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H. T. FRENCH, Director

GIRLS' COOKING CLUB

(FIRST YEAR)

By

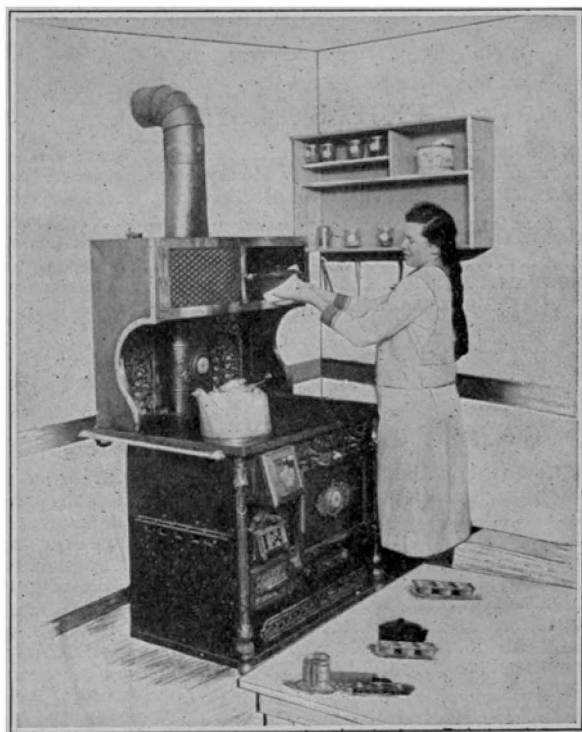
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Colorado Agricultural College



CO-OPERATIVE EXTENSION SERVICE IN AGRICULTURE AND HOME
ECONOMICS—COLORADO AGRICULTURAL COLLEGE AND U. S.
DEPARTMENT OF AGRICULTURE CO-OPERATING

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GIRL'S COOKING CLUB

(FIRST YEAR)

By

CHARLOTTE E. CARPENTER,

Assistant Professor In Home Economics

and

MAUDE E. SHERIDAN,

Assistant State Club Leader of Boys' and Girls' Clubs

The recipes given in this bulletin have been tried out. They have been gathered from various sources and in many cases modified to fit local conditions. In a state where the altitude is so varied, it is impossible to give exact time for all localities. The time given is that required at the Colorado Agricultural College (altitude 5,000 feet).

All measures are taken level and should be smoothed off with a knife but not packed.

The First Year Work

The first year work includes the preparation and cooking of vegetables, and of canned and cured fish and meats.

The main object of these lessons is to give instructions in the preparation and cooking of the common foods which may be obtained in every community. It is much more essential to know how to boil a potato well than to know how to make a potato salad. The salad will never be a success unless the potatoes are properly cooked. It is not necessary that the lessons be worked out in the order given, as many of the articles must be prepared when in season.

It is suggested however that, at the completion of the year's work, each club serves a meal to the parents and friends of the club members and that each member be responsible for the preparation of some one article to be served or a given portion of that article.

BASIS OF AWARD

Exhibit	100%
Cooking and serving a meal.....	100%
(See above.)	
Records	100%
Story	100%
	<u>4) 400%</u>
	100%

All club members who succeed in making a grade of 75% or above will be permitted to take up second year work.

Suggestive Constitution

Name: This club shall be known as the.....

Cooking Club.

Purpose: The purposes of this club shall be the study of scientific principles of cooking; to help in the preparation of meals in the home; to help members become proficient in various household arts.

Membership: Any girl 10 years old or over may become a member by signing the membership roll. Women may become honorary members by vote of the club.

Dues: Members shall pay no dues except such as may be mutually agreed upon.

Duties: It shall be the duty of each member to study all lessons received from the State Agricultural College and do the required work in cooking; to attend club meetings regularly, and to furnish records of work done, when requested.

Officers: The officers of this club shall be a President, Vice-President and Secretary-Treasurer.

Exhibits: In making the exhibit at the fair it is suggested that one of the following be displayed: Baked beans, bean roast, cabbage au gratin, fish loaf. These foods are those which will make an attractive appearance. The judging should be done the first day of the exhibit, the county leader to determine the time and place. Prizes for this contest may be offered by the local community or the fair association.

By-Laws

1. The President shall preside at all meetings.
2. The Secretary shall keep a record of the names of all members, a record of the proceedings at meetings, and shall attend to all correspondence of the members with the County and State Leaders.
3. A Local Leader, the teacher or other interested person, shall be appointed by the County Leader to aid the President and Secretary in their official duties.
4. This club shall hold meetings on.....
.....of each month. The officers may call such extra meetings as shall be deemed necessary.
5. In connection with the meetings, the club shall entertain their parents and friends with a special program consisting of readings, music, discussion of club matters, lectures by the County Leader or others.

The Use of the Food In the Body

Food is needed to build and repair the body tissue, to give heat and energy, to regulate body temperature and to aid in removing waste. When too much of any one kind of food is eaten, certain organs of the body are overworked and sickness is the result. Only about one-tenth of the food is needed for tissue building.

Meat (protein) is one of the principal tissue building foods. The average person, however, eats more meat than is needed. Rheumatism, kidney and liver diseases are often the result of too much meat.

Starches and sugars (carbohydrates) and fats furnish heat and energy. These are supplied by vegetables, fruits, nuts and milk.

Mineral salts and acids help to purify the blood and strengthen the bones and teeth. Mineral salts and acids are largely supplied by fruits, green vegetables, milk, eggs and meat.

Tissue Building and Repairing (Proteins)	Fat Forming and Heat and Energy Producing		For Bone and Blood (Minerals)	For Fluids (Water)
	Fats	Starch and Sugar (Carbohydrates)		
Meats Eggs Cheese Milk Nuts Poultry Fish Dried Peas and Beans	Cream Butter Nuts Bacon Fat of Meats Olive Oil All Fats Used in Cooking	Potatoes Irish Sweet Rice Taploca Hominy Parsnips Carrots Beans (shelled) Peas Squash Corn Meal Sugar Bananas Prunes Raisins Figs	Spinach Asparagus Dandelions Lettuce Cabbage Celery Onions Cucumbers Cauliflower Apples Oranges Prunes Eggs Milk	Beverages Water Milk Tea Coffee Cocoa Fruits Fresh Vegetables

Water is needed to dissolve certain foods, to supply moisture for the body, to regulate body temperature and to remove waste. Water is supplied by water and other beverages, fruit and vegetables.

In planning a meal, one should have some food for tissue building, some for heat and energy, some for mineral salts, some for flavor and some for water. As a rule the appetite is a pretty

good guide as to the kind of food needed but sometimes it becomes abnormal.

