful fresh bread crumbs
- $\frac{1}{4}$ cupful olive oil

Mix Worcestershire sauce, catsup and mustard. Pour over beef and let stand for about 30 minutes. Dredge with bread crumbs, dip into oil and grill on hot plate or open fire half a minute on each side.

BEEFSTEAK AND KIDNEY PIE

(1 Serving)

- 1 6-ounce sirloin steak
- 1 sliced lamb kidney
- 1/4 cupful diced raw potatoes
- 1/2 ounce butter
- 1 tablespoonful chopped onions
- Pinch flour, water, white pepper, salt
- 2 ounces pie dough

Season meats, sprinkle with flour and arrange in an oval earthenware dish with slices of kidney on top. Add potatoes, onions and butter. Fill dish to rim with cold water and cover with dough. Brush with milk and bake for about 25 minutes in a medium-hot oven.

ENGLISH STEAK AND KIDNEY PUDDING

(4 Servings)

Filling

- 1 lb. steak meat
- 2 only lamb kidneys
- 1 small onion, minced
- 1 teaspoonful chopped parsley
- Pinch thyme
- Salt, white pepper to taste
- Pint of water

Dough

- 2 cupfuls flour
- 1 cupful chopped suet
- 1/2 cupful milk
- Pinch salt

Chip beef and kidneys into thin slices. Add balance of ingredients, pour in water and season. Make dough as directed and roll out thin. Line pudding mold, lapping over enough to provide for cover. Fill, close and steam for two hours.

BAKED FILLET OF BEEF

(12 Servings)

- 5 lbs. fillet of beef, trimmed
- 1 cupful boiled rice
- 3 cupfuls fresh bread crumbs
- 1 only onion
- 3 branches celery
- 1 whole egg
- 2 only egg yolks
- 2 ounces butter
- 2 lbs. pie dough
- Thyme, white pepper, salt

Roast fillet of beef very rare and let cool. Chop onion and celery fine and braise in butter. Add bread crumbs and rice, break in eggs and make a dressing. Season with thyme, white pepper and salt. Roll out pie dough the length of fillet and wide enough to envelope same, brushing edges with water. Use dressing as base to place meat on, swing dough over and close. Set on baking pan, brush with milk and bake for about 30 minutes in a moderately heated oven if desired rare, or 40 minutes if wanted medium done.

TENDERLOIN TIPS, SOUTHERN PACIFIC

(3 Servings)

- 1 lb. thinly sliced beef tenderloin tips
- 1 only green pepper, shredded
- 1 only medium sized onion, sliced
- 4 only fresh mushrooms, sliced
- 1 only large fresh tomato, skinned, seeds removed and cut small
- 1 cupful beef broth or water
- 6 tablespoonfuls butter
- 1 tablespoonful flour
- Salt
- White pepper

Saute onions, peppers and mushrooms in butter. Add tomato and let simmer gently. Season tips with salt and pepper. Saute in butter and sprinkle with flour. When nicely browned cover with broth or water and vegetables. Let cook slowly until done, or about 15 minutes.

ROULADES OF BEEF

(4 Servings)

- 4 slices (5 to 6 oz. each) top round
- 4 slices bacon
- 1 small, quartered French carrot
- 1 only quartered sour pickle
- 4 only olives
- 1 tablespoonful minced onion
- 2 tablespoonfuls flour
- 2 medium sized tomatoes
- 1 ounce butter
- White pepper
- Salt

Pound meat flat, season and sprinkle with onions. Roll in bacon, carrot, pickle and olives. Tie securely. Dredge with flour and fry in butter until brown. Remove meat to a saucepan. Sprinkle balance of flour into frying-pan, let brown nicely, then add enough water or stock to stir up a sauce. Break in tomatoes, and boil for about ten minutes. Strain over roulades and braise until soft. Remove strings before serving.

BAKED TOMATOES, SURPRISE

(4 Servings)

- 4 only small, thick (about 5 oz. each) beef fillets
- 4 only large, firm tomatoes
- 4 sliced mushrooms
- 4 slices bacon
- 4 slices (rounded with biscuit cutter and toasted) bread
- 4 slices American cheese
- 2 ounces butter
- 1 teaspoonful currant jelly; salt; pepper
- 1 bunch watercress

Cut tops off tomatoes, scoop out pulp, sprinkle with salt and turn upside down to drain. Wind strip of bacon around each fillet, skewer with toothpick and season. Cook one minute on each side in butter in hot pan to sear. Place fillets inside tomatoes, remove picks, cover with mushrooms, add a little more butter and close with rounded pieces of bread. Place slices of cheese on top and bake in a hot enough oven that will brown cheese and cook tomatoes without getting fillets too done, about five minutes at 500 degrees. When serving surround with watercress and top with a button of jelly.

