

THE SETTLEMENT Cook Book

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"THE SETTLEMENT" COOK BOOK

CHAPTER I

HOUSEHOLD RULES

HOW TO MEASURE

All measurements should be made **LEVEL**.

Accurate measurement is essential to insure good cooking.

A half-pint cup is the standard. They can be had with fourths and thirds indicated.

A cupful is a cup filled **LEVEL** with the top. To measure a cupful, fill lightly with a spoon, taking care not to shake the cup; then level with the knife.

A spoonful is a spoon filled **LEVEL** with the top. First sift the material into the bowl, dip in the spoon, lift it slightly heaping, and level it by sliding the side of a knife across the top of the spoon. Do not level by pressing it.

Half a spoonful is obtained by dividing through the middle lengthwise.

A speck of anything is what will lie within a space $\frac{1}{4}$ inch square.

TABLE OF WEIGHTS AND MEASURES

2 cups	1 pint
2 pints	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 cups flour	1 pound
2 cups solid butter	1 pound
2 cups granulated sugar	1 pound
3 cups corn meal	1 pound
2 $\frac{2}{3}$ cups powdered sugar	1 pound
2 $\frac{3}{4}$ cups brown sugar	1 pound
2 cups solid meat	1 pound
16 ounces	1 pound
2 tablespoons butter, sugar, salt	1 ounce
4 tablespoons flour	1 ounce
16 tablespoons	1 cup
60 drops	1 teaspoon
8 salt spoons	1 teaspoon
3 teaspoons	1 tablespoon
4 tablespoons	$\frac{1}{4}$ cup
4 tablespoons	1 wine glass

COOKING

Cooking is the art of preparing food by the aid of heat, for the nourishment of the human body. The principal ways of cooking are boiling, broiling, stewing, roasting, baking, frying, sauteing, braising, fricasseeing and steaming.

Boiling: Cooking in boiling water. Boiling point, 212° F.

Broiling: Cooking over a glowing fire.

Steaming: Cooking over boiling water.

Stewing: Cooking for a long time in water below the boiling point. Simmering point, 185° F.

Roasting: Cooking before a glowing fire.

Baking: Cooking in an oven.

Frying: Cooking in hot deep fat, deep enough to cover article to be cooked.

Sauteing: Cooking in a small quantity of fat.

Braising: A combination of stewing and baking.

Fricasseeing: A combination of frying and stewing.

FOOD

Food is anything that nourishes the body. Food is necessary for growth, repair and energy. The substances comprising the body are obtained from food.

All food is changed into liquid before it can be carried about by the blood, to build up the worn-out tissues.

Digestion of Food—First step: In the mouth the food is crushed and some of the starch is changed to sugar by the saliva.

Second step: In the stomach the gastric juice dissolves the proteids.

Third step: In the intestines the bile, pancreatic and intestinal juices act upon the food.

(a) The rest of the starch is changed to sugar.

(b) The rest of the proteids are dissolved.

(c) The fat is divided into small drops and mixed all through the food, just as cream is mixed through milk before it rises to the top.

FOOD CLASSIFICATION

ORGANIC	I PROTEIDS	1. Albumen { Eggs Meat Fish Animal 2. Casein { Milk Cheese Peas Beans Lentils Peanuts 3. Gluten—Cereals 4. Gelatine—Bones and Fish 5. Fibrine—Muscle of Meat	Use—To build up tissue and repair worn out tissue.
	II CARBOHYDRATES	1. Starch { Cereals Vegetables 2. Sugar { Fruits Vegetables Sugar	Use—To furnish energy and maintain heat.
	III FATS AND OILS	1. Butter 2. Cream 3. Fat of meat 4. Fish 5. Cereals 6. Nuts 7. Olive Oil	
INORGANIC	I MINERAL MATTER	1. Sodium 2. Iron 3. Lime 4. Potash 5. Sulphur	Use—To build up bone and other tissue, to aid digestion, to purify the blood.
	II WATER	1. Regulates temperature 2. Aids in carrying off waste 3. Acts as a carrier 4. Aids in digestion 5. Acts as a solvent	

RELATIVE VALUE OF FOOD

This table shows the quantities of various foods that are required to equal a quart of milk in total nutrients.

A quart of standard milk weighing 34.4 ounces contains 3.3 per cent Proteid, 4 per cent Fat, 5 per cent Starch and Sugar, and .7 per cent Mineral matter, or 13 per cent Total Nutrients equal to 4.47 ounces.

Kind of Food.	Total nutrients. Per cent.	Amount re- quired. Ounces.	Net cost. \$
Beef, Round, medium fat.....	32.1	13.9	\$0.104
Oysters.....	11.7	38.2	.382
Codfish, boneless, dried.....	42.7	10.4	.065
Eggs at 20¢ per doz.....	23.3	19.1	.172
Cheese, Cheddar.....	72.6	6.1	.061
Wheat, Flour.....	87.2	5.1	.008
Macaroni.....	89.7	4.9	.046
Cornmeal, granular.....	87.5	5.1	.017
Potatoes at 60¢ per bu.....	17.4	25.7	.016
Beans, navy, dried.....	87.4	5.1	.017
Cabbage.....	7.3	61.2	.076
Cauliflower.....	7.7	58.0	.276
Apples at \$1.15 per bu.....	11.4	39.2	.049
Bananas at 15¢ per doz.....	16.1	27.7	.111
Prunes.....	66.0	6.8	.051

LAYING THE TABLE

General Directions—Cover the table with a silence cloth of felting or Canton flannel. Over this spread a spotless table cloth evenly, the middle crease dividing the table exactly in half.

Position of Host and Hostess—Position of the host, at the head of the table near entrance door. Hostess at the foot of the table opposite.

Placing Knives, Forks and Spoons—Place the knife or knives at the right of each place, the sharp edge toward the plate; the fork or forks, next, tines up, one inch from the edge, being careful to have the spacing the same at every place. Soup spoons over the plate, handles to the right. Teaspoons to left of forks, bowls up.

Place silver in the order in which it is to be used, counting from the outside toward the plate.

Placing of Glasses—Place the water glass at right of plate, at end of knife blade.

Placing Napkins, Pepper, Salt—Place napkins at left of plate. Pepper and salt near corners, or one of each between the places for two people.

Sideboard and Side-table—Object: To hold all extras that may be needed during a meal.

WAITING ON TABLE

The table should look as neat and attractive as possible. Place everything straight upon the table. Turn no dishes upside down. Always heat the dishes in which warm food is served.

Never fill the glasses and cups more than three-quarters full.

When passing a plate, hold it so that the thumb will not rest on the upper surface. When refilling the glasses, take hold of them near the bottom and draw them to the edge of the table, then remove them from the table.

A waiter passes food to the left side of each person, except beverages, which should be placed at the right.

In placing a dish in front of a person, the waiter should stand at the right. Food and dishes are removed from the right.

In passing dishes from which a person is to help himself to a portion, pass it always from the left side, so that it may be taken with the right hand.

In passing individual dishes from which the person does not help himself—such as coffee, etc.—set it down slowly and easily from the right hand side.

When the dishes are being served by a person at the table, stand at the left hand of that person, hold your tray low and near the table, and take on the tray one plate at a time and place it before the person for whom it is intended, setting it down from the right side.

Serve first the most honored guest.

When one course is finished, take the tray in the left hand, and stand on the left side of the person you are waiting upon, and remove with your right hand the spoons, knives and forks. Then remove the plate and small dishes, never piling them on top of each other, but removing them one at a time. Fill the glasses before every course. Before the dessert is served, remove the crumbs from the cloth, either with a brush or crumb knife. Do not let the table become disordered during the meal. The hostess should serve the soup, salad, dessert and coffee, and, at a

family dinner, the vegetables and entrees. The host serves the fish and meat.

To clear the table remove all dishes from each place, then the meat and vegetables. Remove crumbs from the cloth before bringing in dessert.

TO CLEAR THE TABLE AFTER A MEAL

Brush the crumbs from the floor. Arrange the chairs in their places. Collect and remove the knives, forks and spoons. Empty the cups and remove them. Scrape off the dishes—never set any food away on the dishes used for serving—pile them up neatly and remove to the place where they are to be washed. Brush the crumbs from the cloth and fold it carefully in the old crease, as it lays on the table. If the napkins are used again, place them neatly folded in their individual rings.

WASHING DISHES

Have the dishes scraped.

Pile all articles of each kind together; plates by themselves, the largest at the bottom; cups by themselves; silver articles together, and steel knives and forks by themselves.

Soaking dishes:

Cold water should be used for soaking dishes which have been used for milk, eggs and starchy foods. Hot water for dishes used for sugar substances and for sticky, gummy substances like gelatine. Greasy dishes of all kinds, including knives, are more easily cleaned if first wiped with soft paper, which should be burned.