Most foods contain more or less of each kind of food. In the list below the articles are grouped to show the predominating food principles.

Table Setting

Have the linen clean and well laundered. Fold the cloth the entire length twice, thus making three lengthwise creases. All lengthwise creases should be put in first and pressed in with the iron. The crosswise creases should be put in last and only folded.

A pad or piece of cloth, placed over the table before the linen is laid, will protect the table, lessen the noise, save the table linen and improve the appearance. The pad should be but little larger than the table so there will be no danger of its showing below the cloth.

When laying the cloth, have the lengthwise creases parallel with the sides of the table and the same amount of cloth extending over the two sides; this brings the center crease at the middle of the table. It is desirable that the cloth be long enough so as much may extend over the ends as extends over the sides, but in any case, the cloth must be adjusted so the same amount is left at the two ends.

Having the cloth even and smooth, the plates are then placed one inch from the edge of the table, in the center of the space allotted to each member of the family. The knife is placed to the right of the plate, with the end one inch from the edge of the table and the sharp edge of the blade toward the plate. The spoons are laid to the right of the knife, with the hollow of the bowl up and the end of the handle one inch from the edge of the table. The fork is placed to the left of the plate, tines up and the end of the handle one inch from the edge of the table. Be sure that the knife, fork and spoons are laid parallel, and that the ends of the handles are in line with the edge of the table.

The napkin is placed to the left of the fork, one inch from the edge of the table with the loose edges toward the plate and the edge of the table. The plates may be placed in front of the one who serves, in this case the napkin is laid between the knife and the fork. The glass is placed at the end of the knife. When the bread and butter plate is used, it is placed just above the napkin, when the napkin is at the left.

The plates may be placed in front of the one who serves, in this case the napkin is laid between the knife and the fork. The glass is placed at the end of the knife. When the bread and butter plate is used, it is placed just above the napkin, when the napkin is at the left.

A few flowers, attractively arranged and placed in the center of the table, make a pleasing addition. The flowers should be fresh and the container low so the bouquet will not obstruct the vision.

The tea or coffee-pot should be placed to the right of the one who is to serve the tea, or coffee, the sugar-bowl and cream pitcher a little to the left and in front of the coffee-pot. The cups and saucers are arranged in front of the one serving. When there are only three or four, each cup should be placed on a saucer with the handle extending toward the right. When there are a number of cups and saucers they may be piled, but never more than two cups in one pile.

The meat platter is directly in front of the one who is to serve. The carving knife is laid to the right of the platter with the sharp edge toward the platter. The fork is laid to the left. The potato dish is to the right and a little to the front of the meat platter. Other dishes containing food are carefully placed where they will be most convenient for passing or serving.

When waiting on the table, pass to the left any dish from which one is to help himself and to the right, any dish which is to be placed for the individual.

All dishes of the first course should be removed before serving the next course. In this way the table can be kept more orderly and there will be fewer dishes to be removed at the end of the meal.

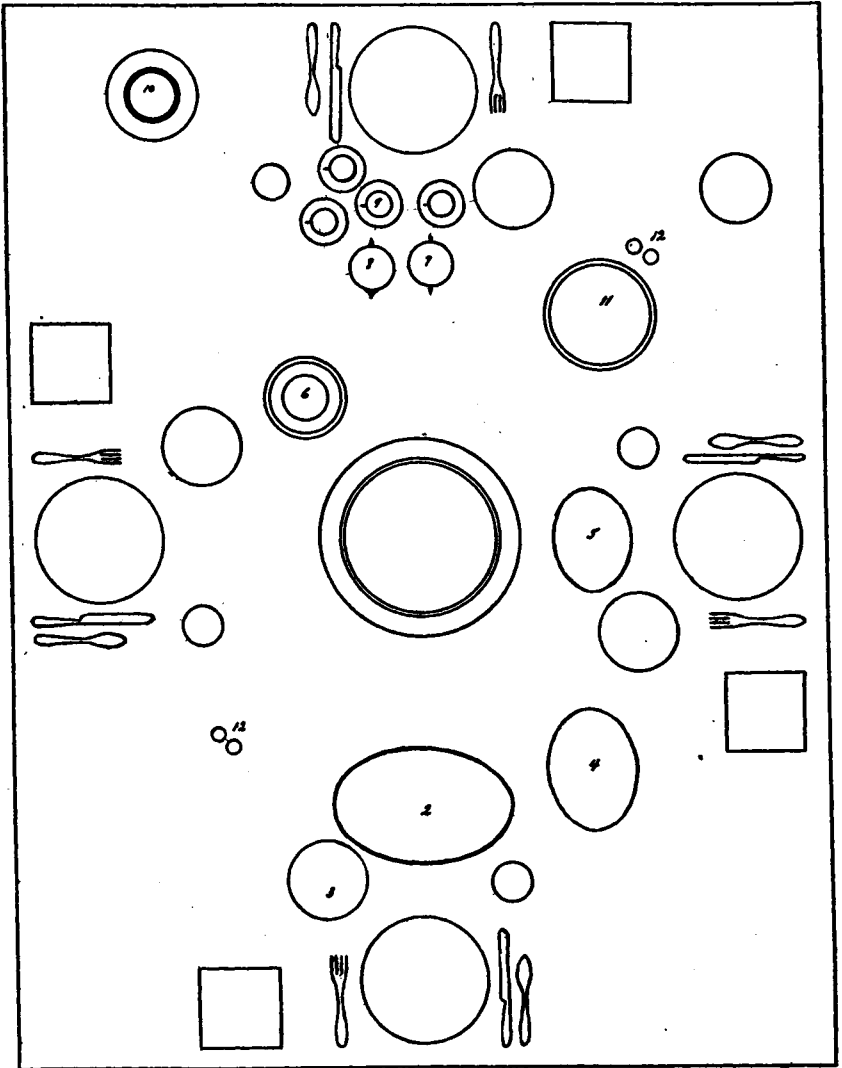


TABLE SETTING

1.—(Central Figure) Low decoration. 2.—Meat. 3.—Bread and butter plate at each cover. 4.—Vegetable. 5.—Vegetable. 6.—Butter. 7.—Sugar. 8.—Cream. 9.—Cups and saucers. 10.—Coffee. 11.—Bread. 12.—Salt and pepper.

Cooking

Terms Used In Cooking

Boiling is cooking in boiling water.

Stewing is cooking a long time in water just below the boiling point.

Steaming—(1) moist, cooking in a steamer by contact with steam. (2) dry, cooking in a double boiler.