BAKED POTATO, SURPRISE

(4 Servings)

- 4 large potatoes
- 4 (about 5 oz. each) fillet mignons.
- 4 slices bacon
- 12 fresh button mushrooms
- 4 ounces butter
- Watercress
- 1 only egg yolk
- 1 teaspoonful chopped parsley
- 2 tablespoonfuls grated Parmesan cheese
- Salt
- Pepper

Wash potatoes, clip ends and bake until done. Remove from part best suited as top a large slice of peeling. Scoop out all inside mash. To this add egg yolk, one ounce of butter and chopped parsley. Season. Melt one ounce of butter, dip fillets therein and place in a hot pan. Cook half a minute on each side, or enough to sear. Saute mushrooms. Fry bacon. Place in each potato one fillet. Garnish with mushrooms and bacon, and completely cover and dress with the mashed potatoes. Sprinkle with Parmesan cheese, dot with butter and bake in a very hot oven until nicely browned. Garnish with watercress when serving.

BAKED CORNED BEEF HASH IN CABBAGE

(4 Servings)

- 1 small onion, minced fine
- 2 cupfuls raw potatoes, diced
- 2 cupfuls cooked, lean corned beef, chopped fine
- 2 ounces butter
- 1 small head cabbage

Thyme, white pepper, bread crumbs

Braise onion in butter. Add potatoes and cover saucepan. With the potatoes done add corned beef. Salt, if needed, season, and let steam thoroughly.

Parboil cabbage, drain and cool. Break leaves apart and place on a towel, putting the smaller ones on top. Roll into each lot a suitable amount of corned beef hash. Set in baking pan, cover with buttered paper and bake in a moderately heated oven for about 20 minutes. Remove paper, baste with butter, sprinkle with bread crumbs and let brown nicely. Serve with tomato sauce.

VEAL CHOPS, SAUTE, PAPRIKA

(2 Servings)

- 2 only veal chops, cut thick
- 1 teaspoonful flour
- 1 teaspoonful minced onions
- 1 tablespoonful butter
- 1 cupful cream
- Salt
- Hungarian paprika

Salt chops, sprinkle richly with paprika, dredge with flour and saute in butter. When brown on one side, turn, sprinkle with onions and cover for a few minutes. Add cream, and if necessary another dash of paprika. Let simmer for about five minutes, or until thick. Strain sauce over chops when serving.

SWEETBREADS, ROOSEVELT

(4 Servings)

- 1 lb. sweetbreads
- 4 medium sized fresh mushrooms, sliced
- 4 only large, firm tomatoes
- 1 tablespoonful minced onions
- 2 ounces butter
- 1 level tablespoonful flour
- ½ glass white wine
- 4 tablespoonfuls fresh bread crumbs
- 4 tablespoonfuls Hollandaise
- Bouquet of spices, slice of lemon included
- Pinch of chopped parsley
- White pepper, salt, pinch of cayenne pepper

Skin sweetbreads and parboil in water that is salted and flavored with bouquet of spices. Sprinkle with flour and saute in butter. Add fresh mushrooms and minced onions. Saute. Add parsley, white wine and spoonful of sweetbread broth. Cook thoroughly. Cut tops off tomatoes, drain and scoop out pulp. Fill. Mix Hollandaise with crumbs. Bake in hot oven until nicely browned and done.

MACARONI MEAT LOAF

(6 Servings)

- 1 package macaroni
- 1 cupful bread crumbs
- 1 tablespoonful grated onions
- ½ green pepper, chopped
- 1 tablespoonful parsley, chopped
- 3 eggs
- 1 teaspoonful salt
- 1 cupful milk
- ¾ cupful ground raw meat

Cook macaroni until tender and drain. Combine with remaining ingredients. Pour into a buttered loaf pan. Bake in a moderate oven (325 degrees) for 30 to 45 minutes. Serve with tomato sauce.

16

TAMALE PIE

(3 Servings)

- 1 cupful yellow corn meal
- 3 ounces butter
- 3 cupfuls water
- ½ lb. beef, ground
- ¼ cupful onions, minced
- 1 cupful tomatoes, pureed
- Salt, paprika, white pepper
- Chopped parsley, olives
- Pinch of flour

Have water boiling. Add one ounce of the butter and make a mush the usual way. Coat buttered mold with mush before it cools. Melt remainder of butter in saucepan. Mix beef and onions, season, and saute thoroughly. Add flour, and when absorbed, tomatoes and parsley. Let cook until thick. Fill into mold, garnish with olives and spread the rest of mush over to cover. Bake for about 40 minutes in a fairly hot oven.

CURRY OF LAMB

(3 Servings)

- 1 lb. lamb
- 3 ounces butter
- 2 heaping tablespoonfuls minced onions
- 2 heaping tablespoonfuls finely cut celery
- 2 heaping tablespoonfuls diced apples
- 1 heaping tablespoonful flour
- 1 level tablespoonful (or less) curry powder
- 2 only ripe tomatoes, stewed and put through strainer (¾ cupful)
- 1½ cupfuls water
- Salt to taste

Cut meat into one-inch squares, salt and saute in butter. Add onions, celery and apples. Saute thoroughly. Sprinkle with flour and curry powder. Cook until flour gains a little color. Add pureed tomatoes and water. Cover saucepan and let cook slowly until done.