Order: 1. Glassware; 2. Silver; 3. Cups and saucers; 4. Plates; 5. Platters, vegetable dishes, etc.; 6. Cooking utensils (if not washed first).

To wash dishes:

Have a pan half filled with hot soapy water. Slip glasses and fine China in sideways, that the hot water will touch outside and inside at once, and thus avoid danger of breaking. If dishes are very dirty or greasy, add a little washing soda, ammonia or soap.

Rinse all dishes in clean hot water (except cut glass), drain and wipe with clean dry towels.

A Dover egg-beater should not be left to soak in water, or it will be hard to run. Keep the handles clean, wipe the wire with a damp cloth immediately after using.

Kitchen knives and forks should never be placed in dish water. Scour them with brick dust, wash with dish cloth, and wipe them dry.

Tinware, granite ironware should be washed in hot soda water, and if browned, rub with sapolio, salt or baking soda. Use wire dish cloth if food sticks to dishes.

Keep strainer in sink, and pour all dish water, etc., in it, and remove contents of strainer in garbage pail.

Wash towels with plenty of soap, and rinse thoroughly every time they are used.

Hang towels up evenly to dry. Wash dish cloths.

When scrubbing, wet brush and apply soap with upward strokes, working with the grain of the wood; rinse and dry.

Wash dish pans, wipe and dry.

Wash your hands with white (castile or ivory) soap, if you wish to keep smooth hands, and wipe them dry.

Wash teakettle; polish faucets; scrub sink with clean hot suds.

CARE OF THE SINK

When dish-washing is finished, wash every part of the sink with hot, soapy water. Wash above and around the sink. Use a skewer to clean behind the sink pipes.

Flush the sink with boiling water every day and about once a week with a strong solution of washing soda.

SWEEPING A ROOM

How to Sweep: Before beginning to sweep, see that no food is left uncovered in the room and that all movable articles and furniture are taken out of the room. Sweep from the edges of the room toward the center. Sweep with short strokes, keeping the broom close to the floor. Turn it edgewise to clean cracks. Always sweep a floor before washing or scrubbing it.

DUSTING A ROOM

Begin at one corner and take each article in turn as you come to it. Dust it from the highest things to the lowest, taking up the dust in the cloth.

Dust the woodwork, furniture and movable articles with a soft cotton cloth. Shake it frequently out of the windows.

AIRING A ROOM

Lower the upper sash of a window, to let out the foul air, which always rises to the top.

Raise the lower sash of an opposite window, of same or an adjoining room, to admit fresh air.

This will create a draft, that will thoroughly air the room.

Bed room windows should always be open at night from the top.

REMOVING STAINS

When possible remove all stains while they are fresh, as they are less obstinate before dried into the cloth.

If a stain has been overlooked and washed in, it is difficult to remove and should be bleached on the grass.

Blood Stains—Wash in cold water until the stain turns brown, then rub with Fels Naphtha soap and soak in warm water.

If the goods are thick make a paste of cold raw starch and apply several times until the stain is removed.

Brass Stains—Rub either lard or olive oil on the stain, then wash with warm water and soap.

Fruit and Coffee Stains—Stretch the stained part over a bowl, and pour boiling water through it from a height until the stain disappears.

Tea and Chocolate Stains—Are hard to remove, therefore soak them in cold water and borax and then apply the boiling water as for coffee stains.

Milk Stains—Wash them out while fresh in cold water.

Glue Stains—Apply vinegar with a cloth.

Grease Stains—Place a blotter over the stain and iron with a very hot iron.

Grass Stains—Wash with Fels Naphtha soap and water, or if the colors are not delicate, apply ammonia and water at once. If cotton, wash in alcohol.

Ink Stains—Soak in sweet or sour milk, or wet stains in oxalic acid and rinse.

Mildew Stains—If the stain is not too old it may be removed by applying soft soap and powdered chalk, keeping it moist and laying it in the sun.

Rust—Soak spot with lemon juice, then cover with salt. Let stand in the sun for several hours, or, soak spots in oxalic acid until stain disappears. Rinse thoroughly. Oxalic acid should be used on white material only. Oxalic acid is a poison, should be marked poison and kept out of reach of children.

BUILDING A FIRE

It is necessary to have:

1st, Fuel.—Something to burn.

2nd, Heat.—To make fuel hot enough to burn.

3rd, Air.—To keep the fire burning.

DIRECTIONS FOR THE USE OF A GAS RANGE

Don't use blacking. When dry and still warm, rub thoroughly inside and out with an oily cloth, using a tiny bit of lard, suet or olive oil. Never clean when the stove is cold. Plunge a wire into the burner holes occasionally to see that they are free from dirt.

Wash the wire rack and drip-pan every time you roast or broil.

Make test of time required to cook certain things; study the degree of heat required. Such tests will, in a short time, give you definite knowledge of your range, which can be acquired in no other way.

Don't light the gas until you are ready to use it. Put it out when you take the things from the stove. When boiling or bubbling begins, the contents of the vessel have reached the boiling point. You can turn down the burner and still maintain boiling.

How to Bake in a Gas Range. The degree of heat required for various foods depends so much upon the shape and size of the loaf of bread, or the pie, or whatever it may be, that specific directions cannot be given, which will exactly fit every case. However, every housewife, if she uses a modern, efficient gas range, should get a hot oven in five minutes after lighting both burners and closing the oven door.

TO MAKE A FIRELESS COOKER

Material:

A large, closely fitted covered box or pail,

Wire netting,

Granite iron cooking kettles, with straight sides and closely fitted covers,

10 to 50 lbs. mineral wool, for padding.

Cotton cloth or galvanized iron fitted lining.

Place hinges on cover of box, and see that box or pail to be used as the cooker is large enough to hold one, two or three

closely covered granite kettles or pails, allowing at least 2 inches of space all around and at the top and bottom of kettles.

If your kettles are not of the same height, place enough packing, not necessarily mineral wool, underneath the shorter ones to bring the tops of the kettles on a level.

Cut a framework of wire netting for each kettle, 3 inches longer than the height of the kettle, fit it loosely around the sides, that it may be lifted out easily. Sew down the sides with twine.

Fold over 1 inch of wire, all around the top, to make a smooth finish. At the bottom of the wire, 2 inches apart, make 2 inch cuts, upward, all around the bottom. Bend the pieces thus formed, outward, as a foundation on which the framework stands.

Place this wire framework in the cooker box on a layer of mineral wool 2 or 3 inches deep, allowing 2 inch space between kettles and the side of box or pail. Slip kettles in the wire frames and pack mineral wool solidly in all empty spaces, until tops of kettles are reached.

Lift out kettles. Make bags of Canton flannel to fit loosely over each cooking kettle.

Take piece of goods, size of box or pail, cut out spaces where kettles belong and sew in the fitted bags.

Slip this covering over the mineral wool and tack it neatly to the sides of the box or pail. Cover the 3 inch deep cushions that fit over tops of kettles with the flannel.

A galvanized iron lining, made by a tinsmith, would be easier kept clean, than the home made cloth affair.

Mineral wool sells at about 2 cts. per pound and can be bought at any hardware store. It retains heat a long time. Sawdust, scraps of newspapers, hay or baled shavings may be used in place of the mineral wool.

INSTRUCTIONS FOR USING FIRELESS COOKER

The food is placed in the granite kettles, covered closely and cooked over fire, on a gas, wood, oil, or coal stove, until piping hot (see table, page 16), and immediately slipped into spaces in which they fit. If you use only one of the cooking kettles or pails for food, have the others filled with hot water. Cover pails quickly to retain all the heat and steam possible and place mineral wool cushion over all. Close box quickly and the food will cook evenly and tender.

The principle is first to bring the food to the **BOILING** point on the **STOVE**, then put it in the **Cooker**. To secure the best results, the covered kettle should always be filled nearly to the **TOP**, excess of water to be poured off later. The most important point to be observed, is to have the contents of the covered kettle thoroughly **HOT** before placing it in the "**COOKER**."

The length of all **STOVE** cooking should be guided by the **SIZE** of the article to be cooked.

In preparing small quantities, it is best to use a **SMALL** vessel, and when properly heated place it in the **Cooker** vessel, already filled with **BOILING** water.

It is **IMPORTANT** to keep the cover on the **Cooker** kettle until contents are cooked, and not open during time of **COOKING**.

Everything that is usually cooked on **TOP** of a stove and some that are cooked in the **OVEN**, can be prepared to better advantage in the **Fireless Cooker**, as the slow boiling makes everything more tender and delicate, retains all the flavors and has the added advantage that no odors escape into the house.