Frying is cooking in hot fat, deep enough to cover the article to be cooked.

Sautèing is cooking in a small quantity of hot fat.

Baking is cooking in the oven.

Abbreviations

Teaspoon—t.

Cup—c.

Tablespoon—tb.

Pound—lb.

In the following recipes (R) designates the required work and (S) the supplementary.

Members are required to prepare at least one of these articles each week for the entire family. The recipes need not be used in the order given but may be used at a time and season that will suit the club members.

Part of the work is made supplementary so no one will be required to use materials which are not available. Where possible it is best for each club member to try most of the supplementary recipes.

The Potato

A potato is the enlargement of an underground stem. This stem becomes a storehouse for the starch which is to furnish food for the young plant.

The potato has become an important article of food. It is wholesome, relatively low priced, keeps well and as its flavor is mild one does not easily tire of it.

A netted skin of corky appearance and crisp flesh usually indicates a good potato, but it is hard to tell the quality by the appearance. Potatoes should be kept in a cool, dry, dark place and should not be allowed to sprout.

To Boil Potatoes in Their Skins (R)

This is the most economical way of cooking potatoes as none of the material is cut away by paring and the soluble substances are not exposed to the action of water. Select potatoes of uniform size and wash well, using a small vegetable brush.

Put the potatoes into boiling water and boil gently about forty minutes or until the potato is tender when pierced with a fork.

Brisk boiling does not increase the temperature of the water but tends to break the skin and wear away the potato. Pour off the water and let the potatoes stand uncovered on the stove for a few moments to dry out. If desired the skins may be removed before the potatoes are served. Serve hot.

Creamed Potatoes (R)

Peel the cold cooked potatoes and cut into $\frac{1}{2}$ inch cubes. For two cups of potato cubes make 1 cup of white sauce.

White Sauce

2 tb. butter	1 c. milk
2 tb. flour	$\frac{1}{4}$ t. salt

Put the butter in a sauce pan and stir until melted and bubbling, then add flour and salt and continue stirring until thoroughly blended with the butter. Pour the milk on gradually, stirring until all is well mixed and smooth.

Stir the diced potatoes into the white sauce and heat. Add a bit of pepper and serve hot.

Delmonico Potatoes (S)

2 c. diced potatoes	1 c. white sauce
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$\frac{1}{3}$ c grated cheese. Make white sauce the same as for the creamed potatoes.

Butter a baking dish. Put in a layer of diced or sliced potatoes, cover with white sauce and sprinkle with cheese, put in a second layer of potatoes, white sauce and cheese, repeating until the dish is filled. Cover with buttered crumbs, sprinkle with pepper, put into oven and bake about twenty minutes, or until crumbs are brown.

To Boil the Potato (R)

When the skin is imperfect it is often best to pare the potato before boiling it. Select potatoes of uniform size, wash and pare using a small, sharp knife and cutting away as little of the flesh as possible. Remove the eyes and imperfect portions with the point of the knife. Drop the potato into cold water when pared, so it will not change color.

It is most economical to prepare the potato just before it is to be cooked and to have the water boiling before the potato is put into it, otherwise much of the nutriment is lost in the water. Add 2 teaspoons of salt to each quart of water, put in the potatoes and boil gently about 45 minutes or until the potatoes are tender. Remember that vigorous boiling tears and wastes the potato. When the potato is tender pour off water and let the potatoes stand uncovered on the stove a few minutes to allow the steam to escape. This makes the potatoes more mealy. Serve hot.

Mashed Potatoes (R)

Put potatoes through a ricer or mash thoroughly. To each pint of potatoes add one tablespoon of butter, four tablespoons of hot milk, $\frac{1}{2}$ teaspoon salt and a little pepper. Beat thoroughly with a large spoon or the wire masher. The potatoes should become white and fluffy. Pile lightly in a hot serving dish.

Potato Puff (S)

2 c. mashed or riced potatoes	1 tb butter
1 egg	1 t salt
$\frac{1}{2}$ c milk	$\frac{1}{8}$ t pepper

Potato puff is an attractive way of using left over mashed potatoes. Beat the egg, mix with the milk, add the potato and seasoning and beat until the mixture is smooth and light. Add the melted butter, turn into a buttered dish, put the dish into a pan of hot water and bake in a hot oven until well risen and brown, or from 20 to 30 minutes. A few buttered crumbs over the top gives an attractive appearance. Serve hot.

Potato Soup (R)

Potato soup may be made from freshly boiled potatoes or from left over riced or mashed potatoes. When made from left over potatoes the hot milk should be poured gradually over the cold potato and the potato should be well beaten to remove all lumps.

2 c. riced or mashed potatoes	$1\frac{1}{2}$ t. salt
1 quart milk	$\frac{1}{8}$ t. pepper
2 slices of onion or 1 t. onion juice	$\frac{1}{4}$ t. celery salt, a few grains cayenne or 1 t. chopped parsley may be added if desired.
3 tb. butter	
2 tb. flour	

Melt the butter, add to it the flour, salt and pepper, stirring till all is blended. Then gradually add the milk and potato, stirring until the mixture reaches the boiling point. Add onion juice. Let simmer about five minutes. If sliced onions are used they may be added with the milk and removed when the soup is served.

Steamed Potatoes (R)

It is more economical to steam the potatoes than to boil them as there is less loss of the vegetable and often two or more articles may be cooked at the same time.

The patent steamer, the round steamer, or even the colander placed over a kettle of water may be used. If the colander is used it must be set down into the kettle so all holes come below the top of the kettle and the cover must fit tight.

Select potatoes of uniform size; wash and pare, using a small, sharp knife and cutting away as little of the flesh as possible; re-

move eyes and imperfect parts with the point of the knife. Drop into cold water until all are pared, so the potato will not discolor.

Place the potatoes in the steamer and put the steamer over a kettle of briskly boiling water. Put the cover on, seeing that it fits closely. Steam about 50 minutes or until tender. Serve hot in an open dish.

Potato Salad (S)

Cut cold boiled potatoes into thin slices or one half inch cubes. When there is lettuce, cucumbers, celery, onions or left over vegetables such as peas, carrots, beets or beans these may be cut in pieces of uniform size and added to the potatoes.

Sprinkle 4 cupfuls with one half tablespoon salt and one-fourth teaspoon pepper. If celery is not used—two teaspoons celery seed or $\frac{1}{4}$ t. celery salt may be added.

Mix with salad dressing and garnish with slices of hard cooked egg.