THE CASSEROLE

(6 Servings)

- 2½ lbs. lamb shoulder, skinned and boned
- 1 medium sized onion, minced
- ¼ lb. butter
- 2 branches celery
- 1 bunch young French carrots, shaped small
- 4 only young turnips, quartered and shaped
- 12 only boiling onions
- 1 heaping tablespoonful flour
- 1 cupful tomatoes, pureed
- 1 pint broth, made of the lamb bones
- 12 only small rounded potatoes, boiled in salted water, then browned
- 1 cupful peas, boiled in plain water
- Salt, white pepper, parsley

Cut lamb into 1¾ inch squares, dredge mildly with salt and white pepper and saute in pan without browning. Sprinkle with the chopped onion and celery, move meat about and continue cooking until ingredients added become soft. With the moisture disappearing add flour, and when the latter has nicely browned, tomato puree and broth. Bring to a boil and put into casserole. Braise carrots and turnips in butter. Brown onions and add to meat. Cover casserole, place in oven and bake until contents are done, or about 40 minutes. Remove lid, take off surplus fat and garnish with potatoes, peas, and a sprinkle of chopped parsley.

17

OLD-FASHIONED PORK PIE

(4 Servings)

1¼ lbs. shoulder of pork
1 pint water
¼ cupful flour
¼ cupful minced onion
2 tablespoonfuls
Worcestershire sauce
¼ level teaspoonful mace
1 level teaspoonful white pepper
¾ ounce salt
1¼ lbs. pie dough

Cut pork into inch-thick pieces. Put into bowl, salt, season and sprinkle with flour. Add water, Worcestershire sauce and mix. Pour into deep pie dish lined with dough, cover, close edge tightly and crimp. Brush with milk and bake in a moderately heated oven until done, or about one hour and 20 minutes.

BAKED SUGAR-CURED HAM, SOUTHERN PACIFIC

1 raw ham (figure 1-lb. raw weight per person)
1 lb. brown sugar
2 oz. whole cloves
1 pt. boiled apple cider for basting

Soak ham in cold water over night, refresh, put on fire and bring to boil. Let simmer for two and one-half hours and remove from fire. Leave in broth for another hour. Plunge into cold water and skin. Press into fat inch apart whole cloves, coat with cider and sprinkle with sugar. Bake in moderately heated oven, basting with cider and sprinkling with sugar occasionally, until nicely browned and done; about one hour.

As a hot dish use the following sauce: Cut one medium sized onion, one young carrot and two branches of celery small and saute with three tablespoonfuls of ham drippings. Add two tablespoonfuls of flour. When fully absorbed, one cupful of ham stock and one quart of tomatoes. Cook thoroughly, season and pass through strainer. Add one-half pint of boiled apple cider.

BOSTON BAKED PORK AND BEANS

(5 Servings)

2 cupfuls beans (navy)
1 tablespoonful butter
½ only medium sized onion, chopped fine
1 teaspoonful mustard
2 tablespoonfuls syrup
12 ounces salt pork

Wash beans and put into one-half gallon earthenware pot fitted with cover. Saute onion in butter, add mustard and mix with beans. Stir in syrup, add salt pork and cover with cold water. Bake in oven at 250 degrees until pork is done, or about eight hours. Remove pork, cover again completely with water and continue baking for an additional eight hours at 200 degrees.

POACHED EGGS, CEREAL SAUCE

(1 Serving)

2 eggs
1 cupful cream
1 spoonful bran crumbles
Toast

Heat cream. Poach eggs therein and arrange on toast. Thicken cream with bran crumbles; pour over eggs and serve.

SHIRRED EGGS WITH SAUSAGE

(1 Serving)

3 link sausages
2 eggs

Fry sausages. Place with little of their grease in fireproof dish, break eggs over and bake in oven as desired.

OMELET ECLAIR

(1 Serving)

3 eggs
1 tablespoonful cream
1 sugar cookie or macaroon
1 tablespoonful thick chocolate syrup
2 tablespoonfuls whipped cream
1 teaspoonful melted butter

Beat eggs and cream, break in cookie or macaroon and pour into buttered pan. Shuffle about, and when fairly set, shape. Hold over hot fire until fluffy. Turn out on platter. Glaze with syrup and garnish with whipped cream.

CHEESE SOUFFLE

(4 Servings)

2 cupfuls milk
¼ lb. butter
¼ lb. flour
6 only large eggs
2 ozs. Parmesan cheese
Salt, pinch cayenne pepper

Bring milk to boil. Mix butter with flour. Add hot milk and work until smooth. Cool slightly, then add egg yolks, one at a time, grated cheese, salt and cayenne pepper. Whip egg whites until stiff and dry and fold in carefully. Turn into a buttered pudding mold and bake in hot oven from 15 to 20 minutes.