As it is impossible to scorch or overcook any article, it is not necessary to remove the kettle at any fixed time.

For infants and the sick who require hot nourishment at all hours of the night, the cooker is invaluable.

A dinner can be prepared at noon, then you can go out for the afternoon, and on your return at any time, you can immediately serve your dinner, steaming hot.

RECIPES FOR FIRELESS COOKER

SOUPS

Soups are prepared as usual, only no allowance should be made for evaporation. Boil twenty minutes on the stove, put in the **Cooker** five or six hours or all night, the next morning add vegetables to flavor, cook five minutes more, return to **Cooker** and let remain until noon. In soups the economy of the **Cooker** is especially noticeable, as the only expensive item, the long cooking over a fire, is avoided.

BOILED MEATS

Season meat with salt, pepper, roll in flour and place in hot, greased frying pan; brown on both sides. Cover with boiling water, boil steadily and slowly for $\frac{1}{2}$ hour or until meat is hot in center. Boil hard with cover for a few seconds then slip in Fireless Cooker and allow it to remain 6 or more hours or over night, according to the weight.

POT ROAST

For four or five pound rump roast of beef. Place in an iron kettle two tablespoons of suet. When melted, brown the roast in the fat. Remove the meat to the cooker kettle and cover with boiling water. Boil slowly thirty minutes, with a little salt. Without removing the cover, place in the cooker for four hours. Add a little of the liquor to the fat, and place the meat in and brown for a few minutes on the stove. Thicken the gravy with flour. The liquor can be used for soup.

POTATOES BOILED

Pare and cut potatoes in quarters if large. Cover with boiling water. Boil five minutes and remove to the Cooker for one and one-half hours. Potatoes can be left in the Cooker five or six hours without becoming soggy.

SAUER KRAUT

Take one quart of sauer kraut and two pounds of brisket of beef or fresh pork. Cut the meat in slices and mix with the kraut in the kettle. Cover with boiling water and boil ten minutes without lifting the cover. Remove to the Cooker for eight or ten hours. A little salt should be added before cooked, if needed. Drain, and serve on hot platter.

TO FRY OLD CHICKEN

Singe and cut up in small pieces. Place in Cooker kettle. Cover with boiling water, add a little salt and boil 25 minutes. Remove to the Cooker for six or eight hours, or over night. Leave in liquor until ready to serve, then brown in hot fat, season with salt and pepper. Serve with mushroom sauce.

ROAST BEEF OR ROAST CHICKEN

Have the bones removed from a rib roast and rolled. Chicken is prepared as for roasting. Place either roast or chicken in hot oven for twenty or thirty minutes until well browned, then place in 4 quart kettle and place that in 8 quart kettle partly filled

with boiling water. Have lids on both kettles, and when all is well heated, put into Fireless Cooker for three or four hours. The time in the oven and in the Cooker is dependent on whether the roast is liked well done or rare, and on the size and age of the chicken.

BAKED BEANS

Wash and pick over one quart of white beans. Soak over night. In the morning let them come to a boil, add a pinch of soda and drain. Put them into the kettle with one-half pound of salt pork, slash the rind and cover with boiling water. Boil five minutes and remove to the Cooker for five or six hours. Remove the beans to a baking dish. Cut the pork in slices and lay over the top. Season with salt, pepper and four tablespoons of molasses or brown sugar. Bake until a nice brown.

BOSTON BROWN BREAD

Follow recipes on Page 32.

Pour into well buttered moulds; have mould three-fourths full, with the top buttered. Place on wire rack in Cooker kettle, fill nearly to top of mould with boiling water, boil thirty minutes, remove to Cooker for five or more hours. Place in a hot oven five or ten minutes to form dry crust. By adding half a cup of raisins you have fruit bread.

STEWED PRUNES

Wash the prunes and cover with cold water, and soak over night. The next morning put them with the water in which they were soaked on the stove and boil five minutes. Sweeten to taste. Remove to the Cooker without removing the cover, for five or six hours. When done, remove prunes to dish and boil syrup ten minutes, and pour over the prunes.

CHAPTER XXXII

SMALL CAKES, COOKIES AND KISSES

SPONGE DROPS

3 eggs,	$\frac{1}{4}$ teaspoon vanilla, or a
$\frac{1}{2}$ cup sugar (sifted),	grating of lemon or
$\frac{1}{2}$ salt spoon salt,	orange rind,
1 teaspoon lemon juice,	$\frac{1}{2}$ cup flour.

Beat the yolks until thick and creamy; add sugar and flavoring and continue beating; add salt to the whites and beat until very stiff; fold in the whites with the flour very gently; drop mixture from the tip of a spoon on ungreased tin sheet; sprinkle with pulverized sugar and bake in a cool oven about 8 minutes; put together in pairs with jelly between.

LADY FINGERS

Follow recipe for Sponge Drops, above; press the mixture through a tube on a baking sheet, covered with paper, in portions 1 inch wide by 5 inches long. Dust with powdered sugar and bake from 10 to 15 minutes, slow oven, without browning. Remove from paper, brush over the flat surface of one cake with white of egg and press the underside of a second cake upon the first.

OTHELLOS

Press Sponge Drop mixture, recipe above, through a tube on a baking sheet covered with paper, in rounds $1\frac{1}{2}$ inches across. When baked spread the flat side of $\frac{1}{2}$ of the cakes with jam or jelly, cover with the remaining cakes. Dip in

Chocolate Frosting, page 326, and let dry on oiled paper. Or, scrape out a small portion from the flat side of each cake, fill with Lemon or Vanilla Custard, page 330, press together in pairs and dip in the Chocolate Frosting. Let dry on oiled paper.

CREAM PUFFS OR ECLAIRS

$\frac{1}{4}$ cup butter,
 $1\frac{1}{2}$ cups flour,

$\frac{1}{4}$ cup lard,
1 cup boiling water.

Put boiling water, butter and lard in a large saucepan, and when it boils turn in flour. Beat well with a vegetable masher. When perfectly smooth remove from the fire, and as soon as cold break into it 5 eggs, 1 at a time, beating hard with the hand. When the mixture is thoroughly beaten (it will take about 20 minutes), spread on buttered sheets in oblong pieces about 4 inches long and $1\frac{1}{2}$ inches wide. Bake in a rather quick oven for about 25 minutes. As soon as they are done, ice with either chocolate or vanilla frosting.

Make an icing with the white of two eggs and $\frac{1}{2}$ cup of powdered sugar. Flavor with 1 teaspoon vanilla extract. Frost the eclairs, and when dry, open on one side, and fill with Custard Filling, page 330. Or, they may be filled with cream, sweetened, flavored with vanilla and whipped to a stiff froth. Strawberry and raspberry preserves are sometimes used to fill eclairs.

CHOCOLATE ECLAIRS

2 squares chocolate,
scraped,

5 tablespoons powdered
sugar,

3 tablespoons boiling water.

Put chocolate, powdered sugar and boiling water over the fire and stir until smooth and glossy. Dip the tops of the eclairs in this as they come from the oven. When the chocolate icing is dry, cut open, and fill with the Custard Filling, page 330, or with sweetened and flavored cream whipped stiff.

BROWNIES

Bake an Angel Food or Sunshine Cake, page 349; pull the cake apart with a fork in irregular pieces about 2 inches square; take each piece on a fork and dip in hot Chocolate Icing, page 326, and let cool on a platter.

SMALL STRAWBERRY OR PINEAPPLE CREAM CAKES

Make Sponge Cake, page 347, or Cup Cake, page 337, and bake in well greased muffin tins. When cold cut off tops, scoop out soft inside. Fill with fresh strawberries, chopped or grated pineapple, or any other fresh fruit or berry. Cover with sweetened and flavored whipped cream.

CAKE BASKETS

Make Sponge, page 347, or Cup Cake, page 337, and bake in well buttered muffin tins. When cold cut off tops and carefully take out soft inside with cookie cutter and knife. Fill with ice cream or with sweetened and flavored whipped cream.

Cut rind of lemon or orange, or apple peel, in long strips $\frac{1}{4}$ inch wide. Lay a piece of either over top of filled cake, sticking ends in at sides, between filling and cake, to resemble handle of basket. Use scraps of cake for Bundte Schuessel.

BUNDTTE SCHUESSEL

Sponge, or cup cake, or
scraps of any stale or
fresh cake,
1 tablespoon rum,
2 tablespoons corn syrup,

Chocolate, lemon, orange,
vanilla and any other de-
sired uncooked icing or
Fondant,
 $\frac{1}{8}$ lb. pistachio nuts,
 $\frac{1}{8}$ lb. each of candied cher-
ries, orange rind, limes
and pineapple,

1 oz. each candied rose and mint leaves and violets.