Boiled Dressing

1½ tb. butter	2 egg yolks
½ t. salt	$\frac{3}{4}$ c. milk
1½ tb. sugar	$\frac{1}{4}$ c. vinegar
1 t. mustard	1 tb. flour

Melt the butter and stir in the salt, mustard, sugar and flour which have been mixed together. Beat the yolks of eggs slightly and mix with the milk. Gradually pour the milk over the butter, sugar and flour, stirring constantly. Cook until the mixture thickens and then gradually add the vinegar. When cold mix as much as needed with the potato. This dressing may be made in larger quantities as it keeps well.

Baked Potatoes (R)

Select uniform potatoes of medium size, wash well using a small vegetable brush; remove any imperfect part with the point of the knife.

Place the potatoes on the grate of the oven or in a shallow pan and bake about an hour or until soft. Test by pressing with the finger. The oven should be medium hot. If it is too hot a hard shell is formed; if baked in too slow an oven the potato is soggy and is not palatable or easily digested. When the potato is soft press it gently in a cloth to break the skin so the steam may escape. After the skin is broken the potato may stand in the oven for a minute or two and then be served in an open dish.

Roast Potatoes (R)

This is a good way to prepare potatoes when one is roasting meat. Clean and pare the potatoes as for boiling. One hour before

the roast is done put the potatoes in the pan with the meat. If there is liquid in the pan, the potatoes should be turned once or twice. If the meat is on a rack and there is no liquid the potatoes should be rubbed with fat before being put in the pan so a hard crust will not form on the outside of the potato. These potatoes may be served on the platter with the roast.

Scalloped Potatoes (R)

6 potatoes	$\frac{1}{4}$ t. pepper
3 tb. flour	$1\frac{1}{2}$ c. milk
$1\frac{1}{2}$ t. salt	3 tb. butter

Clean and pare 6 potatoes as for boiling and slice thin. Butter a baking pan, put in a layer of sliced potatoes, sprinkle over them a little flour, salt and pepper and small bits of butter; add one fourth of the milk. Repeat making four layers.

The milk should show through the top layer. It is sometimes necessary to add a little more milk than the amount given in the recipe. Bake one hour or until soft in a moderate oven. The shape of the dish varies the time required for baking.

Green Vegetables

Green vegetables, such as cabbage, lettuce, water cress, spinach, dandelions, celery, onions, tomatoes, cucumbers and asparagus are especially rich in the mineral salts needed in the body. They also contain a large amount of cellulose or woody fibre, which gives bulk, thus stimulating the activity of the intestines. For these reasons it is well to serve green vegetables frequently.

Every home should have a small vegetable garden where these vegetables may be raised. Many of them may be served either raw or cooked. The less tender parts of celery may be cooked and served as a vegetable or in soup.

Prepare One of these Greens (R)

Spinach—Look over carefully, remove the withered leaves and wash very thoroughly in several waters. Put in a kettle of boiling salt water and boil until tender or about one hour. Season with butter, pepper and salt, and serve with vinegar. The spinach may be drained, moulded and garnished with sliced egg if desired.

Beet Greens—Remove withered leaves and the stringy portions of the root. Wash thoroughly and cook in boiling salt water until tender or about one hour. Season with butter, salt and pepper. Serve with vinegar.

Dandelion Greens—When dandelions are gathered for greens they should be cut, not pulled, so the crown may also be used. The dandelions that have grown quickly are to be preferred.

Remove all old and imperfect leaves and wash thoroughly in several waters. Since dandelions are rather strong, they should be blanched. To blanch, put in a kettle of boiling water and boil five minutes. Drain and rinse with cold water. After this blanching, put into boiling salt water and boil from 30 to 60 minutes or until tender.

Greens may also be canned for winter use.

Beans

Cook string beans and shelled beans following different recipes for each.

Beans are one of the most satisfactory of garden vegetables, as there is little waste and they can be used in the three stages—green, shelled and dried.

Green or String Beans

The pods should be gathered while young and tender, before they have been wilted by the hot sun, and as near the time of using as possible. Remove the ends and strings and break or cut into small pieces. Wash in cold water.

To blanch, drain and put into boiling salt water, boil rapidly with the cover partly off about twenty minutes. Put into colander and let cold water run over them.

Green Beans—Plain (R)

1 quart beans

2 tb. butter

½ pint water

1 t. salt

After the beans have been blanched, put them into a pan with the boiling water, butter and salt and cook from 10 to 20 minutes over a hot fire. Stir frequently to keep them from burning. When cooked too long, the beans become yellow or brown.

Green Beans with Milk

If desired a cup and a half of milk may be added to the above, just before the beans are removed from the fire.

Green Beans and Bacon or Salt Pork (S)

Cut one or two slices of bacon or salt pork into cubes, put into a pan and cook until a golden brown on all sides. Then add the hot cooked beans, mix well and cook from 10 to 20 minutes. Serve hot. When one enjoys the flavor of onion, a couple of slices may be added to the bacon or salt pork.

Shelled Beans (S)

Soon after the beans become too tough to be used as string beans and before the pods wither, the beans may be shelled and cooked.

Shell, wash and cook the beans in boiling water, from one to one and a half hours. Drain and serve in any of the three ways suggested for string beans.

When shelled beans are cooked with the salt pork or bacon they should be cooked in boiling salt water about fifteen minutes before they are added to the browned pork. Then one quart of boiling water should be added and the beans be allowed to cook slowly two hours.

Peas

Peas should be gathered when half grown and be cooked immediately after they are gathered, as they lose their sweetness from standing. When peas lack in sweetness, a small quantity of sugar added to the water in which they are cooked will improve the flavor. If peas are young, they should be cooked from 20 to 30 minutes with the cover partly off. If cooked too long, they become discolored and lose their delicate flavor. Peas should be cooked in a small amount of gently boiling water which is served with the peas.

Peas with Butter (S)

1 qt. of peas	2 tb butter
1 pint of water	1 t salt

When the peas are nearly cooked add the butter and 1 to 2 teaspoonfuls of sugar if necessary. Several leaves of lettuce added to the water in which peas are cooked gives a desirable flavor if the peas are somewhat old.

Peas and Pork (S)

1 qt. peas	$\frac{1}{8}$ t pepper
$\frac{1}{2}$ lb. salt pork	2 small white onions (if desired)
$\frac{1}{2}$ c. water	

Cut pork into small cubes. Put into a pan and cook slowly until light brown, then add the onions, peas and pepper and cook slowly about $\frac{1}{2}$ hour. This is a good way to cook peas that are a little hard and old.

Strong Juiced Vegetables

Cabbage, onions, and cauliflower represent the strong juiced vegetables.