APPLE PANCAKE

(2 Servings)

1 cupful flour
1 cupful milk
1 heaping teaspoonful sugar
2 only eggs
2 mealy apples
1 ounce butter
Pinch salt

Dissolve sugar in milk, add flour and work until smooth. Add eggs and butter. Beat well. Peel apples, core, half or quarter, according to size, and slice thin. Sprinkle into frying pan that is well heated and fry until pieces begin to soften. Cover thinly with batter, let bake until topside shows dry, and turn over. Slide out of pan when nicely browned and done, trim, dust with sugar and serve.

EGGS AND HAM MOUSSE

(10 Servings)

½ oz. gelatine
1 cupful cold water
1 cupful boiling hot milk
3 cupfuls (1½ lbs.) chopped boiled ham
1 cupful (3 only) chopped hard-boiled eggs not too fine
1 cupful whipping cream
Pinch mustard, few grains cayenne pepper
Chopped parsley

Soak gelatine for five minutes in cold water, add hot milk and when dissolved pour over ham. Mix, add spices and let cool. Fold in cream, beaten until stiff, add hard-boiled eggs, turn into mold and let chill. When serving dip mold for a few seconds into hot water, and turn out quickly. Serve with a garnish of lettuce, tomatoes, ripe olives and lemon.

HOT HAM AND CHEESE SANDWICH

(1 Serving)

2 slices bread, toasted on one side
2 slices boiled ham
2 slices American cheese
Paprika

Place ham on toasted sides of bread with cheese on top. Sprinkle with paprika and bake in hot oven until cheese is melted and lightly browned.

FRENCH FRIED HAM AND CHEESE SANDWICH

(1 Serving)

3 slices bread, about $\frac{1}{4}$ -in. thick Leaves of lettuce
1 slice boiled ham Slices of tomato
1 slice American cheese Olives
1 only egg Pickles

Place ham and cheese as separate layers in between slices of bread, trim and cut diagonally. Beat egg well and dip sandwich therein, making certain that it is moist and well coated on all sides. Fry in hot clean grease about one inch deep, until it is done and nicely browned. Garnish with relishes as directed.

PUFF POTATOES

(8 Servings)

1 qt. potatoes—the mealy kind, raw, peeled and cut evenly
2 oz. butter
3 eggs—yolks only

Pinch of nutmeg
Salt
Flour for dusting
Eggs and milk for brushing tops

Cover potatoes with boiling water. Add salt. Cook until done. Drain and return saucepan on stove to thoroughly dry potatoes. Mash, add butter and egg yolk, one at the time. Season. Put potatoes on pastry board. Dust with flour, roll into long strip, flatten, and cut into finger-wide pieces. Set on buttered baking pan one inch apart, brush with milk and egg, and bake in a hot oven until nicely browned.

POTATO DUMPLINGS

(8 to 10 Servings)

2 large, mealy potatoes, boiled in jackets
2 tablespoonfuls flour
1 tablespoonful butter

2 to 3 egg yolks
Pinch of nutmeg, salt
1 cupful fresh bread crumbs
 $\frac{1}{2}$ cupful butter for frying

Peel potatoes when cold and grate. Add flour, spoonful of butter, egg yolks, and season. Make a firm dough. Shape dumplings and drop into salted boiling water. Let boil until they float, or about ten minutes. Roll into fresh bread crumbs and fry in butter.

SPECIAL BAKED POTATOES

(2 Servings)

2 large potatoes
2 slices bacon
1 teaspoonful finely chopped green peppers
1 teaspoonful chopped pimientos
1 teaspoonful grated Parmesan cheese
1 ounce butter

Wash potatoes, clip off ends and bake until done. Remove from part best suited as top an oval portion of peeling, scoop out potato and mash. Shred bacon fine and saute in pan. Salt if needed, then add peppers and pimientos. Mix thoroughly and fill into potato shells. Dress nicely, sprinkle with Parmesan, dot with butter and bake until nicely browned.

HOT SLAW

(6 to 8 Servings)

1 large head of cabbage, shredded
1 onion, shredded
2 apples, sliced
 $\frac{1}{2}$ cupful sugar
 $\frac{1}{2}$ cupful cider vinegar
 $\frac{1}{2}$ teaspoonful English mustard
1 bay leaf
1 small onion with four cloves inserted
The rind of a 2-lb. piece of bacon
2 ounces butter
Salt

Smother cabbage, shredded onion and sliced apples in butter. Add other ingredients, and water enough to fairly cover cabbage. Salt to taste, cover saucepan and cook until soft. Remove onion with cloves and bayleaf before serving.

SPANISH BEANS

(10 Servings)

4 cupfuls (2 lbs.) kidney beans
1 quart tomatoes
1 lb. (minced) bacon
1 cupful (minced) onions

1 tablespoonful salt
2 tablespoonfuls sugar
 $\frac{1}{4}$ teaspoonful cayenne pepper
 $\frac{1}{2}$ teaspoonful baking soda

Pick beans clean, cover with cold water, add baking soda and bring to a boil. Let simmer for five minutes, drain, and wash. Cover with boiling water, add salt and let boil slowly for one and one-half hours. Heat bacon in frying pan, add onions, fry until lightly browned, then with tomatoes, sugar, salt and cayenne pepper add to beans. Let cook for about one more hour, or until done.