By Bundte Schuessel is meant a large flat cake plate on which is arranged a variety of fancy shaped, decorated cakes. Use any desired sponge cake, cup cake or torte, that is not too delicate to handle. Bake in small fancy shaped tins or in a sheet. When

baked in a sheet the cake may be cut in any square, oblong, diamond, heart or round shape with knife or cutters.

Scraps of devil's food or chocolate cake may be used by crumbling the cake and mixing it to a paste with syrup and a little rum for flavor. These are formed into small balls, rings and crescents.

Cover cakes with Fondant, pages 391-392, in a variety of colors and flavors, keeping the icing warm and creamy over hot water (in little tin cups). Slip cakes one at a time on knife into the softened icing, dip quickly, then place on oiled paper for several hours to harden. Then decorate.

Cut pistachio nuts lengthwise in slices, and green limes in small pieces, to represent leaves; cherries cut in pieces lengthwise and the violet and rose leaves, to represent flowers. Raisins may be pressed flat and cut in fanciful shapes. Dip the end of the ornaments lightly in a little warm icing to make them stick to the frosting.

When baked in a sheet, the cake may be cut in pieces, covered with white icing, and, for a musical entertainment, be decorated with chocolate icing in the form of a bar of music, pressing the chocolate through tube. Make dominoes by dipping oblong cakes, shape and size of a domino block in Chocolate Icing, page 326; when hardened decorate with dots of White Fondant or Icing (thick), page 392; pressed through a paper tube to represent the different numbers on the blocks. Small round or oval cakes are pretty decorated with almonds, blanched, sliced, and browned in the oven. The almonds may be put on to simulate a daisy.

GINGER DROPS

$\frac{1}{4}$ cup butter,	Speck salt,
$\frac{1}{4}$ cup brown sugar,	1 egg,
$1\frac{1}{2}$ cup flour,	$\frac{1}{2}$ cup molasses,
$\frac{1}{2}$ teaspoon cinnamon,	1 teaspoon soda,
$\frac{1}{4}$ teaspoon cloves,	$\frac{1}{2}$ cup boiling water.
1 tablespoon ginger.	

Cream butter and add sugar gradually, then add the egg. Mix and sift dry ingredients and add alternately with hot water and molasses. Bake in muffin pans.

CHOCOLATE DROP CAKES

- | | |
|-------------------------|------------------------------------|
| 2 whites of eggs, | 1 teaspoon vanilla, |
| 2 oz. grated chocolate, | 1 cup powdered sugar, |
| 1 teaspoon cinnamon, | 1 cup baker's bread
(crumbled). |

Beat the whites to a stiff froth, add sugar gradually, and continue beating. Mix chocolate, cinnamon and bread crumbs together. Add this mixture gradually to the eggs and sugar. Add vanilla and beat well. Drop from teaspoon on buttered paper or inverted buttered tin, not near together, as they spread. Bake in moderate oven twenty minutes, first ten minutes on floor of oven and last on rack.

COCOANUT DROP COOKIES

- | | |
|-----------------------|-----------------------------|
| 1 lb. powdered sugar, | $\frac{1}{4}$ lb. cocoanut, |
| 4 eggs, | 3 teaspoons baking powder, |
| 1 tablespoon butter, | $1\frac{1}{2}$ cups flour. |

Beat eggs until light, add sugar and beat again; add flour and baking powder mixed, and stir in the grated or shredded cocoanut. Drop small portions with teaspoon on well buttered pans, rather far apart, as they spread. Bake in a moderate oven from 10 to 15 minutes. Keep in covered jar.

PEANUT DROP CAKES

- | | |
|---------------------------|--|
| 2 tablespoons butter, | $\frac{1}{4}$ teaspoon salt, |
| $\frac{1}{4}$ cup sugar, | 2 tablespoons milk, |
| 1 egg, | $\frac{1}{2}$ cup finely chopped
peanuts, |
| $\frac{1}{2}$ cup flour, | $\frac{1}{2}$ teaspoon lemon juice. |
| 1 teaspoon baking powder, | |

Cream the butter, add sugar and egg, well beaten. Sift and mix flour, salt and baking powder, and add to first mixture; then add milk, peanuts and lemon juice. Drop from a teaspoon on an unbuttered sheet one inch apart. Bake in moderate oven twelve to fifteen minutes. Makes twenty-four cookies.

COOKIES

SUGAR COOKIES

No. 1

- | | |
|---------------------------|---------------------------------------|
| $\frac{1}{2}$ cup butter, | 2 teaspoons baking powder, |
| 1 cup sugar, | $\frac{1}{4}$ teaspoon vanilla or any |
| 1 egg, | other flavor, |
| $\frac{1}{4}$ cup milk, | 2 cups flour (about). |

Cream the butter and sugar. Beat the eggs and add to the milk. Sift flour and mix baking powder with one cup, then add the rest of the flour, and gradually add more if needed to make a dough stiff enough to handle. Roll on a floured board one-fourth inch thick. Shape with biscuit cutter. Sprinkle with sugar, cinnamon and chopped nuts, if desired. Bake in a quick oven 8 to 10 minutes.

No. 2

- | | |
|-----------------------------------|---------------------------|
| $\frac{1}{2}$ cup butter, or | 2 eggs, |
| $\frac{1}{3}$ cup beef drippings, | 1 heaping teaspoon baking |
| 1 cup sugar, | powder, |
| 1 tablespoon milk or water, | Flour to roll out. |

Cream the shortening, add the sugar, the liquid and eggs, beaten lightly, and the baking powder, mixed with two cups of flour, then enough flour to roll out. Roll a little at a time. Sprinkle with sugar. Cut out. Bake about ten minutes.

BUTTER COOKIES (MUEBBER)

No. 1

- | | |
|----------------------------------|------------------------------|
| 1 pound of butter, | 2 tablespoons brandy, |
| 1 cup sugar, | 6 cups flour, |
| 2 eggs, | 1 teaspoon baking powder, |
| Rind of $\frac{1}{2}$ lemon, | 1 cup almonds, chopped fine. |
| Juice of $\frac{1}{2}$ lemon, or | |

Cream the butter, add the sugar, then the yolks of eggs, slightly beaten; add rind of lemon, and the flour mixed with the baking powder, then the brandy or lemon juice, with only enough flour to handle. Chill dough, then roll; cut with small biscuit cutter, brush with white of egg; sprinkle a little sugar and chopped almonds on each cookie. Bake in moderate oven a delicate brown, 10 to 15 minutes. Will keep for weeks.

BUTTER COOKIES

No. 2

1 cup butter,
 $\frac{1}{2}$ cup sugar,
 2 cups flour,
 2 raw yolks,

2 hard cooked yolks, mashed
 fine,
 1 tablespoon brandy,
 $\frac{1}{2}$ lemon (juice).

Stir butter and sugar, then the cooked yolks, add flour and raw eggs alternately. Roll thin, cut round, square or diamond shaped, and bake in greased tins, in moderate oven 10 to 15 minutes. Chopped almonds, sugar and cinnamon on top of each cookie.

CHOCOLATE COOKIES

No. 1

$\frac{1}{2}$ cup butter,
 1 cup sugar,
 1 egg,
 $\frac{1}{4}$ teaspoon salt.

$2\frac{1}{2}$ cups flour,
 2 teaspoons baking powder,
 $\frac{1}{4}$ cup milk,
 2 squares (2 oz.) chocolate.

Cream the butter, add sugar gradually, egg well beaten, salt and chocolate (melted). Beat well and add flour, mixed and sifted with baking powder, alternately with milk. Chill, roll very thin, then shape with a small cutter, first dipped in flour, and bake in a moderate oven 10 to 15 minutes.

No. 2

1 cup butter,
 1 cup sugar,
 2 eggs,
 $\frac{1}{2}$ teaspoon cinnamon,
 $\frac{1}{4}$ teaspoon cloves,

$\frac{1}{4}$ teaspoon nutmeg,
 $\frac{1}{4}$ lb. almonds,
 $\frac{1}{4}$ lb. sweet vanilla
 chocolate,
 4 cups flour,
 1 teaspoon baking powder.

Grate the chocolate and almonds (unblanched). Cream butter, add sugar, eggs, one at a time and the rest of the ingredients. Mix well, roll out quite thick. Cut in rounds, place in pans; spread cakes with white of egg beaten and sugar. Bake in a moderate oven.

No. 3

4 whites of egg,
 $\frac{1}{4}$ lb. melted chocolate,

1 cup granulated sugar,
 $1\frac{1}{2}$ cups flour,

1 teaspoon vanilla.

Beat whites of egg very stiff, add chocolate, sugar, flour and vanilla, drop in buttered tins, and bake in moderate oven.