Boiled Cabbage (R)

Remove the bruised outside leaves and cut in quarters cutting down through the stem. Soak $\frac{1}{2}$ hour in a pan to which 1 tablespoon of salt has been added; this is to draw out any insects that may be hidden between the leaves. Have a good sized kettle half full of rapidly boiling water to which has been added 1 teaspoonful of salt to each quart of water. Put the cabbage in and cook from thirty-five minutes to one hour, depending upon the age of the

cabbage. The water should be kept boiling all the time and the kettle should be uncovered or partly covered that the strong smelling gases may be carried off in steam. Cabbage contains considerable sulphur and if improperly cooked is hard to digest. Over cooking toughens the texture, destroys the color and injures the flavor.

As soon as the cabbage is tender it should be removed from the water and drained, the stock should be removed and the quarters cut into smaller sections, (the water may be saved and used as a flavoring for soup.)

Serve hot with butter, pepper and salt, using 1 tablespoonful of butter, and $\frac{1}{2}$ teaspoonful of salt to each pint of cabbage. One cup of thin white sauce may be used instead of the butter.

Make the white sauce the same as for creamed potatoes except 1 tablespoon of butter and 1 of flour are used instead of two of each.

Cabbage Au Gratin (S)

- | | |
|-----------------------|--|
| 1 qt. boiled cabbage | 1 c. grated cheese |
| 2 c. med. white sauce | $\frac{1}{2}$ c. buttered bread crumbs |
| 1 t. salt | $\frac{1}{8}$ t. pepper |

This may be made from the left over boiled cabbage.

Butter a baking dish, put in a layer of cabbage, a layer of white sauce, a layer of grated cheese and a sprinkling of salt and pepper; repeat until there are three layers of each. Put the buttered crumbs on top. Bake in a moderate oven twenty or thirty minutes or until crumbs are brown.

Onions (R)

The white onion, the Spanish onion and the Bermuda onion being more delicate in flavor are best suited for a table vegetable. Select onions of uniform size, cut off the roots and peel the onions under water. Put into a kettle of rapidly boiling water, (1 teaspoonful of salt to one quart of water.)

When the stronger onions are used they should be blanched; that is, after the onions have boiled for five minutes the water should be poured off and the onions drained. Again cover the onions with boiling salted water and boil about 1 hour or until tender. Pour off the water, drain and add milk, about 1 pint for a quart of onions. Warm a tablespoonful of butter and mix with it one tablespoonful of flour. Mix with it a little hot milk. When blended stir into the milk and let simmer five minutes, add salt and pepper and serve hot.

Scalloped Onions (S)

- | | |
|-------------------------|----------------------------|
| 1 quart boiled onions | 1 c. buttered bread crumbs |
| $\frac{1}{8}$ t. pepper | 1 t. salt |
| 2 c. med. white sauce | |

Butter a baking dish, cut onions in sections, put in a layer of onions, a layer of white sauce, a layer of buttered crumbs and a sprinkling of salt and pepper; repeat until there are three layers of each. Bake in a moderate oven from 20 to 30 minutes.

Cauliflower (S)

Remove all of the large green leaves and coarse portions of the stalk. Soak for about an hour in enough cold water to cover. Put the head down in the water. Add one teaspoonful of salt and one teaspoonful of vinegar to each quart of water. This will draw out any insects or worms that may be hidden in the vegetable.

Great care should be taken not to overcook cauliflower as it becomes strong and dark colored. Twenty minutes is long enough for cooking the smaller and looser heads and thirty minutes for the larger, firm heads.

Have a large stew pan of boiling water to which has been added a tablespoonful of salt, into this put the cauliflower, stem down, partly cover and boil gently until done. The cauliflower is then broken into sections and served with butter, pepper and salt, with a white sauce or with Hollandaise Sauce.

Hollandaise Sauce

½ c. butter

¼ t. salt

Yolk of 2 eggs

Few grains cayenne pepper

1 tb. lemon juice

⅓ c. boiling water

Put butter in a bowl, cover with cold water and wash, using a spoon. Divide the butter into three pieces, put one piece of butter with the yolks of eggs and lemon juice into a double boiler or into a small sauce pan, set into a larger one of boiling water and stir constantly until the butter is melted, add the second piece of butter, and, as it thickens, the third piece. Add the boiling water gradually, cook one minute, remove from the fire and season with the salt and cayenne pepper. If cooked too long the sauce will separate. Pour over the sections of cauliflower and serve hot.

Cabbage with Sausage (S)

1 pound sausage

⅓ t. pepper

1 qt. minced cabbage

½ t. salt

Make sausages into cakes, put into the frying pan and brown; pour off all but 3 tablespoonfuls of fat. Put the minced or finely shredded cabbage into the frying pan, add salt and pepper and cook from 6 to 10 minutes, stirring occasionally so all may be mixed with the fat. Arrange cabbage on a hot dish and garnish with sausages.

Stewed Onions (S)

Peel the onions, cut in slices and boil in salted water for ten minutes. Drain well and return to the stewpan. For 1 quart of

onions add 2 tablespoonfuls of butter, 1 teaspoonful of salt and $\frac{1}{8}$ teaspoonful of pepper. Cover the stewpan and cook over the hot fire five minutes, shaking the pan to keep the onions from browning. Set the pan where the contents will cook slowly 40 minutes. Bacon fat may be substituted for the butter, where one likes the flavor.

Turnips (S)

Wash the turnips thoroughly and remove the skin, turnips should be pared rather deep. If they are to be creamed, cut them into cubes; if they are to be mashed, they may be sliced. Cook in boiling salt water from 30 to 60 minutes and drain. The winter turnip requires the longer time, however care should be taken not to over-cook this vegetable as it becomes strong and dark.

After being drained, a white sauce may be added if the turnips have been cubed.

When sliced they should be mashed well and butter, pepper and salt added. When the mashed turnips are very watery, they are improved by the addition of one or two mashed potatoes.

Parsnips or Carrots (R)

Cook the one preferred. These are classed as sweet-juiced vegetables and should be cooked uncovered in a small amount of boiling water.

Boiled Parsnips

Scrape the parsnips, cut into halves or quarters and drop into cold water. Put into boiling water and boil gently until done (30 minutes to 45 minutes.) Drain, season with butter, pepper, and salt and serve hot; or after draining add 2 tablespoons of sugar and 2 to 4 tablespoons of fat and brown. (Parsnips go well with salt meat or fish.)