THE SALAD BOWL

(6 Servings)

2 heads lettuce, broken small
4 tomatoes, plunged for one minute into boiling water, skinned, cooled, then quartered
1 cucumber, peeled, scored, and sliced thin
 $\frac{1}{2}$ bunch radishes, sliced thin
 $\frac{1}{2}$ bell pepper, cut into strips, fingerwide, then shredded fine
1 teaspoonful sugar
Pinch salt

Mix in the bowl, and moisten with French dressing to suit taste.

VEGETARIAN PARFAIT

(4 Servings)

1 cupful cream cheese
 $\frac{1}{2}$ cupful whipping cream
 $\frac{1}{2}$ cupful grated carrots
 $\frac{1}{2}$ cupful crushed pineapple
Chopped walnuts

Juice of one lemon
Pinch of salt
Jelly
Oranges

Soften cheese with a little juice drained off pineapple. Beat cream until stiff and fold into cheese. Add carrots, pineapple, lemon juice and salt. Mold on crisp lettuce leaves, sprinkle with walnuts, top with a button of jelly, and garnish with slices of oranges.

LEFT-OVER SALAD

(6 Servings)

3 slices cooked turkey or chicken
3 slices roast veal
2 slices boiled ham
1 only hard-boiled egg
 $\frac{1}{2}$ boiled lobster
1 pickled beet
1 raw apple
1 boiled potato
1 boiled carrot

2 sweet pickles
2 green olives
2 anchovy fillets
1 teaspoonful capers
1 teaspoonful salt
 $\frac{1}{2}$ teaspoonful white pepper
1 tablespoonful sugar
 $\frac{1}{2}$ cupful vinegar
Mayonnaise—enough to bind

Shred firm ingredients, combine with balance and mix.

HEALTH SALAD

(3 Servings)

- 3 large apples
- 4 branches celery
- 1 tablespoonful raisins
- ½ lemon, juice only
- 1 tablespoonful chopped walnuts
- Mayonnaise
- Crisp lettuce leaves

Wash apples, quarter, remove stems, blossoms, seeds, and put through vegetable grinder, using coarse plate. Wash and grind celery; likewise raisins. Add lemon and mix. Drain off surplus juice and bind with mayonnaise. Mold on crisp lettuce leaves, sprinkle with walnuts and serve.

CALIFORNIA CHICKEN SALAD

(4 Servings)

- 1 4-lb. chicken
 - 1 medium sized avocado
 - 2 branches celery
 - 2 tablespoonfuls vinegar
 - Sprinkle of white pepper
 - Pinch of salt
 - ½ cupful mayonnaise
 - ½ cupful whipped cream
 - 2 hard-boiled eggs
 - 2 tomatoes
 - 4 olives
 - Sprinkle of capers and parsley
- Boil chicken, let cool in water, skin, bone and dice large. Salt and season with vinegar. Add celery, chopped very fine, and vinegar. Mix. Split avocado, remove pit and dice. Fold carefully into chicken meat. Heap salad into bowl lined with crisp lettuce leaves and cover with a dressing made of equal parts of mayonnaise and unsweetened whipped cream. Garnish with hard-boiled egg, slices of tomato, olives, capers, and a sprinkle of chopped parsley.

HAWAIIAN SALAD

(2 Servings)

- ½ head lettuce
- 2 thick slices pineapple, quartered
- 2 bananas, peeled and cut into four pieces
- 1 tablespoonful mayonnaise
- 1 tablespoonful shredded cocoanut
- French dressing

Shred lettuce and arrange pineapple on same in cross formation. Coat bananas with mayonnaise, sprinkle with cocoanut and place pieces in tasteful order in between pineapple. Serve with French dressing.

PINEAPPLE, PEAR AND CREAM CHEESE SALAD

(2 Servings)

- ½ head lettuce
- 2 slices pineapple
- 2 pkgs. Philadelphia cream cheese
- ½ cupful whipping cream
- 2 pears
- French dressing
- Rubyettes
- Currant jelly

Peel pears, core, quarter and cook in a light syrup flavored with lemon juice until soft. Let cool. Soften cheese with a few drops of pineapple juice and work smooth. Whip cream and add to cheese. Shred lettuce, marinate lightly with French dressing, heap on plates. Place pineapple on lettuce and mold a scoop or cupful of cheese on top. Stand four quarters of pears against each cheese, garnish with a button of currant jelly and sprinkle with rubyettes.

LETTUCE AND FRUIT SALAD

(6 Servings)

- 1 head lettuce, broken small
- 3 oranges, peeled and sliced
- 2 apples, cored, peeled, diced and sprinkled with juice of ½ lemon
- 2 bananas, sliced
- 2 slices pineapple, cubed
- 1 teaspoonful sugar
- ½ cupful olive oil
- Pinch of salt

Prepare ingredients and mix shortly before serving.