CHOCOLATE STICKS

- | | |
|--------------------------------|--------------------------------------|
| 4 eggs, | 2 oz. citron, |
| 1 lb. brown sugar, | $\frac{1}{2}$ teaspoon cinnamon, |
| 1 cup almonds, | $\frac{1}{4}$ teaspoon each allspice |
| $\frac{1}{4}$ lb. German sweet | and cloves, |
| chocolate, | 3 cups flour, |
| | 1 teaspoon baking powder. |

Beat eggs and sugar until light, add the spices and the chocolate, grated. Blanch almonds and chop, cut citron fine; mix with the flour and baking powder and combine the two mixtures. Roll on floured board, cut into strips $3\frac{1}{2}$ inches long and bake in shallow buttered pans, in a moderate oven, 10 to 15 minutes. Let cool and keep in covered jar.

CRISP COOKIES

- | | |
|-----------------------|------------------------------|
| 2 tablespoons butter, | 1 cup sour cream, |
| 2 cups sugar, | $\frac{1}{2}$ teaspoon soda, |
| 2 eggs, | 4 cups flour. |

Cream butter, add sugar, and stir, add eggs, mix well and add the rest of the ingredients, the soda, with the sour cream. Toss on floured board, roll out thin and cut into rounds.

Bake in shallow pans in a hot oven about 10 minutes.

OATMEAL COOKIES

No. 1

- | | |
|--------------------------------|---------------------------|
| $\frac{3}{4}$ cup butter, | 1 cup rolled raw oats, |
| $\frac{3}{4}$ cup brown sugar, | 1 cup flour, |
| 1 egg, | 1 teaspoon baking powder. |

Cream the butter, add the sugar, egg, the oats, flour and baking powder. Mix well, if too dry add a little cream. Toss on floured board, roll thin and cut into rounds. Place in buttered pans and bake 10 minutes in a hot oven.

No. 2

- | | |
|-------------------------------|---|
| $\frac{3}{4}$ cup butter, | 1 teaspoon baking powder, |
| 1 cup sugar, | $\frac{1}{2}$ teaspoon soda, |
| 2 eggs, | A little salt, |
| 2 cups flour, | 1 teaspoon cinnamon, |
| 1 cup oatmeal, | $\frac{1}{4}$ cup chopped raisins, |
| $\frac{1}{2}$ cup sweet milk, | $\frac{1}{4}$ cup chopped hickory nuts. |

Cream butter and sugar, add eggs, mix the rest of the dry ingredients, sprinkle over the raisins and nuts and combine the mixtures, adding the milk. Drop on a buttered tin, a little way apart. The nuts and raisins may be omitted.

GINGER SNAPS

- | | |
|-----------------------------|----------------------------------|
| $\frac{1}{4}$ cup butter, | 1 egg, |
| $\frac{1}{4}$ cup sugar, | $\frac{1}{4}$ tablespoon ginger, |
| $\frac{1}{4}$ cup molasses, | $\frac{1}{4}$ teaspoon soda, |
| 1 $\frac{1}{2}$ cups flour. | |

Cream the butter in a warm bowl, gradually beat in the sugar and molasses, then add the ginger, soda and flour and, if needed, more flour to knead. Roll very thin on a floured board, cut with a cake cutter and bake in a quick oven.

SOFT MOLASSES COOKIES

- | | |
|---------------------------|--------------------------------|
| $\frac{3}{4}$ cup butter, | $\frac{3}{4}$ cup hot water, |
| 1 cup sugar, | 4 cups flour, |
| 1 egg, | 1 teaspoon cinnamon, |
| 1 cup molasses, | $\frac{1}{4}$ teaspoon ginger, |
| 1 teaspoon soda. | |

Cream butter, add sugar, well beaten egg, molasses and hot water, then the mixed and sifted dry ingredients. Drop from spoon in warm buttered pan; bake quickly.

SPICE COOKIES

No. 1

- | | |
|-----------------------------|------------------------------|
| $\frac{3}{4}$ cup butter, | 1 teaspoon cinnamon, |
| 1 $\frac{1}{2}$ cups sugar, | 1 teaspoon cloves, |
| 2 whole eggs, | 1 teaspoon nutmeg, |
| 1 cup seeded raisins, | $\frac{1}{4}$ teaspoon salt, |
| 2 $\frac{1}{2}$ cups flour, | 1 teaspoon soda, |
| 3 tablespoons sour milk. | |

Cream the butter and sugar, add eggs, the raisins, chopped, spices, and then alternately flour, and sour milk, in which soda has been dissolved. Drop by teaspoonfuls on buttered tins and bake, in a hot oven.

No. 2

- | | |
|---------------------------|-------------------------|
| 5 whole eggs, | 1 teaspoon vanilla, |
| 1 lb. brown sugar, | 1 teaspoon ginger, |
| 2 teaspoons cinnamon, | 1 teaspoon baking soda, |
| 1 teaspoon ground cloves, | 3 cups flour. |

Mix the above together, add enough flour to handle it, roll into small balls and bake on greased pans, in moderate oven 10 to 15 minutes.

CLOVE COOKIES

- | | |
|----------------------------------|----------------------------|
| 1 lb. brown sugar, | 1 tablespoon chocolate, |
| $\frac{1}{4}$ lb. butter, | 2 teaspoons baking powder, |
| 4 eggs, | 4 cups flour, |
| $\frac{1}{2}$ oz. ground cloves, | 1 teaspoon cinnamon. |

Mix sugar and butter, add eggs, flour and the other ingredients. Roll, cut and bake fifteen minutes.

CARDAMOM COOKIES

- | | |
|------------------|----------------------|
| 1 cup butter, | 4 cups flour, |
| 1 cup sugar, | 1 oz. cardamom seed, |
| 2 whole eggs, | crushed, |
| Rind of 1 lemon. | |

Stir butter and sugar together, and add the other ingredients. Roll, cut and bake as other cookies.

ANISE COOKIES (Springerle)

No. 1

- | | |
|---------------------------|--------------------------|
| 4 eggs, | 1 tablespoon anise seed, |
| 2 cups sugar, | 3 cups flour, |
| 1 teaspoon baking powder. | |

Beat eggs very light, add sugar and beat again; add flour, baking powder and the anise seed, pounded fine. Drop by $\frac{1}{2}$ teaspoonfuls in well greased pans, one inch apart. Let stand over night or about 10 hours, in a cool place to dry. Bake in a slow oven.

No. 2

- | | |
|-------------------------|------------------------------|
| 4 eggs, separated, | 1 teaspoon baking powder, |
| 1 lb. powdered sugar, | $\frac{1}{4}$ teaspoon salt, |
| Grated rind of 1 lemon, | 1 tablespoon anise seed, |
| 4 cups flour (about), | pounded fine. |

Beat yolks of eggs until light and thick, whites until dry; then beat together, add lemon rind, and the sugar sifted, very gradually, beating all the time; then add flour with the baking powder anise seed and salt. Knead, cover closely and let chill 2 or 3 hours; then roll, a small piece at a time, into a sheet $\frac{1}{8}$ inch thick; sprinkle lightly with flour, then press the wooden springerle mould down very hard upon the dough, to leave the perfect impression of the pictures on the dough. Cut out the

little squares and set aside about 10 hours or over night to dry on a lightly floured board. Place on buttered tins and bake a light straw color in a slow oven.

MATZOS ANISE COOKIES

- | | |
|---------------------------------------|--------------------------|
| 3 eggs, | 1 tablespoon anise seed, |
| 1 cup sugar, | pounded fine, |
| $\frac{3}{4}$ cup sifted matzos meal, | A little salt. |

Beat eggs very light, add sugar and the anise seed pounded, then the salt and meal. Drop by $\frac{1}{2}$ teaspoonfuls in greased pans. Let them stand over night, then bake in a slow oven.

PFEFFERNUESSE

- | | |
|--------------------|--------------------------------|
| 2 cups sugar, | $\frac{1}{2}$ teaspoon cloves, |
| 4 eggs, | 3 teaspoons cinnamon, |
| 6 oz. almonds, | 4 cups flour, |
| 4 oz. citron, | 1 teaspoon baking powder, |
| 2 oz. orange peel, | $\frac{1}{4}$ cup brandy. |

Beat eggs and sugar well together; blanch and grate the almonds and cut the citron and orange peel fine, or use grated rind of 1 lemon or orange. Sift dry ingredients and mix all together with the brandy. Butter hands and shape mixture into balls, size of a hickory nut; bake on buttered tins one inch apart; let stand over night. Bake in a moderate oven. Let stand two weeks before using.