Stewed Carrots

Wash and scrape carrots, cut into slices or dice. Put into boiling water. Boil gently until tender or about 45 to 60 minutes and drain off the water. To each pint of carrots add 1 cup of milk, 1 tablespoon of butter, 1 tablespoon of flour, $\frac{1}{2}$ teaspoon salt and a bit of pepper. Put milk in with the carrots, rub together the butter and flour, mix with a little milk and stir into the carrots. Bring to the boiling point and serve hot. Meat stock may be added instead of milk.

Parsnip Timbale (S)

This is a good way to use left-over parsnips. When made from fresh parsnips, prepare as for boiling. When tender drain and rub through a colander. To 4 good-sized parsnips, add $\frac{1}{2}$ cup milk, 2 eggs, 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper, and 1 teaspoon onion juice. Beat the eggs without separating until light; add the milk, stir in the parsnips and seasoning, butter small cups or a baking

dish; fill with the mixture; set in a pan of boiling water and bake from 20 to 40 minutes, according to the size of the dish. Where the small molds are used, the timbales should be turned out before serving.

Carrots may be served in the same way and are attractive garnished with peas.

Candied Sweet Potatoes or Yams (S)

Peel potatoes and cut into halves or quarters. Put into a flat bottomed kettle and add enough boiling water to just cover. To every 4 medium-sized potatoes, add 1 tablespoon sugar, 1 tablespoon lard, 1 tablespoon butter, $\frac{1}{2}$ teaspoon salt, and pepper if desired. Boil gently until water is evaporated and then brown in the syrup. The potatoes must be watched carefully to prevent burning.

Sweet potatoes are better if steamed or boiled before being pared.

Dried Vegetables

Dried vegetables must be soaked from 8 to 24 hours, started in cold water and cooked slowly so the vegetables may take up the water lost in drying.

Baked Beans (R)

1 quart beans	$\frac{1}{2}$ t. soda
1 tb. salt	$\frac{1}{2}$ lb. salt pork
3 tb. sugar	$\frac{1}{2}$ tb. mustard
3 tb. molasses	

Look beans over, carefully removing all dirt and stones, wash thoroughly, cover well with cold water, and soak over night. In the morning drain, put into a kettle with the soda and enough cold water to cover; heat slowly until the skins just begin to burst, drain. Scrape the salt pork and cut the rind into $\frac{3}{4}$ inch squares. Put the beans into the bean pot or baking dish, leaving a space in the center. Crowd the pork down into the space. Mix the sugar, salt, mustard, and molasses with 2 cups of water and pour over the beans. If the beans are not covered add more water. Put on the cover and bake in a slow oven from 6 to 9 hours, uncovering the last hour. When done the beans should be brown on top, the water evaporated and each bean soft but whole.

The dried peas may be substituted for the dried beans and baked or used in other bean dishes.

Bean Soup (R)

This makes a hearty soup suitable to serve for a meal where there is to be no meat. It may be made from any dried beans or from left-over baked beans. If made from dried beans, the beans should be looked over, washed, soaked, cooked until soft, and then tubbed through a sieve.

3 c. cold baked beans	2 slices onion
2 tb. flour	6 c. water
2 tb butter	1 t. salt

Put all in sauce pan except flour and butter and simmer 30 minutes. Rub through a sieve. Mix flour and butter and stir into the mixture. Simmer 2 or 3 minutes and serve hot. A cup of tomatoes or $\frac{1}{4}$ teaspoon of celery salt may be added for a change.

Bean Roast (S)

Bean roast makes an excellent substitute for meat and offers an additional way of serving beans.

$\frac{1}{2}$ lb. dried beans	1 egg
$\frac{1}{4}$ lb. salt pork	1 t. salt
$\frac{1}{4}$ lb. grated cheese	$\frac{1}{8}$ t. pepper
$1\frac{1}{2}$ cups of bread crumbs	

Look over and wash the beans. Soak from 12 to 24 hours in 4 cups of cold water. Pour off the water. Put the beans into 3 cups of water with $\frac{1}{4}$ teaspoon of soda and bring to a boil. Drain off this water; add the salt pork, which has been scraped, washed and scored, and 3 cups of water. Cover and cook slowly until the beans are soft. (2 to 3 hours).

Remove the pork, mash the beans, and mix with the grated cheese, bread crumbs, seasoning and slightly beaten egg. Put in a buttered dish and cover with bread crumbs and pieces of the pork. Bake $\frac{1}{2}$ hour in a pan of hot water.

Canned or baked beans may be used. The half pound of dried beans equals about three cups when cooked and mashed.

The roast may be eaten hot or cold and is especially good served with a tomato sauce or ketchup.

Pea Souffl  (S)

Soak 1 cup of peas over night, drain, cover with cold water, bring slowly to the boiling point and cook slowly three hours or more. When soft, drain and run through a sieve.

2 c. cooked peas	Pepper
$\frac{1}{2}$ t. mustard	$\frac{1}{4}$ c. milk
1 tb. butter	4 egg whites
$1\frac{1}{2}$ t. salt	

Put the peas through a sieve and mix with the milk, butter, salt, pepper, and mustard. Beat the egg whites stiff, fold in the peas, turn into a buttered baking dish, set in a pan of hot water and bake about 30 minutes. Dried beans or lentils may be used in place of peas. This also makes a good meat substitute.

Canned Vegetables

Almost any vegetable may now be obtained canned. In this form they have already been cooked and so need only to be reheated

in the form desired. Canned vegetables may be served in most of the ways given for fresh cooked vegetables.

Tomato and Cheese Pudding (R)

2 c. tomatoes	1 t. salt
2 c. grated bread crumbs	2 t. sugar
$\frac{1}{2}$ c. grated cheese	Pepper
$\frac{1}{2}$ tb. butter	

Reserve $\frac{1}{4}$ cup of the bread crumbs, 2 tablespoonfuls of the grated cheese and the butter for the top. Mix together the remainder of the ingredients and put in a buttered pan. Melt the butter and mix with the bread crumbs and cheese reserved for the top. Sprinkle over the top of the dish. Place the dish in a pan of hot water and bake 20 to 30 minutes. Serve hot.

Scalloped Corn (R)

1 can of corn	3 tb. butter
2 c. cracker or bread crumbs	2 t. salt
1 c. milk	$\frac{1}{8}$ t. pepper
2 t. sugar	

Butter pan and place alternate layers of bread crumbs and corn beginning and ending with the crumbs. After each layer of corn place small bits of butter, a portion of the salt, pepper and milk reserving a portion of the butter for the top. Place in the oven and cook about 20 minutes.

Tomatoes may also be scalloped, but when using tomatoes the milk is omitted.