MACARONI SALAD

(8 Servings)

- ½ lb. macaroni, short cut
- ½ cupful chili sauce
- ½ cupful India relish
- 1 cupful mayonnaise
- Salt and pepper

Boil macaroni in salted water and cool. Mix with balance of ingredients and season to taste.

PLUM PUDDING

(2½ Lbs. Each—Two Puddings)

- ½ lb. white bread
- ¼ cupful flour
- ½ lb. butter
- ½ lb. sugar (brown)
- ½ lb. seedless raisins
- ½ lb. currants
- ½ lb. citron, cut small
- ½ lb. lemon peel, cut small
- ½ lb. orange peel, cut small
- ½ cupful molasses
- 1 cupful milk
- 1 only egg
- ½ teaspoonful allspice
- ½ teaspoonful cinnamon
- Pinch nutmeg
- Pinch soda
- Brandy

Work butter and sugar until creamy. Add molasses, egg and bread soaked in milk. Dust fruit with flour, add spice, soda, and combine with wet blend. Mix thoroughly and flavor with brandy. Fill into buttered pudding molds and steam for about three hours.

CALIFORNIA PEACH AND RICE FRITTERS

(8 Servings)

- 1 cupful rice, well washed
- 2 cupfuls milk, scalded
- ¼ cupful sugar
- 2 tablespoonfuls butter
- 2 tablespoonfuls cream
- 3 egg yolks
- 1 teaspoonful vanilla
- 1 2½ size can peaches
- For Breading
- 2 only eggs
- 1 cupful fresh bread crumbs
- 2 spoonfuls flour
- Powdered sugar

Cook rice, milk, sugar and butter in double boiler. When done stir in egg yolks beaten in cream, and vanilla. Spread on buttered pan and cool. Drain peaches of syrup. Mold on each half enough rice to give it shape of whole peach. Dredge with flour, dip in beaten egg and roll in bread crumbs. Fry in hot grease (deep) until nicely browned. Dust with sugar and serve with sauce made of syrup in which peaches were preserved.

FRENCH FRITTERS

(6 Servings)

- ½ cupful water
- 2 ounces shortening
- ⅔ cupful flour
- Pinch salt
- Vanilla
- 2 only eggs, whole
- 1 only egg yolk

Bring shortening and water with salt added to a boil. Stir in flour briskly, work until smooth, remove from fire and let cool. Work eggs in one at the time. Add vanilla. Scoop with heated and greased spoon lumps from batter and drop into fat that is not too hot. Let slowly expand and color. When brown on one side, turn. Dust with powdered sugar. Serve hot with vanilla sauce.

MOCK PORCUPINES

(3 Servings)

- 3 French rolls
- 1 tablespoonful currant jelly
- 3 only eggs
- ½ cupful cream
- 1 teaspoonful sugar
- Vanilla, cinnamon, sugar and almonds

Grate crust off rolls. Make incision, take out some crumbs and fill with jelly. Beat eggs, cream and sugar, add vanilla and soak rolls thoroughly. Dredge with grated crumbs and fry in clean grease until golden brown. Dust with cinnamon and sugar. Blanch almonds, remove skins, split, cut each half lengthwise in two, and decorate rolls in needle fashion.

CALIFORNIA PRUNE FRITTERS

(5 to 6 Servings)

- | | |
|---------------------------------------|-----------------------------|
| Batter | |
| ½ lb. large sized prunes | ½ cupful flour |
| 10 to 12 blanched and skinned almonds | 1 only egg |
| 2 ounces sugar | ½ cupful milk |
| Flour | 1 tablespoonful sugar |
| Frying fat | ½ teaspoonful salt |
| Powdered sugar | 1 tablespoonful olive oil |
| | ½ teaspoonful baking powder |

Cover prunes with water and let soak for several hours. Add sugar and cook from 10 to 20 minutes. Drain, cool, then split open and remove pits. Roll almond inside each one. Dredge with flour, coat with batter and fry in deep fat. Dust with sugar when serving. Serve with vanilla sauce.

GREEN APPLE PIE

- 6 medium-sized apples
- 2 tablespoonfuls butter
- ¾ cupful sugar
- Pinch nutmeg and cinnamon
- 1 teaspoonful flour
- 12 ounces pie dough

Peel, core and slice apples. Dip into salted water, then drain. Blend sugar and flour, add spices and mix with apples. Heap into pie plate lined with dough and sprinkle with butter. Moisten edge with water, cover, close tightly and perforate top. Brush with milk and bake from 45 to 50 minutes in a moderately heated oven.

LEMON PIE

(5 Servings)

- | | |
|-----------------------------------|-----------------------------------|
| Dough | Filling |
| 1½ cupful flour | 4 egg yolks |
| ¼ cupful lard | ½ cupful powdered sugar |
| ¼ cupful butter | Rind and juice of one large lemon |
| ¼ cupful ice cold water (or less) | Whites of two eggs |

Mix flour, lard and butter thoroughly. Add water and bind. Roll out and line deep pie plate. Prick dough, place on it another plate and bake in medium hot oven.