FIG COOKIES

- | | |
|----------------------------------|---------------------------|
| $\frac{1}{2}$ cup butter, | 2 tablespoons sour cream, |
| 1 cup brown sugar, | 1 teaspoon soda, |
| 2 eggs beaten, | 1 cup chopped figs, |
| $\frac{1}{2}$ teaspoon cinnamon, | Flour to roll. |

Cream sugar, with butter, add beaten eggs, sour cream with soda dissolved in it, cinnamon, and the chopped figs rolled in flour. Add flour to make a stiff dough; roll, cut and bake.

ORANGE COOKIES

- | | |
|-----------------------------------|-----------------------------|
| $\frac{1}{4}$ cup butter, | 4 egg yolks, |
| 1 cup sugar, | 2 tablespoons orange juice, |
| 2 cups flour, | 2 teaspoons baking powder, |
| Grated rind $\frac{1}{2}$ orange, | More flour if needed. |

Cream butter, add sugar and orange rind gradually. Add egg yolks; sift flour and baking powder three times and add to egg mixture alternately with water and orange juice mixed.

Mix stiff and roll and cut. Bake 8 to 10 minutes in hot oven.

FRUIT COOKIES

No. 1

- | | |
|--------------------------------------|--------------------------------|
| $\frac{1}{2}$ cup beef drippings, or | 2 teaspoons baking powder, |
| $\frac{1}{2}$ cup butter, | $\frac{1}{4}$ teaspoon salt, |
| 1 cup sugar, | 1 teaspoon cinnamon, |
| 2 eggs, | $\frac{1}{4}$ teaspoon cloves, |
| $\frac{1}{2}$ cup molasses, | 1 teaspoon nutmeg, |
| 2 cups flour (about), | 1 cup seedless raisins, |
| 2 tablespoons sweet milk. | |

Cream the shortening, add the sugar, the beaten eggs and molasses. Sift dry ingredients with one cup flour and add to above mixture; add flour and milk to roll out. Cut with cutter and bake in moderate oven. Stone raisins and chop or cut in quarters and add to mixture before rolling out.

No. 2

- | | |
|----------------------------|---|
| $\frac{1}{2}$ cup butter, | 1 cup flour, |
| $\frac{1}{4}$ cup sugar, | A little salt, |
| 1 egg, | $\frac{1}{2}$ cup chopped walnuts, |
| 2 teaspoons spices, mixed, | $\frac{1}{4}$ cup each currants, citron |
| 1 teaspoon baking powder, | and raisins, chopped. |
- Mix well, drop by teaspoon on oiled tin. Bake in quick oven.

NUT PATTIES

- | | |
|----------------------|------------------------|
| 1 egg, beaten, | 1 cup English walnuts, |
| 1 cup sugar, | finely chopped, |
| 5 tablespoons flour. | |

Beat egg and sugar until very light; into this stir the nuts, then add the flour. Drop on tins with teaspoon; make the patties about the size of macaroons and bake in a medium hot oven about 10 minutes.

ROCKS

- | | |
|----------------------------------|---------------------------------------|
| $1\frac{1}{2}$ cups brown sugar, | $\frac{1}{2}$ teaspoon salt, |
| 1 scant cup butter, | 1 cup raisins (seeded and |
| 1 cup walnuts (chopped), or | chopped), |
| hickory nuts, | $3\frac{1}{4}$ cups flour, |
| 3 eggs, | 1 teaspoon soda, dissolved in |
| 1 teaspoon cinnamon, | $1\frac{1}{2}$ tablespoons hot water. |

Cream the butter, add the sugar gradually, then the eggs, well beaten. Reserve part of the flour and mix with the fruit and nuts. Add the rest of the ingredients and lastly floured fruit. Drop from teaspoon on buttered tins, 1 inch apart; bake in moderate oven.

JELLY COOKIES

5½ tablespoons butter and
lard,
1 cup sugar,
1 egg,
¼ cup milk,

2 teaspoons baking powder,
1 teaspoon vanilla,
½ teaspoon salt,
2 cups flour.

Cream butter, add sugar, egg well beaten, and milk. Mix and sift dry ingredients and add to the first mixture. Add vanilla. Toss on floured board. Cut out some with cookie cutter and place in the center of each cookie a teaspoon of jelly. Cut out covers with a jumble or doughnut cutter with hole in center, and place on top of cookies. Bake in a moderate oven until done.

ROLLED WAFERS

¼ cup butter,
½ cup powdered sugar,
½ teaspoon vanilla,

¼ cup milk,
⅔ cup bread flour,
Almonds, grated.

Cream the butter, add the sugar gradually, and milk drop by drop; then add flour and flavoring. Spread very thinly with a broad, long-bladed knife, on a buttered inverted dripping pan. Sprinkle with almonds. Crease in three inch squares, and bake in a slow oven until delicately browned. Place pan on back of range; cut squares apart with a sharp knife, and roll while warm, over the handle of a wooden spoon, or in cornucopia shape. May be filled with Whipped Cream, page 335, before serving.

ROLLED DATE COOKIES

½ lb. dates,
¼ lb. walnuts, chopped,

White cookie dough,
¼ cup butter, melted.

Follow recipe for Sugar Cookies, page 373. Toss dough on floured board; roll into one large thin sheet, brush plentifully with the melted butter, strew the dates, stoned and cut in small pieces, and the walnuts, all over the top; sprinkle with sugar and cinnamon. Start at one side and roll the dough over and over like a jelly roll; then cut roll into pieces 1 inch wide. Place in greased tin and bake in a quick oven.

KOUMISS BREAD

- | | |
|------------------------------|--|
| 4 large eggs, | 1 tablespoon lemon juice, |
| 1 cup granulated sugar, | $\frac{1}{4}$ lb. almonds, unblanched, |
| Rind of $\frac{1}{2}$ lemon, | $1\frac{1}{2}$ cups flour. |

Beat eggs without separating, until very, very light; add sugar, lemon juice and rind. Cut the almonds in long slices and sift the flour over them. Then, very gradually, a little at a time, stir in the egg mixture. Bake in shallow, well greased pan, in a moderate oven; cut into slices a little over an inch wide and while still warm, turn on the cut surface in pan and toast lightly on both sides.

CARD GINGERBREAD

- | | |
|---------------------------|----------------------------|
| $\frac{1}{3}$ cup butter, | $1\frac{1}{8}$ cups flour, |
| 1 cup sugar, | 3 teaspoons baking powder, |
| 1 egg, | 1 teaspoon ginger, |
| | $1\frac{1}{2}$ cups milk. |

Cream the butter, add sugar, then eggs, well beaten. Mix dry ingredients and combine the two mixtures with the milk. Spread out thin on buttered pan. Bake 15 minutes in moderate oven. Sprinkle with sugar and cut into squares or diamonds, before removing from pan.

HONEY CAKES

- | | |
|---|---------------------------------------|
| $\frac{1}{2}$ lb. strained honey, | 2 cups flour, |
| $\frac{1}{2}$ lb. powdered sugar, | 1 oz. citron, cut very fine, |
| sifted, | $\frac{1}{8}$ teaspoon grated nutmeg, |
| $\frac{1}{2}$ lb. blanched almonds, cut | $\frac{1}{8}$ teaspoon ground cloves, |
| in half lengthwise, | $\frac{1}{4}$ cup brandy. |

Boil sugar and honey, then add almonds and stir thoroughly. Add the rest of the ingredients, more flour if needed, and knead the dough well. Put away in a cool place, well covered, for a week. Roll $\frac{1}{2}$ inch thick and bake in shallow greased pans, in a quick oven. When done cut into strips 1 by 2 inches long. Ice with Lemon Icing, page 325.

LEBKUCHEN**No. 1**

- | | |
|--------------------------|---|
| 4 whole eggs, | 1 teaspoon cinnamon, |
| 1 lb. light brown sugar, | 2 oz. citron, cut fine, |
| 2 cups flour, | $\frac{1}{4}$ lb. almonds, blanched and cut fine. |

Beat eggs well with Dover beater, add sugar gradually, and beat again. Mix flour and cinnamon with chopped nuts and citron, and combine the two mixtures. Bake in three flat greased pans, in hot oven. When cool, cut into regular strips one-half inch wide, five inches long. Before taking out of pans, frost with one cup confectioners' sugar, two tablespoons water and flavoring to taste.

LEBKUCHEN

No. 2

7 eggs,	$\frac{1}{4}$ lb. orange peel,
1 cup brown sugar,	$\frac{1}{4}$ lb. citron,
1 cup molasses,	$\frac{1}{2}$ lb. almonds,
1 teaspoon cinnamon,	$\frac{1}{2}$ lb. chocolate,
1 teaspoon salt,	$2\frac{1}{2}$ cups flour,
$\frac{1}{2}$ teaspoon allspice,	$1\frac{1}{2}$ teaspoons baking powder
$\frac{1}{4}$ teaspoon nutmeg, grated,	2 cups powdered sugar,
A little lemon juice.	