Corn Fritters (S)

1 c. corn	2 t. salt
1 c. flour	$\frac{1}{8}$ t. pepper
1 t. baking powder	2 eggs

Add dry ingredients to the flour and sift all together. Beat yolks of eggs, add corn and then dry ingredients. Fold in the stiffly beaten whites of eggs. Have frying pan hot with enough fat to keep the fritters from sticking. Drop the mixture from a tablespoon, spreading it out some so it will not be too thick. Cook until a golden brown, then turn and cook the other side. Serve hot with syrup.

Cured Meats

When cured meats are taken from the brine the outer surface should be washed and scraped. When the smoked and dried meats are served, the outer portions should be trimmed away.

(Both methods of Sautèd Pork are given and may be made; only one of them is required).

Sautéd Pork (Fried Pork) No. 1 with Milk Gravy

Cut the pork into slices of uniform thickness. Put the slices into the frying pan, cover with cold water and bring slowly to a boil. Boil two or three minutes, then drain. Sift a little flour on a flat pan. Place each piece of pork in the flour and turn so each side will be covered. Heat the frying pan, put in a piece of the fat and as soon as it begins to melt, add the pieces of pork. When a golden brown, turn and brown the second side. Arrange slices on a hot platter and place where it will keep warm while making the gravy.

Milk Gravy

Pour off a portion of the fat and to the remainder add 3 tb. of flour for each cup of milk used. Mix the flour with the fat and cook a couple of minutes, then add the milk slowly, stirring briskly to keep the gravy from lumping. As soon as the gravy thickens, it may be served on the platter with the pork or it may be served in a separate dish.

Sautéd Salt Pork (Fried Salt Pork) No. 2

Cut salt pork into slices of uniform thickness, about one-fourth inch, and soak several hours in equal parts of water and milk (about a quart). Skim milk, buttermilk, or sour milk may be used. If the pork is to be used for breakfast, it may be soaked over night. Rinse until the water is clear. Roll in corn meal and sauté a golden brown.

The following sauce is good served with salt pork:

Apple and Horse-Radish Sauce

Five apples, rather tart, 2 tablespoons sugar, $\frac{1}{4}$ cup grated horse-radish. Pare the apples and add enough water to cook. When done the apples should be dry rather than juicy. Rub the apples through a sieve, add the sugar and horse-radish and mix all together. Reheat, cool and serve. The juice of a couple of oranges makes a desirable addition.

Salt Pork and Cabbage (S)

For a pound of pork, use a good sized head of cabbage. Cut the pork into slices and if very salt, freshen a little. Slice the cabbage, place a thick layer in a sauce pan and over it scatter finely shredded onions, a little pepper, two or three cloves, and other seasoning, such as thyme or summer savory, if desired. On this, place the sliced pork and over the pork, another layer of cabbage and seasonings. Cover with plenty of water and boil two hours. Do not cover.

Salt Pork Baked with Apples (S)

1 lb. salt pork
2 large tart apples

1 onion
6 medium-sized potatoes

Cut the salt pork into thin pieces, freshen by putting into cold water and bringing it slowly to the boiling point. Pare and slice the apples, potatoes and onions. Place alternate layers of potatoes, onions, pork and apples in a baking dish, season with a little pepper, add enough water to barely cover and bake in a medium oven for two hours.

Sautèd Ham (Fried Ham) (R)

Ham may be sautèd in either of the following ways:

(1) Cut the slices one-half or three-fourths inch thick, trim off the skin and part of the fat. Place the ham in a frying pan and cover with cold water. Bring the water slowly to the boiling point and simmer twenty minutes, then drain. Have the pan hot and brown the ham quickly on each side.

(2) The ham may be browned first and then be allowed to steam. Have the pan hot and brown the ham quickly on each side. Add about one-fourth cup of hot water, cover, place on the back of the stove and steam twenty minutes.

Broiled Ham (S)

Cut slices of ham of uniform thickness, one-fourth inch or less. If the ham is very salty it may be soaked one or two hours in cold water and then dried. Trim off the skin and a part of the fat. Grease the broiler and place on it the slices of ham. Cook over hot coals or under the gas flame. Be careful not to let the fat catch fire.

Boiled Ham (S)

Scrape the outside of the ham cutting off any rusty portion. Wash well and if rather dry or very salty let the ham stand in cold water from eight to ten hours. Cover the ham with cold water and bring slowly to the boiling point, boil gently for four to five hours for a ten pound ham. For a larger ham allow fifteen minutes for each extra pound. Remove the scum from the top frequently. If the ham is to be served cold let it cool in the water in which it was boiled. If it is to be served hot, after standing in the water an hour or two, the skin should be removed, the ham covered with crumbs and placed in the oven from thirty to forty minutes.

Baked Ham (S)

After the ham has been scraped and washed, it should be soaked about twelve hours, wiped dry and covered well with a rather thick paste of flour and water. It is then put in a moderately hot oven and baked about five hours. The crust and skin are then carefully taken off, the fat covered with bread crumbs and the ham returned to the oven to brown.

Ham Baked in Milk (S)

When one has an abundance of milk, a thick slice of ham (two or three inches thick), may be covered with milk and baked two or three hours. It should be well browned. After the ham has been taken from the dish make a gravy by adding milk and a little thickening of flour. This is good served with baked potatoes.

Horse-Radish Sauce

$\frac{1}{2}$ c. bread crumbs	1 tb. vinegar
$\frac{1}{2}$ c. grated horse radish	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ c. heavy cream	

Add salt and vinegar to the horse-radish. Whip the cream until stiff and fold in the horse-radish and bread crumbs.

Corned Beef (S)

Wash the corned beef, removing any undesirable portions. Put it into cold water and bring slowly to the boiling point, boil gently about six hours for an eight to ten pound piece. Let the beef stand in the water until cold. Slice and serve with French mustard.

French Mustard

2 tb. mustard	$\frac{1}{3}$ c. vinegar
1 tb. sugar	

Mix the sugar and mustard and add the vinegar slowly. Cook slowly for three or four minutes, then cool.

Boiled Dinner (S)

Corned beef, 4 to 6 lbs.	Potatoes, 8 medium sized
Carrots, 8 medium sized	Cabbage, 1 small head
Turnips, 8 medium sized	

Salt pork may also be a part of the boiled dinner, if one desires. Ham is often used in place of corned beef. Trim, wash and place the meat in a kettle of cold water. Bring the water slowly to the boiling point, skim and boil gently or simmer five to six hours.

Prepare the vegetables for cooking and if medium sized or larger cut into halves or quarters. When the kettle is large the vegetables should be cooked in the kettle with the meat, in which case, the vegetables are added according to the length of time required to cook each. For the carrots the time required is 45 to 60 minutes; turnips, 30 to 60 minutes; potatoes, 40 to 50 minutes; cabbage, 35 to 60 minutes.