Mix egg yolks, sugar, grated rind of lemon and juice thoroughly and cook in double boiler while stirring, until thick. Let cool. Beat egg whites until stiff and add. Fill into cooked pie shell and bake for about 20 minutes in a moderately heated oven.

For lemon meringue pie beat two additional whites of eggs. Add three tablespoonfuls of powdered sugar and spread over top of pie after baking. Dust with powdered sugar and let slowly brown.

OLD-FASHIONED APPLE PIE

(1 Pie)

Dough

- 1 cupful flour
- ½ cupful finely chopped suet
- 2 tablespoonfuls sugar
- Pinch salt
- Little soup stock, very hot

Filling

- 2 lbs. apples, finely chopped
- ½ lb. sugar
- ½ cupful fresh bread crumbs
- Pinch nutmeg
- Pinch cinnamon

Mix ingredients for dough. Roll out very thin and line deep pie tin that is well greased and strewn with fresh bread crumbs. Fill with the apples, sugared and seasoned. Cover with dough, brush with melted suet and put in oven at about 400 degrees. Reduce heat after dough has set. Bake for about 50 minutes.

PIE DOUGH—FLAKY

(3 Pies)

- 1 lb. flour
- ¾ lb. firm shortening
- ½ cupful water—ice cold
- Pinch salt

Rub shortening and flour until well blended. Add water and salt. Mix, but do not work too much. Let stand for one hour, then chill. Age at least one day before using. If a mealy pie dough is desired proceed in mixing in the same manner as for flaky dough, but using softened shortening instead of the firm, and a little less water.

CALIFORNIA FRESH DATE AND ORANGE FRITTER

Split dates lengthwise and remove pits. Fill each date with a section of orange free of membrane; close tightly, dredge with flour, coat with batter and fry in deep grease until golden brown. Sprinkle with sugar when serving. (For batter, see "California Prune Fritters.")

MINCEMEAT

(2½ Quarts)

- | | |
|---|-----------------------------------|
| 1 lb. raw, lean beef (cooked and trimmed—6 oz.) | 1 only small lemon |
| 1½ oz. suet | 1 only small orange |
| 8 ounces seedless raisins | 3 tablespoonfuls molasses |
| 4 ounces currants | 2 cups boiled cider |
| 1 ounce citron | ½ teaspoonful, level, allspice |
| 1 ounce lemon peel | ½ teaspoonful, level, cinnamon |
| 1 ounce orange peel | 1 pinch each, mace, cloves nutmeg |
| 1 pound brown sugar | ½ cupful sherry |
| 5 only (medium—peeled and cored) apples | ¾ cupful brandy |
| 1 teaspoonful salt | |

Free beef from all skin and fat and boil until done. Let cool, and put through grinder. Likewise, grind the orange and lemon. Suet, apples, citron, lemon peel, and orange peel chop fine. Mix all ingredients thoroughly then put mincemeat into a crock and let stand for several days before using.

CANTALOUPE RUSSE

(4 Servings)

2 cantaloupes
1 package Jello, strawberry

1/4 pint whipping cream

Cut cantaloupe in two and remove seeds. Make Jello the usual way. Pour into halves of cantaloupes when cool and almost ready to thicken. Set in refrigerator. Dress with whipped cream when congealed and serve.

FROZEN ORANGE PUDDING

(10 Servings)

3 cupfuls water
2 cupfuls sugar
4 only egg yolks

4 only oranges
1/2 pint heavy cream
1 teaspoonful cornstarch

Bring water with sugar added to a boil. Add rinds of oranges, thinly grated off fruit. Moisten cornstarch with a few drops of water, add egg yolks, beat well, pour in to boiling water and instantly remove from fire. Let cool, add orange juice, strained, and cream beaten until stiff. Turn into mold and freeze without stirring.

FROZEN HONEY CREAM

(4 Servings)

1/2 pint heavy cream
2 only egg whites
2 ounces honey

Beat cream and eggs separately until stiff. Heat honey, combine with eggs, add whipped cream. Mix thoroughly, turn into mold and freeze without stirring.

FRESH STRAWBERRY CREAM

Follow directions as for vanilla cream. Reduce milk one good half cup, while adding that amount of crushed fresh strawberries to whipped cream before folding into custard.

ALMOND CREAM

Follow directions as for vanilla cream. Add 1 1/2 ounce of almond paste smoothed with hot milk. Eliminate vanilla.

VANILLA CREAM

(6 Servings)

3 only yolks of eggs
1/2 cupful sugar
1/2 cupful cold water
2 cupfuls milk
1/2 ounce gelatine
1/2 pint whipping cream
Pinch salt
Vanilla

Soak gelatine in cold water. Heat milk. Work egg yolks and sugar creamy. Add to milk. Likewise add soaked gelatine. Beat over fire but do not boil. Pour into bowl set into cracked ice or ice-cooled water, add vanilla and let cool. Stir custard occasionally. When cold and beginning to thicken fold in whipped cream. Pour into mold dipped in cold water and set in refrigerator. When serving set mold for seconds into hot water, then turn out quickly. Serve with fruit sauce.