Separate the eggs, reserving the whites of 3 for the frosting.

Beat 7 yolks and 4 whites of egg very light, add the sugar and beat again; add molasses and spices, the chocolate grated, almonds blanched and grated, or ground, citron and orange peel, cut fine, and the flour and baking powder.

Spread dough $1\frac{1}{2}$ inches thick in well greased, long pans, with well floured hands. Bake in a very moderate oven, and before removing from pans cut into squares and ice with Plain Frosting, page 325. Bake one week before using.

ALMOND PRETZELS

1 cup butter,	2 cups flour,
1 cup sugar,	2 yolks and
$\frac{1}{2}$ lb. almonds, unblanched	2 whole eggs.
and ground,	

Cream butter and sugar, add eggs and the rest of the ingredients. Mix and knead into one big roll. Let stand in ice chest to harden. Cut into pieces size of a walnut. Roll each piece width of your little finger and form into hearts, rings, crescents and pretzels.

KISSES

KISSES

Whites of 4 eggs, $1\frac{1}{4}$ cups powdered sugar, or
1 cup granulated sugar.

The eggs must be strictly fresh and the sugar dry. Beat the whites until stiff, and gradually add two-thirds of the sugar. Continue beating until mixture will hold its shape. Fold in the remaining sugar. Drop mixture from tip of spoon in small piles one-half inch apart, on tins. Bake a very light brown fifty minutes in slow oven with decreasing heat, or until dry. When done they leave the pan readily.

KISSES WITH WHIPPED CREAM

Prepare Kisses same as in foregoing recipe. Bake thirty minutes in slow oven. Remove soft part with spoon, and dry again in oven. When ready to serve, fill with Whipped Cream, page 335, or ice cream, putting the kisses together in pairs.

NUT AND FRUIT KISSES

To Kisses mixture, add chopped nut meats (pecans, almond, English walnut, hickorynut, shredded cocoanut), or fruit meats (chopped dates, raisins, figs or prunes), separately or in combination. Allowing 1 oz. of nuts or fruit for each white of egg $\frac{1}{4}$ cup of sugar. Bake same as Kisses above.

COCOANUT KISSES

Whites of 2 eggs, $\frac{1}{4}$ lb. shredded cocoanut,
 $\frac{1}{4}$ lb. powdered sugar,

Make and bake same as Kisses above, folding the shredded cocoanut in last.

HICKORYNUT KISSES

No. 1

Whites of 2 eggs, 5 oz. hickorynuts,
5 oz. sugar.

Mix and bake same as Kisses above, folding the hickorynuts in lightly at the last.

No. 2

2 yolks, 1 cup nutmeats,
1 cup sugar, 2 whites of eggs.

Stir yolks and sugar together, add nut meats and the beaten whites of eggs. Bake same as Kisses, above.

CHOCOLATE KISSES

3 whites of eggs, 2 oz. grated chocolate,
 $\frac{1}{2}$ cup sugar, Vanilla.

Beat whites of eggs very stiff, add sugar, chocolate and vanilla. Bake on floured tins in a slow oven about 60 minutes.

COCOA KISSES

2 whites of eggs, $\frac{1}{4}$ teaspoon cinnamon,
 $1\frac{1}{4}$ cups sugar, $\frac{1}{4}$ lb. almonds, chopped and
2 tablespoons cocoa, blanched.

Make and bake same as Kisses, page 383, folding in the chopped nuts last.

DATE MACAROONS

1 lb. stoned dates, Whites of 4 eggs, well
 $\frac{1}{2}$ lb. almonds, beaten,
1 cup granulated sugar.

Stone the dates, then weigh and chop them fine. Cut almonds lengthwise in slices, but do not blanch them. Beat the whites of 4 eggs until foamy, add the sugar, and beat until stiff; add the dates, then the almonds and mix very thoroughly. Drop mixture with teaspoon in small piles, on tins one-half inch apart. Bake 50 minutes in a very slow oven or until dry. They are done when they leave the pan readily.

Fig Macaroons. Made same as Date Macaroons using dried figs, softened by steaming, in place of the dates.

CINNAMON STARS

1 lb. grated almonds, 6 whites of eggs,
1 lb. powdered sugar, 1 lemon rind,
1 teaspoon cinnamon.

Beat whites to a very stiff froth, add sugar and lemon rind and reserve $\frac{1}{4}$ of the mixture to put on center of cookies.

To the balance, add the cinnamon and almonds, blanched and grated or ground. Roll out on board, using powdered sugar instead of flour to prevent sticking; cut into star shaped forms, place a small portion of the mixture set aside on each cookie.

Bake in a rather hot oven, with door open—in paraffined pans, or if you prefer to drop them from the spoon on buttered pans, add to the mixture the juice of the lemon and bake in a slow oven until crusty.

ALMOND COOKIES

1 lb. sweet almonds,	1¼ lbs. confectioners' sugar,
¼ lb. bitter almonds,	2 whites of eggs.

Blanch almonds and dry them over night. Then grind very fine. Sift the sugar over the almonds and mix and knead to a stiff paste with the unbeaten whites of two eggs, or more egg, if needed. Roll with hands on board, sprinkled with powdered sugar to prevent sticking. Cut into pieces size of a walnut. Roll each piece width of your little finger, form into rings, crescents, hearts, bow knots and pretzel shapes, and bake, slightly browned, in slow oven.

MARGUERITES

18 wafer crackers,	¼ cup sugar,
White of 1 egg,	2 tablespoons nutmeats.

Add the sugar to the stiffly beaten whites, and the nuts if desired. Spread on top of crackers. Place in pans in a moderate oven for a few minutes, until slightly browned.

CHAPTER XL

INVALID COOKERY

In preparing food for an invalid the following points should be kept in mind:

The food should be served in the most pleasing manner possible. It should be served in small quantities, suit the digestive powers of the patient, and satisfy hunger or furnish needed strength.

In a severe illness the doctor prescribes the kind and amount of food to be given. In long and protracted illness it is necessary to take nourishing food in small quantities at frequent intervals. In short spells of illness it is sometimes best to go without food for a day or more, so as to give the system complete rest.

The following foods are easily digested and are given to invalids: Milk, eggs (raw or slightly cooked), beef tea, gelatinous jellies, gruels, well-cooked cereals, raw oysters, juice of oranges, grapes or other fruit.

SERVING FOOD

Use the daintiest dishes in the house. Place a clean napkin on the tray, and, if possible, a fresh flower.

Small quantities are more tempting to a delicate appetite.

Try to surprise the patients by some unexpected food and in this way induce them to take nourishment.

Serve hot food hot, and cold food cold.

Remove the tray as soon as the food is eaten, as food should never be allowed to stand in a sick room.

MILK

Milk is the natural food of the young. Its value in the dietary of adults is often overestimated. Solid food is essential. One obtains the greatest benefit from milk when taken alone at regular intervals between meals, or before retiring, and sipped rather than drunk. Hot milk is often given to produce sleep.

In feeding infants with milk, avoid all danger of infectious germs by Sterilization, page 20, or Pasteurization, page 20.

To prevent acidity of the stomach, add from one to two teaspoonfuls of lime water, to each half pint of milk.

Vessels used for milk must be thoroughly cleansed; tins should be rinsed in luke-warm water and washed thoroughly with hot water, then rinsed in boiling water. Cover milk with muslin and keep in a cool place.

Modified milk is put up by physicians' prescriptions; the milk is separated into its parts, and re-combined in different proportions to suit the needs of individual cases.

Certified milk is fresh, clean milk put in the most sanitary manner in bottles.

LIME WATER

Pour 2 quarts boiling water over an inch cube unslacked lime; stir thoroughly and let stand over night; in the morning pour off the liquid that is clear and bottle for use. Keep in a cool place.

MILK FOR THE SICK

Where milk cannot be taken alone, add soda, seltzer, apolinaris, or Vichy water; give in small quantities, at frequent, regular intervals.

ALBUMENIZED MILK

$\frac{1}{2}$ cup milk,

White of 1 egg.

Put white of egg in a tumbler, add milk, cover tightly, and shake thoroughly until well mixed.

KOUMISS

1 qt. milk,

$\frac{1}{2}$ yeast cake,

$1\frac{1}{2}$ tablespoon sugar,

1 tablespoon lukewarm water.

Dissolve the yeast in the lukewarm water. Heat the milk until lukewarm; add the sugar and dissolve yeast cake. Fill airtight bottles, (patent tops), to within one and one-half inches of top; cork and invert. Let stand for 6 hours at a temperature of 80° F. Chill and serve the following day. If ordinary bottles are used, tie the corks down firmly with strong twine. Use for fevers and gastric troubles.