The age of the vegetables makes a difference in the time required for cooking. Do not over cook the vegetables. If the kettle is too small, finish cooking the meat, remove it from the kettle and place the vegetables in the water in which the meat was cooked. The meat may be closely covered and put in the oven to keep warm.

Boiled dinner is attractively served on a large platter having the meat in the center and the vegetables carefully arranged around the meat. Beets may also be served with the boiled dinner but they should be cooked separately.

Dried Beef

Dried beef should be cut very thin and freshened. Cover the beef with a liberal amount of cold water. Let it stand a few minutes and then very slowly bring the water to the boiling point. Drain.

Dried Beef Gravy (R)

¼ lb. dried beef	1½ c. milk
2 tb. butter	Pepper
3 tb. flour	

(1) Melt the butter, stir in the flour letting it cook for a minute or two, slowly add the milk, stirring to keep the mixture from lumping. Add the freshened dried beef and season with a little pepper.

(2) The freshened dried beef may be browned in the butter first and then the flour and milk added. This gives a darker gravy and an extra tablespoon of butter will be needed. The extra butter should be added after the beef is browned.

The gravy may be served with potatoes, boiled rice, or on slices of toast.

Frizzled Beef (S)

3 tb. butter	¼ lb. thinly sliced dried beef
4 tb. tomato ketchup	

Melt the butter, add the freshened dried beef and cook until the beef begins to crisp, add the ketchup, mix thoroughly with the beef and serve hot.

If one desires the tomato ketchup may be omitted and three slightly beaten eggs added instead. As soon as the beef begins to crisp, add the eggs and a little pepper, stir slightly until the eggs are cooked. The eggs should be in large, moist flakes rather than in the dry finely divided particles. Serve on slices of toast.

Canned Fish

Salmon is perhaps the most commonly used of all canned fish. Tuna fish, sometimes called "the chicken of the sea" has a firm white flesh and a less pronounced flavor. Kipperd Herring is another canned fish that comes ready to serve.

Scalloped Tuna Fish (S)

1 can tuna fish	¼ c. buttered crumbs
1 c. bread crumbs	1 t. salt
1 t. lemon juice	

Remove the fish from the can and separate into small pieces. Make a white sauce.

White Sauce

2 tb. butter 1 c. milk 2 tb. flour

Melt butter, add flour and when well blended, add milk slowly. Cook until thick, stirring constantly, then stir in the fish, bread crumbs, lemon juice and salt. Butter a pan or baking dish and put in the mixture. Sprinkle buttered crumbs over the top. Set the dish in a larger pan of hot water and bake in a hot oven about 20 minutes or until the crumbs are brown. Any canned or cooked fish may be used in place of tuna fish. Salmon and tuna fish are also good in salads.

Salmon Pudding (R)

1 c. salmon $\frac{1}{2}$ t. salt
1 egg Pepper
2 tb. milk

White Sauce

2 tb. butter 1 c. milk
2 tb. flour $\frac{1}{4}$ t. salt

Make as directed above.

Break fish into small pieces, add the beaten egg, milk, salt and pepper. Mix well and put into a buttered pan. Place in a larger pan containing hot water and bake 20 minutes. When done, turn out on a small platter and pour around it 1 cup of white sauce. Serve hot.

Kipperd Herring (S)

Remove the fish from can and place in a granite pan. Sprinkle with pepper and brush over with melted butter and lemon juice. Pour over the liquor left in the can. Place in the oven long enough to heat through, then place on a warm platter. Garnish with a few sprigs of parsley and slices of lemon.

Salt Fish

Baked Salt Mackerel or White Fish (R)

Small pails of salt fish may be purchased. This is cheaper than buying the single fish if one cares to use any amount.

Take 2 medium-sized fish from the brine. Put into cold water and soak over night or even longer. Remove from the water, rinse, drain, remove fins and tail. Sew the two fish together and fill with one of the following stuffings.

For the Dry Crumbly Stuffing

- | | |
|------------------------------------|-------------------------|
| 1 c. dried bread or cracker crumbs | ½ t. onion juice |
| ¼ c. melted butter | 1 t. chopped parsley |
| ¼ t. salt | These may be omitted if |
| ⅛ t. pepper | flavor is not desirable |
| 1 pickle chopped fine | |

Moist Stuffing

Soak bread in cold water. When soft press out water.

- | | |
|-------------------|-----------------------|
| 1 c. bread crumbs | 1 t. chopped parsley |
| ¼ t. salt | 1 egg slightly beaten |
| 2 tb. butter | ⅛ t. pepper |
| 1 t. onion juice | Or poultry seasoning |

Place fish in baking dish with a little water and put a thin slice of salt pork or bits of butter on top. Bake in a medium oven from 30 to 60 minutes.

Fish Loaf (S)

This may be made from smoked herring commonly known as bloaters or from smoked halibut.

- | | |
|-------------------|------------------|
| 1½ c. flaked fish | ¾ c. milk |
| ½ c. boiled rice | ¼ c. vinegar |
| 1 tb. sugar | ½ t. mustard |
| 1 tb. flour | 1 t. onion juice |
| 1 egg yolk | 2 tb. cold water |
| 2 tb. butter | 1 tb. gelatin |

Split the fish, clean, and scald with boiling water, if the bloater is to be used. Put on in cold water and simmer until tender, drain, remove the bones and flake the fish. If you have left-over boiled rice, that may be used, if not, look over, wash and cook in a large amount of rapidly boiling water, two tablespoonfuls of rice. Mix the dry ingredients and add to the melted butter. Beat eggs slightly and mix with the milk, add milk and egg to flour and butter and cook until it thickens, then add vinegar gradually. Have the gelatin soaking in the 2 tablespoonfuls of water. Add the soaked gelatin, stir in the flaked fish, the onion juice and the rice, and pour into a cold, wet mold to set. When set turn out on a platter and serve cold. The loaf is attractive if served with a bit of green and slices of lemon or cucumbers.

Creamed Codfish (R)

II. Place large pieces of cod fish in cold water and soak for an hour, drain again, put on fresh water and bring slowly to the boiling point. Drain, add cold water, bring to the boiling point and

let simmer about 15 minutes. Make a white sauce, melt 2 tablespoons butter, stir in $2\frac{1}{2}$ tablespoons flour, then gradually stir in 1 cup milk and $\frac{1}{4}$ teaspoon salt. Place the pieces of fish on a hot platter, pour the white sauce over the fish and serve. This makes a pleasing change from the ordinary creamed cod fish.

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