TIPSY TRIFLE

1 1/2 lbs. pound cake or
Sponge cake
1 pint whipping cream
1 small can pineapple
2 tablespoons powdered
sugar

1/2 cup, or more, Sherry
Wine
1/2 cup walnut halves
1/2 cup brandied cherries
1 glass currant jelly

Slice cake one-half inch thick and spread with currant jelly. Place in serving dish, one layer at a time, to within an inch of rim of dish. Mix pineapple juice with Sherry and pour over cake, until well soaked. Cover with whipped cream and decorate with pineapple, brandied cherries and walnuts. Place in refrigerator to chill before serving.

FRUIT CAKE

(3 Cakes—2 Lbs. Each)

1/2 lb. butter
1/2 lb. sugar
1/2 lb. flour
3/4 lb. raisins
1/2 lb. currants
1/2 lb. walnuts, halves
1/2 lb. almonds, whole
3/4 lb. cherries, whole
1/2 lb. citron, cut small
3/4 lb. orange peel, cut small
1/4 lb. lemon peel, cut small
1/4 lb. pineapple, cut small
6 only eggs
1 teaspoonful cinnamon, level
1 teaspoonful allspice, level
1/2 teaspoonful ginger
1/4 teaspoonful cloves
1 pony brandy

Dredge fruits with flour, using about half of the amount listed. Cream butter and sugar. Add eggs. Blend spices with remainder of flour and add to mix. Lastly add fruit. Put into paper lined molds and start baking at 400 degrees, dropping heat gradually to 300 degrees. Time of baking about one and one-half hours.

FRENCH TOAST

4 slices white bread, each
1/2 inch thick
3 eggs
1 heaping teaspoonful
sugar

1/2 cupful cream
4 drops vanilla
Shortening for frying
Powdered sugar

Cut each slice of bread crosswise and trim. Beat eggs, add cream, vanilla and soak bread thoroughly therein. Fry in hot shallow shortening on both sides until nicely browned and done. Sprinkle with powdered sugar when serving.

FIG BRAN MUFFINS

(24 Medium Sized Muffins)

3 cupfuls Flour
1/3 cupful Shortening
1/3 cupful Sugar
1 teaspoonful Baking Powder
1/4 teaspoonful Salt
2 cupfuls All Bran (prepared)
1 cupful Dried Figs (cut small)
2 Eggs
2 cupfuls Milk

Blend flour and shortening thoroughly. Add sugar, baking powder and salt. Sift. Crush bran with rolling pin and add to blend. Beat eggs in milk and mix. Fill into muffin tin and bake for about 12 minutes in hot oven.

LIMA BEAN HEALTH MUFFINS

(1½ Doz. Medium Size Muffins)

- 2 cupfuls wheat flour
- 2 cupfuls lima bean flour
- ¼ cupful sugar
- ¼ cupful butter
- 4 teaspoonfuls baking powder
- 1 teaspoonful salt
- 1 egg
- 1 cupful milk

Blend butter and flour. Fold in baking powder, sugar and salt. Beat egg into milk and mix with dry ingredients. Dough must be medium soft. Fill into buttered muffin pans and bake in hot oven for about twelve minutes.

BISCUIT BLEND

(24 Biscuits)

- 4 cupfuls flour
- 2 ounces shortening
- 1 ounce sugar
- 1 ounce baking powder
- ½ teaspoonful salt
- 1 good cupful milk

Blend flour and shortening thoroughly. Add sugar, baking powder, salt, and put through sieve. Mix with milk, aiming to make a medium-soft dough. Fold dough lightly, roll out to thickness of ½ inch and cut. Bake in hot oven for about ten minutes.

BOSTON BROWN BREAD

(2 Small Loaves)

- 8 ounces Kellogg's bran crumbles
- 6 ounces flour
- 5 ounces raisins
- ½ cup molasses
- 1 ounce Crisco
- ½ teaspoonful salt
- ½ teaspoonful baking powder
- ¼ teaspoonful soda
- 1¾ cupfuls milk

Blend flour and Crisco; add baking powder, soda and raisins. Soak bran crumbles in milk, stir in molasses and add salt and other dry ingredients. Fill into well greased pudding molds, close tightly and steam one hour.

PRUNE BREAD

(1 Loaf)

- ½ cupful milk
- 1 cupful Prune Krush
- 1 ounce sugar
- 1 ounce shortening
- 1 small egg
- ⅓ ounce salt
- ¾ ounce yeast
- 3 cupfuls flour
- 1 drop lemon flavor

Make prune pulp lukewarm and blend with salt, sugar and melted shortening. Dissolve yeast in milk and with flour add to mix. Make dough. Let rise for one hour. Round up and let rest for ten minutes. Make into loaf and let rise for 30 minutes, or until twice its size. Bake in moderately heated oven (about 300 degrees) for 45 minutes.