EGG NOG

Beat the yolk of one egg, add one tablespoon sugar, and beat until light. Add $\frac{1}{2}$ cup milk. Beat the white of the egg well and fold it in lightly. Add $\frac{1}{2}$ teaspoon vanilla, a little grated nutmeg or $1\frac{1}{2}$ tablespoons lemon juice.

MILK PUNCH

No. 1

$\frac{1}{2}$ cup milk,
Sugar,

1 tablespoon whisky, rum
or brandy.

A few gratings nutmeg,

Mix ingredients, cover and shake well.

No. 2

1 egg,
1 teaspoon sugar,
1 tablespoon Sherry wine
or brandy,

Or, $\frac{1}{2}$ tablespoon Sherry and
1 tablespoon rum,
A nutmeg, grating,
Hot milk.

Separate egg. Beat yolk until very light with sugar, add white, beaten stiff, then the liquor. Fill up the glass with the hot milk. Grate the nutmeg on top. Serve hot for colds.

ICE CREAM FOR ONE

$\frac{1}{2}$ cup cream,
4 teaspoons sugar,

$\frac{1}{4}$ teaspoon vanilla,

Use a toy freezer, or make a freezer of a one-half pound baking powder tin, a thick 8-inch bowl, or a small wooden pail, to form the outside of the freeze. Chop the ice fine. For each layer use one-third cup rock salt and one cup of ice. The can must be water-tight.

Stir the ingredients until sugar is dissolved, and pack in can. Beat, and as it freezes, scrape from the sides of can with wooden spoon. Beat the mixture again, cover, turn the can back and forth until more of the cream is frozen. When frozen throughout, drain off water, beat the cream again, pack evenly, and put on cover. Repack in ice and salt to cover can, and let stand in fireless cooker, if you have one. Drain off water as it melts.

JUNKET CUSTARD

1 cup milk, ¼ junket tablet,
2 tablespoons sugar, 1 teaspoon cold water,
1 teaspoon brandy.

Heat milk until lukewarm, add sugar and brandy, when sugar is dissolved, add tablet dissolved in cold water. Turn into small moulds and let stand in a cool place until firm.

LEMONADE OR ORANGEADE

2 tablespoons sugar, 1 cup water,
Juice ½ lemon or orange.

Extract the juice of ½ lemon or orange. Add sugar and water and stir until dissolved. Or the sugar and water may be boiled to a syrup, allowed to cool and then added to the juice. Serve hot or cold.

APPLE WATER

1 large sour apple, 2 teaspoons sugar,
1 cup boiling water, 1 teaspoon lemon juice.

Wipe, core and pare apple. Put sugar in cavity and bake until tender; mash, pour over water, let stand ½ hour and strain, add lemon juice if desired. Or, slice the raw apple and boil in the water and strain without squeezing.

GRAPE OR CURRANT JUICE

No. 1

2 tablespoons grape or Or 2 teaspoons grape or
currant juice, currant jelly,
Sugar to taste, 1 cup hot water.

Mix fruit juice with cold water and sweeten to taste or dissolve jelly in hot water and sweeten to taste. Beat jelly with fork, then measure.

No. 2

2 tablespoons grape juice, 1 white of egg.

Place juice in wine glass, add egg beaten stiff and a little chopped ice. If the grape juice is not sweet, sprinkle sugar over top.

IRISH MOSS LEMONADE

$\frac{1}{4}$ cup Irish moss, Juice 1 lemon,
2 cups boiling water, $\frac{1}{4}$ cup sugar.

Wash, pick over and soak until soft, Irish moss in cold water to cover. Pick over and wash again, add the 2 cups boiling water and cook 20 minutes, until dissolved, in double boiler, then strain; add lemon juice and sugar to sweeten.

FLAXSEED TEA

1 tablespoon flaxseed, Juice of 1 lemon,
1 tablespoon sugar, 1 cup cold water.

Wash the flaxseed thoroughly, put it with the cold water into a sauce pan. Let it simmer one or two hours. Add lemon juice and sugar to taste. Serve hot.

BEEF TEA

No. 1

$\frac{1}{2}$ lb. round steak of beef, Salt to taste.

Select a piece of steak from the rump or upper part of round. Broil or warm slightly one or two minutes to set free the juices, then squeeze out the juice by means of a press or lemon squeezer, into a slightly warmed cup. Salt, if necessary, and serve at once. Prepare only enough to serve, as it does not keep well.

No. 2

$\frac{1}{2}$ lb. round steak, scraped, Salt to taste.

Scrape one-half pound lean, juicy beef to a fine pulp. Put it into a double boiler, with cold water in the lower part, heat gradually, and keep it simmering 1 hour, or until the meat is white. Strain and press out the juice, season with salt to taste, and serve hot.

No. 3

$\frac{1}{2}$ lb. round steak, shredded, 1 cup cold water,
 $\frac{1}{2}$ teaspoon salt.

Shred one-half pound lean, juicy beef, and place it in a double boiler, with one cup of cold water and one-half teaspoon salt. Let it stand one hour. Then put boiling water in the lower part of boiler and cook five or ten minutes, until the juice is brown. Strain and press the meat to obtain all the juice. Serve hot, salt to taste.

MUTTON BROTH

1 lb. lean mutton, chopped 1 pt. water, cold.
very fine,

To make this quickly for a sick person, pour the cold water over the mutton, let stand until the water is very red, then heat it slowly and let it simmer 10 minutes; strain, season with salt and serve hot.

BROWN FLOUR SOUP

1 tablespoon butter,	$\frac{1}{2}$ teaspoon salt,
1 tablespoon flour,	$\frac{1}{4}$ teaspoon nutmeg, grated,
1 cup boiling water,	1 teaspoon caraway seed.

Brown the butter in a spider, add the flour, let cook, but not burn, until well browned, then add seasoning, and gradually the boiling water. Cook a few moments longer and serve hot. Good to reduce a laxative condition.

WINE SOUP

1 pint white wine,	2 yolks of eggs,
2 tablespoons sugar,	Croutons.

Boil wine and pour very gradually over yolks, beaten very light. Add Croutons, page 81, and serve at once.

RED WINE SOUP

1 cup red wine,	3 whole cloves,
$\frac{1}{2}$ cup water,	3 small sticks cinnamon,
2 tablespoons sugar,	1 yolk of egg.

Boil wine, water and spices 10 minutes and pour boiling hot, gradually, over the well beaten yolk of egg. Serve hot or cold.

CREAM WINE SOUP

1 cup white wine,	3 whole cloves,
$\frac{1}{2}$ cup cold water,	3 small sticks cinnamon,
7 lumps loaf sugar,	1 cup sweet cream,
	2 yolks eggs.

Boil water, wine, sugar and spices 10 minutes. Heat the cream, pour it gradually hot over the well beaten yolk and then pour in the boiling wine, stirring constantly, to prevent curdling. Serve hot or cold.

SCRAPED BEEF

Cut a piece of tender steak one-half inch thick. Lay it on a meat board and with a sharp knife scrape off the soft part until there is nothing left but the tough, stringy fibres. Season the pulp with salt and pepper, make into little flat, round cakes one-half inch thick, and broil them two minutes. Serve on rounds of toast. This is a safe and dainty way to prepare steak for one who is just beginning to eat meat. When it is not convenient to have glowing coals, these meat cakes may be broiled in a very hot frying pan, or in the broiling oven of a gas stove.

PREPARED FLOUR BALL

2 cups wheat flour,	2 tablespoons cold milk
Boiling water,	or water,
2 tablespoons powdered	1 cup boiling milk,
flour,	A little salt.

Tie 2 cups flour in a stout cloth, put into boiling water and let boil 5 hours. Turn out the flourball, scrape off the doughy part. The inside is hard and dry and will grate to powder.

Grate a tablespoonful from the ball when wanted. Wet it with 1 tablespoon milk or water. Stir, add another tablespoonful and rub to a smooth paste, add it to the boiling milk, boil 5 minutes. Add a little salt. For infants, very astringent.

OATMEAL GRUEL

½ cup coarse oatmeal,	3 cups boiling water,
1 teaspoon salt,	Milk.

Add the oatmeal and salt to the boiling water, and cook 3 hours in a double boiler. Strain and dilute with milk or cream. If rolled oats is used, cook 1 hour.

FARINA GRUEL

3 tablespoons farina,	1 cup boiling water,
1 teaspoon salt,	1 cup milk.

Place upper boiler directly over the fire until the water boils. Add farina slowly. Boil up once, then place over boiling water 15 minutes. Add milk, cook 15 minutes longer. Sweeten if desired.

